

From the bookshelf...

A practical guide for imaginative cooks

It is said that cooks and poets are born, and everyone else learns a profession. And it does seem uncanny how without recipes or measuring, some cooks manage to turn out perfect dishes every time: never oversalted, undercooked, or drowned in too much of one ingredient.

Nevertheless, good cooks still need good cookbooks, even though they use them differently than do novices. Rather than trudging down a list of instructions line by line, the born cook tends to consult a recipe for ideas and inspiration, or to help him realize a dish that is already simmering in his imagination.

For the visionary cook who simply lacks the skills to forge the creation in his mind's eye, there is a remarkable new book, *La Varenne Pratique* (Crown, \$60.00) in what several years of instruction at La Varenne cooking school might look like on paper. For those who love to study at their own pace, who can only indulge in cooking occasionally, or who are interested in or restricted to certain types of food, *La Varenne Pratique* offers a fine substitute for cooking school.

The book is organized by food categories and by preparation techniques so the reader can readily turn to the subject he wants. The instructions are clear, concise and without pretense, and are enhanced by more than 2,500 full color photographs. Sample recipes allow the reader to enjoy practicing the techniques.

Experienced cooks will use *La Varenne Pratique* to brush up on techniques they have neglected or consistently had trouble with, but everything is also accessible to the beginner. Ingredients that may be unfamiliar are drawn and labeled.

There is hardly a skill one could think of that is not covered in *La Varenne Pratique*. One can learn to properly cut an artichoke, make spun

sugar, stuff vine leaves, and make homemade herb vinegar and also master basic culinary techniques for sauces, stocks, fish, game, soups and desserts. Indeed, if one were allowed only one cookbook in a lifetime, *La Varenne Pratique* would be a good choice.

The author of *La Varenne Pratique*,

Anne Willan, is the president and founder of La Varenne cooking school in Paris, which has quickly become one of the most prestigious culinary institutes in the world.

Reproduced below is a recipe for monkfish, a very well liked fish in France that is rapidly gaining popularity in this country as well.

FROM LA VARENNE PRATIQUE, BY ANNE WILLAN (CROWN, \$60.00)

Escalopes of monkfish with lime and ginger

- 2 lb/1 kg monkfish, on the bone
- 2 cups/500 ml fish stock made with bone from the monkfish
- Salt and pepper
- Pinch of dried thyme
- Juice of 1 lemon
- 1 tsp olive or vegetable oil
- 1 pared zest of 2 lemons, cut in julienne
- 1 tsp butter
- 4 scallions, thinly sliced, including some green
- 1/2 cup/125ml white wine
- 1 lb/500g fresh green fettuccine, cooked (for serving)

For the sauce:

- 1/2 cup/60 ml heavy cream
- 1 cup/250g cold butter, cut into pieces
- Juice of 3 limes
- 1 tsp grated fresh ginger
- 2 tsp chopped parsley

1. Fillet the monkfish and use the bone to make stock. Cut the monkfish fillets in escalopes. Marinate the fish in salt, pepper, thyme, lemon juice and oil for 1 hour.

2. Blanch the lemon julienne by boiling in water for 3-4 minutes, then drain and rinse with cold water.

3. In a sauté pan, melt the butter, add the onions and cook gently until soft. Add the fish, fish stock and wine. Simmer until the fish just loses its transparency, 1-2 minutes.

4. Remove the fish, cover and keep warm. Cook the fettuccine and keep warm. Meanwhile, make the sauce: boil the cooking liquid until reduced to a glaze. Add the cream and reduce to about 2 tablespoons. Mount the sauce with the butter. Stir in the lemon julienne, lime juice, ginger and parsley. Season.

5. Arrange the monkfish escalopes with the fettuccine on individual plates and spoon the sauce over the fish.

Serves 4.

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Pork Board Plays Role In Meat Science Research To Aid Quality

Last year, the National Pork Board allocated \$200,000 in pork producer checkoff funds to help develop new technology and information programs in the meat science area to improve the marketing of pork products.

"The Pork Board's role in meat science research is to help develop new technologies and information sources that will encourage private industry to develop new and exciting consumer products," said Hilman Schroeder, National Pork Board president and Wisconsin pork producer.

Among the six checkoff-funded research projects aimed at providing new pork technology and information are studies of the effects of porcine somatotropin on pork quality, the effects of PST on the processing characteristics of pork and a method to produce lowfat frankfurters.

Checkoff funds are also being used to develop and implement a new

technological system that will allow food retailers to follow a pork cut from the moment it arrives in the store through the checkout counter. A food bar code and a numbering system for meat packages enables retailers to track how many retail cuts are packaged, what types of cuts are most popular, and how many cuts are sold, among other things. This product movement information allows retailers to do a better job of promoting and selling pork cuts.

This year, pork industry merchandisers, using a computer software package called Direct Product Profitability, will be able to show food retailers the profitability of carrying a particular pork cut in their stores before any purchase is made. The software can project a retailer's actual "bottom line" profit when stocking a specified pork cut.

Checkoff-funded projects directed at distributing meat science information related to pork include publica-

tions like "Lessons on Meat," a textbook that focuses on meat selection, cut identification, nutrition and other meat-related topics. It is designed for use by college students who have food-related majors.

Another checkoff funded publication, the Pork Technical Reference Manual, is a guide to all known pork related meat science research, and includes the names of the people responsible for that research. It serves as a catalyst to help researchers, processors and technical people with problems they encounter during their research and development of new pork technology.

Build Gingerbread House With A Kit

This holiday season, the busiest families can enjoy an old-fashioned tradition with the new Gingerbread House Kit. Illustrated step-by-step instructions enable even first-timers to easily fasten together the pre-baked gingerbread roof and side sections with pre-mixed Royal Icing and then secure the structure to the display base.



