

'Fast' food has gourmet touch

Continued from Page 1

"Originally, we did the deliveries ourselves, but it got too hectic, so I decided to go with Wabam Wabow," says Famie, who was seated at one of the few small tables that dot the tiny carry-out service. "It's a tremendous service for people and it's definitely the wave of the future."

Items on the specifically designed menu for delivery service at L.A. Express include Basil Pasta Salad, L.A. Pizzas, Pasta Choo Choo and Black Bean Cakes smothered with Smoked Chicken, Tomato Salsa and Sour Cream.

"Our biggest seller is L.A. Pizzas. People go wild over them," he says. "Pasta dishes and desserts are really big sellers too. As far as I can see, people are eating much more healthful and much more sensible these days."

L.A. EXPRESS has been open for about a year and concentrates on "fast, efficient, quick, good healthy food that's moderately priced." The bulk of the menu is pasta, gourmet entrees like lamb stew and linguini dishes, soups and healthy salads.

Famie says one positive factor about his carry-out service is that the customer can either come in, browse, take the food home himself or call Wabam Wabow to deliver it for them.

At Monchelle Lamoure in Birmingham, owner Kathleen Haggerty says the restaurant, which is mostly

known for desserts, has been involved with Wabam Wabow for at least four months. "It's helped the business because it's good exposure," she says. "People like to order desserts from us, especially our mousses and midnight chocolate layer cake."

Most recently Monchelle Lamoure added a lunch menu, which offers a variety of salads, soups and sandwiches. "We thought it would be nice to add a lunch menu for office workers during the summer," she says.

According to Cindy Kruse, co-owner of Kruse and Muer, within the Meadowbrook Mall in Rochester Hills, "This is a great service, one that we're really happy to be involved with."

KRUSE AND MUER offers numerous "Pastabilities," chicken and ribs combos, as well as soups, salads and other "fast" food items.

Kruse says they decided to hire Wabam Wabow more than two months ago because they thought it would be good for business.

"We were really impressed with their presentation as well as the food," she says. "It's great for us because they worry about insurance, liability and all the other headaches."

And what would a delivery service be without a good chocolate chip cookie?

According to Marty Herman, owner of Marty's Cookies in downtown Birmingham, Wabam Wabow buys about five dozen bags of cook-

ies per week.

"I like their idea. I think it offers people the freedom of dining with their favorite restaurant but at the same time dining in their own house."

SINCE 1972, Anita's Kitchen in the busy city of Troy has been serving up some of the most exciting Lebanese dishes around. And according to co-owner Pierre Farah, business has become so overwhelming that he had to start his own delivery service. "There's no doubt about it," he says. "This is the wave of the future for the businessman."

Farah who owns the restaurant, along with his two brothers George and Charlie, says more than 10 percent of his delivery business is to offices around the metro area.

"Nowadays, business people don't have the time to hop in the car, lose their parking space and fight traffic just to get a bit of lunch," he says.

"We knew there was a need for our service so we started it about three years ago. Our next step is going to be a fax machine so people can fax in their orders from wherever they're at."

Farah says there is no delivery charge as long as the order is more than \$15 and within three miles of the restaurant. Anita's Kitchen does deliver to most suburban communities, but there is a fee, depending on location and what is ordered.

"This is a service that we as a restaurant really enjoy because it helps

to service our customers greatly," he says.

ANITA'S KITCHEN specializes in Lebanese and American cooking. "Everything is baked in our kitchens on a daily basis and there are no preservatives or additives," he says. "Just good, home cooking with a lot of taste."

In Southfield, Biljou owner and general manager Walter Maeder says although he doesn't have a regular delivery service for his fine cooking, he does make exceptions for special occasions when he delivers to top executives and local celebrities.

"A couple of years ago Arthur Penhall from WRIF called me the night before he was going to have surgery," recalls Maeder. "He wanted to know if we'd cook him up a steak and a Caesar salad. I sent my chef over to his place with a bottle of Chateau Lafite Rothschild and a chocolate mousse as well."

"Our special deliveries are really limited to faithful Biljou customers who may be laid up in bed and have a yen for our cooking," he says.

Maeder also has delivered Biljou entrees to top executives such as man W.B. Doner, when he was moving into an exclusive Birmingham abode.

In addition, Maeder says he prepares many dishes for local news media of both television and radio. "Dayna Eubanks always calls us for our Caesar salad and lobster bisque."

These recipes are from the L.A. Express in Royal Oak.

CHEF KEITH FAMIE'S TOMATO/APPLE CHUTNEY

Excellent on grilled or sauteed medallions of venison and roasted poultry.

8 cups peeled, cored and chopped apples (6 apples)
4 cups chopped tomatoes
2 cups chopped onions
1 red pepper, chopped
1 hot red pepper, minced
1 clove garlic, minced
2 cups cider vinegar
½ cup grated ginger
3 cups brown sugar

½ cup orange juice
1 teaspoon salt
1 stick cinnamon
1 teaspoon ground allspice
½ pound white raisins

Mix all ingredients together in pot, bring to a boil. Reduce heat to moderate and cook for 2 hours, stirring occasionally. Serve at room temperature. Holds well in the refrigerator.

