

# Pancakes mark Shrove Tuesday

Shrove Tuesday tradition calls for pancakes. A centuries-old European custom, making pancakes the day before Lent was a festive way to use up ingredients that were disallowed until Easter.

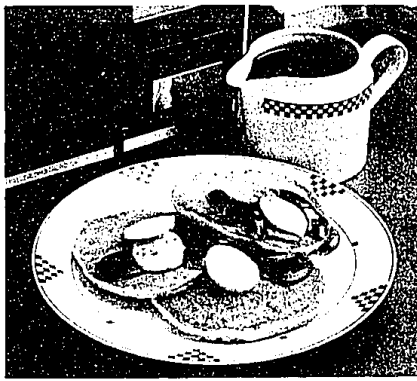
Today's pancake lovers can continue this tradition and enjoy their favorite breakfast with contemporary speed and convenience. For a syrup-topped stack in minutes, prepare pancakes (why not a double batch?) whenever time allows and freeze. Reheat single servings in the microwave oven any time you feel a penchant for pancakes. What could be easier?

Two new pancake recipes have been developed that are ideal for this fix-and-freeze procedure. Both streamline preparation with complete pancake and waffle mix, and both boast lively, fresh flavors and special toppings that make breakfast seem like a special occasion.

Top fresh banana-flavored pancakes with a sweet-tart blend of pancake syrup, strawberry preserves and a hint of lemon to make Strawberry Banana pancakes. For rich banana flavor, use well-ripened bananas in the batter. Save picture-pretty, just-ripe bananas to garnish each stack, if you wish.

## STRAWBERRY BANANA PANCAKES

- 1 egg, beaten
- 1/2 cup syrup
- 1/2 cup strawberry preserves
- 1 teaspoon lemon juice
- 2 cups pancake and waffle mix
- 1 cup water
- 1 cup mashed ripe banana



Strawberry Banana Pancakes are good to serve Shrove Tuesday or any busy weekday morning. They may be prepared ahead and reheated in the microwave.

**Syrup:** Combine all ingredients in saucepan. Cook until heated through, stirring occasionally. Remove from heat. Serve warm over pancakes. Syrup can be stored in refrigerator up to one week and reheated.

**Pancakes:** Heat griddle to 375 F; grease lightly. Combine all ingredients; mix just until large lumps of pancake mix disappear. For each pancake, pour 1/4 cup batter onto prepared griddle. Turn when pancakes begin to rise and edges look cooked. Turn only once. Top with sliced bananas, if desired. Serve with warm syrup, 4 servings.

cup syrup) calories 520, carbohydrates 116g, protein 8g, fat 3 g, sodium 975 mg, calcium 300 mg, cholesterol 70mg.

## OATMEAL PECAN PANCAKES

- Syrup:
- 1/4 cup chopped pecans
- 1 tablespoon margarine or butter
- 1 cup syrup
- 2 cups pancake and waffle mix
- 1 1/2 cups water
- 1/2 cup quick or old-fashioned, uncooked oats
- 1 tablespoon firmly packed brown sugar
- 1/2 teaspoon cinnamon

**Syrup:** In saucepan, saute pecans in margarine 1 or 2 minutes. Add syrup; cook until heated through, stirring occasionally. Remove from heat. Serve warm over pancakes. Syrup can be stored in refrigerator up to one week and reheated.

**Pancakes:** Heat griddle to 350 F; grease lightly. Combine all ingredients; mix just until large lumps of pancake mix disappear. For each pancake, pour 1/4 cup batter onto prepared griddle. Turn when pancakes begin to rise and edges look cooked. Turn only once, 4 servings.

**Freeze and microwave reheat directions for pancakes:** To freeze, wrap pancakes securely in foil or place in a freezer bag; store in freezer up to three months. To reheat frozen pancakes, stack 3 pancakes in microwaveable plate, microwave at HIGH for 1 1/4 to 1 1/2 minutes.

**Nutrition Information:** Each serving (three 4-inch pancakes and 1/4 cup syrup) calories 560, carbohydrates 110 g, protein 8 g, fat 10 g, sodium 1000 mg, calcium 300 mg, cholesterol 0 mg.

# Jelly doughnuts are Fat Tuesday treat

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Nine Mile and Farmington roads in Farmington, carries a line of Paris Bakery breads and sweets. The Flower Barn, a florist in the same center, sells some of the family's specialty cakes (see related story). All the baking is done at the Joy Road location, where the air is sweet with the yeasty fragrance of baking bread and the aroma of cakes and doughnuts.

"We do just about anything with poppy seeds," said Jurkiewicz, pointing to rows of coffee cakes and tea rings. "We make an old-fashioned raisin coffee cake."

