

## Taste

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## Shortcake made simple

As we all begin to warm up from the cold winter, our palates start to crave refreshing foods like true Southern shortcake. Fresh fruits coming into season like strawberries, peaches and blueberries make these shortcake recipes classic seasonal desserts, easily made in minutes and sure to impress friends and family with their presentation.

"Traditional Southern shortcake is much like a sweet biscuit often made with butter, eggs and cream. We've taken the classic and simplified it by using a stir-and-drop method that is easy for anyone to make," said baking specialist Dede Fuson for White Lily flour.

With a few special touches, the Strawberries and Cream Shortcake Parfait transforms into a dazzling dessert when presented in a parfait glass. Dough is dropped by teaspoonfuls to make mini-shortcakes, layered with fruit and whipped cream to create a mouth-watering elegant treat ready for friends and family to enjoy.

Almond Peach Shortcake is a delectably delicious variation on the shortcake theme. Made with toasted almonds and almond extract, the dough is easy to stir up and drop onto a cookie sheet. In just a few minutes, you will have perfect almond shortcakes to split and fill with peaches and whipped cream.

Just before preparing shortcake, toss the cut fruit with sugar to sweeten and bring out the juices. By the time the shortcake comes out of the oven, the fruit will be sweet and juicy — just right for this Southern delicacy. And don't skimp on the whipped cream. The real thing takes only minutes to whip up, and the flavor is worth it.

**STRAWBERRIES AND CREAM SHORTCAKE PARFAIT**  
Shortcake:  
Crisco Original No-Stick Cooking Spray  
2 cups White Lily Self-Rising Flour  
3 tablespoons sugar  
1 large egg, lightly beaten  
1/3 cup milk



Make the most of Michigan peaches this summer by mixing them with almonds and whipped cream for an Almond Peach Shortcake.

1/4 cup butter, melted  
Topping:  
1 cup heavy cream whipped with 1 tablespoon sugar  
4 cups sliced strawberries, sweetened to taste  
Heat oven to 400 F. Spray baking sheet with no-stick cooking spray.

Combine flour and sugar in a medium bowl. Blend together egg, milk and melted butter in small bowl. Add to dry ingredients; stir until moistened. Drop by teaspoonfuls onto prepared baking sheet. Bake 8 to 10 minutes or until golden brown.

Layer into parfait glasses beginning with 2 tablespoons of strawberries, 2 shortcakes and whipped cream; repeat. Top with whipped cream.  
Makes 8 servings.

**ALMOND PEACH SHORTCAKE**  
Shortcake:  
Crisco Original No-Stick Cooking Spray  
2 cups White Lily Self-Rising Flour  
1/4 cup sugar  
1/2 cup slivered almonds, toasted\* and chopped  
1/4 cup butter, melted

1/3 cup heavy cream  
1 large egg  
1/2 teaspoon almond extract  
Topping:  
4 cups peeled, sliced peaches, sweetened

1 cup heavy cream whipped with 1 tablespoon sugar  
Heat oven to 425 F. Spray baking sheet with no-stick cooking spray.

Reserve 2 tablespoons almonds. Combine flour, sugar and remaining almonds in a large bowl.

Whisk together 1/3 cup cream, egg and melted butter in small bowl. Stir into flour mixture to make dough.

Form into 8 individual mounds using 2 spoons or hands; place 2 to 3 inches apart on prepared baking sheet.

Bake 10 to 12 minutes or until golden brown.

Split shortcakes in half; place on individual serving plates. Fill and top with peaches and whipped cream. Sprinkle with reserved toasted almonds.

\*Toasted almonds: Place almonds in a single layer on an ungreased baking sheet. Bake at 350 F for 10 to 15 minutes stirring occasionally until golden brown.  
Makes 8 servings.



Springtime means strawberries and what better way to showcase them than in this Strawberries and Cream Shortcake Parfait.

## Plain yogurt works well as a marinade

By Jim Romanoff  
The Associated Press

Yogurt can be so much more than what's for breakfast.

As the base for a marinade, it does wonders for a piece of chicken, fish or meat. And because plain, nonfat yogurt is only mildly acidic, it is especially well suited for marinating delicate foods.

Marinades usually are made with either acidic ingredients (wine, vinegar and citrus juices) or enzymatic ingredients (pineapple and papaya juices). Both are great for adding flavor, but can change the texture of the food, sometimes for the worse.

Yogurt marinades have tenderizing qualities but won't toughen food the way vinegar or wine would, or turn it mushy the way enzymatic ingredients can.

Yogurt and spice marinated chicken with grapefruit relish benefits from this type of soak. The tangy, pungent marinade adds intense flavor to otherwise bland chicken breasts, while leaving them moist and tender.

The marinade does have a bit of lime juice in it, but the acidity is cut by the yogurt and olive oil. And while a 15-minute marination can do the job, the yogurt, garlic and spice mixture is mild enough to go for up to a day.

This yogurt-spice blend works for fish and pork as well, but if you're preparing a delicate fish such as catfish, flounder or tilapia, don't marinate for more than an hour or two. Firmer fish, such as tuna or salmon, can handle up to an 8-hour soak.

