

Culinary Outlook

Garlic presses ahead in popularity

By Aileen Claire
NEA Food Editor

How tastes change. In 1976, an encyclopedia of food recommended that garlic be "treated with discretion." Now, it is estimated that Americans consume 70 million pounds of fresh garlic each year.

Though about 30 million pounds of garlic is imported, most of the garlic consumed in the United States is grown in California. Heralding this fact is the annual Gilroy Garlic Festival, where attendance has grown from 20,000 to 152,000 in the last 10 years. They even serve garlic ice cream!

Other cities such as Cincinnati, Philadelphia, Portland, Los Angeles and Covington, Ky., have joined this enthusiasm for garlic, and now have their own festivals and celebrations featuring a range of garlic recipes.

Much of this growing interest is keyed to popularity of foods from such garlic-loving regions as the Med-

Mix together olive oil, 4 tablespoons lemon juice, sliced garlic, ¼ cup chopped cilantro and salt and pepper to taste. Add fish fillets and marinate for 1 hour or overnight.

Meanwhile prepare Garlic Salsa: In a frying pan over medium heat, melt 2 tablespoons butter. Sauté onion, chilies and minced garlic until soft, stirring. Add tomatoes and the remaining 1 tablespoon lemon juice. Cook, stirring, for 10 minutes. Remove from heat and add salt and pepper to taste. Stir in remaining ¼ cup, chopped cilantro. Slowly stir in remaining butter until melted.

Barbecue fish over low glowing coals or in broiler about 7 minutes or until done, turning fish once. Remove to warm serving platter. Top with Garlic Salsa. Garnish with lemon wedges and reserved cilantro leaves. This kitchen-tested recipe makes 6 servings.

GARLIC BAKED VEGETABLES WITH SPOONBREAD



GARLIC has found its way into more American kitchens as it flavors dishes such as fish and baked vegetables.

seasoned butter over each layer. Cover dish tightly. Bake in 350-degree oven about 30 minutes.

Meanwhile, prepare Spoonbread Topping. Remove baking dish from oven, uncover and pour topping over it. Return to oven and bake about 35 minutes longer, until topping is puffed and nicely browned, and point of small sharp knife inserted in center comes out clean. Serve at once from the baking dish. This kitchen-tested recipe makes 4 servings.

Spoonbread topping: Press garlic to measure ¼ teaspoon in large saucepan. Add to milk and heat, along with butter, salt and nutmeg. Gradually stir in cornmeal. Bring to a full boil, stirring constantly, and boil a minute, until thick. Remove from heat. Separate eggs, and beat yolks lightly. Stir a little of the hot mixture into the yolks, then combine with remaining cornmeal mixture in pan. Stir in Cheddar cheese. Beat egg whites until barely stiff. Fold into the cornmeal mixture.

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FOOD



AILEEN CLAIRE

THOUGHT FOR FOOD

by GOULD CROOK

Heavenly Peach Mold

- 1 can (1 lb. 12 oz.) sliced free-stone peaches
- 1 pkg. (3 oz.) peach flavor gelatin
- 1 envelope unflavored gelatin
- 1 tbsp. fresh lemon juice
- ¼ tsp. salt
- 8 large ice cubes
- 1 cup whipping cream

Drain peaches, reserving 1 cup syrup. Heat syrup to boiling. Place peach gelatin and unflavored gelatin in blender container. Pour in hot syrup; cover. Chop 40 seconds. Add peaches, lemon juice and salt. Chop 10 seconds. Add ice cubes and whipping cream. Grate until ice is melted, about 20 seconds. Pour into 4-cup mold. Chill until firm, several hours or overnight. To serve, unmold onto chilled serving plate. Garnish with fresh peach slices and mint.

Self-Basting

Pre-basted or self-basting turkeys have been injected with basting ingredients such as broth, butter, oil and other flavorings.

iterranean and the Orient. For centuries, garlic has been touted in folk lore and medicine as being beneficial for all kinds of ailments. According to "The Food Pharmacy," garlic may indeed have medicinal benefits. Many have found that garlic fights infections, reduces blood pressure, cholesterol and triglycerides, stimulates the immune system and relieves bronchitis. Garlic is also thought to contain cancer-preventive chemicals.

Here are some dishes that make good use of garlic.

