

# EAT BEAT

by Martha Wagner



Illustration from *The Laurel's Kitchen Bread Book*.

Well, it's back to indulgence, for a day anyway, after the post-holidays return to sensible eating. Valentine's Day puts a little pzazz into winter and provides a good excuse to bake or buy treats for special people in our lives.

Remember those chalky little heart candies with the cute messages? Perhaps they're still around, but the choices have improved today.

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In the chocolate line, **Euphoria Chocolate Company**, at 17th and Willamette Streets, has its usual large choice of Valentine sweets and fancy tins to put them in. The specialty is Cherries Jubilee, Bing cherry and chocolate cream truffles dipped in white chocolate. Yummm....

**Johan's Bakery**, 345 Van Buren St., will have a special chocolate walnut torte with caramel filling, plus heart-shaped cookies and cakes the week of February 10.

**Humble Bagel** is in the Valentine's spirit, too, with their once-a-year giant (1 pound) heart-shaped bagels. They are plain and cinnamon-raisin and must be ordered in advance. For sweet treats, Humble Bagel will be making chocolate-dipped shortbread cookies, heart-shaped, of course.

**Fall Creek Bakery**, by the U of O campus, will have a variety of special treats for Valentine's Day. Treats like amaretto hearts (a genoise cake), chocolate-raspberry torte, chocolate cake hearts, shortbread hearts and small, decorated cheese-cakes.

If you want to do the baking yourself, you'll find a terrific selection of cookie cutters—heart-shaped and otherwise—at **Marketplace Gourmet**, the small but full-to-the-brim cookware shop in the Fifth Street Market. If you like hearts, you'll also find heart motif ice trays, pot holders, tart pans, copper molds and glass candle holders at the same shop.

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Three new baking books can provide you with inspiration and recipes for Valentine's Day treats. Whole grain baking is the focus of two new bread cookbooks. The larger and more comprehensive of the two is *The Laurel's Kitchen Bread Book* (Random House, \$19.95). This comes from the same three women—Laurel Robertson, Carol Flinders and Bronwen Godfrey—who wrote the best-selling *Laurel's Kitchen* natural foods cookbook.

The two delicious recipes I've tried so far—Cheese Muffins and Old-Fashioned Scones—prove the authors' premise that 100 per cent whole grain breads need not be as heavy as bricks. Recipes use intriguing combinations of flours (oat, millet, rye, triticale and more) for texture and flavor. There's also a chapter on rice breads of all kinds for people who are allergic to wheat, milk and eggs.

The several hundred recipes in this handsomely-illustrated book include chapters on rye breads, bean breads, sprouted breads, quick breads and muffins, plus an introductory chapter detailing a basic yeast bread method, followed by a chapter of questions and answers about bread making.

The other new bread book, *Bread Winners, Too: The Second Rising* (Rodale Press, \$15.95) by Mel London, is equally interesting, though less comprehensive. Author of many cookbooks, London compiled these recipes as a sequel to his popular *Bread Winners* cookbook published in 1979. Some of the recipes are his, but the majority are from skilled bread bakers around the country who contacted him or were introduced to him as a result of the earlier book. Contributors range from a retired Roseburg, Oregon, minister to Albert Shanker, president of the American Federation of Teachers. Each is profiled and says something about his or her experience as a baker.

The recipes in this book are made primarily with whole grain flours, and with honey as a sweetener. The range is as varied as in *The Laurel's Kitchen Bread Book*. There are breads from Mexico, India and the Ukraine, sourdough breads, matzoh, German pretzels, whole wheat croissants and brioche, quickbreads and unusual yeasted breads like *Pizza Bread*, *Pesto Bread* and *Gorgonzola Cheese Bread*.

