

Restaurateurs share recipes from past decades

See story on Taste front, "Machus Celebrates 60th Anniversary."

In celebration of their 60th anniversary, the Machus family shared some favorite recipes from the 1940s, 1950s, 1960s and a 1980s one from Executive Chef Martin Singer.

This is a Machus recipe from the 1940s.

STUFFED CABBAGE WITH TOMATO SAUCE

1 egg
1 teaspoon Worcestershire sauce
4 cup onion, finely chopped
1/2 cup milk
1 pound hamburger, raw
1/4 cup rice, cooked
6 cabbage leaves, large
1 cup sauerkraut
1/2 cup water
Mix all ingredients together. Divide ingredients among 6 cabbage leaves. Roll in cabbage leaves. Spread 1 cup sauerkraut over bot-

tom of baking pan. Lay cabbage rolls, seam side down, on sauerkraut. Add 1 cup water. Cover and bake in 325 degree oven for 1 to 1 1/2 hours. Serve with tomato sauce.

Here are two Machus recipes from the 1950s.

CHICKEN A LA KING

1/2 cup margarine
1/2 cup flour
2 cups milk
1 cup turkey broth
1/4 cup pimiento
1 cup mushrooms, sliced
2 1/2 cups diced turkey or chicken
5 tablespoons sherry
Melt and blend margarine and flour. Add milk and turkey broth. Cook until thick. Add pimiento and mushrooms to the above mixture. Add diced turkey or chicken to hot mixture. Add sherry. Serve very hot over cooked rice or puff pastry shell.

SOUR CREAM CHOCOLATE CHIP COFFEE CAKE

1/2 cup sour cream
1/2 cup sugar
1/2 cup shortening
1 1/4 cup cake flour
1 1/2 teaspoon baking powder
1 teaspoon salt
1/2 teaspoon baking soda
2 eggs
2 ounces chocolate chips
Combine all ingredients except eggs and chocolate chips. Mix well. Add 1 egg and mix. Add the other egg and mix slowly for 6 minutes. Pour 1/4 of batter into greased 8- by 2-inch round pan. Spread evenly. Sprinkle 1/4 chocolate chips on batter. Add remaining batter. Spread evenly. Add remaining chocolate chips. Bake at 350 degrees in upper half of oven for 40-45 minutes. Remove from oven. Cool. Dust with powdered sugar.

Here's a Machus recipe from the 1960s.

QUICHE LORRAINE

1/4 pound bacon, (cut into 1/4-inch pieces)

1/4 cup onion, (chopped)
4 ounces Gruyere cheese or Swiss cheese (shredded)
4 eggs (slightly beaten)
1 1/4 cup half and half
1/4 teaspoon salt
Dash pepper
Dash nutmeg
1 pie shell (9-inch unbaked)
Cook bacon in heavy skillet until half done; add onions and saute until onions are soft and yellow. Remove from heat and drain. Cool. Combine eggs, half and half, salt and pepper.

Preheat oven to 400 degrees. Bake pie shell (weighted down with another pie pan on top) for 10 minutes. Remove from oven and cool. Spread bacon and onion mixture over bottom of baked pie shell.

Top with shredded cheese. Pour custard mix over all. Sprinkle with nutmeg. Reduce oven heat to 350 degrees and bake for 30-35 minutes until custard is set and puffed and crust is golden.

Let cool at least 10 minutes before cutting.

POACHED ATLANTIC SALMON WITH ROSE PETALS AND MINT BALSAMIC VINAIGRETTE

To poach salmon
Four 4-ounce skinned and deboned fresh salmon filets
1/4 cup raspberry vinaigret
1/4 cup clam juice
1/4 cup white Zinfandel
1 teaspoon salt
1/2 teaspoon pepper
1 1/2 teaspoons chopped garlic
Place the 4 pieces of salmon in a large stainless steel pan. Pour all the liquid ingredients over the fish. Then add salt and pepper, slowly bring up the heat until the poaching liquid is just at the boiling point. Do not let it boil. Continue to poach for about 8 minutes or until done. Then allow to cool in the liquid slightly. Carefully remove to paper towel.

