

Restaurant brunches are memorable ones

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well-known Nomads travel club. I often took weekend getaway trips to other cities. Enjoying Sunday brunch before the homeward trip was always a favorite pastime. Who could forget eggs benedict at the Rainbow Grill in New York City, or strawberry waffles at a restaurant along the picturesque River Walk in San Antonio?

Closer to home, our family has marked birthdays, reunions and get-togethers at such popular brunch spots as the Plymouth Hilton Inn and the Mayflower Hotel, both in Plymouth, and the Original Pancake House in Southfield, where the omelets are fluffy and big as a dinner plate.

What about the cholesterol and high-fat content of eggs, sausage and bacon?

HENK VANDAAL, executive chef at the Haymarket in the Troy Hilton Inn, said people are starting to request omelets made with egg whites, or entrees prepared without butter.

"Not that much, yet, but it's coming," Vandaal said.

An all-you-can-eat buffet doesn't mean you have to gorge. Some of the best fun can be had sampling portions of many different items, or satisfying a sweet tooth with a tiny piece of dessert.

Following is a partial list of local restaurants offering this popular meal. Most of the buffets start at \$10 per person for adults, less for children. Reservations are advised, to avoid long waits.

WESTERN WAYNE COUNTY

Holiday Inn West, Six Mile Road at I-275, Livonia, 484-1300. Sunday brunch hours 10 a.m. to 2 p.m. Cost \$11.95 adults, \$7.95 children ages 6-12 years, under 6 free. Complete array of breakfast items, prime roast beef, side dishes, fruits, juices, dessert.

Mayflower Hotel, downtown Plymouth. Sunday brunch 10 a.m. to 2 p.m. in Mayflower Meeting House, 455 S. Main, 453-1410. Cost \$10.95 adults, \$5.50 children ages 10-12, under 10 free. Waffles, eggs, sausage, eggs benedict, quiche, carved ham, chicken, desserts.

Molly's McDuff's, 34390 Ford Road, Westland, 725-7400. Brunch 10 a.m. to 2 p.m. Cost \$7.50 adults, \$5 children ages 5-12. Breakfast lineup includes crepes, cheese blintzes, eggs benedict. Also roast beef, ham, salads, sweets.

Plymouth Hilton Inn, 14707 Northville Road, Plymouth, 459-4500. Hours 10:30 a.m. to 2 p.m. Cost

\$10.95 adults, \$8.95 children ages 5-12 years, under 5 free. Enjoy the soothing music of a harpist while consuming omelets made-to-order, side dishes, salads, roast beef, chicken, fruits and assorted desserts.

OAKLAND COUNTY

Botaford Inn, 28000 Grand River at Eight Mile Road, Farmington, 474-4800. Brunch 10 a.m. to 2 p.m. Cost \$9 adults, \$4.50 children ages 5 and under. This venerable establishment — in business for more than 150 years — serves a variety of eggs, pancakes, sausage and bacon, plus carved beef, shrimp, scallops, salads, rolls and bread.

Embassy Suites Hotel, 28100 Franklin Road, Southfield, 350-2000. Brunch 11 a.m. to 3 p.m. Cost \$11.95 adults, \$5.95 children ages 12 and under, \$4.50 children ages 5 and under.

Guest Quarters, Long Lake and Crooks roads, Troy, 879-7500. Brunch 11 a.m. to 2 p.m. Cost \$12.95 adults, \$5.95 children ages 6-12 years, under 6 free. Breakfast includes roast beef, seafood pasta, oysters on half-shell, salads, fruit, sweets.

Kingsley Inn, Woodward Avenue, south of Long Lake Road, Bloomington, 464-4000. Brunch 10 a.m. to 2 p.m. Cost \$11.95 adults, \$11.95 for coffee, tea and milk, \$5.95 children ages 3-7, under 3 free. Sample potato pancakes, beef stroganoff, roast beef, peeled shrimp, fresh fruit and pastries.

Macchus Sly Fox, 725 S. Hunter, Birmingham, 642-6900. Brunch 10:30 a.m. to 2 p.m. Cost \$9.25 adults, \$4.95 children. Choose from a variety of crepes, quiche, french toast, fruit and pastries.

Michigan Inn, 18400 J. L. Hudson Drive, Southfield, 559-5500. Brunch from 11 a.m. to 4 p.m. Cost \$13.95 adults, \$12.95 senior citizens, \$8.95 children under age 12. Complete assortment of breakfast and dinner specialties.

Norman's Eton Street Station, 245 S. Eton, Birmingham, 647-7774. Brunch from 10:30 a.m. to 4 p.m. Brunch entrees from the menu, at prices from \$4.95 to \$9.95. Specialties include omelets, quiches, raspberry chicken, hot and cold seafood dishes.

Novi Hilton, Eight Mile Road and Haggerty, Novi, 348-4000. Brunch from 10:30 to 2:30 p.m. Cost \$13.95 per person, \$5.95 children ages 6-12. Variety of egg dishes, lox and bagels, roast beef and biscuits.

Norfield Hilton, Crooks Road between Square Lake Road and Long Lake Road, Troy, 879-2100. Brunch from 10:30 a.m. to 2:30 p.m. Cost \$14.95 adults, \$7.95 children ages 5-12 years, 4 and under free. Full array of breakfast and dinner items.

