

Steaks from page 1B

Some people barbecue year round. Then there are those who don't consider it a barbecue unless they're cooking on a charcoal fueled grill.

Steaks are superb on the grill. They're easy to prepare simply cooked over the coals, or they can be seasoned with herbs, seasoning mixes, mustards or glazes.

For Steak Oriental, two beef steak options — rib eye or top loin — are marinated in a mixture flavored with pineapple-orange juice, soy sauce, peanut butter and garlic.

Grill steaks over medium coals to ensure even cooking. If the coals are too hot, the beef will char on the outside before the interior is cooked. For medium, coals should be covered with gray ash. After lighting the charcoal, allow about 30 minutes for coals to reach this stage.

Schoolcraft College assistant food service director and culinary arts instructor Michael J. Hryniewicz, a certified executive chef, recommends using ready-to-light charcoal briquettes, which are pre-treated with starter. "Sometimes people use too much liquid starter and they end up burning the coals," he said. "Light half the charcoal in the grill at a time. The fire will travel to the other side, and the coals will last longer."

Hryniewicz will be sharing more tips and recipes for marinades, salads, and summertime party menus in Outdoor Grilling & Entertaining, a three week class which meets 6-9:30 p.m. Wednesdays, beginning May 31. The fee is \$97. Schoolcraft College is at

16600 Haggerty Road, Livonia, Call (313) 462-4448 for registration information.

Participants will also learn how to set up, and plan outdoor parties, and sources for table and tent rentals.

Here are some tips for grilling steaks from the National Live Stock & Meat Board Test Kitchen.

■ Beef steaks best for grilling at home are Tenderloin (filet), Top Loin (strip), Top Sirloin, Porterhouse/T-Bone and Rib Eye (Delmonico).

■ Purchase beef last at the supermarket. At home, refrigerate promptly. Store it in the coldest part of the refrigerator in its original wrapping 3 to 4 days. For longer storage, freeze. Rewrap beef in aluminum foil, heavy-duty plastic wrap or place in freezer-safe bags; press out as much as possible before sealing. Label and freeze up to 12 months.

■ According to USDA food safety guidelines, beef steaks should reach an internal temperature of 145 degrees F or medium rare. At medium rare beef will be very pink in the center and slightly brown toward the exterior portion.

■ Grilling can be done with the grill covered or open; foods cooked in a covered grill will usually cook faster.

■ Over medium coals, Beef Tenderloin will be medium rare in 14-16 minutes; strip steaks, 16-18 minutes; top sirloin, 16-20 minutes; Porterhouse/T-Bone, 14-16 minutes and Delmonico, 12-14 minutes.

See recipes inside.

Portable dishes made for 2-wheeling

See related story on Taste front.

OYSTER CRACKERS

1-ounce package Hidden Valley milk recipe ranch salad dressing mix
¼ cup salad oil
¼ teaspoon salt (more if fresh)
¼ teaspoon garlic powder
¼ teaspoon lemon pepper
11-ounce box oyster crackers (5 cups)

Blend all ingredients except crackers, pour over crackers, stirring to coat. Bake in preheated 250 degree oven 15-20 minutes, stirring gently halfway through. Let cool completely; store in airtight container.

Transport in resealable bag or small container. Pack in grocery bag attached to rack. Doesn't need to be kept cold.

Recipe from Hidden Valley Ranch.

SNACK MIX

3 cups nuts (blanched or natural whole almonds, pecans and unsalted cashews are good choices)
1 cup Cheerios
2 cups dried fruit (cherries, cranberries, blueberries, strawberries, raisins, or banana chips)
½ cup plain M&Ms
Mix and match your favorite

More picnic tips

BY DAWN NEEDHAM
Special Writer

See related story on Taste front.

■ Don't take anything home. Toss leftovers. Avoid dairy products. Sliced cheese can be frozen for use in a sandwich. The texture may be a little crumbly, but should hold up fairly well overnight.

■ Peanut butter and jelly

sandwiches are perfect picnic food, safety-wise. They don't need to be chilled.

■ Try blanching green beans and snow peas until crisp tender; slice raw carrots, celery and other veggies. Bring along salad dressing — ranch or Italian for dipping. Buy individual packets of salad dressing at the deli or grocery store, or buy a small bottle.

