

School lunches a bargain

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In the "J" building, otherwise known as Turrell Hall, this establishment is open Tuesdays-Thursdays from 11 a.m. to 1 p.m. A buffet day is featured every 10 days, and rumor has it the garde mange goes all out to present a virtual "production" of hot and cold entrees that rivals the best.

The menu changes daily and offers a variety of hot and cold entrees, deli entrees and even a daily "healthy" entree. If the advanced class is out in the dining room, table-side cooking of entrees and desserts is available. Gathering raves from all over. If you can find "J" building, you're in for a real treat.

HIGH SCHOOL/COMMERCIAL FOOD PROGRAMS
Franklin High School, 3100 Joy Road, Livonia, phone 523-9354
The Patriot Inn

Open from 11 a.m. to 12:45 p.m. If business is any indication as to the quality and success of a restaurant, the Patriot Inn really packs them in. Lining up for a table with the teaching staff and other guests is well

worth the short wait, especially when you try the homemade soups, great burgers, and a stir fry to die for. A real bargain, the menu stays the same but daily specials are all ways available.

In addition to running the Patriot Inn, the students also operate the cafeteria lunch lines. Closed Mondays. Instructor Rich Teeple has these kids involved in everything. They took over 10 prizes at this year's Ice Sculpture Competition. Catering available.

William Ford Vocational/Technical Center, 36455 Marquette, Westland, phone 595-2135
The Marquette Room

Open from noon to 1:15 p.m. Monday-Friday. Ah, if programs like this existed when I was in high school. Low lights, low noise, low prices, but high marks to this program that is one of the few open five days a week.

Lunch specials like Teriyaki Chicken Kababs, Yellow Flax Tuna and Beef Roulades. Soup that warms the cockles of your heart. If lunch doesn't get you back, try one of

the restaurant's famous Thursday night buffets. Every Thursday 5:45 p.m. you can sample the likes of Polish, Mexican, Austrian/German and even Irish. Special senior citizen rates, and kids 6 and under eat free. Catering available.

Southeast Oakland Vocational Education Center (SOVEC), 5055 Delemere, Royal Oak, phone 280-0600
The Clipboard Restaurant

Open Tuesday-Friday from 11:45 to 1:30 p.m., this quasi-classroom teaches the skills of the food service industry and offers the public great food at reasonable prices. It has daily specials in addition to a regular menu that includes a salad bar deal, great croissant sandwiches and one of the best burgers I've ever had served on a Kaiser bun.

A special children's menu is available, and although I didn't try it because of my waistline, desserts taste as great as they look. Once a month the restaurant features a rib and fish buffet. Catering available.

Similar programs are also featured at: Northwest Oakland Vocational Education Center (NWOVEC),

8211 Big Lake Road, Clarkston, phone 525-5202; Education Center (SWOVEC), 1000 Beck Road, Wixom, phone 624-6000; Northeast Oakland Vocational Education Center (NEOVEC), 1371 N. Perry, Pontiac, phone 857-8469.

Ford School, 8075 Ritz, Westland, phone 523-9397
The Calorie Gallery

This establishment, on Ann Arbor Trail between Merriman and Farmington roads, has a special place in my heart. A long, long time ago, when I sprouted fewer gray hairs, I taught commercial foods here. The restaurant is open Tuesday-Friday from 10:30 a.m. to 1 p.m. with a hot-lunch plate that is a steal.

Good omelets, burgers, sandwiches and homemade soups top off the menu, but do yourself a favor and save room for dessert. Ask for the Snicker's Cake, and a visit just wouldn't be complete without a sack of homemade cookies that simply melt in your mouth. A banquet room is available for special groups and/or club meetings. Catering available.

Diners enjoy; students learn

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Add to those goodies the fact that all these culinary institutions do catering in one form or another and

some put out the best buffets money can buy. Many schools offer a small bakery where students can bake you anywhere from one to 200 dozen cookies, special cakes or tortes.

clarification

Because some lines of copy were missing from the following recipe in last week's Taste, we are repeating it:

CREAM PUFFS

1/2 cup butter
1 cup boiling water
1 cup sifted flour
1/4 teaspoon salt
4 eggs

Melt butter in boiling water. Add

flour and salt all at once, stir vigorously. Cool, stirring constantly, till mixture forms a ball that doesn't separate. Remove from heat and cool slightly. Add eggs, one at a time, beating vigorously after each until smooth. Drop dough by 1/2 teaspoon on greased cookie sheet.

Bake 450 degrees 8 minutes, then 350 degrees 10-15 minutes. Remove from oven, cut off top. Turn oven off and dry puffs in oven. Cool on rack. Makes 100.

Strawberry trifle may be made ahead

AP — This strawberry dessert has just five ingredients. Make it a day ahead so the cake can absorb the sweet strawberry juices.

STRAWBERRY SHORTCAKE TRIFLE

1 pint fresh strawberries
2 tablespoons sugar
2 cups homemade or canned vanilla pudding
One 3-ounce package cream cheese, softened
2 cups 1/2-inch shortcake or pound cake cubes

Hull and slice 1 cup of berries; arrange along side of clear, straight-sided 1 1/2-quart bowl or dish. Place remaining berries in blender container of food processor bowl;

add sugar. Cover and blend or process until pureed.

In mixer bowl beat pudding and cream cheese with electric mixer on medium speed until combined. Place half of the cake in the bottom of the dish. Pour half of the pureed berries over cake and top with half of the pudding mixture.

Repeat with remaining cake, puree and pudding mixture. Cover and chill for up to 24 hours.

Before serving, top with additional strawberries, if desired. Makes 6 to 8 servings.

