

Seafood dishes make sense for your heart, your soul buds.

See related story on Taste front.

SWEET SHRIMP STRIP-FRY

2 tablespoons peanut oil
1 pound thawed pre-cooked small shrimp
1 tablespoon mustard
2 tablespoons honey
Dash of cinnamon
1 cup chopped green pepper
½ cup chopped red pepper
½ cup pea pods
2-3 stalks celery, chopped
½ cup chopped broccoli
½ cup chopped cauliflower
¼ cup chopped walnuts

Heat peanut oil in a wok on high temperature. Add shrimp, stirring constantly. Add mustard, honey and cinnamon, stirring quickly. Almost immediately, add all the vegetables and walnuts. Continue stirring for approximately five minutes

or until hot and crispy. Serve immediately over cooked rice. Serves 4.
Recipe submitted by Brian Black.

TUNA VEGETABLE GRATIN CASSEROLE

2 cans (6½ ounces each) white albacore tuna, water-packed, rinsed, drained and chunked
1 small eggplant halved lengthwise, then thinly sliced crosswise
2 small zucchini, thinly sliced crosswise
1 tablespoon salt
4 carrots, peeled and thinly sliced
1 medium onion, finely chopped
2 cloves garlic, finely chopped
1 teaspoon tomato paste
¼ cup white wine

1 medium tomato, thinly sliced
1 yellow sweet pepper, seeded and sliced into strips
1 bulb fennel, trimmed and quartered
1 red bell pepper, seeded and sliced into strips
1 teaspoon dried thyme
1 teaspoon freshly ground black pepper
½ tablespoon olive oil
6 sprigs parsley finely chopped

Preheat oven to 375 degrees. Lightly cover eggplant and zucchini slices with salt and set aside for 30 minutes. Then rinse slices under cold water and pat dry.
Pat carrots, onion and garlic in a heavy Dutch oven or casserole. Dissolve tomato paste in white wine and pour over carrot mixture and stir to combine.
Arrange eggplant, tuna, tomato,

yellow pepper, fennel, zucchini, and red pepper in that order in alternating layers on top of carrot mixture. Sprinkle on thyme and black pepper, then drizzle olive oil on top.
Cover pan and bake for 45 minutes. Remove cover and continue to bake for an additional 30 minutes. Garnish with parsley. Serves 4.
Recipe submitted by Muriel Wagner from "Tun... Ahhh".

TUNA, RED PEPPER, RED APPLE AND RED ONION SALAD

2 cans (6½ ounces each) white albacore tuna, water-packed, washed, drained and chunked
1 red pepper, cut into strips
1 unpeeled red delicious apple, cubed
¼ cup red onion, coarsely diced

½ cup nonfat mayonnaise
2 tablespoons Dijon mustard
Garnish of lettuce leaves, red and green grapes
Combine nonfat mayonnaise and Dijon mustard. Add tuna, red peppers, red apples and red onions. Serve on lettuce leaves. Garnish with red and green grapes.
Recipe submitted by Muriel Wagner from "Tun... Ahhh".

ST. AGATHA'S NEW ENGLAND CLAM CHOWDER

4 dozen clams
5 cups of cold water
3 tablespoons of butter
1 large onion, chopped very fine
4 medium sized potatoes, diced
Salt and freshly ground black

pepper
2 cups hot milk
1½ cups of heavy cream, hot
Wash clams thoroughly. Place them in a deep pan with 5 cups of cold water covering the clams. Bring to a boil, then reduce heat and simmer just until the shells open. Strain the broth through cheesecloth and reserve. Remove the clams from their shells and chop into small pieces. Combine butter and onion in a saucepan, and cook gently over low heat for about 3 minutes; do not brown.
Add reserved broth and potatoes. Add salt and pepper to taste. Cook until potatoes are tender. Add clams. Remove from heat and slowly add heated milk and cream. Stir immediately. Makes 6 to 8 servings.
Recipe submitted by the Rev. Thomas Slouiniski, St. Agatha parish.

Oven steamed fish is easy and delicious

See Larry Jones' Taste Buds column on Taste front.

OVEN STEAMED FISH EN PAPILOTE

2 tablespoons coarsely grated carrot
1 bunch green onions, chopped
1 celery stalk, cut into thin strips
8-10 ounces fish fillets (your choice of salmon, trout, cod, catfish, etc.)

1 teaspoon dried dill weed
2 tablespoons lemon juice
Parchment paper
Preheat the oven to 400 degrees. Cut parchment paper in a piece 16 inches by 12 inches.
Place fish in the center of the parchment paper. Top with vegetable mixture and sprinkle with lemon juice.
Wrap parchment to secure. Place on a baking sheet and bake at 400 degrees for 20-25 minutes. Serves 2.

