

In the stretch, noodles emerge

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An appetizer — a crab puff sometimes called won ton — features a crab and cheese mixture that Liu said is rare fare in a Chinese restaurant.

His recipes are closely guarded secrets because "other restaurants would love to get them," he said.

WHEN LIU first stepped outside Detroit Metropolitan Airport after arriving in the U.S. in 1970, he was taken aback by the borders of city police. "I thought criminal control here was very, very good." He had mistaken taxi cabs for police patrol cars.

Judging by his command of English, the young Liu settled in quickly. He and wife, Lili, who now live in Novi, set about learning the restaurant business American-style. By the time they had launched their Clinton Township eatery, combining Chinese

technique with new expertise, the elder Liu had already joined them from China.

"I feel I have a (culinary) talent. I was making good dumplings when I was 10," he said, referring to the family restaurant in China where Liu originally learned the restaurant business from his parents.

"I take pride in it. My customers are my friends," he added.

Liu is hopeful son Gerald, 9, will carry on the ancient art of noodle making. If not, "I'll definitely teach someone," because it is a dying craft now practiced by only a very few. "It is very unusual to have three people in one family who can do it." A sister can also throw dough into noodles with considerable expertise, he said.

Ching Tao Palace, in Farrell's Plaza, 29295 Southfield Road north of 12 Mile Road, is open daily, 11:30 a.m. to 9:30 p.m. Entrees begin at \$5.50.

Charles Liu says this is a simple meal or snack very common in Northern China, especially in winter time.

CHINESE NOODLES IN CHICKEN-BROTH SPINACH SOUP

4 servings

3 quarts cold water
1/4 pound Chinese egg noodles (also called Cantonese noodles), available at any Chinese grocery store
4 cups canned chicken broth
1 package fresh spinach
1/4 pound sliced chicken breast meat
4 cups cold water
2 green onions, chopped

Utensils:
medium-large-size wok or its equivalent, to boil noodles
colander or strainer

Bring 3 quarts cold water to boil. Add noodles, bring to boil for 3-5 minutes, until noodles soften, and drain immediately with colander or strainer. Add chicken broth to saucepot, four cups cold water, and bring to boil. Add washed spinach, sliced chicken breast meat and green onions. Reduce heat to low and simmer for 5 minutes.

Add table salt and black pepper according to your individual taste. Three or four drops of sesame oil optional.

Add cooked noodles into the saucepot and bring to boil. Remove from heat source immediately and serve.

small saucepot to make the soup measuring cup long-stemmed chopsticks to stir the noodles

Add washed spinach, sliced chicken breast meat and green onions.

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clarification

Lines of type were accidentally dropped from the recipe for Gull-Free Chocolate Chiffon Cake, published in last Monday's Cook's Books column. Here is the recipe, taken from the book "The Cake Bible" by Rose Levy Beranbaum.

GULL-FREE CHOCOLATE CHIFFON CAKE

Serves 14
1/2 cup plus 1 tablespoon cocoa unsweetened
1/4 cup boiling water
1 1/4 cups sifted cake flour
1/4 cup sugar
2 teaspoons baking powder

1/4 teaspoon salt
6 tablespoons walnut oil
2 tablespoons safflower oil
6 large eggs, separated
4 egg whites
2 teaspoons vanilla
1 1/4 teaspoons cream of tartar

Preheat oven to 325 degrees.

In a medium bowl combine the cocoa and boiling water and whisk until smooth. Cool.

In a large mixing bowl combine the flour, all but 2 tablespoons of the sugar, baking powder and salt and beat 1 minute to mix. Make a well in

the center. Add the oils, egg yolks, chocolate mixture and vanilla and beat 1 minute or until smooth.

In another large mixing bowl beat the egg whites until frothy, add the cream of tartar and beat until soft peaks form when the beater is raised. Beat the remaining 2 tablespoons of sugar and beat until stiff peaks form when the beater is raised slowly. Fold 1 heaping cup of egg whites into the chocolate mixture with a large balloon wire whisk, slotted skimmer or angel food cake folder. Gently fold in the remaining egg whites until just blended.

Four into a 10-inch tube pan (the

batter will come to 1 1/4 inches from the top) and bake for 80 minutes or until a cake tester inserted in the center comes out clean and the cake springs back when lightly pressed in the center. Invert the pan, placing the tube opening over the neck of a soda or wine bottle to suspend it well above the counter and cool the cake completely (about 1 1/4 hours).

Loosen the sides with a long metal spatula and remove. Invert onto a greased wire rack and reinvert onto a serving plate. Complimentary adornment: A light sprinkling of powdered sugar or cocoa.

Real beats wimpy for enjoyable food

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And if I find myself in too much of a hurry to eat breakfast, I'll just stick my finger in the peanut butter jar so you won't have to dirty a knife.

Just about as high on the list of wimpy foods as quiche, as of today I am banning the use of anything even remotely associated with sushi. Folks that think raw fish wrapped in seaweed taste good have been hitting the sake bottle too long.

LET'S TAKE THIS idea one step further and include all foods cooked rare and medium rare. If you want to eat meat (and real meat, not women eat meat), then it should be cooked completely to kill off any micro-organisms and steroids and antibiotics that are present in much of the foods we consume.

I hear the trendy thing is to order swordfish medium rare. If you have done this in the last 80 days, you probably like abalone and oysters baked in champagne. Real men and women, when they're not eating meat, eat perch. You can get added points if you catch the perch yourself, but you get points removed if the fish was caught by the Fermi nuclear power plant. Tarter sauce and french fries are optional and have no bearing on your manliness.

Notice, however, that my war on wimpy foods will never include the need to eat such seemingly hostile foods like hot peppers, anchovies and hot dogs purchased at Tiger stadium. These are foods that are better left to individual tastes and desires and

anyone who calls himself a man or woman need only eat food like this when they choose to do harm to their respective bodies.

CHOCOLATE MOUSSE

4 ounces unsweetened chocolate

8 eggs, separated
1 cup powdered sugar, sifted

Melt chocolate in a double boiler. Beat egg yolks, adding powdered sugar gradually until yolks are a pale yellow. Slowly mix yolks into

melted chocolate in a double boiler over low heat, stirring constantly until very smooth. Remove from heat. Beat egg whites till stiff. Fold in egg whites into chocolate mixture until no whites show. Refrigerate covered until set, about 3 hours.

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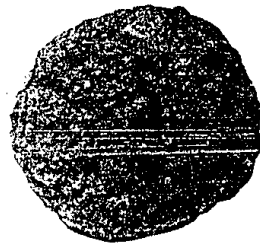
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