

Easy citrus-ginger chicken

(AP) — Citrus-ginger chicken is a breeze to make — and it's a low-fat treat. Serve it with rice or couscous and green beans, or other vegetables. The recipe is among 300 or so recipes offered as solutions to the problem of meals-in-a-hurry, in the new Betty Crocker's Quick & Easy Cookbook (Wiley, 2002, \$26.95). As with this recipe, food put together fast does not have to be loaded with fat: One serving of this dish has only about 7 grams of fat.

The cookbook is a sturdy volume in ring-bound format, with recipes ranging from breakfast to desserts, including soups, sandwiches and plenty of main dish choices. Many recipes are shown in color photos, and each includes a helpful tip for the cook.

1/4 (teaspoon black and red pepper blend
4 boneless, skinless chicken breast halves (about 1/4 pounds)
1 tablespoon butter or margarine
1 medium seedless orange, peeled and cut into slices
 Additional fresh thyme leaves, if desired
 Mix orange juice, lime juice, honey, ginger root and **1** teaspoon thyme in medium bowl.
 Spray 10-inch nonstick skillet with cooking spray; heat over medium-high heat. Sprinkle salt and pepper blend over chicken. Cook chicken in skillet **3** to **4** minutes, turning once, until brown. Stir in orange juice mixture. Heat to boiling; reduce heat to medium-low. Cover and cook **8** to **10** minutes or until chicken is no longer pink when centers of thickest pieces are cut. Remove chicken from skillet. Heat sauce in skillet to boiling. Add butter. Cook, stirring constantly, until butter is melted and sauce is slightly thickened. Serve sauce over chicken and orange slices. Sprinkle with additional thyme, if desired. Makes 4 servings.

CITRUS-GINGER CHICKEN
 (Preparation 10 minutes, cooking time 20 minutes)
1/2 cup orange juice
1/4 cup lime juice
2 tablespoons honey
1 teaspoon finely chopped ginger root
1 teaspoon chopped fresh or **1/4** teaspoon dried thyme leaves
1/4 (teaspoon salt

Nutrition information per serving: 235 cal., 7 g fat (3 g saturated fat), 80 mg chol., 240 mg sodium, 17 g carbs., 1 g dietary fiber, 27 g pro.

Try the Golden Mushroom's most famous dishes

Five years ago, to celebrate its 25th anniversary, the restaurant published a hard-cover cookbook called *The Golden Mushroom Kitchen, 25 Years of Chefs and Recipes*. It featured the favorite dishes of 26 prominent chefs that trained at the restaurant.

In honor of the "golden era" of the Golden Mushroom, here are a few recipes for some of its most famous dishes. Try them at home for your next special occasion.

GOLDEN MUSHROOM SOUP

1/2 cup butter
1/2 cup chopped onion
2/3 cup flour
6 cups good chicken broth, hot
1 small bay leaf
1/8 teaspoon nutmeg
1 tablespoon salt
1/4 cup butter
1 1/2 pounds fresh mushrooms, washed and sliced finely
2 egg yolks
1/2 cup whipping cream

Melt **1/2** cup butter in a 2 quart heavy bottomed sauce pan (preferably enameled or stainless steel), add onions and cook slowly until onions are transparent. Add the flour, stir over fire 3 minutes, add the chicken broth and seasonings, whip until all lumps are dissolved. Bring to boil, simmer slowly, stirring occasionally for 15 minutes, strain.

Heat a good size skillet on medium. Add **1/4** cup butter and mushroom.
 Cook over high heat until mushrooms turn gray, but do not brown. Add to soup and simmer 10 minutes or more.
 Just before serving, heat soup up to boiling point. In a separate bowl, mix yolk with cream. Start adding hot soup, whipping steadily with a wire whisk. When half of soup is added, pour it all back into the remaining soup in the sauce pan. Do not boil (it will curdle).
 Serve immediately. Serves 8.

MOREL MUSHROOMS WITH COGNAC AND CREAM

3 ounces whole unsalted butter
8 ounces fresh morel mushrooms
1 teaspoon finely minced shallots
2 ounces good cognac, or a good brandy
1 cup heavy cream
1 tablespoon sliced chives
 Salt to taste

Heat a saucepan or skillet on high until the pan is hot, then turn down to medium heat.
 Add half of the butter, then fresh morels and cook for a minute or so. Adjust heat if needed. Now add shallots and cook until translucent. Be sure to stir constantly to prevent the shallots from sticking.
 Add cognac and reduce until dry then add cream and reduce this until thick and it clings to the morels.
 Season with salt and pepper to taste and fold in the remainder of the whole butter. Taste and

adjust seasoning if needed. Sprinkle with sliced chives.
 Serves two.

BACON WRAPPED PHEASANT

2 pheasant breasts - skin on and cleaned of fat
4 slices of smoky bacon
 Pheasant spice blend (see recipe below)
 Salt and pepper to taste
2 cups chicken stock enriched with trimmings of pheasant and reduced in half by boiling

Sprinkle breast with game spice evenly, then salt and pepper. Wrap pheasant with bacon. Heat a skillet on high until hot, and sear bacon-wrapped pheasant on all sides until brown. Place in the oven at 350° F, until done, (15 minutes, or cooked through). Let rest and slice thinly. Serves 2.