Ingredients. Pack what you need for your trip. Store the rest.

TURKEY-CHEDDAR SALAD SANDWICH

¼ cup (about ½ pound) deli turkey, cut into ½-inch cubes. (Buy a one-inch chuck of turkey from the counter or use a turkey breast half such as Louis Rich or Mr. Turkey.)
1 cup diced Cheddar or Colby cheese
¼ cup Honeycup mustard
¼ bread
Lettuce

Freeze the meat and cheese overnight. Pack mustard separately; mix turkey with mustard and cheese before eating, or mix ahead of time if there's room in the cooler.

GREEN BEAN SALAD

1 pound green beans, trimmed
1 chopped green onion
1 tablespoon vinegar (Balsamic or red wine)
¼ cup olive oil
¼ cup chopped fresh basil leaves
¼ cup shaved or grated Parmesan cheese

Blanch beans in a large pot of rapidly boiling water until crisp-tender (about 1 minute). Rinse with cold water. Drain and transfer to bowl. Refrigerate overnight. The day of the picnic, mix 1 chopped green onion with 1 tablespoon vinegar. Gradually mix in olive oil. Add fresh basil leaves.

Keep beans and dressing separately in cold pack; mix at picnic and top with Parmesan cheese. Makes about 3 servings.

Variation: Blanch beans, but toss with bottled Italian salad dressing and some sliced radishes, (one or two). Top with toasted sesame seeds.

Here's one of my favorite cookie recipes from Pillsbury.

LUNCHBOX CRUNCH COOKIES

½ cup sugar
½ cup firmly packed brown sugar
½ cup margarine or butter, softened
½ teaspoon vanilla
1 egg
1 cup flour
1 cup rolled oats
½ cup shredded coconut
½ teaspoon baking soda
¼ teaspoon baking powder
¼ teaspoon salt
1 cup corn flakes cereal
½ cup chopped nuts

Heat oven to 350 degrees F. In large bowl, beat sugar, brown sugar and margarine until light and fluffy. Add vanilla and egg; blend well. Stir in flour, rolled oats, coconut, baking soda, baking powder and salt. Stir in corn flakes and nuts. Shape into 1-inch balls. Place 2 inches apart on ungreased cookie sheet. Bake at 350 degrees for 8-12 minutes or until light golden brown. Immediately remove from cookie sheet. Makes 4½ dozen cookies.

Sizzling grilled steaks are delicious

See related story on Taste front.

STEAK ORIENTAL

4 boneless rib eye or top loin steaks, cut ¼-inch thick
3 tablespoons coarsely chopped peanuts
For the marinade:
½ cup canned pineapple-

orange juice
½ cup soy sauce
3 tablespoons packed brown sugar
3 tablespoons honey
2 tablespoons peanut butter
3 large cloves garlic, crushed
1½ teaspoons coarse-grain Dijon-style mustard
½ teaspoon five-spice powder (available in the Oriental section of the supermarket)

In small saucepan, combine marinade ingredients. Heat marinade over medium heat until sugar is dissolved and mixture is blended, stirring frequently. Remove from heat; cool slightly. Reserve ¼ cup marinade for brushing on steaks while grilling; cover and refrigerate.

Place steaks and remaining marinade in plastic bag, turning to coat. Close bag securely and marinate in refrigerator for 30 minutes.

Remove steaks from marinade; discard marinade. Place steaks on grid over medium ash-covered

coals. Grill rib eye and top loin steaks 8 to 12 minutes for medium-rare to medium doneness, turning once. Brush cooked side with reserved marinade after turning. Sprinkle steaks with peanuts. Makes 4 servings.

Note: To check the temperature of the coals, cautiously hold your hand palm side down, at cooking height (just above the grid). Count the number of seconds you can hold your hand in that position before the heat is uncomfortable and you have to pull it away: 4 seconds for medium coals.

GRILLED HERB MUSTARD STEAKS

2 well-trimmed boneless beef top loin or rib eye steaks, cut 1-inch thick (approximately 1 pound)
Soft to taste
Herb Mustard:
2 large cloves garlic, crushed

2 teaspoons Dijon-style mustard
1 teaspoon dried basil leaves
½ teaspoon pepper
½ teaspoon dried thyme leaves

In a 1-cup glass measure, combine garlic and water; microwave on High 30 seconds. Stir in remaining mustard ingredients; spread onto both sides of beef steaks.

