

Chef Larry shares some of Dad's favorite recipes

See Larry James' Taste Bud column on Taste front.

PORK ROAST WITH POTATOES

1 pork butt, about 3-4 pounds, bone in
8 potatoes, scrubbed, cut in half
5 carrots, cut into 2-inch pieces
1 onion, chopped coarse
1 cup water
1½ teaspoons seasoned salt
Dust pork butt with a little flour

and brown in some hot oil on four sides until golden, about 4-5 minutes. Place in a roasting pan and set aside. Place the skillet you browned the roast in over high heat. Add water and scrape pan to loosen bits.
Immediately pour over pork butt. Sprinkle with seasoned salt. Cover and bake at 350 degrees for 1½ hours. Remove from the oven. Add potatoes, carrots and onions. Spoon pan juices over pork, vegetables and potatoes. Cover and continue baking for 1 hour or until roast is

cooked as desired. Serves 6-8.
Ask my dad what he would ask momma to make for his last meal and he would probably request:

CITY CHICKEN

1 pound veal shoulder, cut into 1-inch cubes
1 pound pork butt, cut into 1-inch cubes
3 tablespoons lemon juice
2 tablespoons oil (vegetable or olive oil)

½ teaspoon sage
Salt and fresh ground pepper to taste
6 slices (thick) bread, cut into cubes or bread crumbs
Wooden skewers for meat

Marinate the veal and the pork in the lemon juice and the olive oil for at least 1 hour. Thread the meat alternately on the skewers. Crumble the bread in a blender or processor and season with sage, salt and pepper. Dip chicken in a milk wash or lightly beaten egg and roll in seasoned bread crumbs.

SAUCY PORK CHOPS

Place on a baking pan and bake at 350 degrees for 35-40 minutes. If desired, top with a can of cream of mushroom soup diluted with ½ can of milk and continue baking until sauce thickens. Serves 4.
6 pork chops, about ¾-inch thick
4 tablespoons seasoned flour
1 medium onion, sliced thin
1 (10½ ounce) can condensed

cream of chicken soup
¼ cup catsup
1 tablespoon Worcestershire sauce
Dust pork chops with seasoned flour. In a medium skillet, brown pork chops in a little oil. Top chops with onion slices. Combine soup with catsup and Worcestershire. Mix well.
Pour over chops, cover and reduce heat to a simmer. Cook for 60 minutes or until done. Serve with sauce. Serves 6.

Spicy pork, steamed clams make festive summer dishes

This Szechuan classic incorporates crunchy water chestnuts and tender pork which are bathed in a fiery orange garlic sauce.
Serve this dish with lots of rice to help soak up the hot and sour gravy.

SPICY PORK

1½ pounds boneless center cut pork loin
Marinade
3½ tablespoons soy sauce
2 tablespoons minced fresh ginger
2 tablespoons rice wine or sake
1½ teaspoons sesame oil
1 tablespoon cornstarch

2 tablespoons grated orange zest
2 cups thinly sliced water chestnuts
Sauce:
¾ cup chicken broth
¾ cup soy sauce
2½ tablespoons rice wine or sake
1½ teaspoons sesame oil
2 tablespoons Worcestershire sauce
2 teaspoons brown sugar
¼ teaspoon fresh ground black pepper
2 teaspoons cornstarch
6 tablespoons peanut oil
2 tablespoons minced garlic

1 teaspoon crushed red chile pepper or chile pepper flakes
With a sharp cleaver, trim any fat or gristle from pork. Cut against grain into slices and place in a bowl.
Combine soy sauce, ginger, rice wine, sesame oil and cornstarch to make the marinade. Pour over pork slices and allow to marinate at least one hour in the refrigerator.
Heat a small pan of water until boiling and blanch the orange zest. Remove with a fine strainer and squeeze dry in a paper towel.
Reheat the water and blanch the water chestnuts for 30 seconds. Drain.

