

**Howling win**  
  
**Chicago Wolves**  
 garner  
**Calder Cup**  
 — Sports

# Daily Herald

**Give Dad a break**

Move the **beef brisket** from grill to oven  
 — Food



dh [dailyherald.com](http://dailyherald.com)

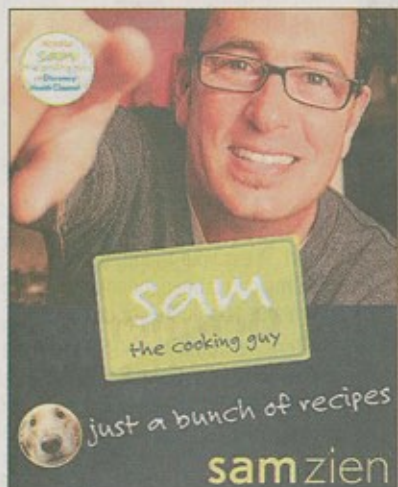
Wednesday, June 11, 2008

PADDOCK PUBLICATIONS • 136TH YEAR • NO. 241 • SIX SECTIONS 75¢

## Celebrating dads and decorating

Remember that time Dad took you to task for coming home past curfew? Well, it's your turn to throw the book at him — a cookbook, that is.

Whether your pop prefers an open flame or is just trying to find his way around the kitchen, there's a new cookbook for him.



"Sam the Cooking Guy: Just a Bunch of Recipes," by Sam Zien.

### From the food editor

For beef buffs, there's Cree LeFavour's "The New Steak" (10 Speed Press, \$19.95), a collection of 50-plus recipes for various cuts of steak and nearly twice that number for sides. Packed with lush photographs, the book also includes tips for bringing the cooking indoors to a stovetop grill pan.

If Dad's eager to further his culinary pursuits, he might like Sam Zien's "Sam the Cooking Guy: Just a Bunch of Recipes" (Wiley, \$18.95).

Zien takes a no-fuss, entertaining attitude to cooking, and his recipes reflect it. Offerings include his "two favorite emergency sandwiches": cheese-stuffed hamburgers and banana bread French toast.

**Come for the cake:** The Wilton School of Cake Decorating & Confectionery Art marks its 80th anniversary this year and is throwing one heck of a party on Saturday.

At 11:30 a.m., Wilton unveil a six-tier cake that features eight decades of tech-

niques and embellishments. The celebration continues until 5 p.m. with a cake-decorating contest, raffles, hands-on decorating lessons for kids and in-store discounts. From 2:15 to 3 p.m., learn about brush embroidery from Colette Peters, famed New York pastry chef, author of five decorating and confection books and winner of Food Network's 2004 Wedding Cake Challenge. Peters will also sign autographs.

The Wilton School of Cake Decorating Confectionery Art is at 7511 Lemont Road (at the Chestnut Court Shopping Center), Darien. The event is free. (630) 985-6000.

**Omega-3s and more:** S'mores, bug juice and gorp are part of camp. But if you want to feel a bit better about what your kids eat, stock up on these items:

**Go Fish Brainy Kidz Children's Omega-3 DHA Fruit-Based Soft Chews:** That's a big name for these fruit-snack-sized bits. Developed by renowned pediatrician Dr. William Sears, these chews are packed with brain-building omega-3 fatty acids. Yes, you can stop trying to force salmon down their throats and let them grab one of these. You'll feel good

knowing they're made with all-natural, fruit-based ingredients. Look for them at [www.askdrsears.com](http://www.askdrsears.com); shipping's free for a limited time.

**ProBugs:** Get visions of horse flies and centipedes out of your mind and think friendly bugs the good-for-you bacteria that help boost the immune system. Morton Grove-based Life-way Foods launched a child-friendly version of its probiotic keifer drinks. Packaged like a juice pouch with a screw top, they come in fun flavors such as Orange Creamy Crawler and Sublime Lime Slime. Look for them at Whole Foods Markets and Jewel Food Stores.

**Joy of soy:** Your favorite soy-based recipe could win you a copy of the "Simply Soy" cookbook.

The Soyfoods Council is looking for the best recipes using tofu; soy milk; edamame; canned tan or black soy-



beans; soy flour; soy crumbles, burgers or sausage; soy nuts; and other soyfoods. Categories are appetizers or snacks; salads or sides; main dishes or soups; and baked goods or desserts.

A judging panel will select four recipes from each of these categories and the winner in each category will receive \$100; all 16 finalists will get copies of the cookbook and their recipes will be posted at [www.thesoyfoodscouncil.com](http://www.thesoyfoodscouncil.com).

Head to the Web site for full contest details and tips. The deadline to enter is Oct. 1 and you can enter as often as you like.

**Get it here:** Gluten-free cookies from Chicago's Whole Bakers can be purchased locally at Sunset Foods in Libertyville, Northbrook, Highland Park and Lake Forest and the Gluten-Free Grocer in Westchester.

— Deborah Pankey

• Contact Food Editor Deborah Pankey at (847) 427-4524, [food@dailyherald.com](mailto:food@dailyherald.com) or c/o Daily Herald, P.O. Box 280, Arlington Heights, IL 60006.