STEAMED OCEAN PERCH

2 cups water
1 whole carrot, thinly sliced
2 celery stalks, thinly sliced
1 bunch green onions, chopped
2 large lettuce leaves
1 bay leaf
5 peppercorns
¼ pound fish fillets with skin (your choice of cod, salmon, grouper, or lemon sole)

In a medium saucepan, add water, vegetables, bay leaf and peppercorns. Cover and bring to a boil and boil for 5 minutes.
Reduce the heat to medium low. Insert a folding vegetable steamer or a small bamboo steamer. Place fish on top, cover and steam for 5 minutes.

Thicker fillets will require up to 9 minutes of cooking. Remove from heat. Remove lid, remove steamer and enjoy fish. Serves 2.

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Amels which translates "rascal" in Italian is appropriate for the wine because of its unpredictable behavior. The 1992 Cialini Amels (\$17) showcases the fresh aromas of a boar pear and is made by Giuseppe and Luigi Rivetti.
In the region known as Marche, the Cifola brothers produce a single vineyard verdicchio that you must try for its rich fruit and attractive fruit aromas. The 1991 La Monaca Verdicchio di Matelli (\$14) represents one of the few wines available locally, produced in the Marche.
Italian red wines are abundant. The 1991 Illuminati "Riparoso" (\$9) is made from the Montepulciano d'Abruzzo grape, but don't confuse it with the wine known as Vino Nobile di Montepulciano. It has delicious blackberry fruit and is one of the best red wine buys around. Flavors are magnified

many times in the 1988 Illuminati Zanna Montepulciano d'Abruzzo Vecchio (\$18). An incredible wine for the money, the Vecchio (old) shows a wonderfully mature nose with integrated oak and intense fruit that is simply delicious — a wine worth a search.
Space will not allow a complete description, but we suggest that you taste the following: 1990 Francesco Sasso Aglianico del Vulture (\$16), 1990 Quercivale Chianti Classico, Paolo & Pietro Losi (\$13), 1991 Rosso di Montalcino, Nardi (\$13), 1988 Brunello di Montalcino, Nardi (\$30), 1988 Barolo "Cascina Bruni", Pasquale Veglio (\$35).

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stir-fry solely to the Lenten season. Stir-frys are popular at the Black house throughout the year.
"Stir-fry is our choice when we entertain guests. Everybody seems to enjoy this type of meal, and many times we invite our guests to help by chopping the vegetables. Our friends enjoy being personally involved in the meal."

Rice, homemade bread and a salad most often accompany the Blacks' stir-fry dinners. "A nice benefit to this meal is that while I make the stir-fry, Lyn makes the salad and we have the chance to talk and catch up with each other."

While the Blacks put seafood in stir-frys, the Rev. Thomas Flounski, pastor of St. Agatha Church in Redford, uses seafood to attract hundreds of paying guests to his church. For the fourth year in a row, St. Agatha is serving seafood dinners, ranging in price from \$3.75 to \$5 every Friday during Lent.

"The profits from these dinners go into our general fund for various projects," said Flounski who does much of the cooking. "We offer such a variety of food including fish and chips, shrimp, baked cod and clam chowder, that our dinners have become very popular."

Flounski said parishioners help him cook the dinners. "I really enjoy cooking these and other dinners. I find that cooking is creative and fun, as well as great therapy for shuffling papers and working at my desk all day."

Seafood dishes garner Flounski's attention for 40 days a year, but Italian cuisine is his choice on the remaining days. "I like making Italian dishes because I like the taste of garlic — lots of garlic — and I like pasta."

Muriel G. Wagner, a registered dietitian who practices in Southfield, is busy creating recipes using tuna fish. She has been so successful in this mission that her first 50 recipes are found in a book entitled "Tun... Ahh: Smart Eating With Good Taste."

which she coauthored with food writer Irene Burchard.
"My tuna recipes provide a nice change to the traditional tuna fish casserole recipes. And, in addition to tasting good, these recipes help to lower fat, cholesterol and weight," Wagner said.

"We wrote this book because tuna is one of the healthiest foods you can eat, as well as a real nutritional bargain. But most people only think of tuna as a salad that you put on a sandwich or on a plate. We wanted to introduce our readers to a variety of ways tuna fish can be served — all of which are delicious!"

For those who would like to try some of these tuna recipes during Lent, you can order "Tun..."

Ahh" by sending a check or money order payable to W/B Press for \$9.95 (includes postage, handling and Michigan sales tax) to Dr. Muriel Wagner, 24501 Northwest Highway, Suite 613-C, Southfield, MI 48075.

St. Agatha's Church is at 19800 Beech Daly in Redford, between Eight Mile and Grand River. Dinners, including children's portions, are served 3-8 p.m. Fridays during Lent.
See recipes inside.

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