Paris Bakery is at 28418 Joy, Livonia. Phone 425-2060. Hours are 7 a.m. to 7 p.m. Tuesday-Saturday and 7 a.m. to 5 p.m. Sunday-Monday.

# How to make paczki

## PARIS BAKERY PACZKI

(makes 24 doughnuts)

- 1 cup milk at room temperature
- 3 eggs
- 1/2 cup sugar
- 1 tsp. salt
- 1 tsp. baking powder
- 1/2 cup all purpose vegetable shortening
- 4 pkg. dry yeast
- 4 1/4 cups all purpose flour
- juice from 1/4 fresh lemon
- 1/2 tsp. vanilla extract
- vegetable oil for frying
- jelly for filling

Cream dry ingredients with shortening. Add eggs and milk. Mix until dough is completely incorporated and pliable, approximately 5-8 minutes. Cover dough with damp cloth or cloth moistened with oil to prevent

crusting, and let rest for 10 minutes. Divide dough into 24 pieces, cover again and let rest until dough doubles in size, approximately 45 minutes to one hour.

Place doughnuts into pot containing pure vegetable oil heated to 375 degrees (doughnuts will not be entirely covered but will float on top of oil). Cook for two minutes or until golden brown crust forms. Turn doughnuts over, submerge completely and continue frying for two minutes. Remove doughnuts from fryer and let rest on screen or rack until cool. Split doughnuts partially and fill with favorite preserves or jelly. When doughnuts are completely cool, top with sugar water glaze or dust with either powdered or granulated sugar.

# Fine cheese pairs nicely with pasta

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Remember, you want to complement, not overpower, simple pasta.

If you really enjoy your pastas and are looking to try some other imported grating varieties, I suggest Incanestrato, a bit of "personality" cheese, or Pecorino De Tavoia, somewhat sharp and an excellent cheese to use for "baked" pastas.

Looking for something spicy? Try the imported Ragusano, a Sicilian cheese loaded with flavor, or Pecorino, a grating cheese impregnated with whole black peppercorns. Add to this list of "power" cheeses, the Caciocavallo variety, again, excellent when used with "baking" pastas.

Enough said about cheese. Now a simple word on cheese graters. Every kitchen has (or should have) the standard hand grater with four sides, available at local houseware stores for about \$4. However, if you really want to get the best, search out the Mouli hand grater. Now you're cooking Italian.

**FOOD PROCESSORS** such as the Cuisinart and mini-grinders can handle small chunks of cheese but because these grating varieties are best aged more than three years (and some up to 10 years) they are extremely hard, and trying to cut them up into small chunks for grating in a food processor is senseless.

Grating-cheese lovers will love these basic recipes. Make them with all the leftover shaker-type cheese you have in the fridge, then make them with fresh grated. No doubt you will notice the difference. Bon Appetit!

**HOT ARTICHOKE BREAD**  
1 cup fresh grated Parmesan or Asiago cheese  
1 cup mayonnaise (not salad dressing)  
1 can artichoke hearts (not the marinated variety)

Combine all ingredients and mix well. Place in a small ovenproof casserole and bake at 350 degrees for 30 minutes. Pop under broiler till golden. Serve with cracker, bread cubes, corn chips or fresh vegetables. (Grate in a small onion for a different flavor.)

## PARMESAN BAKED CHICKEN

- 3 lbs. chicken thighs and drumsticks
- 2 cups milk
- 1/2 cup plain breadcrumbs
- 1/2 cup fresh grated Parmesan or Asiago cheese
- 1 egg, beaten
- 3 tablespoons olive oil

Place chicken in a bowl with milk and refrigerate at least 1 hour. Combine breadcrumbs with parmesan cheese. Pat chicken dry, then dip in beaten egg and coat well in breadcrumb and parmesan cheese mixture. Place skin side up on a lightly oiled pan and drizzle with olive oil. Bake at 350 degrees for 50 minutes. Serves 4-5.

Chef's note: you want to taste the cheese here, so don't try to mask the flavor with tons of herbs, salt and pepper.

## BAKED TOMATOES FLORENTINE

- 4 strips cooked bacon, diced
- 4 medium tomatoes

## CAESAR SALAD DRESSING

- Great for all greens
- 1 clove garlic, finely diced
- 2 anchovies (optional)
- 1 coddled egg
- juice of 1/2 lemon

Chop bacon, set aside. Slice tops off tomatoes and scoop out centers. Squeeze as much of the water out of the spinach as possible. Place spinach in a bowl. Scoop out center of tomatoes and place in bowl with spinach and remaining ingredients. Mix well. Stuff tomato shells with mixture and bake uncovered at 350 degrees for 15 minutes. Serves 4.

Chef's suggestion: Try this with some finely chopped seafood instead of the bacon or with simple steamed and chopped vegetables for a vegetarian treat.

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