Place steaks on grid over medium ash-covered coals. Grill top loin steaks uncovered 16 to 18 minutes (rib eye steaks 12 to 14 minutes) for medium rare to medium doneness, turning occasionally.

Season steaks with salt, as desired. Carve steaks crosswise, into thick slices. Makes 4 servings.

Recipe from: Meat Board Test Kitchen

NOW OPEN

CRAFTIQUE
CRAFT & ANTIQUE MALL

Located at 33300 Slocum • Just East of Farmington Rd. in Historic Downtown • Farmington, MI • (810) 471-7933

Like a Giant Craft and Antique Show Six Days a Week!

Featuring

- Over 250 CRAFT & ANTIQUE DEALERS, under one roof, displaying some of the finest merchandise in Michigan.
- Open Tues.-Sat. 10 to 7 • Sunday 10 to 5 • Closed Mondays

SAVE \$150.00 On Top Quality Wooden Gym Set

NOW ONLY \$738.00

The Doll Hospital & Toy Soldier Shop
3347 W. 12 Mile • Berkley
Mond. 10-6:30, Fri. 10-6 (810) 843-3118

Support Easter Seals and WIN!

ENTER THE GREAT DUCK RACE AND YOU COULD WIN A 1995 CHEVROLET CAVALIER! 20,000 rubber ducks will waddle down the Clinton River for this year's Great Duck Race. Sponsor a duck and you could win a 1995 Chevrolet Cavalier LS, trips, golf games or one of many other fantastic prizes! Sponsor 5 ducks for \$20 or one for \$5. The more ducks you sponsor, the better your odds. Proceeds benefit the Easter Seal Society of Southeastern Michigan, who is leading the effort to empower and enhance the ability, spirit and sense of dignity of people with disabilities.

Call (810) 335-9626 to charge ducks by phone, or fill out the coupon below and mail it to Duck Central Headquarters. Entries must be received by June 9, 1995. Winner need not be present to win.

Name _____ Daytime phone _____
Address _____ City/State/Zip _____
I would like to sponsor _____ 5 ducks for \$20, or _____ ducks at \$5 each (total enclosed: \$ _____)
Enclosed check or money order payable to Easter Seal Society
Duck Central Headquarters
1105 N. Telegraph Road, Waterford, MI 48328

Sponsored By: **Century 21** **Observer & Eccentric**

Send items to be considered for publication to: Keely Wygonik, Observer & Eccentric Newspapers, 36251 Schoolcraft, Livonia 48150, or by fax (313) 591-7279.

Classes
SCHOOLCRAFT COMMUNITY COLLEGE
Wines of the World, 7-9 p.m. Mondays, five weeks beginning June 5, \$98. Desserts for everyone, 6:30-7:30 p.m. Tuesdays, four weeks beginning June 6, \$100. (313) 442-4448

COMMUNITY HOUSE
Fundamentals of Wine — ordering, serving and pairing with food, 7:30-9:30 p.m. Wednesday, June 7, \$10. Summer whites, sample an array of white wines from many areas, learn how to match food and wine, grape varieties, 7:30-9:30 p.m. Wednesday, June 14, \$10. Summer Port Desserts, 7:30-9:30 p.m. Wednesday, June 21, \$10. Classes taught at the Community House, 380 South Eastern, Birmingham. (810) 644-5033

Cooking demonstrations

SUPERIOR FISH COMPANY
Seafood cooking featuring Executive Chef Gordon Sherman of Beaumont Hospital, 10 a.m. to noon, Saturday, June 10, 309 E. 11 Mile, Royal Oak. No charge. (810) 541-4832

LENORE'S NATURAL CUISINE
Cooking school, natural cuisine, step-by-

step instruction, recipe hand-outs, 22899 Inkster, Road, Farmington Hills, May 30, 7:30-9 p.m. Menu planning, 6-9 p.m. May 31, beginning cooking, June 5, 12, 19 & 26, beyond beginning cooking, intro to cookbooks, June 6; beginning cooking, June 7. (810) 478-4455