MINT BALSAMIC VINAIGRETTE

Juice of 1 orange
Juice of 1 lemon
Juice of 1/2 lime
1/4 cup chopped mint

1 tablespoon chopped shallots
1 teaspoon chopped garlic
1 1/2 tablespoons honey
1/4 cup White Zinfandel
1 teaspoon tarragon
1/2 cup Balsamic vinegar
Salt and pepper to taste
1 cup olive oil
Combine all ingredients except the olive oil. Slowly drizzle in olive oil while whipping with wire whisk. The dressing should emulsify. Salt and pepper to taste.

SALAD

8 ounces of assorted fresh greens — arugula, water cress, radicchio, romaine, red oak
Peeled and sliced oranges
Strawberries
Fresh cut Rose Hip petals
Fresh mint
To assemble salad, divide the mix greens between chilled plates. Decorate with oranges, strawberries, rose petals and mint. Place the slightly cooled salmon fillet over the greens and dress with the balsamic mint vinaigrette. Serves 4.

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Unlike Bill Knapp, who was a lifelong friend, Harris Machus, after opening a restaurant in the Lansing area, which was later sold, decided not to expand far beyond Birmingham. "It took too much time supervising people," he said. "Birmingham was growing and we didn't have to move all over. I felt that if we grew and gave the staff possibilities for advancement, that was enough. I was a hands-on operator. I visited every store and restaurant. Everyone knew the boss." That tradition continues and the Machus family has been fortunate to draw some outstanding chefs, including certified master chef Leopold Schaeff, now an instructor at Schoolcraft College in Livonia, Richard Mack, executive chef of the Palace of Auburn Hills Grille, and Martin Singer, ex-

ecutive chef of Machus Sly Fox and Red Fox. Robert Machus said the family has no plans to open any new restaurants, but there have been some changes. An outdoor dining deck was added to Machus Sly Fox last summer, and a new menu includes more heart-healthy entrees. Chef Singer recently planted a small garden at Sly Fox that includes herbs and flowers. Pansies and nasturtiums are growing in pots that hang outside on the deck. Although Chef Singer can't grow enough in the small space to keep up with the demand, the freshly picked flowers and herbs make beautiful garnishes. It's a small touch, but it's important. Little touches, and attention to detail, are what have made Machus special for all these years.

COOKING CALENDAR

To get your classes or events listed in this column, send items to be considered for publication to: *Reely Wygnik, Taste Editor, The Observer & Eccentric, 3525 Schoolcraft Road, Livonia 48150. Or fax 591-7279.*

■ CHEF JEFFREY GABRIEL. Chef Jeffrey Gabriel, director of the culinary arts department at Schoolcraft College, will teach cooking classes at Kroger's noon

to 1:30 p.m. and 2:30-4 p.m. Saturday, May 22 at the Rochester Kroger on South Livonia near Walton Road, and Saturday, June 5 at the Farmington Hills Kroger on Twelve Mile Road and Halstead. There is no charge for these classes. Chef Gabriel will present a low-calorie, low-cholesterol menu of vegetables to prepare items. Complimentary coffee, menus and recipe cards will be available for class participants.

■ KITCHEN GLAMOR Fresh from the herb garden. Marcia Silkarskie shows how a touch of fresh herbs will offer ultimate freshness to spring dishes, 1 and 7 p.m. Tuesday, May 18, Novi store; 1 and 7 p.m. Wednesday, May 19, Redford store; 1 and 7 p.m. Thursday, May 20, West Bloomfield store; and 1 and 7 p.m. Friday, May 21, Rochester store. There is a \$3 fee for this class. Call 537-1300 to register, or for more information.

■ HUDSON'S Summer recipes presented by Weight Watchers noon to 1:30 p.m. May 26 Twelve Oaks Hudson's, May 28 Oakland Hudson's, and May 27 Fairlane Hudson's.
■ SUPERIOR FISH COMPANY Cooking demonstrations start 10 a.m. to noon Saturday, May 22, at Superior Fish, 309 E. 11 Mile Road, Royal Oak. For information, call 641-4632.

Answers to food questions

For answers to questions about food safety, nutrition and preservation, call the Food and Nutrition Hot line, 8:30 a.m. to 6 p.m. Monday through Friday, 888-0904 in Oakland County, 494-3013 in Wayne County.

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