Make a sauce with the broth, soy sauce, rice wine, sesame oil, Worcestershire sugar, pepper and cornstarch. Mix well.
Heat a wok and add ¼ cup of peanut oil. Add pork and stir fry over hot heat until the meat is cooked, loses its color and separates. Remove with a strainer and drain in a colander. Clean wok.
Reheat the wok and add remaining 1½ tablespoons of the oil. Add the orange zest, garlic and chile pepper and stir fry over high heat for 10 seconds. Add water chestnuts and stir fry for 30 seconds. Add the sauce mixture and cook, stirring constantly to prevent lumps until thickened. Add the cooked pork,

toes to coat and transfer to a serving platter. Serve immediately. Serves 6.
Chef's suggestion: this can be made with tofu for vegans or chicken/turkey or beef for a change.
Serve steamed clams with a side of pasta.
STEAMED CLAMS ON MUSSELS WITH BALSAMIC VINEGAR
2 pounds littleneck clams or mussels
2-3 tablespoons olive oil
3 tablespoons minced onion
1 clove garlic, minced
1 large vine ripened tomato, cored, seeded, chopped

3 tablespoons chopped fresh basil leaves
2 tablespoons Balsamic vinegar
Salt and pepper to taste
Heat the oil in a 6 quart pot over medium heat. Sauté the onion 6-8 minutes or until golden. Stir in the garlic. Add the clams to the pot, cover tightly and allow to steam for 7-8 minutes, shaking the pan frequently to keep from burning.
Add the tomato and basil to the pot and cook for 30 seconds. Remove the sauce from the heat. Add the vinegar to the sauce and sprinkle with black pepper. Shake pot to coat clams or mussels. Serve with extra sauce on the side for dipping.

Chicken fajitas, lamb like barbeque

See related Super Supper story on Taste front.

PEDRO'S CHICKEN FAJITAS

4 whole chicken breasts
1 cup red wine
¼ cup lemon juice
¼ cup light soy sauce
Bone chicken and save bones for broth (to be used in Pedro's yellow rice dish). Marinate chicken overnight in wine, lemon juice and soy sauce. Grill outdoors over low heat (lowest heat setting on gas grill).
Turn chicken every five minutes, dipping it back into the marinade with every turn. Grill slowly until done, 25 to 35 minutes.

YELLOW RICE
3 cups chicken broth, homemade or canned
1½ cups Uncle Ben's (Converted) yellow rice
1 tablespoon salt
½ large Vidalia onion
2 tablespoons margarine, non-fat or regular
Combine all ingredients in saucepan and bring to a boil. Reduce heat to a simmer, cover and cook for 20 minutes.
Yellow rice, also called converted rice, is available at Hirt's in the Eastern Market area of Detroit.

with grill cover on for 2 hours at lowest heat. Check occasionally to make sure there is always water in the pan. Let the drippings collect in this pan for later use.
Remove lamb from grill and cut meat into ¼-inch slices. Place meat and reserved marinade in a large roasting pan. Add drippings from grill. Cover and bake in oven for 30 minutes at 325 degrees. Serve on hard rolls with generous amounts of the marinated-steamed onions.

grill to lowest setting.
Cook chicken, dipping parts into salt and vinegar solution every five minutes while turning. Grilling will take up to one hour.
At last turning, liberally cover the chicken with barbecue sauce and continue cooking until sauce is warm. Do not allow sauce to burn.
Peter makes his own barbecue sauce. He warms Delmonico Catsup in a saucepan on low heat and adds about ¼ cup of margarine until well blended.

FLORENCE STREET BARBECUED CHICKEN
1 whole chicken, cut into parts and skinned (including the wings)
3 cups saturated salt water (Add ½ cup salt or more to 3 cups of water, stirring continuously with your hand until salt no longer dissolves. Water will turn milky. Process takes about 1 minute)
3 cups white vinegar
2 tablespoons juice
Barbecue Sauce of your choice
Add vinegar and lemon juice to salt water and soak chicken in this mixture for one hour. Set your gas

cookoffs in 34 states. They have made eight trips to the world championships. Weller is hoping to win in New York over Father's Day weekend. In May, Georgia captured the Gulf Coast regional championship with her own batch of chili, while Jim Weller took second place.
When asked if his father had anything to do with getting him started in the kitchen, Weller grins and said dad was the outdoor cook. He taught him how to cook ribs, smoke meat and make green chile salsa. Weller was quick to point out that his eldest daughter was "learning from the pros" because she had just taken second place at the chili championship in Wisconsin.
Like a mother's, a father's work is never done. Whether your dad is busy working on the job, or at home, be sure to let him know how much you appreciate him.
I'll be spending the day with my wonderful father, Joe James.