BOTSFORD HOSPITAL
Women's Health Series: Cooking with Herbs, cooking demonstration and tasting session, Sunday, June 4, 2:30-5 p.m. Tuesday, June 15. Continues to August. Cost \$5 per session, with discounts available for multiple sessions, at Botsford's Health Development Network, 39750 Grand River Ave., Farmington Hills. (810) 477-6100

QUICK AND EASY CASSEROLES
Cooking demo with samples 7 p.m. Wednesday, June 21. Botsford's Health Development Network, Nov. Cost \$5, pre-registration required. (810) 477-6100

HEALTHY SUMMER PICNICS
Free presentation with Oakland County Health Dept. Learn how to prepare healthy outdoor meals, 7-9 p.m. Tuesday, June 27. Botsford's Health Development Network, Nov. Cost to register. (810) 477-6100

VEGETARIAN
Quick, Tasty, Healthy meals, June 1, part of the "Feeding Your Whole Self" series, at the Health Dept., 220 Felt Street, Ann Arbor. Cost \$45. (313) 995-0761

Support Groups

NUTRITION FOR TWO: BABY AND YOU
Get your baby off to a healthy start. Register early in pregnancy. Classes offered monthly. Registration fee \$10. Classes at Botsford's Health Development Network, 39750 Grand River, Ann Arbor. (810) 477-6100

NUTRITIONAL TURN-UP
Get your diet in gear. Focus on vegetarian, low-fat, low-cholesterol, or diabetic menus. Cost \$25 for individual counseling. Offered by Botsford Hospital. (810) 477-6100

FOOD ALLERGIES
Meeting for people with Anaphylaxis, life-threatening allergic reaction, which can be caused by foods, insect stings, medications and even exercise. Learn about the signs and symptoms, and what to do when a medical emergency occurs. 7:30 p.m. fourth Monday of the month. Arbor Health Building, 220 W. Ann Arbor Trail, Plymouth. For information, call (810) 689-0424 or (313) 420-2905

SENIOR HEARTS
Volunteer support group for people who have heart disease and their families. Meets 7 p.m. on the third Tuesday of each month at Beaumont Hospital Administration Building, Classroom 2, 13 Mile Road, Royal Oak. (810) 557-5027

Book stars Rocky Mountain foods

A new cookbook is out called "A Palette of Rocky Mountain Cuisine: Classic Recipes from the Historic Heart of the Rocky Mountain West."

Rocky Mountain cuisine is an amalgam of native and immigrant cultural cuisines. It is influenced heavily by the people of the Southwest, the Spanish from Mexico and the French and English fur trappers and adventurers.

Later, the Chinese railroad workers, Basque sheepherders, and waves of immigrants from Europe made their mark on the Rockies' culinary heritage. The cookbook is full of recipes from the hotel's kitchen featuring

Rocky Mountain cuisine is an amalgam of native and immigrant cultural cuisines. It is influenced heavily by the people of the Southwest, the Spanish from Mexico and the French and English fur trappers and adventurers.

ing bison, hot and mild peppers, lamb, native fish and green chili. Award-winning recipes can be found throughout the cookbook,

Including the recipe for the famous green chili from Doc Martin's Restaurant at the Taos Inn, and several recipes from The Peck House that helped it win the Governor's Award for the best all-Colorado foods menu.

AHH West hotels are in the six-state region of the Rockies with cuisine as diverse as Native Huckleberry Chesseacon Pie at Glacier's Isak Walton Inn (near the Canadian border) to Chef Ernie's Jalapeno Chowder served at The Lodge at Cloudcroft (near the Mexican border).

For more information or to order the book, call (903) 646-9040, or write 1002 Walnut Suite 201, Boulder, CO 80302.

Get Out Our TOOL BOX!

Retired Craftsmen & Other Experts™
Offer Low-Cost Home Repairs & Remodeling

- CARPENTRY • WALLPAPER • PLASTERING
- ELECTRICAL • PAINTING • CERAMIC TILE
- PLUMBING • DRYWALL • HANDYMAN JOBS

SAVE \$15.00 \$25.00 \$50.00

GOOD FOR FREE SERVICE CALL

Handyman CONNECTION

FULLY INSURED GUARANTEED
For Free Information Call Our Hotline
(810) 474-3670