

Go slow on stew with crockpot or cooker

Continued from Page 1

IN ADDITION, the newer pressure cookers are also billing themselves as steamers, slow cookers and all-around cooking vessels. With the new pressure indicators, you can cook at low pressure and have a pressurized crockpot. Many come with steamer baskets that can turn the pressure cooker into a steamer, which will transform fresh vegetables into a mouth-watering delight. You can even get microwave pressure cookers which help alleviate the somewhat tough characteristics you

get when cooking meat in the microwave. Ah, but for the folks who relish the ability to throw everything in one pot, turn it on low, leave for work only to return to a house filled with aromas and dinner just waiting to be had, crockpots are still de rigueur. Rector says that crockpot buyers are definitely "younger, more upscale" — the folks gift shopping from bridal registries. They are the folks who will fill the pot with fresh vegetables, great cuts of meat and expensive burgundies, and allow the melange to tenderize slowly — al-

most as if to affect many flavors as slowly as possible.

TODAY'S CROCKPOT users might live life in the fast lane but they also can appreciate the slow country roads. Of course, competing directly with the crockpots are the clay cookers, requiring not quite as much time but garnering the same "slow-cooked" results. Then I was introduced to a lovely lassie with a bit o' brogue whose grandmother hailed from Ireland. Dolly Chase of Garden City just returned from tracing her heritage

with daughter Deborah, Deb's husband John, sons Jamie (age 7) and Jeremy (age 3).

They traveled extensively throughout Ireland and brought this treasured classic Irish cookbook chock-full of recipes for stews, soda breads, sausages and salmon. Chase recalled fond memories with her family, especially during the high Irish holiday of St. Patrick's Day where the entire Chase clan would gather at home, usually around the kitchen table and hearth, telling tales while watching Grandmamma Eileen "turf cook" the classic Irish

stew and soda bread.

Turf cooking is a technique still used today that utilizes a dried peat moss or heavy Irish turf, which burns slowly. The family cook would place slow-burning tufts of turf under the simmering Dutch oven with more turf on the lid to keep a hearty stizzle to the contents of the cauldron. Forget oven thermometers and calibrations, the stew was done when the "kid" (young goat), lamb or mutton was fork tender and the Irish potatoes cooked to the perfect consistency, making for a rich, hearty stew that stuck to your ribs and warmed

the cookies of the heart.

To this day, Chase still utilizes grandmamma's classic Irish stew recipe but does so, not over burning turf but in a modern oven set at 350 degrees and a cast-iron Dutch oven "with a good, light-fitting lid." Chase claims the recipe for Irish stew is so easy just about anyone can make it and make it good. If you wish to cook the recipes conventionally, preheat the oven and use a good, heavy Dutch oven with a lid. Cooking time will be about 2 to 2½ hours.

Continued from Page 1

VEAL STEW WITH SAUSAGE
Serves 6
1½ pounds veal stew meat, cut into 1-inch cubes
3 tablespoons oil
3 tablespoons flour
½ pound Italian hot sausage, cut into 1-inch thick slices
1 large onion, chopped
½ pound fresh mushrooms, sliced
1 teaspoon salt (optional)

1 envelope (1 ounce) spaghetti sauce mix
8 ounces tomato sauce (1 cup)
6 medium carrots
3 medium zucchini, sliced ¼ inch thick

Coat veal with the flour and brown quickly in hot oil. Remove as browned. Add sausage, onions and mushrooms to pan drippings and saute until golden.

