

Experience the flavor of single malt Scotch whisky

Single Malt Scotch whiskies have joined the league of upscale spirits frequently ending a great meal. Served in a snifter, they are offered after dinner at trendy restaurants.

Consumers are finding the same variety and flavor in single malt Scotch whisky they enjoy with wine or a fine cognac.

WHAT IS drunk all over the world and known as Scotch is not malt whisky, but a blend of grain whisky with a proportion of malt (the better the whisky, the larger the portion of malt) to give it flavor and character.

A single malt is an unblended whisky from a single distillery made only from barley malt.

Malts run the gamut from light and delicate to heavy and robust, with sufficient flavors and styles to keep the most avid fan intrigued.

Some are deeply amber, rich and



focus on wine Eleanor and Ray Heald

concentrated while others are light and subtle. Many have oak, smoke and pungent peat (Scotland's fossil fuel) notes as contrast with those that are redolent of apples and vanilla.

LIKE WINE, Scotland's single malts are grouped by region and for an approximate guide to style, aroma and richness.

The Lowlands provide the consumer soft, gentle, finesseful malts with an apple fruitiness. The Low-

land taste is considered one of the most elegant.

The largest producing region is the Highlands boasting a variety of malt styles ranging from light and subtle (The Glenlivet), to big and sherry-like (The Macallan), but generally smoky and smooth.

Because of its proximity to the sea, the Campbeltown malts have a sea mist aroma with a fresh, tangy taste commonly described as briny or salty.

Campbeltown malts are rare since

this region has the fewest distilleries. Islay (pronounced "eye-lay") malts, noted for their rugged, robust aromas, are unusually heavy with peat and have an iodine-like bouquet from the sea.

WE HAVE tasted a range of quality single malts that do not suffer from the look-alike, taste-alike syndrome. We like to nose and taste malts neat, in a brandy snifter. Addition of several drops of cold mineral water releases a bouquet of flavors and aromas.

To experience light, smooth, all-purpose malts, try Glenkinchie, Glenlivet and Carluh. Graduate to fuller-bodied, more complex malts such as Knockando, The Macallan and Highland Park.

Lastly, after you've gained appreciation, taste Laphroaig, a heavily peated Islay malt which stands out

WINE SELECTIONS OF THE WEEK

Here are a few wine winners to help fight the winter blues. Three whites that we have recently enjoyed include a pair of sauvignon blancs and a chardonnay. 1990 Menetou-Salon Morques Blanc, Domaine Henry Pelle (\$14) 1990 Matanzas Creek Sauvignon Blanc (\$16) and 1990 William Wheeler

Chardonnay, Sonoma (\$14.50).

Now for a varied quartet of reds from around the world that have impressed us for flavor and value. 1988 Crozes Hermitage, Rouge, Domaine Pradelle (\$13), 1990 Rosemount Shiraz, Australia (\$10), 1989 Shreanodah Vineyards Special Reserve Zinfandel, California (\$9), 1988 Hogue Cellars Washington Cabernet Sauvignon (\$14).

as a bold dram even among other Islay malts.

GLENKINCHE is a delicate, finesseful malt with hints of oak, fruit and vanilla with a long, smooth finish. An excellent before-dinner malt and superior introductory style. The Glenlivet has a fruity character with aromas of baked apples and

butter. Carluh is soft, smooth and finesseful with a fresh apple aroma.

The Macallan has a sophisticated taste, sherry-cognac nose and a flavorful, smooth vanilla finish. It is the ideal after-dinner malt with full and commanding aromas, smoothness and broad. Sherry cask aging gives it a rich taste.

You don't have to be Polish to celebrate Paczki Day

IF YOU'RE OLD enough to remember rent parties, mock apple pie and Depression soup, call me at 953-2105. Everyone is pinching pennies these days, and we want to help families make ends meet. Our six-week series will kick off Monday, March 31, with a story about suppers from the great Depression. Even if you're not a cook, but have memories of what suppers were like during those lean times, give me a call at 953-2105.

DON'T FORGET Paczki Day is Tuesday, March 3. Comparing jelly doughnuts to paczki is like comparing Cheyvs to Cadillac. Paczki are bigger and richer than jelly doughnuts, and filled with fruit preserves instead of jelly.

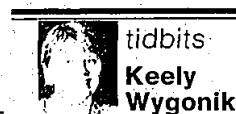
The tradition started in Polish Catholic homes where, before the use of commercially prepared shortening, grease drippings from cooked

meat were saved and used for frying. Since many people didn't eat meat during Lent, the grease had to be used up before Ash Wednesday, the day Lent begins. Even today, the day before Lent is called "Grease Tuesday" in some Polish homes.

