

The Observer & Eccentric Newspapers

Ethel Simmons editor/591-2300



Sisters Paggy Deland (left) and Teresa Misoner, both of Redford, got ready to enjoy an Irish meal they have propared. They made corned bed and cabbage, betted potatese, trish potate sould not be present but also contributed reclass for the special dimen, in carefraid or of S. Patrick's Day this Thursday.

meals are for memory sharing

years ago, in ireland, the hree "Iyaes Girls" grew healthy on fresh womity air and good food. The three staters grew in, came to the United States and the utility of the three staters grew in, came to the United States and the utility of the United States and Sta

a typical Irish meal

MISENER PREPARED a melt-in-roundbulk corned beat and cathage, served with boiled

potatoes. Melvin's Irlah potato-sonp was a rich, creamy purce, thickened with whipping cream. Boland baked a traditional soda-bread, leavened with baking pow-

der and delicately sweetened with raisins. Rounding out the meal was warm apple pie. The sisters were born in Kin-

vara, County Galway, It is a farming community near Galway Bay, in western Ireland. The fam-ily includes five girls and four-boys. All except Boland, Melvin

4 sprigs parsley
4 sticks celery
W teaspoon salt
dash of pepper
8 cups eliken stock (or 4 boullion
cubes mixed with water)
1 % plat carton whipping cream
(optional)

Peel and dice potatoes, onlons and celery. Add them to stock water and salt. Add parsley and bring all to boil. Lower heat and simmer until vegetables are near soft. Blend in food processor or blender and return to saucepan. Add half carton of cream. Check seasoning, add additional to desired taste and heat gently. Whip other half of cream and lightly chop in 1 teaspoon parsley. Serves with 1 teaspoon whipped cream on each serving. Serves 6-8.

and Misener live in Ireland or England.

"Dad was a cattle dealer," Mismer recalled. "He also dredged for oysters and bult houses."

Times were sometimes hard, according to Bolsand. Their mother was widowed at a young age. Still, they ate well — fish from the hay, stows made with lamb or yeal, Iresh corned best and baron. The family at lots of carrots, rutshags and, of course, potatoes. Several variaties of points grew nearby, and people recognized each by shape and taria, "My dad used to say it wasn't a meal without potatoes." Boland said.

Their mother baked three or four loaves for holdsyn for seven in the same without potatoes, but housey family. Raisin best was reserved for holdsyn or special occasions.

"It was expensive to make, and raisins were scarce," Roland said. Deparer: was, runshipt, lack! of treats apple ple.

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Authentic dishes recall heritage

PEGGY BOLAND'S IRISH RA-ISIN BREAD
3-3 % cups sifted flour
% teaspoon baking sodn
3 teaspoons baking powder
% cup sugar
1% cups ratins
1 to cups ratins
1 tablespoon curaway seed (optional)
2 eggs, beaten
dash salt
1 % cups buttermilk, room temperature

Sift all dry ingredients. Cut but-ter into flour, stir in raisins and caraway seed. Combine eggs with milk and mix until you have a nice dough. Knead for two min-tures and shape into round loaf. Turn into lightly greased and floured 9-inch round skillet. Cut a deep cross on top of cake. Bake at

TERESA MISENER'S CORNED BEEF, CABBAGE AND POTA-TOES 1 corned beef brisket (3-4 pounds) 2 small onions 8 medium-incled potates 2 small heads of cabbage

Put corned beef and onions in cold water. Bring to boil and simmer approximately three

hours. Prepare potatoes for boiling and set aside in saucepan. Wash, core and quarter cabbage. Take meat out when ready, Put in prepared cabbage and boil until tender (approximately % hour.) Beil potatoes. Drain cabage. Drain potatoes. Place aliced corned beel, cabbage, potatoes sprinkled with paraley flakes in a large serving plate, Serves 6-8.

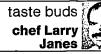
DELIA MELVIN'S IRISH POTA-TO SOUP 6 large potatoes 6 small oulons

Syrup makers 'suck the sap' from trees

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All it took was the oil grounding crawling out of his hole and not seeing his shadow that has forecasted an early arrival of spring. North American maple syrup makers are, at this moment, "suchi: the sap' and turning out pure maple syrup faster than ever to meet the demand. Collecting of the sap commences in the spring of the year when warm days begin to follow cool nights, causing the sap of the sugar maple to flow. During the white, some of the starch that the tree made the previous summer and stored in its roots is converted to sugar, primarily sap containing 4-10 percent sugar. Collected sap is boiled to concentrate the sugar and produce the characteristic flavor. Maple syrup is esteemed for its sweet taste and "maple" flavor, niterestingly, the maple flavor of the syrup is of present in the sap, but develops during the boiling.

Harvesting sap from the "sugar bush" — the strands of maple tree— is a rather picturesque operation in many locations. Quebec is the worlds leading maple syrup produce, converting more than 60 million gallons of sap into more than 50 million gallons.



THE UNITED States production will be lucky to tap off two million gallons, much of which will be made by small independent producers and sold as "tourist items." To collect the running sap, holes are drilled into the tree about two-three inches deep and about three feet above the ground. The number of holes depends on the size of the tree — larger trees sporting four-live holes.

Into each hole, a metal spout is fitted and then a collection pail is hung below the spout. Each day, the accumulation of sap is collected from the pails, poured into a larger tank and hauled by sied or wagon to the sugarhouse.

A more modern method of collecting the sap involves a system of plastic pipelines which transports the sap from a hole tapped in a tree to the sugarhouse. Regardless of the method of collections, good maple tree will yield between 15 and 40 galines of sap in a single season.

Processing occurs in the sugarhouse. It is here that the sap is strained and then placed in shallow pans (evaporators) over wood, oil or gas fires.

As the sap boils, the water evaporates. When the sugar concentration reaches 68.5 percent, it is drawn off, filtered and bottled as maple syrup.

Maple sugar is produced by further boiling and evaporation of most of the water. One gallon of syrup yields about eight pounds of sugar.

A SINGULAR harbinger of spring, maple syrup is also a unique cooking ingredient. Its gift of unrefined sweetness and rich flavor, in both liquid and sugar forms, commands simple recipes, turns hams and potatoes into a regal dish, infuses bread and cake with

character.
Try recipes using real, pure maple syrup.

PROGRAMMA MANAGORICA DE CARA SER ANTONIO