The kit includes plastic miniatures of Santa, sleigh, reindeer and Christmas trees to decorate the yard.

The house can be decorated in any original style. In the kits are suggestions for using candy and other decorating materials, such as pretzel sticks, breakfast cereals, cookies and more.

Created by McGlynn's Bakery of Minneapolis, Minnesota, the new Gingerbread House Kit is being introduced nationwide for the 1990 holiday season. The new kit, which comes in an attractive house-shaped box that's ideal for gift-giving, is available in supermarkets and retail bakeries.

It can also be obtained by mail order for \$17.95 plus \$3 shipping and handling; call McGlynn's Bakery, Gingerbread Dept. ST, at 800-624-5966; Monday through Friday, 8 a.m. to 5 p.m. CST, by December 5.

Please use by Wednesday, December 5, 1990

Here's some food for thought: 14 scientific societies representing more than 100,000 food and health scientists from government, universities and agriculture agree that "The American food supply is among the safest in the world." According to the National Council of Farmer Cooperatives, American farmers

Diseases of the mind are more destructive than those of the body.

DEAR BETTY CROCKER

Q. Does margarine or butter substitute for shortening in pie crust recipes?

J.D. Porterville, Calif.

A. We don't recommend this substitution. Both butter and margarine have added water. The added water replaces fat and fat is what makes the crust tender.

Q. What causes the top of my fruitcake to be crusty and crumble?

S.M. Jackson, Mich.

A. If a recipe has a high proportion of sugar to flour, the excess sugar may separate and rise to the top, leaving a crystallized layer. Fruitcake may become crumbly if it's baked in unlined pans or in too hot an oven. We recommend lining pans with aluminum foil and baking in a 300°F oven. Finally, a too-fresh fruitcake is more likely to crumble. For

best flavor and easiest slicing, store well-wrapped fruitcake for three to four weeks in refrigerator before serving. Cut chilled fruitcake with a thin, non-serrated knife.

Q. What's an easy way to remove the thin layer from shelled peanuts?

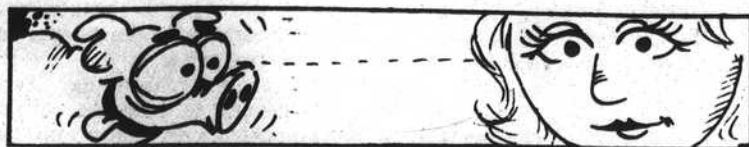
L.A. Ortonville, Mich.

A. Just before you use the peanuts, roast them in a 350°F oven for three to five minutes. Remove from oven and cool slightly. Rub peanuts between fingers to remove skins. You

can also freeze shelled raw peanuts several hours or overnight. Then remove a few at a time from freezer and slip off skins with fingers.

Do you have a cooking question? Write "Dear Betty Crocker," Box 1113, Dept. Betty, Minneapolis, Minn. 55440.

Tip of the week: Heavy thread or dental floss becomes kitchen tool ideal for cutting dough into cinnamon rolls or cutting slices of crumbly blue cheese.



A hog's eyesight is better than a human's.

Prices in this ad good Monday, December 31 thru Sunday, January 6, 1991.



Fresh Daily
5 Lb. Pack
Or More
GROUND BEEF

\$1.28
Lb.

USDA Choice Beef
TOP ROUND & LONDON BROIL ROAST
\$2.68 Lb.

U.S. No. 1
WHITE POTATOES
\$1.59
10 Lb. Bag

Red Or White Seeded
GRAPES
69¢ Lb.

Crisp Fancy Variety Lettuces
Endive, Red Leaf, Green Leaf, Romaine, Escarole Lb. .59

Celebrate The Holidays



Celebrating the holidays takes just a few ingredients: family, friends and food!

To make this year's celebration even more special, select delicious recipes that allow you to spend plenty of time with family and friends such as Beef Paprikash with Noodles from the new, "Celebrate the Holidays" cookbook.

This tasty main dish is quick and easy to prepare with the help of Swanson clear ready to serve beef broth which gives Beef Paprikash plenty of rich, full flavor.

For more delicious holiday recipes made quick and easy with Swanson Broths, send two labels from any can of Swanson Broths and a check or money order for \$2.50 payable to "Celebrate the Holidays," to: Celebrate the Holidays, c/o Swanson Broths, P.O. Box 77128, New Hope, MN 55471-7128. Offer good until 12/31/91 or when supplies exhausted.

BEEF PAPIKASH WITH NOODLES

- 2 tablespoons butter or margarine
- 1 package (8 ounces) mushrooms, sliced
- 1 medium onion, chopped
- 1 clove garlic, minced
- 1 tablespoon paprika
- 2 cans (14 1/2 ounces each) Swanson clear ready to serve beef broth
- 1 can (8 ounces) tomato paste
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon sugar
- 1/8 teaspoon pepper
- 2 cups cubed cooked beef
- Hot cooked wide noodles

1. In 10-inch skillet over medium heat, in hot butter, cook mushrooms, onion, garlic and paprika until onion is tender, stirring often.

2. Stir in broth, tomato paste, Worcestershire, sugar and pepper. Simmer over medium heat 25 minutes or until sauce thickens, stirring occasionally.

3. Stir in beef; heat through. Serve over noodles. Makes 4 1/2 cups or 4 servings.



The palm tree gets its name from the type of palm that has blades that fan out, resembling the palm and fingers of a hand.

3 Liter - Diet Pepsi
PEPSI COLA
\$1.49

3 Liter - Diet Mtn. Dew, Mtn. Dew 1.59

6.5 Oz.
DORITOS
99¢

There is a Food Lion location near you