ROMEO COUNTY CABBAGE AND CARROT SALAD
6 ounces rice wine vinegar
½ cup toasted sesame seeds

3 ounces honey
1 teaspoon salt
5 ounces country mustard
1 teaspoon salt
1 teaspoon black pepper
½ head red cabbage, shredded
½ head green cabbage shredded
1½ carrots, grated

Mix first seven ingredients well. Toss with cabbage and carrots.

MICHIGAN RED SKIN POTATO SALAD

30 red skin potatoes, boiled and sliced
2 cloves garlic, minced
juice of 3 lemons

3 bunches chopped chives
3 bunches chopped dill
1 pound bacon, diced and cooked until crisp, drained
4 leeks, cut thinly crosswise
1 cup olive oil
1 cup corn oil

Take cooked bacon and put in saute pan with leeks. Cook on medium heat until leeks are soft. Pull off heat. Cool. Mix bacon/leek mixture with potatoes.

Make Dressing: Emulsify lemon juice with olive oil and corn oil. Add dill, garlic, salt and pepper. Toss with potato mixture. Add chives.

Enthusiasm propels muffin bakers

Continued from Page 1

late chip, to zucchini, pumpkin oat bran and cherry oat bran.

Many of the varieties are seasonal, such as the pumpkin and certain fruits. Some football season, the maize and blue (corn muffin with blueberries) will be available. The eggless variety will show up in November or December.

"There is something for everyone," Borin said.

The partners have worked with distributors from the American Heart Association to develop several re-

cipes that contain no eggs, but are rich in whole wheat flour, oat bran and low-fat vegetable oil. Some are sweetened with molasses or fruit juice. Recipes that meet the heart association's dietary requirements are marked on the package.

"IT HAS TO BE a maximum of 30 percent fat," Sherman said. "If it's 32 percent, it doesn't pass."

At \$1.59 to \$2 each for a six-ounce muffin, they don't come cheaply. But Sherman guarantees freshness and purity of ingredients, with a shelf life of five days.

Mini, one-ounce versions, called

babies, cost around \$4 for 12 muffins. The larger muffin contains around 220 calories.

"These calories are nutritionally dense," Borin said. "They are all calories that are good for you. They are high in fiber. A high proportion of the muffin is oat bran."

Sherman and Borin both attribute their success to believing in themselves and their product, and a willingness to do what is necessary to get the job done.

"I think we just knew it was going to be successful," Sherman said.

The hardest part has been adapt-

ing to growth and constant change.

"It was keeping an open mind about being flexible and adaptable," Borin said.

The partners are moving beyond muffins. They recently introduced several varieties of cookies, including chocolate chip, oat bran and cowboy cookie (oatmeal chocolate chip).

The cowboy cookies, dubbed Biff "in Moe after the partners' nicknames (Borin is Biff and Sherman is Moe), cost \$1.10 to \$1.25 for a 3½ ounce cookie. A package of eight smaller cookies costs from \$2.29 to \$2.49.

Families need to get involved in recycling

Continued from Page 1

that other communities, such as Birmingham, Southfield and Canton, also offer recycling stations such as ours? Call your city or township offices and find out how you can help save the environment, reduce pollution and begin a new recycling lifestyle.

Better yet, all of the cities listed above are in desperate need of volunteers to help direct traffic, sort and assist at these recycling centers. What a great lesson for today's youth to see first hand that there is an alternative to waste disposal.

If you can't find the time to volunteer, it's really simple to begin recycling at home. The James Gang took three old laundry baskets and placed them under the basement steps. Basket No. 1 holds all the newspaper (with shiny inserts removed) while basket No. 2 takes the glass jars and basket No. 3 tallying up the rinsed out cans and metal lids. Every other week, we get out the electric can

opener and remove tops and bottoms from the cans, then let the kids have fun on the deck smashing them down. Without a doubt (and just by using these three baskets) our family has reduced packaged trash by 20 percent EASILY. I've stopped buying plastic-packaged items at the grocery and am digging holes behind the garage and filling them with my grass clippings. It's not much, but it's a start and I want my kids to be able to enjoy a pollution-controlled nation along with their kids to come. Hope you will too!

For more information about recycling centers in your city, call your local Department of Public Works or City Hall.

To volunteer or request additional information:

In Livonia call Doreen Otis at 525-3549
In Southfield call 354-4967
In Birmingham call 644-1807
In Canton call 397-5801

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ICED COFFEE: At least one day before serving, pour coffee into an ice cube tray and freeze. For each serving, place frozen coffee cubes into a tall glass. Pour room temperature, fresh-brewed coffee over them. Serve with cream and powdered sugar, if desired.

CINNAMON ICED COFFEE: Before brewing, sprinkle ground cinnamon over the grounds, using 1 tea-

spoon spice for 10 to 12 cups coffee. Brew; serve at room temperature over coffee ice cubes.

VANILLA ICED COFFEE: Before brewing coffee, sprinkle vanilla over coffee grounds, using 1 teaspoon vanilla for 10 to 12 cups coffee. Brew; serve at room temperature over coffee ice cubes.

MOCHA ICED COFFEE: Before brewing coffee, stir pre-sweetened cocoa powder into coffee grounds, using 2 tablespoons cocoa powder for 10 to 12 cups coffee. Brew; serve at room temperature with milk and sugar over coffee ice cubes.



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