Original Pancake House, 19355 W. Ten Mile Road, Southfield, 357-3399. Sunday hours 7 a.m. to 5 p.m. No brunch, simply a very popular spot with generous servings of varieties of pancakes and stick-to-the-ribs omelets and fresh-squeezed orange juice. Order items by choice from the menu.

Gathering the bunch at brunch

Continued from Page 1

She's out on her own now. The two boys in the middle want nothing to do with it. Collin, 14, the youngest, is in between. He flips back and forth.

Although Callaghan is a vegetarian, she said she hasn't insisted that her children follow her example. And while she continues to use vegetables as the mainstay of her own cooking, her children are welcome to cook a few hotdogs if they don't like

supper.

"I won't drive them to a fast food restaurant myself but I won't forbid them to go," she said.

"Every once in a while you'll hear about this family in which every one is a vegetarian and the children won't look at a piece of meat. But I don't think that's usually the case."

Still, she holds steadfast to her aversion to sugar, fried foods, fast foods, canned soups, prepared frozen foods, salt and store-bought breads.

BUT THERE'S a price to pay for her fastidiousness in the kitchen. It takes a lot of time to maintain those standards. "It takes more than I should give it," she said.

Time, for this cook, has become an increasingly rare commodity. Callaghan, a finance officer for Comerica, Auburn Hills, also takes graduate-level courses in finance at Walsh College. That leaves little time except during the weekends for Callaghan to continue making her own bread.

"I try to spend less time in the kitchen," she said. "But it's a pattern. I try to find ways around it." In planning her brunch, she attempted to prepare foods ahead of time as much as possible. She baked the red pepper quiche beforehand and made the scones early in the morning. "A lot of stuff doesn't lend itself to being prepared ahead of time," she said. "I always seem to do some last-minute stuff."

RED PEPPER BLOSSOM QUICHE

1 1/2 cup flour
3/4 teaspoon chilled unsalted butter, cut into 10 pieces (Hillary Callaghan prefers to use corn oil margarine.)
1/4 teaspoon salt
3 tablespoons ice water
3 eggs (Callaghan uses Eggbeaters)
1 1/4 cup heavy cream (she substitutes a combination of 1/2 cup milk and 1/2 cup lowfat yogurt)
6 ounces Italian Fontina cheese (she prefers low cholesterol Swiss cheese)
1/2 cup freshly grated Parmesan cheese
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
1/4 teaspoon freshly ground nutmeg
6 large red bell peppers, peeled and sliced in 1/4-inch-wide strips
1 tablespoon butter, melted (she omits) salt and pepper to taste

To make the pastry:
Combine in the bowl of a food processor: flour, butter, salt. Process until mixture resembles coarse meal. With machine running, pour ice water through the feed tube and process just until water is incorporated before dough forms a ball.

Remove dough and scrape into ball, wrap in plastic wrap and refrigerate several hours or overnight.

Roll out dough into 9-inch-thick circle and place in 9-inch-thick circle or tart pan with removable bottom.

Remove excess dough from fluted edge and prick bottom surface in several places. Chill pastry crust at least 30 minutes. Cover bottom of crust in buttered parchment or waxed paper and fill in with bean or pea weights. Bake at 425 degrees 15-20 minutes until crust is firm. Remove beans or weights and paper. Return pastry shell to oven and bake another five minutes until crust is light brown. Set aside to cool until ready to fill.

PEAR COMPOTE

3 cups apple juice

To make filling:

In large mixing bowl, stir together eggs, cream, cheeses, salt, pepper and nutmeg. Pour into shell and bake at 375 degrees, 30-40 minutes until lightly browned and a knife inserted in center comes out clean. Starting at the outside pastry rim of the quiche, overlap pepper strips in petal shape and continue until entire top of quiche looks like a blossom. Roll up on pepper strip for a center. Brush pepper slices with melted butter and sprinkle in salt and pepper. Return quiche to oven and bake at 425 degrees five minutes or until peppers are heated through. Let stand at room temperature 15 minutes before cutting into wedges. Callaghan gets four servings.

OATMEAL SCONES

3 cups unbleached flour
3 cups rolled oats
1 1/2 teaspoons salt
1 1/2 teaspoons baking soda
3 teaspoons cream of tartar (she omits this)
3 tablespoons sugar (she skips the sugar)
1/2 cup finely chopped nuts
1/4 cup butter
1 1/2 cups milk (Callaghan opts for buttermilk)

Preheat oven to 425 degrees. Mix all dry ingredients; toss nuts thoroughly in the dry ingredients to distribute them evenly. Cut in the butter in a pastry blender. Add milk and mix, testing with a fork to form a soft dough.

Divide into three parts. Work in one part of dough at a time. Pat out on a floured board with floured hands to a round 1/4 inch thick or slightly more. Cut each round with a floured knife into 5-6 wedges. Place on a greased cookie sheet. Bake for 15 minutes or until brown. Serve hot with butter and jam.

Makes 16 wedges.

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clarification

The recipe for Corny Oat Banana Muffins in the Monday, Nov. 7, issue of Taste should have included this ingredient: 1/4 cup dry oatmeal.

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