Slice thinly and serve on soft flour tortillas with shredded lettuce, shredded low-fat cheddar cheese, diced tomatoes, diced black olives, your favorite picante sauce, and a dollop of low-fat sour cream. Serves 4.
To make chicken broth: place breast bones in 4 cups of water with 1 teaspoon salt. Bring water to boil, lower heat and cook one hour. Remove bones from broth and remove any meat clinging to bones. Remove chicken morsels for rice.

GRILLED AND ROASTED LEG OF LAMB
1 whole leg of lamb, butterflied
3 cups red wine
½ cup light soy sauce
¼ cup finely chopped ginger
1 large Vidalia onion, sliced
Marinate leg of lamb overnight in wine, soy sauce, ginger, and onion. Reserve marinade, including onions.
Place metal pan of water (disposable aluminum pie pan works great) underneath the warming rack on your gas grill. Place lamb and onions on warming rack and cook

MICROWAVE BAKED WHITE BEANS
30-40 ounces of pre-cooked white beans (2 small cans or 1 large jar)
2 large carrots, diced
1 Vidalia onion, diced
2 celery stalks, diced
½ red bell pepper, diced
¼ cup light soy sauce
3 tablespoons picante sauce
1 tablespoon lemon juice
In a large casserole dish, stir carrots, onion, celery, pepper, soy sauce, picante sauce, and lemon juice. Cover and cook in microwave oven on high for 10 minutes. Add beans, mix well and microwave at ½ power for 30 minutes. Serve hot or cold.

Anyone who has ever worked in the restaurant business knows the strain it can put on a father-son relationship, but the McIntyre men seldom cook at home and prefer to "check out the competition" at other restaurants.
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Enter homemade barbecue sauce contest

We're fired up about grilling this summer, and looking for the best homemade barbecue sauce recipe. Barbecue sauce enhances the flavor of ribs, steaks, chicken, fish, vegetables and other grilled foods. What's your secret?
The winner will receive a \$50 gift certificate for grilling supplies, second place is a \$25 gift certificate for groceries, third prize is a copy of "The Best Covered and Kettle Grills Cookbook Ever" by Melanie Barwood, (Harcourt Collins Publishers; April 27, 1994; \$16.95).

Our Homemade Barbecue Sauce contest is open to all readers of the Observer & Eclectic Newspapers, age 18 and older. Observer & Eclectic employees and their families are not eligible. One entry per household.
We're extending the deadline to Monday, June 20. All recipes must be postmarked or faxed by 5 p.m. Monday, June 20. Send recipes to: Keely Wyonik, Taste Editor, Observer & Eclectic Newspapers, Inc. 36251 Schoolcraft Road, Livonia, MI 48150. To fax recipes, (313) 691-7279.

All recipes must be original and finalists will be required to sign an affidavit stating such. Call (313) 953-2105 or Chef Larry James, (313) 953-2047 on a touch-tone phone, then mailbox number 1886, if you have any questions.
Recipes will be reviewed by Chef Larry James and three finalists will be selected. The three finalists will be asked to make their sauce for judging on Monday, June 27. A panel of three judges will choose a first, second and third place winner based on a point system with the winner receiving the most points. Recipes will be judged on originality of recipe, versatility of use and overall taste.

GIVE BLOOD, PLEASE.

American Red Cross

Chili cook-off

It's June 26 in Birmingham

Register now for the First Downtown Birmingham International Chili Society Sanctioned Chili Cookoff, Sunday, June 26 in the Midtown Parking Lot (east of Woodward between Maple and Brown Streets).
Applications for Chili cooks are now being accepted. Entry fee is \$30 for ICS members, \$60 for non-members, which includes membership in the ICS and a one-year subscription to Chili Magazine. ICS rules apply, and all cooks must meet Oakland County Health Department

All cooks must meet Oakland County Health Department regulations for Chili Cookoff competitions. Call (810) 540-6685 for more information.
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Presented by the Birmingham Principal Shopping District, the event will feature live Country Music and Line-Dancing by Southern Exposure. Admission is \$2 for adults, no charge for children 12 and under. Includes chili samples, live dancing lessons and door prizes.
Cooks meet at 11 a.m. and fire up their stoves at noon. Chili samples will be collected for judging at 3 p.m. The awards ceremony will be 4 p.m. and the event will end at 6 p.m.

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