GRILLED FISH WITH GARLIC SALSA

- ½ cup extra virgin olive oil
- 5 tablespoons lemon juice, divided
- 4 cloves fresh garlic, peeled and sliced
- 1 bunch fresh cilantro or parsley chopped to make ½ cup, reserving some whole leaves for garnish, divided
- 1 salt and freshly ground pepper to taste
- 6 6-ounce firm fleshed fish filets, about ¼-inch thick
- ¼ pound sweet butter, divided
- ¼ cup chopped sweet red onion
- 2 small hot green chilies, finely minced
- 1 tablespoon fresh garlic, finely minced
- 1 pound ripe tomatoes, peeled and chopped
- 1 lemon wedges

- 2 tablespoons butter
- 3 large cloves fresh garlic
- 2 teaspoons flour
- 1 teaspoon salt
- ¼ teaspoon lemon-pepper
- ½ teaspoon rosemary, crushed
- 2 cups shelled fresh peas (about 2 pounds)
- 2 cups potatoes, peeled, thinly sliced
- ¼ cup onion, thinly sliced
- 2 medium-sized firm, ripe tomatoes, skinned and thinly sliced

Spoonbread Topping

- 1 clove fresh garlic
- 1½ cups milk
- 1 tablespoon butter
- ¼ teaspoon salt
- dash nutmeg
- ¼ cup uncooked yellow cornmeal
- 2 eggs
- ¼ cup sharp Cheddar cheese

Melt butter. Press garlic through a garlic press to measure at least ¼ teaspoon. Add to butter along with flour, salt, lemon-pepper and rosemary. In a 7½-cup soufflé dish, layer vegetables: Place peas in bottom, then potatoes and onion and top with tomato slices, spooning part of the

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Interest is mushrooming

America's eating habits are in a state of flux, as the health trends of the 1980s continue to lure folks to the produce department. Since 1980, consumption of fresh fruits and vegetables has grown 6 percent each year. Part of this growth includes the increased use of fresh mushrooms in home cooking. As a one distributor says, "The growth of interest in mushrooms in the past few years has mushroomed."

Americans are also learning how to use a range of mushrooms once eaten only in foreign countries or expensive restaurants. The common white still remains the most widely used mushroom in this country, but more the exotic varieties such as the shiitake and oyster are gaining popularity. They now account for more than 20 percent of the mushroom consumption worldwide.

Mushrooms have also been popular with dieters for a number of years, as one cup of the common white contains only 19 calories. The shiitake has 17 calories, and the oyster has 18 calories. All are high in potassium and low in sodium.

Many people enjoy searching for local fungi in the spring months. While this can be fun, it can prove quite dangerous if done without caution. Jack Czarnecki points out in his excellent book, "Joe's Book of Mushroom Cookery," (Atheneum) that out of some 30,000 species, only about a dozen types of mushrooms are considered deadly. But it takes only one mistake to kill you.

Czarnecki is the third-generation proprietor of Joe's restaurant in Reading, Pa. Mushroom lovers from miles around stop in to sample his

creations, many made from the wild mushrooms he has picked himself.

And, to answer a very common mushroom question: Do not wash mushrooms before storing. When ready to use, wipe with a damp cloth, but do not soak.

SHIITAKE AND SHRIMP KEOBS

- 1 package (3½ ounces) fresh shiitake mushrooms
- ½ cup olive oil
- 2 medium cloves garlic, minced
- 2 tablespoons lemon juice
- 2 tablespoons chopped fresh parsley
- dash pepper
- 18 large shrimp, shelled and deveined (about 12 ounces)
- 1 medium red pepper, cut into ¼-inch squares

Trim woody portions of mushroom stems and discard. Cut any large mushroom into quarters.

In medium bowl, combine oil, garlic, lemon juice, parsley and pepper to taste. Add mushrooms, shrimp and red pepper. Toss to coat well.

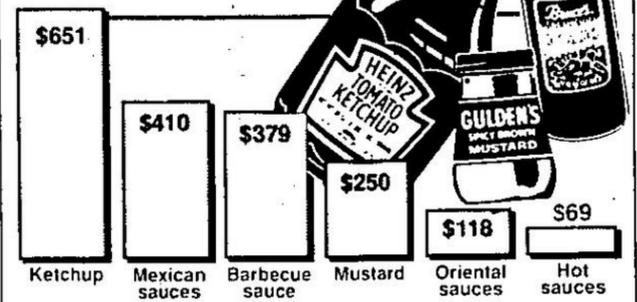
On four 12-inch skewers, alternately thread mushrooms, shrimp and red pepper.

Place skewers on grill 6 inches above glowing coals. Grill 8 minutes or until shrimp is opaque and mushrooms are tender, turning often and brushing with any remaining marinade. This kitchen-tested recipe makes 4 servings.

To broil: Prepare kebobs as indicated above. On rack in broiler pan, arrange kebobs. Broil 6 inches from heat for 8 minutes or until shrimp is opaque and mushrooms are tender, turning often and brushing with any remaining marinade.

Sauces of income

Projections in millions of dollars for condiment sales in 1989



Source: The Lempert Report Packaged Facts

NEA GRAPHICS

WHAT'S NEW

Cabinet-Mounted Toaster

New from Toastmaster is a toaster that mounts under the upper cabinets to give you more counter space. The toaster has an adjustable mounting bracket to fit most cabinets. From Toastmaster, 1801 N. Stadium Blvd., Columbia, Mo. 65202.

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