French food is forte of Izumi

Isumi Kabata is a 32-year-old bachelor who got his first taste of cooking in a French restaurant in Tokyo after washing dishes and waiting on tables.

He joined Benihana of Tokyo at 19, went to its special school, where he learned the technique of cutting steaks, chicken, shrimp and vegetables, and worked in Japan until 1974.

1974.

Being a Benthana chef isn't all showmanship. Sure, whipping the six to 10-inch knives from metal scabbards attached to a thick belt and flipping them like an expert goulfghter is important.

But a Benthana chef also must know how to cook on the steel grill, he must have an instituct for seasoniers and he must make were the

he must have an instinct for season-ings and he must make sure the sauces taste just right. You might find a couple of cuels on their day off at the next communal table eat-ing and sampling the sauces to en-sure this.

Irum, who is more talkattre pre-paring a meal at the hibachi than sitting at a table giving an inter-

view, learned English working in New York in 1975.
"How would you like your steak?" he asked diners, finally getting the question perfect. "I didn't have to ask them how they liked their chick-en, we cooked it all the same."

WHEN A party sat down one evening, Izumi decided to try out some Spanish.

"Buenas noches," he said, with a trace of Japanese accent.
"No comprende," one person replied. "I'm American, not Spanish."

After the meal, the same person complimented him. "You're a good chef."

"Gracias." Izumi persisted.

The diner became a bit huffy.

The diner occane a memory.

"I'm American"

Countered Izumi, "I'm Japanese."

In January, 1976, he helped open
a Benihana in Dallas, where he is
No. 2 chef. He also had a hand in
starting new restaurants in New Orleans and Farmington, Conn.



An avid sports fan, Izumi loves basketball, football and baseball in that order. While the Philadelphia 76ers is his favorite team, he proud-ly wears a yellow chof's hat bearing Cowboy wide receiver Drew Pear-

Comboy wide receiver Drew Pear-son's autograph. He doen't relish cooking at home, but when he does, French food is his forte. "My brother has a French restau-rant in Tokyo," Izumi said. "I want to open a restaurant by myself." Need you ask what kind.

IZUMI KABATA'S SHRIMP AU

GRATIN I lb. medium sbrimp 6 thsp. butter
4 thsp. all-purpose flour
4 small carrot, thinly sliced
1 onion, thinly sliced
1 can (4 oz.) mushroom stems and

pieces, drained

IGA TABLERITE

Boneless

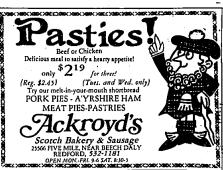
Sold As Roast Only

Allow shrimp to boil 2 minutes, drain, let cook, peel, remove tails and devein. In large heated skillet, make a roux of butter and flour, fry carrot, onlon, mushrooms and shrimp on medium high until carrot is almost tender, stirring often. Pour into 2-quart casserole, top with cheese and bake in preheated 350-degree oven 7 minutes. Serves 3-4.

BENIHANA'S GINGER SAUCE

BENINAMAN GINGER SAUCE
We cup red rice wine vinegar
cup red rice wine vinegar
cup chopped onion
style isp. ground ginger or small piece

In blender or food processor, combine all ingredients until smooth. Pour through strainer, stirring, into bowl to remove foam. Yields about % cup, 6 servings. Dip cooked shrimp or scallops in sauce.



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Swedish food is featured

Gourmets who particularly enjoy sampling the trious world culsines but can't afford to leave the country to do so, may want to visit the Summit Restaurant in Detroit's Westin Hotel this week as

Restaurant in Detroit's Westin Hotel this week as the cooking style of Sweden is featured. Per Nilsson and Bernhard Stumplel, two Swedineher's who trained under the famed Tore Wrettman, will work with the Summit staff to prepare authentic Swedish dishes made from Iresh ingredients flown in daily from Scandinavia. Helping to sponsor the event are the Swedish Trade Office in New York and SAS Airlines. The following two recipes are examples of what Sweden has to offer.

SWEDISH HASH PYTT-I-PANNA Carefuller = PYTT-I-PANNA
Carefully prepared, this dish is superb. All the
ingredients should be finely diced or chopped and
field separately, exactly right. Immediately before
serving, they are blended together thoroughly.
Peel and dice finely:
6 to 8 medium potatoes, bolled and cold

Fry in slighly browned butter until golden. Remove to hot casserole dish and keep warm. Fry in the same pan in freshly browned butter:

about 2 cups fried and boiled meat, diced

Place with potatoes in casserole dish. Lower heat and fry in pan:

2 or 3 yellow onions, chopped 1 cup diced ham, lighly smoked or boiled

Add to meat and potatoes in casserole dish. Blend well. Remove to hot serving platter, sprinkle with finely chopped paraley, and serve with pickled beets and fried eggs, or hardboiled eggs, or raw egg

yolks.

Variation: Pour 1 cm light cream over the fried hash and aimmer over low heat for a few minutes. Serve with poached eggs and pickled beets. This vaintion has its won Swedish name: Doppsko.

SWEDISH PUNCH CAKE PUNSCHTARTA

Preheat oven to 350° (moderately hot). Butter thoroughly two 9-inch cake layer pans. Lightly flour pans. Beat together until light and fluffy:

4 eggs 1 cup (good measure) sugar

Sift, and mix into egg mixture:

1 cup (scant)cake flour pinch of salt

Divide batter equally in cake pans and bake for 10-15 mindtes. Remove from oven and sprinkle im-mediately, leaving cakes in pans, with:

14 cup Swedish Punch (a famous Swedish Liquor) for each layer

Cover with aluminum foil and refrigerate. Un-mold one layer on the serving dish and cover gen-cously with whipped cream flavored with a few drops of Swedish Punch. Carefully place the other layer on top and cover with whipped cream, fla-vored with Punch. Serve cake well childed.

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