To cook in a pressure cooker: Combine veal, sausage, onions, mushrooms and remaining ingredients except zucchini. Pressure cook on medium (10-12 pounds pressure) for 30 minutes. Add zucchini, pressure cook on medium pressure for 15 minutes. To cook in a slow cooker: Follow browning procedure as stated above. Combine all ingredients except zucchini, cover and salt at low for 6-7 hours. Add zucchini,

cover and cook at high for one hour additional.
HUNGARIAN CHICKEN PAPRIKAS
Serves 6
1 large onion, sliced
2 tablespoons butter
2 tablespoons Hungarian sweet paprika
4 whole chicken breasts salt and pepper to taste
¼ cup water

1 pint sour cream
2 tablespoons flour
Saute onion in butter until glossy. Stir in paprika. Season chicken with salt and pepper. To cook in a pressure cooker: Place chicken in pressure cooker. Top with onion/paprika mixture. Add water, cover and cook at medium pressure for 15 minutes. Remove chicken. Stir flour into sour cream. Stir through a strainer into pan liquids. Heat, stirring constantly

until pan liquids are thickened. Do not boil. Stir in chicken. To cook in a slow cooker: Place chicken in crockpot, top with onion/paprika mixture, then add water. Cover and cook on lowest heat setting for 5-6 hours. Remove chicken, combine flour with the sour cream and stir through a strainer into the hot liquid. Heat, stirring constantly, but do not boil until thickened. Add chicken. Enjoy over noodles.

Try microwave for speedy stew

Here's a hearty Beef and Vegetable Stew that can be cooked in the microwave. The recipe is from "Easy Cooking for Today" by Canadian Chef Pol Martin.

¼ turnip, peeled and cubed
2 potatoes, peeled and cubed
3 carrots, pared and cubed
3 tablespoons sour cream
pinch oregano, pinch thyme

BEEF AND VEGETABLE STEW
Serves 4
Setting: High
Cooking Time: 1 hour 13 minutes
Utensil: 3-quart round casserole dish with cover
1½ pounds beef flank, cubed
3 tablespoons soy sauce
1 onion, peeled and cubed
1 teaspoon oil
2 tablespoons tomato paste
2½ cups beaten beef stock
1 bay leaf
3 tablespoons cornstarch
4 tablespoons cold water

Place beef in bowl and pour in soy sauce; mix well. Season with pepper and marinate 30 minutes. Place onion, oil, thyme and oregano in casserole. Cover and microwave 3 minutes. Add marinated beef, tomato paste and beef stock; mix well. Drop in bay leaf and season well; cover and microwave 50 minutes. Mix cornstarch with water; stir into stew. Stir in turnip, potatoes and carrots; cover and continue microwaving 20 minutes. Let stew stand in casserole 6-7 minutes before serving, then mix in sour cream.

cooking calendar

- **AT SUPERMARKET**
A new course, "Nutrition in the Supermarket," is being offered by the Continuing Education Services Division of Schoolcraft College. The class meets from 1-3 p.m. Tuesdays for two weeks starting March 14, at Schoolcraft College, Radcliff in Garden City. Students will take a guided trip to a local supermarket and learn how to decode food labels to make sound nutritional choices. Course fee is \$20. For more information call 462-4448.
- **AMERICAN CUISINE**
Nell Benedict will teach a class "American Cuisine in a Contemporary Setting" from 7:30-9:30 p.m. Tuesday, March 14, at the Community House in Birmingham. She will demonstrate how to make dishes from the Trellis restaurant in Williamsburg, Va., including cheddar cheese soup, salmon fillets with steamed carrots, peas and lemon, and dark chocolate raspberry cheesecake with chocolate ganache. Course fee is \$12. For more information call the program department at 644-5832.
- **CAKE DECORATING**
"Advanced Australian Cake Decorating and Gumpaste Work" is being offered from 6-9 p.m. Wednesdays for eight weeks beginning March 15 at Schoolcraft College in Livonia. The course, available through the Continuing Education Services division, is \$77. For more information call 462-4448.
- **YOUNG CHEFS**
New chocolate treats will be prepared during a hands-on class for young chefs from 4-6 p.m. Wednesday, March 22, at the Art Center Building in Southfield. The class, for grades three and up, is offered by the City of Southfield. Aprons are required. Pre-registration begins Friday, March 17. Fee of \$8 includes supplies. For more information call 354-4717.

tion is being offered by the Michigan State Cooperative Extension Service. Fee of \$15 covers all mailings and 1989 information as specified by the United States Department of Agriculture. Students will learn how to prepare jams and jellies and how to preserve fresh fruits and vegetables and other foods, as well as pickles and relishes. For more information call the Foods and Nutrition hot line at 858-0904 from 8:30 a.m. to 5 p.m. Mondays-Fridays.

