

Where foodies hang out

Most foodies have a pre-set compass that will direct them to their favorite gourmet shop or grocery.

Everybody has favorites, but a few interesting and out-of-the-way boutiques and retail shops are so specialized that a holiday shopping excursion turns into a fantasy trip.

I checked out the Festival of Trees in downtown Detroit last week with my wife and kids and, as usual, I parked at Greentown and took the People Mover over to Cobo.

BUT BEFORE embarking on the People Mover, a quick trip through Trappers Alley at Greentown unearthed a shop called Get Sauced that just opened last week.

This unusual and definitely one-of-a-kind little hole-in-the-wall on the second level of Trappers Alley was brimming with the likes of Blue Crab Bay Seafood Marinade, Larry Forlione's famed Peanut sauce, an array of Justin Raahid's American Spoon Foods products and even Detroit's famous Sanders Hot Fudge.

Anybody who is a foodie or wants a special edible gift for a foodie must put Get Sauced on the holiday trip sheet. Ask for a sample of a lemon curd that beats Momma's. What a neat concept!

JUST UP Gratiot from downtown Detroit is the famed Eastern Market area, and any foodie who has not visited Hirt's has yet to discover another foodie nirvana.

Hirt's is loaded with specialty foods and "basket stuffing materials" that range from coffee beans to soup base.

The store has condiments and a cheese-and-sausage counter reminiscent of the good old days.

The more you buy the more you save. If you need anything wicker to put it in, a trek up three flights of old wooden stairs will be well worth the trip.

WITH THE busy holiday shopping season upon us, it was a real surprise to see a store called the Dollar Tree open up recently at Wonderland Mall in Livonia.

Everything in the store costs a buck. Period. Nothing more, nothing less. Let me tell you, if you are hunting for some real bargains when it comes to basic, utilitarian kitchen items, at a buck each, this is the cheap place to shop.

So far, the only locations for the Dollar Tree besides Wonderland Mall are Universal Mall in Warren and Macomb Mall in Roseville.

Keep your eyes peeled, as this budget-minded emporium of the '90s will surely spread its wings and expand to every major mall in the area.

UNDOUBTEDLY ONE of my most favorite off-the-wall places to shop is Hartler Brothers in Ann Arbor.

The place is actually a feed store, but it has bubbled over into a quasi-gourmet shop filled with Americana and all the basics from the kitchen.

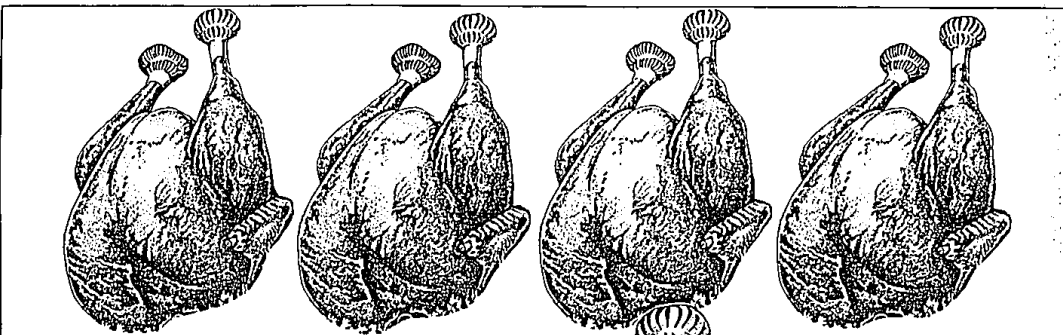
Real dish towels, the kind Momma used to use. Crockery pickle jars and bowls big enough to hold a dozen loaves of bread.

A ladder that rolls on a rail down the back wall of the store can take you from cast-iron cookware to rat poison, in one easy push.

Anyone into Americana has to put this place on the list. If not to shop, just to walk around in awe.

It's just west of Main Street and north of Huron Road. Ask anyone for directions because the place has got to have been there for at least a hundred years.

I'm sure there are more of these little mom-and-pop-type places that make the foodie in us go wild, but space prohibits mentioning them. Do you have a favorite, relatively unknown place that foodies would go wild in? Drop me a note and I'll list the best. Until then, bon appetit!



Turkey takes to SAUSAGE

By Larry Janes
special writer

WE'VE ALL HAD our fill of Thanksgiving turkey, and maybe now you're coping with leftovers. But once that's out of the way, we can still talk turkey - with turkey sausage.

If you think that original pork sausage consumption is slipping in favor of a seemingly more healthy turkey sausage, you're right on the money. Anyone who has walked by the meat counter of a grocery store lately can see that turkey strategists have given a shove to "the other white meat" and have positioned themselves as a major threat to the meat and pork industry.

You name it and the turkey industry has adapted a product - one that is leaner, healthier, and with a flavor equivalent that just can't be beat.

Industry analysts project a 400 percent increase in turkey production. Five years ago, ground turkey meat was barely noticed by a few of the weight-conscious industries. Today, there are more brands with more products. Everything from turkey sausage, turkey ham, turkey bologna, turkey pastrami, turkey franks, turkey salami. You name it, they've got it.

THE BREAKFAST industry has really taken notice of turkey sausage. Anyone who has fried up a pan of bacon surely wonders about all the fat, not to mention the sodium and nitrates. Even pork sausage is being channeled for more leaner turkey sausage selections, mainly because the fat composition can have a whopping difference of more than 50 percent, depending on varieties.

Nutritionists have long stated that our consumption of fat should be lowered, and turkey breakfast sausage sounds like a reasonable, great start. Not only is the fat content lower when using turkey breakfast sausage but the product has only 59 calories per ounce, compared to 79 calories per ounce for pork sausage.

