

First lady visits Schoolcraft kitchens

There's been a lot of excitement in the Schoolcraft College culinary arts department lately. Two faculty members, Joseph Decker and Kevin Gawnoski, were recently chosen to compete on the Michigan Culinary Team in the 1992 World Culinary Olympics in Frankfurt, Germany. The team is practicing at the college.

But you could say first lady Barbara Bush's March 16 visit to the culinary arts program kitchens in Livonia was the "icing on the cake."

THE FIRST LADY DIDN'T just shake hands and smile during her 20 minute visit, she helped department manager Certified Master Chef Jeffrey Gabriel make a salmon dish, and frosted a cake with pastry chef Decker.

"She's very, very personable," said Gabriel. "It was very exciting for the students and faculty."

Congratulations to the winners in the 19th Annual Culinary Art Salon held March 15 at the Hyatt Regency in Dearborn. The Salon, sponsored by the Michigan Restaurant Association and the Michigan Chefs de Cuisine, drew over 200 entrants in four divisions — high school, college, apprentice, and professional.

Displays were entered in various categories including hot and cold food entrees, pastry displays and artistic centerpiece displays.

Local winners of the special awards included high school student, Leanne Reed, Oakland Technical

tidbits Keely Wygonik

Center, Judge's Special Award, Martha Dittel, Oakland Community College, Judge's Special Award, Tracie Kipp, Oakland Community College, best pastry; and Brian Henson, Schoolcraft College, "Auggie"/Detroit News Award.

APPRENTICE PATRICIA Beckford, Oakland Community College won the Judge's Special Award, Susan Miller, Golden Mushroom, Best Pastry and Best of Show.

In the professional category, Sylvia Hayes, Schoolcraft College, Judge's Special Award, and Susan Miller, Golden Mushroom, Best Pastry.

If you like Middle Eastern cuisine, you'll love the new cookbook published by St. George Antiochian Orthodox Church in Detroit. Proceeds will go into the church building fund. Parishioners, who hail from Southfield, Bloomfield Hills, West Bloomfield, Redford, and Livonia, are raising money to build a new church in Troy.

"Eighty percent of our parishioners live in the northern suburbs," said cookbook coordinator Sally Ruffin. "The land at John R. and Maple was purchased last year."

About 50 people were involved in the cookbook project, said Ruffin. "For years we've sold other people's cookbooks at our events, and thought it was time we wrote our own. The book was a 4 1/2 year project."

Every recipe was tested, and the instructions are easy to understand. The book also contains information about herbs and spices, and eight pages of helpful hints. This is a cookbook with a heart. Many of the recipes are time-tested family favorites, passed down generation to generation.

You'll find recipes for all your favorite Middle Eastern dishes in this book including — Baba Gannoush, Hummus Bi-Tahini, Fatoosh Salad, Tabouley Salad, Ribben, raw and baked, Shish Tawook, Falafel, Baklava, meat and spinach pies, and Syrian bread.

The book costs \$10, plus \$2 for handling and shipping by mail. It's also available at Border's Book Store. To order by mail, send check for \$12 to St. George Antiochian Orthodox Church, 2760 East Grand Boulevard, Detroit, MI 48211.

For information, call 874-2939. Here are some recipes from the book.

FATOOSH SALAD
(Syrian Bread Salad)
2 loaves flat Syrian bread or pita bread
1/2 bunch green onions, finely chopped
1/2 bunch parsley, finely chopped
1 cucumber, coarsely chopped
1/2 bunch fresh peppermint, chopped, or 2 tablespoons dried mint, crushed
4 tomatoes, chopped
4 radishes, thinly sliced
1 clove garlic, minced
1/2 cup olive oil or vegetable oil
Juice of two lemons
2 tablespoons thyme
salt and pepper to taste
black Greek olives to garnish

Toast bread on a cookie sheet and break into bite-sized pieces into a bowl and set aside. Place all the rest of the ingredients into a large salad bowl and toss gently. Adjust seasonings to taste. To keep toasted bread crisp, add to the salad just before serving.

FALAFEL, SYRIAN
(Vegetable Patty)
1 medium dry (garbanzo beans)
1 medium onion
1 medium onion
1 stalk celery, washed and chopped, fine
1 teaspoon garlic powder
1 teaspoon cumin, ground
3 teaspoons coriander, ground
2 teaspoons baking soda
1 teaspoon salt
1 teaspoon black pepper
1 teaspoon paprika or red pepper
1 teaspoon flour

Put garbanzo beans into large bowl, cover with water and soak overnight until soft. Drain any remaining water. Place all ingredients in food processor and process until completely ground, adding a little water if necessary. Be sure the mixture is thick enough to form patties the size of a small hamburger or a half dollar.

Fry patties in hot vegetable oil until browned on both sides, 2-3 minutes. Drain on paper towel. Makes 30-40 patties.

To serve: Cut fresh pita pocket in half. Fill with 3-4 falafel patties, shredded lettuce, chopped tomato and drizzle with Tahini sauce (sesame paste).

Betty Crocker tip of the week: If a recipe calls for cooked shrimp, buy twice as much raw shrimp by weight. After cooking and peeling



PAUL HIRSCHMAIR/staff photographer

Pastry chef Joe Decker helps first lady Barbara Bush put finishing touches on a cake at Schoolcraft College in Livonia.

the shrimp, you'll have the right amount.

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