As the saying goes "You don't have to be Irish to celebrate St. Patrick's Day, or Polish to enjoy Paczki Day." We call it "Fat Tuesday" and over-indulge with the promise of giving up sweets during Lent. People flock to Hamtramck for "real paczki," but I've been told that Paris Bakery on Joy Road in Livonia makes good paczki too. If you've never had a paczki, you're in for a treat. They are simply delicious.

Here's a favorite recipe from Loretta Michaleczak of Hamtramck.

PACZKI
Makes 12
1/2 cup milk



tidbits Keely Wygonik

1/2 cup sugar
1 teaspoon salt
1/2 cup butter
1/2 cup warm water
2 packages dry yeast
3 egg yolks
3 1/2 cups sifted all purpose flour
raspberry jam
egg white
oil for frying
powdered sugar

Heat milk in a small saucepan until bubbles form around the edge of pan, remove from heat. Add sugar,

salt and butter, stir until butter is melted.

Let cool to lukewarm. In large bowl sprinkle yeast over warm water. Stir until dissolved. Add milk mixture, egg yolks and 2 cups flour. With electric mixer at medium speed, beat until smooth, about 2 minutes.

With wooden spoon, beat in remaining flour, beat until smooth. Cover with foil and let rise in warm draft free place until double in bulk: about one hour. Punch down dough.

Turn out onto lightly floured sur-

face, turn over to coat with flour. Knead 10 times. Roll out half of dough to 1/4-inch thickness. Cut into 12 three-inch rounds.

Place one teaspoon jam in center of rounds; brush edges with egg white. Top with remaining rounds, and press together firmly to seal. Arrange on floured cookie sheet. Repeat with rest of dough.

Cover with towel, let rise until double in bulk about 45 minutes. Meanwhile, in deep fat fryer or electric skillet fry paczki. Turn once, fry

until brown. Remove to paper towels. While warm, dust with powdered sugar.

PICANTE SAUCE and salsa have replaced ketchup as America's "king of condiments," according to a preliminary report by "Packaged Facts Inc., a New York-based market research firm.

In 1991, with sales growing by 14 percent, picante sauce and salsa sales surpassed ketchup sales by \$40 million.

Ginger shrimp toast popular at Mary Ann's

See Chef's Secrets column on Taste front. This recipe is an often requested appetizer at Mary Ann's Kitchen.

GINGER SHRIMP TOAST

3 tablespoons unsalted butter
1 pound small frozen shrimp
2 teaspoons finely minced lemon zest
3 garlic cloves
1 tablespoon chopped dill
1 tablespoon ground ginger
2 cups grated Swiss cheese
2 1/2 cups mayonnaise
Fresh ground pepper to taste

12 dozen loch bread triangles.

Melt butter add shrimp, lemon zest, garlic, cook 2 to 3 minutes. Add dill and ginger, cook 30 seconds. Let cool to room temperature.

Add cheese, mayo and pepper to shrimp mix and stir well. Refrigerate in covered bowl until ready to use.

Toast bread, trim crust and cut diagonally corner to corner to form four triangles. Spread mixture on triangles, bake 10 minutes.

A little ham adds flavor to lentil soup

AP — When you cut the fat in your diet, meat that moon eliminates most altogether? The answer is a resounding "no." Meat not only serves as a valuable source of essential nutrients, but it also adds flavor and variety to your meals.

Nutrition experts suggest a more plausible alternative. Learn to use meat in smaller portions, as an accompaniment or flavoring rather than the main part of your meal. For

example, much of the protein in this low-fat soup comes from lentils. That means you can use less ham than usual, but enough to add a rich smoky flavor.

LENTIL-HAM SOUP

1 cup dry lentils
4 cups water
2 cups cubed lean fully cooked ham (10 ounces)

3 medium carrots, coarsely chopped
1 medium onion, chopped (1/2 cup)
1 bay leaf
1 teaspoon pepper
1/2 teaspoon dried marjoram, crushed
1/2 teaspoon garlic powder
One 16-ounce can tomatoes, cut up
3 tablespoons snipped parsley

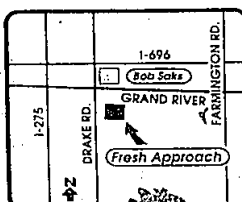
Rinse lentils. In a 4-quart Dutch oven combine lentils and water. Stir

in cubed ham, carrots, onion, bay leaf, pepper, marjoram and garlic powder. Bring to boiling; reduce heat. Simmer, covered, about 30 minutes or until lentils are tender. Stir in unframed tomatoes and parsley. Heat through. Discard bay leaf. Makes 6 servings.

Nutrition information per serving: 217 cal., 3 g fat, 22 g pro., 26 g carbs., 735 mg sodium, 733 mg potassium.

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