

Irish meals are for reminiscing

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THE SISTERS left Ireland for the United States in the 1950s. Melvin and Boland both were nurses. Misener was a secretary who worked for a time in England before deciding to come to America because "I wanted to be with my sisters."

Currently, Melvin works for a urologist with offices in Southfield and Garden City. Misener is employed by the chief of urology at Providence Hospital in Southfield. Melvin's husband, Mike, is a Wayne County sheriff's deputy. Misener's husband, Chuck, is a supervisor of data processing at Ford Motor Co. Boland's husband, Dennis, now deceased, also worked for Ford Motor. Each family has four children.

High on the sisters' list of favorite pastimes is attending the many activities sponsored by the Irish-American community in the Detroit area. These include the Ancient Order of

Hibernians and the Irish-American Cultural Institute, which promotes the literature, music and dance of Ireland.

"On St. Patrick's Day we go to our Irish clubs and sing authentic Irish songs," Misener said. They also take part in Comhaltas, the Association of Irish Musicians, Singers and Dancers. Each year groups of artists from all 32 Irish counties, including those of Northern Ireland, tour the United States and perform.

SPECIAL DINNERS, dances and teas afford the opportunity to bake, cook and sample Irish food. Boland and Misener, who have returned to Ireland to visit family members, expressed fears about long-standing customs being erased by modern times and prosperity.

"Ireland has changed," Boland said. "Tourism has come. It's not the poor country it used to be. It's now very rich. We want to preserve the traditions."

Sausage Stroganoff can be fixed in hurry

This recipe offers an alternative use of a traditional breakfast staple — pork sausage. It is "quick-fix" for a hot, hearty meal that is not heavy.

- SAUSAGE STROGANOFF**
- 1 lb. pork sausage
 - 8 oz. sliced fresh mushrooms (about 2 cups)
 - 1 medium onion, sliced
 - 1/4 cup margarine or butter
 - 1 1/4 cups chicken broth
 - 1 tablespoon Worcestershire sauce
 - 1/4 teaspoon pepper
 - 1/2 cup flour
 - 1 (8 oz.) container sour cream
 - Hot cooked noodles
 - Chopped parsley, optional

In large skillet, brown sausage over medium heat. Drain. In same skillet, cook mushrooms and onions in margarine until tender. Add sausage, 1 cup chicken broth, Worcestershire sauce and pepper; simmer

covered 5 minutes. Meanwhile, in small bowl, combine remaining 1/4 cup broth and flour. Add to meat mixture; cook and stir until mixture thickens and boils. Stir in sour cream; heat through. Serve over noodles. If desired, garnish with parsley.

Microwave directions: In 3-quart microwave-safe casserole or bowl, microwave sausage on 100 percent power (high) 5 to 6 minutes or until sausage is no longer pink, stirring after 3 minutes. Drain; set aside. In same container, combine mushrooms, onions and margarine; microwave covered on 100 percent power (high) 4 to 5 minutes or until mixture boils and thickens. Stir in sour cream; microwave on 70 percent power (medium-high) 3 to 4 minutes or until heated through.

Note: Microwave ovens vary in wattage; times may need to be adjusted.

Serve over noodles. If desired, garnish with parsley.

Irish dishes stick to your ribs

March is the month in which we celebrate St. Patrick's Day. We all put an "O" in front of our names and become Irish on March 17: O'Smith, O'Johnson and even O'Wynski!

Sure 'n' all the saints in heaven must know that's a fact. Ireland, St. Patrick, the shamrock. What would this month be without them?

Details of St. Patrick's life are not all clear. Historians disagree on all the main facts: when he was born, and where, as well as his death, his burial and almost everything in between.

But one thing we know for sure is that his life was an exciting one. Born sometime around 390 A.D. in a little Roman town in Wales (or England, Scotland, or maybe even France), he was — at the age of 18 — taken prisoner by pirates and sold into slavery in Ireland.

WHILE IN captivity, he had visions in which voices in heaven told him how to escape and bade him to later return to Ireland and help the people there by converting them to Christianity.

He became a priest, a bishop and a statesman and was finally sent by the Pope to Ireland in 432.

There he educated the Irish people and helped them toward living better lives.

