

Cooking the Chinese way with Elizabeth King

Recipes from "The 15-Minute Chinese Gourmet," more than 75 simple and authentic Chinese delicacies that can be prepared within 15 minutes, by Elizabeth King of Bloomfield Hills "The 15-Minute Chinese Gourmet" (Macmillan Publishing Co., 1986) is available at Borders Book Shop.

FISH STEAMED IN MICROWAVE

This classic fish is traditionally served on special occasions. Cooking in a microwave resembles steaming, retaining the moisture.

2 scallions with green tops
6 slices of fresh peeled gingerroot, each the size of a 50-cent piece
1 whole fresh pickerel, pike, or whitefish (about 1 1/2 pounds), scaled and cleaned, but with head, eyes, tail and fins intact

Roadhouse stands out

Continued from Page 1

LESS HEARTY and less expensive is the restaurant's "Square Meal" which gives guests a choice of four entrees, soup or salad or slaw, beverage and ice cream or sherbet — all for \$7.95. The entrees include chicken and biscuits, roast beef, chicken fried steak and baked cod.

The dining room itself retains the former Chuck Muer look, a decor that combines style and function. Though vinyl cloths cover the tables, they are in a modern print matching the chintz window treatments. Service is pleasant and efficient.

One of the better restaurants in the area, the Wayne Roadhouse provides guests with a reasonably good meal and pleasant service. Details: The Wayne Roadhouse, 35111 Michigan Ave., Wayne, 326-0563. Similar menu at Uptown Charlie's, 1111 W. 14 Mile Road at I-75, Madison Heights, 585-9533.

Prices: Lunch \$4.25-\$7.95, Dinner \$7.95-\$15.95. Visa, MC, AE, Diner's Club, Discover.

Hours: Monday-Thursday 11 a.m. to 10 p.m., Friday-Saturday 11 a.m. to 11 p.m., Sunday, 1-8 p.m.

Value: Not a bad deal. Seafood entrees are more expensive, though well prepared.

Rating: ***

RATING GUIDE
★ Average (lots of places with similar quality)
★★ Good
★★★ Very good
★★★★ Excellent
★★★★★ Consistently superb — a rare honor

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FOR MEN

P.S. I Love You, a newly formed company in Troy, offers a gift basket for a woman to send to the man in her life, on Valentine's Day or other occasions. The gold-foil-lined wicker basket contains "man-sized" baked goods, such as chocolate chip cookies, blueberry muffins, chocolate nut brownies and a heart-shaped cake, from Hershey's Deli and Hot Bakery in Troy. Free delivery is included in the price. The baskets range from \$24.95 to \$39.95. Call 1-800-822-LOVE to charge the gift.

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1/4 cup corn, vegetable or safflower oil
1/4 cup soy sauce

Wash scallions, discard root, fine sliver and set aside. Fine sliver ginger and set aside. Dry fish with paper towels. On cutting board, place fish on its side and, with a sharp knife, score skin by with diagonal cuts about 1 inch apart and 1/4 an inch deep, entire length of fish, from head to tail. This will ensure even cooking. Turn fish over and score other side in the same manner. Place fish on its side on oval heat-proof serving platter.

Cover with a large sheet of plastic wrap. Cook on high for 6 minutes. At the end of 6 minutes, check if done by inserting a toothpick or thin bamboo skewer into middle part of fish. If fish is done, the toothpick will come out clean and the flesh will feel tender to the touch. Discard cooking juice. Spread sliced scallions and gingerroot evenly over fish.

In dry and clean saucepot, heat 1/4 cup of oil at 375 degrees until almost smoking. Pour hot oil over scallions and gingerroot in a thin stream. Add soy sauce.

Serve immediately. The fish can easily be flaked off with a fork and knife or with chopsticks. Serve with slivers of scallions and gingerroot with some gravy. This dish goes well with hot rice and stir-fried vegetables. Note: only the freshest fish can be prepared in this way. Yield: 4 servings.

SPICY CHICKEN WITH CASHEWS

This spicy hot dish will be welcomed by diners who like spicy food. The hot sauce with gingerroot, scallions and garlic is adapted



Elizabeth King of Bloomfield Hills makes Spicy Chicken with Cashews.

ed from the traditional "Yu Hsiang" method of cooking, famous in Sichuan. "Yu Hsiang," translated literally, means "fish fragrant." This dish, however, is by no means fishy. On the contrary, it is fragrantly spicy and a good "rice-sender," that is, diners gob-

ble down many bowls of rice.

1/4 pound fresh chicken nuggets or 2 boneless chicken breasts (about 1/2 pound), with skin and fat removed
1 large green or red pepper
3 tablespoons corn, vegetable or safflower oil
1 cup dry roasted whole cashews

Marinade
1 1/2 teaspoons sugar
1 teaspoon cornstarch
1/4 teaspoon baking soda
2 tablespoons soy sauce
1 1/2 tablespoons sesame seed oil
1 tablespoon Worcestershire sauce
1 tablespoon water
2 tablespoons dry sherry, gin or vodka, optional

Yu Hsiang Seasoning
1 to 2 tablespoons Hunan chili paste or any brand of Chinese chili paste (fiery hot (2 to 3 tablespoons); medium hot (1 to 1 1/2 tablespoons); or mild (1/2 tablespoon). Different brands vary in intensity of hotness.
2 tablespoons dried fresh scallions or 1 scallion with green top, diced
1 teaspoon minced fresh garlic or 2 large cloves garlic, finely minced

1 teaspoon grated fresh gingerroot

Before you start: Mix marinade ingredients together in medium bowl. Mix Yu Hsiang seasoning ingredients together in cup or small bowl.

Cut chicken into 1/4-inch cubes. Add to marinade ingredients in bowl and toss to coat well. Set aside. Marinating longer will enhance the flavor of the chicken.

Wash and cut pepper in half, lengthwise. Scoop out seeds and cut off caps. Cut into 1/4-inch slices, then into 1/4-inch pieces. Set aside. Heat skillet or wok on high for 30 seconds. Swirl oil in hot skillet for 30 seconds. Add Yu Hsiang seasoning. Stir-toss for 15 seconds. Add chicken and marinade. Stir-toss for 2 to 3 minutes until chicken loses its pink color.

Add cashews and green pepper. Blend and cook for 1 minute. Transfer to serving platter.

This dish goes well with rice or noodles, together with a light soup and vegetable.

Variation: Substitute raw shelled peanuts for the cashews. Yield: 4 servings.

Chef Larry gives recipe

See Larry Jones' column Taste Buds on Page 1B.

POPCORN BALLS

1/4 cup sugar
1/4 cup margarine or butter
1/4 cup light Karo syrup
1/4 teaspoon salt
8 cups popped popcorn

Heat all ingredients except popcorn to simmering in a large Dutch

oven over medium high heat, stirring constantly.

Stir in popcorn. Cook, stirring constantly, until popcorn is well coated, about 3 minutes. Cool slightly.

Dip hands into cold water; shape mixture into eight 2 1/4 inch balls. Place on waxed paper, cool completely. Wrap individually or place in plastic bags and tie. Makes 8 balls.

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