ST. PATRICK'S CELEBRATION WITH SONS OF ERIN
Thursday at 9 p.m. (Kitchen Opens) Friday at 2 p.m.
Cormed Beef & Cabbage & Irish Stew
COWLEY'S Old Village Inn Grand River at Farmington 474-5941

FARMINGTON BANQUET FACILITY
Showers • Weddings
Retirement Parties • Any Special Function
Capacity 50-300
561-6288
On 10 Mile between Inkster & Middlebelt
Ask for Pat

SUPERIOR FISH CO.
SEAFOOD...Not Just On Friday, but For Everyday!
Fresh, Boned Idaho Rainbow **TROUT \$3.89** lb.
Fresh Norwegian **NOVA LOX \$14.95** lb.
SALMON FILLETS \$8.95 lb.
Expires 3-18-89
SUPERIOR FISH CO.
Serving Metro Detroit for over 40 years
FREE Recipes
11 Mile 309 E. Eleven Mile Rd. • Royal Oak • 541-4632 M-W 8-5; TH & FR 8-4; SAT 8-1

PASTIES
Mon.-Wed. 10-11
Thurs.-Fri. 10-8
Sat. 10-6
Celebrating 30 Years Service
COUSIN JACK PASTIES
We don't claim to be the best. We'd rather let our customers be the judge.
Jean's Pasty Shop
18373 Beech Day 537-5581

BOSTON SCROD
only \$1.99!
From Sunday March 12th to Sunday March 19th
Come try our BOSTON SCROD
MCL CATERERS family owned and operated
TEL-TWELVE MALL

Savin' O' The Green
Entenmann's SINCE 1898
WEDNESDAY IS DOLLAR DAY
ANY ITEM IN STORE \$1.00
FRUITCAKE EXCLUDED
WE NOW CARRY FRESH BAGELS AND THRIFT BREAD
Livonia 13280 Newburgh Rd. (Schoolcraft & I-96) ½ Blk. S. of Schoolcraft M, T, Th, F, Sa 8-8; W 7-8; Su 10-3
Clawson 640 W. 14 Mile Rd. M-S 9-8; Su 9-3

TWEENY'S DELI & WINE SHOPPE 34707 GRAND RIVER • FARMINGTON In the World Wide Shopping Center 474-2111
TWEENY'S PIZZA & LIQUOR STORE 19181 MERRIMAN • LIVONIA Village Fashion Center Package Liquor Store 478-5312
COUPON LARGE SQUARE PIZZA Cheese & 2 Toms PLUS Choice of Large Salad (Chet, Antipasto or Greek) \$9.99 + Tax Reg. \$13.40 With Coupon • Expires 3-20-89
COUPON U.S.D.A. Choice Top Round Cooked ROAST BEEF \$3.99 lb. Reg. \$6.09 lb. *NO LIMIT* With Coupon • Expires 3-20-89
COUPON Carton of CIGARETTES Kings or 100's \$10.99 Reg. \$11.99 *Tax With Coupon • Expires 3-20-89

Ackroyd's SCOTTISH BAKEHOUSE REDFORD BIRMINGHAM 25508 Fordville Road 832-1181 500 Hamilton 540-3575
Pasties! TUESDAY/WEDNESDAY SPECIAL 4 for \$3.49
this week's specials Expire Sat., March 18, 1989
IRISH SODA BREAD \$1.55 loaf
Our Own SHORTBREAD \$3.85 dozen
HOT CROSS BUNS 4 for \$1.00
CORNED BEEF & CABBAGE PASTIES 3 for \$3.09
"Handmade quality with that homemade taste!"