The relish for this dish uses jarred grapefruit segments, which often are less expensive and always easier to prepare than whole fruit. Look for jarred



Unlike marinades made with acidic ingredients, yogurt marinades have tenderizing qualities and won't toughen food like vinegar and wine would. This Yogurt and Spice Marinated Chicken with Grapefruit Relish takes just 40 minutes to prepare.

citrus in the refrigerated cases in the produce section of the market.

This recipe calls for broiling, but the chicken also can be grilled for about 6 to 7 minutes, turning it midway.

**YOGURT AND SPICE MARINATED CHICKEN WITH GRAPEFRUIT RELISH**

Start to finish: 40 minutes  
(15 minutes active)  
Servings: 4

1/4 cup nonfat plain yogurt  
3 tablespoons lime juice, divided  
2 teaspoons olive oil  
2 teaspoons minced garlic  
1-1/2 teaspoons ground cumin  
1 teaspoon paprika  
1 teaspoon salt, divided  
1 pound thinly sliced boneless, skinless chicken breast cutlets  
2 cups jarred grapefruit sections, drained  
1 small red onion, minced (about 3/4 cup)

2 tablespoons chopped fresh cilantro  
1 tablespoon honey

1/2 to 1 jalapeno pepper, seeded and finely chopped, to taste  
Ground black pepper, to taste

In a medium bowl, whisk together the yogurt, 2 tablespoons of the lime juice, olive oil, garlic, cumin, paprika and 1/2 teaspoon of salt. Add the chicken cutlets, turning to coat them. Cover with plastic wrap and refrigerate for 15 minutes or up to 8 hours.

Meanwhile, in a small bowl, combine the grapefruit sections, onion, cilantro, honey, jalapeno, black pepper, the remaining tablespoon of lime juice and the remaining 1/2 teaspoon of salt. Set aside.

Heat the broiler. Arrange the chicken on a wire rack set over a baking sheet. Place on the top rack of the oven and cook until the chicken is browned on the outside and no longer pink on the inside, about 4 minutes per side. Serve with grapefruit relish.

**Nutrition information per serving (values are rounded to the nearest whole number):** 242 calories; 40 calories from fat; 4 g fat (1 g saturated; 0 g trans fats); 66 mg cholesterol; 22 g carbohydrate; 28 g protein; 2 g fiber; 681 mg sodium.

## On the Rise Bakery ready to roll

By Stephen Bitsoli  
Macomb Daily Staff Writer

Help Detroit's Capuchin Soup Kitchen in its mission and get some great baked goods when the On the Rise Bakery has its grand opening Sunday. Part of the Reaching Our Potential Everyday or ROPE program, On the Rise is staffed by seven of the soup kitchen's guests — men who had been incarcerated or completed an addiction program and are seeking to re-enter society as productive citizens — and many volunteers from throughout the Detroit area.

Georgia Kingsley of St. Clair Shores has been volunteering with the ROPE program for more than two years, despite having a full-time job. An empty nester, she had some time on her hands and was looking for some way to give back to the community. "It was the right fit for me," Kingsley said.

Kingsley also said Capuchin's Brother Ray must have a magnet within him, because the week after she met him, she signed up for ROPE.

What keeps her with the program is the bond she's developed with the men in it. She says the friendship forged "is lifelong. It won't end with the program."

And the men do leave the program. The idea is for them to move out when they've learned the skills to find work on their own. "It's usually seven (or eight men at a time)," Kingsley said. "Five in-house, two or three out on their own. They rotate new people in."

The bakery program has been going for several years, but it operated at one of the soup kitchen sites. With On the Rise, it now has a permanent baking facility and retail shop. They also provide baked goods to area restaurants.

"The goal is to be self-sufficient," Kingsley said. At one time Kingsley helped with the baking, but now at the new building, "we leave the baking to the men," and she helps with packaging and labeling the baked goods for about five or six hours every Saturday.

"The specialties are breads — artisan breads — fruit pies, sweet rolls, cookies,



Kim Staniola, center, and Georgia Kingsley of St. Clair Shores volunteer with a baker at Capuchin Soup Kitchen's On the Rise Bakery in Detroit, set to open April 26.

brownies, coffeecakes. They're also getting more exposure to special orders," Kingsley added.

Three of the men are full-time employees of the Capuchin Soup Kitchen. The remaining four are part-time. All serve as bakers who sell the baked goods at parishes in the Detroit Archdiocese. Typically, the bakery sells out.

The men invited to participate in the bakery business must first commit to ROPE's principles and rules, including maintaining a sober and drug-free life, active participation in a 12-step program, a desire to improve, change, and maintain healthy relationships, respect for others, to become leaders in the community by giving of their time to those in their neighborhood and always reaching back to help the newest men in the program with encouragement and support.

In addition to job skills, Kingsley said, the bakery gives the men a feeling of ownership, of empowerment.

"This is a big confidence builder for the men. They want to become part of the neighborhood. They want to give back. They are volunteering. This bakery has given them hope which they never had before."

On the Rise bakery is located at 6110 McClellan, near I-94 and Gratiot, in Detroit. It will be blessed at the start of its grand opening, 2 to 6 p.m. Sunday. Its normal business hours will be 6 a.m. to noon, Tuesdays through Sundays.