

# Turkey gobbling up fatter competition

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 The trick dialogue here is "ounce." How many people do you know who can eat only an ounce of anything? Multiply that 20-calorie-per-ounce

difference by the number of ounces usually consumed by the average person, and you can save a whopping 80 calories or more just by switching to turkey sausage.

AH, BUT the bottom line is taste, right? How can anything so healthy maintain a high standard of relatively good taste?

The Jones gang, although not known for its ability to discern between imported and domestic caviers, has long been domestic of real sausage and bacon for breakfast. As a matter of fact, I can remember that after Momma fried up a pan of regular sausage or bacon, she would use the same frypan, loaded with grease remains, to fry the eggs in. (Can't you just see those arteries hardening?)

I DIDN'T MESS around with random tastings either. Two weeks ago I ventured down to Wyandotte at 6:30 a.m., complete with a dozen eggs and fresh samples of both pork and turkey sausages. All Momma had to do was make coffee. For the record, she continually tried to sneak a look as to which package of what went into whose frypan.

But I purposely cut both samples into equal-sized proportions so that

once in the pan, it would be difficult to discern the difference.

Once again, Momma's keen eye noticed the difference almost immediately. It was evident there was more fat in the pork-sausage pan than in the turkey pan.

After repeated requests to please sit down and let me do the cooking, she finally complied.

WHEN THE sausage was presented, after a quick pat with a paper towel to remove any visual grease, outward inspection could not discern a difference.

Deep down, I think this bothered Momma because I think she wanted to show me that anyone could tell the difference, even before tasting. So, when it comes to eye appeal, our panel of tasters could find no difference between products.

I then asked our distinguished panel to smell both sausage patties, and to comment on their aroma. Dad said both products smelled the same, while Momma said that if she were making the sausage, "it

should have more sage." After telling Momma not to compare a store-bought product to her own, she relented, agreeing with Dad — something she doesn't do too often.

Upon cutting into both products, I immediately noticed that they were overcooked. Not so, Momma said, because pork should always be well done or you could get sick. Granted, the more you cook breakfast patties the drier they get, but Momma and Dad both thought the products should be cooked adequately.

WHEN ASKED TO comment about taste differences, Dad noticed that the pork sausage patty was a

little more flavorful than the turkey breakfast sausage variety.

After sprinkling the obligatory, generous shake of salt and pepper on the turkey-sausage patty, he pronounced it to be just as tasty as the pork variety.

Momma was a little more cautious.

She sampled both products, and after taking healthy swigs of coffee between tastings, pronounced, somewhat disappointingly, that there was very little difference between the two, and that as far as she was concerned, the commercial pork sausage tasted just as good as the turkey breakfast sausage.)

# Upscale LeMetro

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good, not overpowering and not overly "applied." Then it was on to the main dishes — and we were pleased here, too. A grilled tuna (\$14.95) topped with a sauce of shrimp, peppers, tomatoes and rosemary was good, though slightly overcooked.

A mixed grill special (\$21.95) allowed us the chance to taste a beef tenderloin, veal and a lamb chop. Each was deliciously prepared and excitingly flavored with a cheese or sauce. The veal was particularly good, baked in a light crust with Boursin cheese. The cheese added a wonderful flavor. We would recommend trying this as a main dish (\$16.95). Also good were the lamb, and the tenderloin, which was served with a bearnaise sauce.

EACH MEAL was served with a vegetable medley featuring julienne-style carrots and zucchini with broc-

coli, cooked lightly so that the vegetables still had snap to them.

In the evening, LeMetro takes on a special glow with candles at each table and subdued lighting. On a busy weekend evening, there is a steady buzz of warm conversation, but it isn't annoyingly noisy. Though it only opened in July, this restaurant is making tracks in the restaurant community. Try it!

Details: LeMetro, 29855 Northwestern Highway at Inkster Road, Southfield, 353-2757.

Hours: Lunch 11:30 a.m. to 2:30 p.m. Monday-Saturday; Light Lunch 2:30-4 p.m. Monday-Saturday; Dinner 5:30-10 p.m. Monday-Thursday, 5:30 p.m. to midnight Friday-Saturday. Reservations accepted for lunch and dinner. Carpool available.

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