The Golden Mushroom features this dish with braised spinach, julienne pears and smoked gouda whipped potatoes.

PHEASANT SPICE BLEND

A recipe of Chef Augustus Escoffier
1/2 teaspoon thyme
3 bay leaves
10 peppercorns
10 Juniper berries
3 Allspice cloves

Grind ingredients in a food processor or coffee grinder.

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RESTAURANT

FROM PAGE B1
 cheese. The wild mushroom sauté and the morel appetizer dishes are also flying out of the kitchen.
 "The restaurant is famous for wild game and many people choose the pheasant or venison for their main course. Trombley says that these are all signature Golden Mushroom dishes, developed first by Master Chef Miles Cihelka, who was responsible for putting

Michigan on the culinary map 25 years ago.
 Cihelka came to the Golden Mushroom when Reid Ashton worked him from the London Chop House in 1976.
 He was the first Certified Executive Chef in Michigan and in 1981 became the first Master Chef certified in the United States. A highly respected chef worldwide, he has won numerous gold medals in culinary competitions around the world, including a perfect score in the 1984 Culinary Olympics in Germany, and was the

manager of Michigan's first Culinary Team in 1988.
 One of Cihelka's most noted accomplishments was the creation of an apprenticeship program at the Golden Mushroom. Many of Michigan's top chefs began their careers in the kitchens on 10 Mile Road.
 Trombley was one of the stars of this apprenticeship program.
 "It was an eye-opening experience, one I'll never forget," said Trombley.
 Although the Golden Mushroom will shut its doors in January, its cuisine will

live on through Golden Mushroom Catering, Inc., which provides food service for St. John's Banquet and Convention Center and the Ambassador Hotel (formerly the Michigan Inn), in Southfield. Trombley will oversee the kitchens of both venues.
 Michele MacWilliams is the president of Clarkston based Melo Media Associates Inc. publishers of food and travel-related articles, magazines and books, including the Golden Mushroom Kitchen, 25 Years of Chefs and Recipes. See Golden Mushroom Restaurant recipes above.

WINE

FROM PAGE B1
 de Carroveses \$24, a blend of 75 percent tempranillo and 25 percent cabernet sauvignon. It was aged in a mix of French oak and American oak cooperage, one-third of which was new. To experience the excitement of its flavors, try this wine with your favorite lamb preparation.

Ramos is a blend of grapes you've probably never heard of. That's OK. Try it to learn the potential of Portuguese wine.
 "The Vin Verde region in Portugal is gaining attention as a white wine area," he added. "These wines are dirt cheap, and in my opinion, have equivalent quality to the hot and trendy Albarinos from the Galicia area of Spain. People should seek these out."
 If you're looking for new tastes, discover the lesser-known value wines from France, Italy, Spain and Portugal. A number of them can also be found on savvy restaurant wine lists in the area.

WINE PICKS

Two white wine wines escalating on the popularity charts are Gavi from Italy and Pinot Gris (also labeled Pinot Grigio). The following are the best recent releases we've tasted.
 ■ 2001 La Scolca Gavi di Gavi \$19
 ■ 2001 MacMurray Ranch Russian River Valley Pinot Gris \$22
 ■ 2001 Luna Vineyards Pinot Grigio \$18
 Because of its current popularity, some syrah bottlings are beginning to carry hefty prices.
 The following are best buys under \$10:
 ■ 2001 McManis Family Vineyards Syrah \$9
 ■ 2000 Mondavi Woodbridge Syrah

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POTENTIAL

Jones labeled Portugal as the "land of unrealized potential where the dry wines from the Douro Valley have not caught on as it was expected they would. Yet, I truly believe, Portugal has enormous potential." He proved his point with 2000 Vila Santa Alentejo \$20 with bright ripe red fruit in a well-structured wine with a flavorful finish. This flagship wine from Joao Portugal

Earlier this month, the Federal Trade Commission held a three-day workshop to address how state regulations and private business practices have anticompetitive effects on E-commerce in nine industry segments, including wine.

Michigan industry spokespersons provided testimony in support of consumer choice and direct shipping of wine. The hearing was another positive sign that the Federal government is acknowledging the negative effects of laws restricting free trade and E-commerce.
 During the hearings the FTC indicated that they want to hear directly from consumers frustrated with prohibitions on direct-to-consumer, interstate wine shipments.
 Action: By Nov. 10 share your concern about Michigan's

ban on direct shipping of wine and its anticompetitive effects on E-commerce with the FTC by sending an e-mail to: ecompetition@ftc.gov and copy your e-mail to fedup@freethetrades.org.
 Michigan wine consumer voices, now under constraint, need to be heard.

The Healds are Troy residents who write about wine, spirits, food, and restaurants for the Observer & Eccentric Newspapers. To leave them a voice mail message, dial (734) 953-2047, mailbox 1864H.

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