



## Egg us on

What do you do with your leftover Easter eggs? The Food section wants to know.

Please send ideas, recipes and tips for using the hard-boiled eggs to Robin Davis, Food Editor, *The Dispatch*, 34 S. 3rd St., Columbus, Ohio 43215; or by e-mail to robin.davis@dispatch.com.

Please include your name, address and phone number. If you send a recipe, include the number of servings.

The deadline for submissions is next Wednesday.

We'll run a compilation of the ideas around Easter.

## CUTTING EDGE

### Quick tricks

Staying healthy while eating fast food requires walking a fine line. *Maximum Fitness* magazine recommends these do's and don'ts:

- ▶ Don't go bigger. Order small sizes for sides; you still get the enjoyment of eating fries without unnecessary extra calories.
- ▶ Don't order anything labeled "double," "deluxe" or "supreme," which usually means extra fat and calories.
- ▶ Do substitute. To save calories and fat, replace cheese and sauces with salsa when possible.
- ▶ Do try leaner meats. Order chicken or steak instead of dishes made with ground beef.

### Low-calorie pasta

Pasta dishes can pack on the calories — sometimes 600 or more, according to *Family Circle* magazine. Here are some ways to reshape favorite pasta meals:

- ▶ Look for jarred sauces with 50 to 80 calories in a half-cup serving.
- ▶ Add lots of high-fiber vegetables, such as cauliflower or broccoli, to help you stay full longer.
- ▶ Try using fat-free half-and-half mixed with a little flour in place of heavy cream in cream sauces. Also, for cheese sauces, try low-fat cheese instead of the full-fat variety.



### Sweet aroma

"The smell of good bread baking, like the sound of lightly flowing water, is indescribable in its evocation of innocence and delight."

— M.F.K. Fisher

Send your food news and tidbits to Food Editor Robin Davis, *The Dispatch*, 34 S. 3rd St., Columbus, Ohio 43215; fax, 614-559-1754.



Bakers get used to profession's wee hours

# Early to rise

By Aaron Beck  
 THE COLUMBUS DISPATCH

At 4:20 on a recent weekday morning, Tad Wielezynski did what he does six days a week: He unlocked the front door of La Chatelaine French Bakery in Upper Arlington and for the next three hours wasted not a second or motion.

While the rest of Columbus slept, the clamor of another day of baking bread and pastries had begun.

Croissants, assembled the day before, were hauled out of refrigerators on rolling racks and lined up in front of ovens.

Cloth-covered football-sized peasant loaves, rising since the day before, awaited their final destination — a wood-stoked stone oven that Wielezynski and his family imported from France when they opened La Chatelaine in 1991.

Wielezynski, having filled the oven with kindling from a man-high stack just outside the kitchen, lighted a fire. Sweat trickled down his temples as he crouched to put his kielbasa-thick fingers inside to position the wood just so.

He and his staff bake about 300 to 400 loaves each weekday, 500 to 600 during weekends.

Between preparing all that needed to be baked and moving on to make dough for the next day, Wielezynski wiped the handles of refrigerators and ovens, and swept the floors of walk-in freezers.

"I'm from the old school," he said. "Always cleaning and baking,

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BARTH FALKENBERG | DISPATCH

As dawn breaks outside, Tad Wielezynski stays busy inside — pushing loaves of bread from the wood-fired oven at La Chatelaine.



COOKIES PROVIDED BY LA CHATELAINE AND TREMONT GOODIE SHOP



BOB CHAMBERLIN | LOS ANGELES TIMES

Three tasty vegetable-soup broths, from top: roasted vegetable stock, mushroom stock and light vegetable stock

## Veggie stock can be just as hearty as meaty type

By Donna Deane  
 LOS ANGELES TIMES

Shakespeare's Cleopatra — with her "infinite variety" — had nothing on vegetable soup.

It can be thick and chunky, light and delicate, rich and smoky or bright and tangy. Vegetable soup can be a meal in itself or an appetizing first course, a soul-satisfying lunch or a blissfully warming supper.

It starts with stock, of course. But that doesn't mean you need to use meat, or even poultry or fish. With a few tricks, you can coax enough flavor and body out of just vegetables to make a fabulous foundation for a truly vegetarian soup.

Start with aromatics. Leeks are incredibly flavorful; just simmer them alone in water, and you're halfway to a good vegetable stock. Add celery, carrots, garlic and herbs, and you have a versatile, light vegan stock. Cutting the vegetables into dices and lightly sauteing them help them quickly release their flavors.

This stock can be used instead of water to cook rice and grains for a pilaf or a light risotto. It can be frozen and kept on hand for use in deglazing a saute pan to make a nice little pan sauce for fish or chicken. Or add caramelized onions and sugar, and a little white wine and Armagnac, and you have a luscious, rich soup with layers of flavors.

Another terrific stock comes from roasted vegetables. Toss onions, carrots, celery, garlic and celery root with a little olive oil and seasoning, and roast them until tender and brown. Simmer them with leeks, herbs, mushrooms and potato peel for less than an hour, and you'll get a rich, brown stock with deep, earthy flavor.

This stock pairs well with grains such as brown rice or bulgur. It adds wonderful flavor when used as a cooking liquid to poach assertive greens such as cabbage, collards or kale. But perhaps most satisfying is a hearty vegetable soup made with dried small white beans, roasted mushrooms, potato and cabbage.

Or you can go for more pure flavor using mushroom. Simmer dried and fresh mushrooms with aromatics to make an appealingly meaty stock that's even more wonderful when pearl barley is added, thickening the stock and giving it body. It's the basis for a soup made with sweet turnips and bright chard, a dish that reminds us how intensely flavorful each vegetable can be when handled properly.

Vegetable stocks are quick-cooking and achieve maximum flavor, depending on the

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**Stefanie's CHAMPIONS**  
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**STEFANIE'S CHAMPIONS**  
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 Noon - 1:30 p.m.  
 Greater Columbus Convention Center



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