According to some legends, he drove the snakes out of Ireland forever. He is credited with raising several people from the dead, and one poet wrote the following account of another of his miracles:

*St. Patrick, as in legends told,
The morning being very cold,
In order to assuage the weather
Selected bits of ice together;
Then gently breathed upon the pyre
And every fragment blazed on fire.*

St. Patrick is Ireland's patron saint, and March 17, the day commemorating his death, was — for hundreds of years — the most important day of the year in that country.

It was celebrated with High Mass, parades, speeches, music, dancing and great hilarity.

Today in Ireland, they still sell shamrocks on the corner and special masses are held, but the Irish in America seem to celebrate far more elaborately.

Most American restaurants and many household kitchens honor St. Patrick by serving corned beef and cabbage or Irish stew and green beans.

If you would like to fix these dishes, but don't know how, call me, and I will give you directions over the phone.



use white vinegar and a dash of tarragon)

- 1 tablespoon freshly grated horseradish
- 1 cup red wine
- 1 lemon
- 1 orange
- 1 teaspoon dry mustard

Finely grate the lemon and the orange. Squeeze the juice and add it to all the other ingredients, in a suitable pan.

Boil for about 30 minutes, by which time the sauce should be reduced and thickened.

PORK AND LEEK PIE

- 2 lbs. pork, cut into bite-size pieces
- 1 teaspoon sage, powdered
- oil for frying
- 1 envelope dry onion soup mix
- 1 bunch leeks, coarsely chopped
- salt and pepper to taste

Place flour, salt, pepper and sage in a brown paper bag, add pork and shake until each piece of pork is evenly dusted.

Brown the pork pie in oil and place in a stew pot with leeks, onion soup mix and enough water to barely cover. Cook until meat is done and gravy is thick.

Place in a deep baking dish. Roll out the prepared puff pastry sheet and fit to fit the baking dish. Make slits in it to allow the steam to escape.

Place this over the pork mixture. You may like to take the scraps of pastry dough left over and make braids to put around the edge of the crust, or cut designs and place them decoratively on top.

With a fork, beat the egg yolk and tablespoon of water together and brush the pastry with the mixture before baking.

Bake at 350 degrees until pastry is puffed and golden brown. Serve hot.

TOASTED PARSNIPS

- 3 parsnips, sliced
- salt and pepper to taste

SAUCE

- 1 cup tongue stock
- 1/2 cup red currant jelly (may substitute apple or mixed fruit jelly)
- 2 tablespoons tarragon vinegar (may

1/4 lb. butter sugar

Wash and clean the parsnips. Cut into pieces and boil in water with salt and pepper until tender but still firm. Drain and dry.

Heat the butter in the frying pan and toss the parsnips in it. Sprinkle lightly with sugar and brown nicely under the grill.

SODA BISCUITS

- 2 cups flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/4 lb. solid shortening (butter, margarine, Crisco or lard)
- 1 cup thick sour milk or buttermilk

Mix dry ingredients. Cut in shortening and mix until it is the texture of corn meal.

Knead lightly on floured board. Roll to 1/4 inch thickness and cut with a floured biscuit cutter. Place on greased cookie sheet and bake at 450 degrees for 10 minutes, or until done and browned.

APPLE CAKE

- 2 cups flour
- 1/4 teaspoon salt
- 1 egg
- 2 cups thinly sliced apples
- 1 teaspoon cinnamon
- 2 teaspoons baking powder
- 1/4 butter (or other solid shortening)
- 3/4 cup sugar

Sift flour, baking powder and salt. Cut in shortening.

Beat egg, add milk and stir into the flour mixture.

Toss apples, sugar and cinnamon together and arrange in a well-greased cake pan. Spread dough mixture over this.

Bake in a 350 degree oven for about 45 minutes.

Loosen cake from sides of pan and turn out onto cake plate immediately.

Serve with Brown Sauce.

BROWN SAUCE

- 1 cup brown sugar
- 1 cup boiling water
- 1 teaspoon vanilla
- 1 tablespoon flour
- 1 tablespoon butter

Mix sugar and flour together. Add water gradually, stirring constantly until mixture thickens. Add butter and vanilla.

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