For more traditional baking (i.e., white flour and sugar) of all kinds—pies, cakes, cookies and

breads—there's a fine new cookbook by Marion Cunningham, *The Fannie Farmer Baking Book* (Alfred Knopf, \$16.95). Cunningham helped revise the 1980 edition of the now classic *Fannie Farmer Cookbook*. Like the earlier cookbook, this one is comprehensive, with 600 plus pages. If you want to make a basic apple pie, Boston cream pie, fruit cobbler, buttermilk biscuit or oatmeal cookie, you'll find the recipe here. You'll also find plenty of unusual recipes—Basil and Garlic Cheese Bread, Fennel Bread, Sourdough Ginger Rye, Portuguese Sweet Bread, Triticale Marmalade Bread and more.

One especially nice feature in this book is the placement of charts and cooking hints on the inside front and back covers. When you've got gooeey hands, it's helpful to know just where to turn—carefully—to find the proper temperature for baking a pie crust, or the number of egg yolks in a cup (16, according to Cunningham).

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The cranberries in the following bread—which can also be made into muffins—provide a touch of red for Valentine's Day. The recipe is from *The Laurel's Kitchen Bread Book*.

## Orange-Cranberry Bread

3/4 cup cranberries, coarsely chopped  
1/2 cup raisins  
1 tablespoon grated undyed orange peel  
1 1/4 cups orange juice  
1/4 cup honey  
1/4 cup butter or oil

1 1/2 cups whole wheat pastry flour  
1/2 cup whole wheat bread flour  
2 1/2 teaspoons baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1/2 cup wheat germ  
1/2 cup lightly toasted chopped walnuts

In a saucepan, combine cranberries, raisins, orange peel, juice and honey. Bring to a boil, stir in butter or oil and remove from heat. Allow to cool while measuring and combining other ingredients. Sift flours, leavenings and salt, and stir in wheat germ. When liquid mixture has cooled to lukewarm, stir in dry ingredients and fold in the nuts, reserving 3 tablespoons for a topping.

Spread batter in a greased 8"x4" loaf pan. Sprinkle nuts on top and press them down lightly with your hand or the back of a spoon. Bake for 50 to 60 minutes, or until done. Test with a toothpick. Let the loaf rest in its pan on a wire rack for ten minutes, then turn out on the rack to set for at least 30 minutes before cutting. If you can wait longer, the slices will be less likely to crumble.

For muffins, bake about 15 to 20 minutes. Makes 1 dozen.

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When Humble Bagel introduced Eugene to bagels some eight years ago, some people were as unfamiliar with the pronunciation as they were with the chewy breads of East Coast origin. Today everyone seems to be eating bagels.

Now a new Eugene bagel shop has opened on the Westside, at the corner of 8th and Monroe. Ken and Linda Hadlock, owners of the new **Bagel Bakery**, are baking traditional New York style bagels—very crusty—in a range of flavors. The first of their whole wheat bagels is called simply "Raisin" but it has a distinct and delicious flavor contributed by nutmeg or some similar spice. The bakery's recipe came from New York, via Santa Cruz, California, where Ken's sister has two bagel bakeries.

The Bagel Bakery has tables and chairs and will be serving sandwiches and other light fare as well as juices, coffee and other drinks. Hours are 6:30 am to 5:30 pm daily.

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A new Mexican restaurant in West Eugene is serving well-prepared food at reasonable prices. **El Burrito**, run by the family that operated a booth at Saturday Market for many years, has a pleasant atmosphere, too, despite its somewhat unlikely location at 525 Highway 99N. As you might guess, burritos are a specialty. They're wrapped in homemade flour tortillas, which you can also buy to take home. There are also homemade tamales and daily specials for lunch and dinner. Hours are 11 am-9 pm Monday-Saturday.

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Readers, we're still waiting to hear from you. We'd like to hear about your food and restaurant finds, your unusual or outstanding recipes, information you have on special food-related events. Send us questions, too, and we'll try to help you out. Write to *Eat Beat*, c/o *What's Happening*, P.O. Box 259, Eugene, OR 97440.

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