Nutrition information per serving: 270 cal., 6 g pro., 39 g carbs., 11 g fat, 64 mg chol., 221 mg sodium. U.S. RDA: 48 percent vit. C, 13 percent riboflavin, 12 percent calcium, 13 percent phosphorus.

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Home cooking: It's good to eat

By Ethel Simmons staff writer

Carrie Levin and Ann Nickinson run a restaurant in New York City where the emphasis is on, of all things, home cooking.

The two women, whose restaurant is called Good Enough to Eat, recently talked about their cookbook, "Good Enough to Eat," published by Simon & Schuster Inc., 1987.

Because some of their recipes use canned soup, the Campbell Soup Co. sponsored their tour. Campbell's has published a brochure of recipes provided by Levin and Nickinson. The pamphlet is free by writing: Good Enough to Eat, P.O. Box 964, Bensalem, PA 19020.

"They use some of the illustrations (done by Levin's sister-in-law) from the cookbook," said Nickinson. "The only recipe in the booklet, from the cookbook, is the meatloaf." She was referring to the partners' recipe, which follows this article.

Levin, who is from Belgium, and

Nickinson, who is from Boston, opened Good Enough to Eat as a catering and takeout operation about seven years ago. Five years ago it became a restaurant.

"The cookbook emulates the restaurant in Manhattan," said Nickinson. "We have 29 seats. We serve items unavailable in other places. We get back to childhood and remember things like blueberry pancakes."

Said Levin, "We change the menu every day. We try to be creative, and use leftovers. Leftovers is not a bad word." At holidays, they serve special dinners, then create meals the next day with what's left over.

Their kitchen has one fridge, a four-burner stove and one oven. They do their own baked goods and breads.

The cookbook is subtitled "Bountiful Home Cooking." Besides recipes, "We give helpful hints on things that messed up for us," Levin said. "People read it like a novel."

The restaurant offers anything that's basic — American cooking

with all the ethnic and regional influences. Everything in the cookbook is done in the restaurant, including meat, fish, poultry, vegetarian dishes and pastries.

Here's the meatloaf recipe, which Levin says she served at her wedding.

MEATLOAF

For best results, follow the recipe exactly — the meat should be at room temperature and added last to the other ingredients.

2 tablespoons butter or margarine
1 large onion, chopped
1 large clove garlic, minced
1 stalk celery, sliced
1 medium green pepper, diced
2 cups sliced mushrooms (about 1 1/2 lb.)
1 teaspoon pepper
1 can (10 1/2 oz) condensed tomato or cream of mushroom soup
1/2 cup ketchup
1/4 teaspoon mayonnaise
1/2 tablespoon tomato paste

1 teaspoon worcestershire sauce
1 egg, beaten
2 tablespoons chopped fresh parsley
1 teaspoon dried basil leaves, crushed
1 teaspoon dried oregano leaves, crushed
1/4 teaspoon paprika
2 tablespoons grated parmesan cheese
1/2 cup fine dry bread crumbs
2 lbs. meatloaf mix (beef, pork, veal) at room temperature
3 slices bacon
1/2 cup water

1. In 10-inch skillet over medium heat, in hot butter, cook onion, garlic, celery, green pepper, mushrooms, and pepper until vegetables are tender, about 10 minutes. Remove from heat; cool.

2. Preheat oven to 400 degrees. In large bowl, combine cooled vegetables, 1/2 cup of the soup and remaining ingredients except meat, bacon and water. Stir well.

3. Add meat, blend well. In 13-by-9-inch baking pan, shape meat mixture into 10-by-5-inch loaf. Arrange bacon slices across top.

4. Bake for 15 minutes. Reduce oven temperature to 350 degree and bake 50 minutes or until done. Spoon off 2 tablespoons drippings; reserve. Cool meatloaf 15 minutes before slicing.

5. In small saucepan over medium heat, heat remaining soup, water and reserved drippings to boiling, stirring occasionally. Spoon over meatloaf. Makes 8 servings.

Chef Larry goes bananas

See Chef Larry's column on Page 1 for more about bananas.

BANANA BUNS
1/2 cup oil
1/2 cup honey
1 cup flour (regular or whole wheat)
1/2 cup cornmeal
1/2 cup oatmeal
2 tbs. wheat germ (optional)
2 eggs
1 tsp. vanilla
1/4 tsp. nutmeg
1 tsp. cinnamon
1/2 tsp. baking soda
1/2 tsp. baking powder
4 ripe bananas, mashed

Combine all ingredients in a large bowl and mix well. Spoon in cupcake papers and fill 3/4 of papers. Bake at 350 degrees for 20-30 minutes or until golden and firm.

BANANA CREAM PIE
1 9-inch baked pie shell
1/2 cup sugar
1/2 cup cornstarch
1/4 tsp. salt
3 cups milk
4 egg yolks, slightly beaten

2 tbs. butter
4 tsp. vanilla
2 large ripe bananas

Mix sugar, cornstarch and salt in a saucepan. Gradually stir in the milk. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute. Stir 1/2 of the mixture very slowly into beaten egg yolks, then add this mixture to remaining sauce. Remove from heat source and add butter and vanilla. Place a sheet of plastic wrap over the sauce and refrigerate till chilled, at least 1 hour. Slice bananas into prebaked pie shell and top with filling. Refrigerate for at least 2 hours.

BANANAS FOSTER
(try this over ice cream)
2 tbs. butter
2 bananas, sliced
dash cinnamon and nutmeg
1/4 cup brown sugar
1/4 cup brandy

In a skillet, melt butter to sizzling. Add bananas and quickly saute over high heat for 30 seconds. Add cinnamon and nutmeg, then brown sugar. Continue cooking over medium-high heat until sugar has melted. Gently warm brandy and add to mixture. Ignite and pour over ice cream.

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