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Sausage lovers can try these

TURKEY SAUSAGE STRATA

- 4 slices bread, cubed
 - 2 ounces shredded cheese
 - 4 ounces cooked turkey sausage
 - 4 eggs
 - 1 cup milk
 - 1/2 teaspoon prepared mustard
 - 1 tablespoon chopped fresh parsley
- Alternate layers of bread, cheese and cooked sausage in a nonstick loaf pan. Combine eggs, milk, mustard and parsley and mix well. Pour over cheese mixture. Bake at 350 degrees for 30 minutes, covered. Remove covering and bake for 15 minutes or until golden. Enjoy. Serves 2-3.

TURKEY SPAGHETTI MEATBALLS

- 1 pound spaghetti, cooked
 - 6 cups prepared spaghetti sauce
 - 1 pound turkey sausage
- Set aside spaghetti sauce and spaghetti. Shape turkey sausage into meatballs and brown in a nonstick frypan or under a broiler until browned and cooked throughout. Stir in spaghetti sauce. Pour over hot, cooked spaghetti.

ITALIAN TURKEY SAUSAGE PIE

- 1 pound turkey breakfast sausage
 - 1 egg
 - garlic salt and pepper to taste
 - 1 teaspoon dried Italian seasoning
 - 1 tablespoon Italian olive oil
 - 3/4 cup (3-ounces) mozzarella cheese, shredded
- Prep sausage lightly with egg, salt, pepper and Italian seasonings. Divide meat into two equal parts. Add olive oil to a large nonstick frypan. Place half the sausage mixture in the skillet and lightly pat it into a large crepe. Sprinkle on the cheese. Cover cheese with remaining meat, patting lightly so cheese is covered with a thin layer of sausage. Turn heat to moderate. When bottom is well browned, cut the pie into 4 wedges, and using a spatula, slide over a continuous cooking until browned and cheese is melted. Serve with heated tomato sauce, if desired.

TURKEYBURGER LASAGNA

- 1 pound turkey sausage
 - 2 large, peeled minced onions
 - 3 cups chopped Italian canned tomatoes
 - 1 16-ounce can tomato sauce
 - 1 1/2 teaspoons dried Italian seasonings
 - 10 dry lasagna noodles
 - 1 1/2 cups cottage cheese or ricotta
 - 2 eggs
 - 1 cup mozzarella cheese, shredded
- Sauté sausage with onions until onions are tender. Add tomatoes and tomato sauce with Italian seasonings. Simmer until ready to use. Cook lasagna noodles in lightly salted water. Drain. Set aside. Combine cottage cheese with eggs. Mix well. Set aside. In an oblong baking dish sprayed with a nonstick coating, layer the noodles, the meat mixture, the cottage cheese mixture, then the cheese. Continue layering until all are used, ending with meat mixture on top. Bake at 350 degrees for 1 hour. Turn off oven, let stand in oven for 30 minutes. Serve and enjoy. Easily serves 4-6.

'Corner cafe' goes upscale with LeMetro

In the remote past, for instance before prominent local chefs became better known than local politicians, the corner cafe was an institution. The clientele might have been wonderful, but you had to be a candidate for institutionalization to like the food.

Today's version of the "corner cafe" is a far cry from the greasy spoon of yore. Many are full service restaurants with an upscale menu. They just happen to share a wall with a retail shop.

A restaurant of this "genre" is LeMetro in Southfield's Applegate Square shopping center on Northwestern Highway, a salad plate's throw from the Mira Linder spa. LeMetro occupies a corner spot, a space the size of a small shop. With seating for 70, a small waiting area and a small kitchen, this restaurant has all it needs for its business - but not much more. Its almost-belgian decor is bland or soothing, depending on your point of view, but its menu is spritely.

Though one might expect a limited menu in a restaurant of this size, LeMetro guests will find a broad and interesting range of entrees. On our visit, LeMetro was offering six ap-



JERRY ZOLYNSKY/staff photographer

Among specialties is Chef Tim Winterfield at LeMetro in Southfield are stuffed medallions of provimi veal garnished with sun-dried tomatoes over basil and tomato coulis with Boursin cheese, and salmon with multicolored peppers and shrimp.

name would imply, but it doesn't fit the bistro image either. Its good breeding is evident, however. Ed Janos of Chez Raphael is part owner, and the chef, Tim Winterfield,

worked previously at the Money Tree, London Chop House and the Whitney. The other owner is Winterfield's father, Tom. For an appetizer, we reluctantly

passed up the grain of shiitake mushrooms and green beans; the feta-tucine tossed with caramelized shallots, shrimp and pea pods; and the smoked seafood variety all of which were exceedingly tempting. Instead, we tried the scallop timbale, and were delighted. The extra-large sea scallop was flavored with a sauce of walnuts and grapes. The scallop itself was cooked perfectly, moist and tender but substantive enough to slice easily with a knife. And the sauce was light, buttery and sweetened by the grapes. It was great.

The salads also had a special touch. The three selections of the evening were a spinach salad (\$4.50) with dried cherries, apples, Roquefort cheese and warm onion-citrus dressing; a chives salad (\$4.25) with Romaine lettuce, Parmesan cheese, crostons and toasted sesame seed dressing; and the house salad (\$2.50) of mixed greens with an herb vinaigrette. We found the house salad; and the spinach salad to be very good. The cherries and apples sweetened the spinach salad - but not too much. The house vinaigrette is very

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THE RESTAURANT can't be characterized as French - as its