# Celebrate St. Patrick's Day with festive fare

#### CHICKEN AND LEEK STEW IN CHAMP NEST

- 4 1/2 pounds whole chicken,
- cut up 4 slices smoked bacon.
- chopped
- bouquet garni (parstey, thyme, bay leaf) 2 1/4 pounds teeks, white and some light green part, sliced
- buerre manié (optional)\*
- salt and pepper to taste 1/2 cup cream Mashed rotatoes, hot (pre-pared from six medium-sized russet potatoes, peeled, quartered and billed!

Place chicken parts in large pot with bacon, bouquet garni and half the sliced leeks. Cover with water, bring to a boil, then lower heat and simmer 2 hours until chicken









Remove meat from chicken bones, cut into pieces and return to pot with strained stock.

Add remaining leeks and cook gently for 20 minutes. Thicken sauce with buerre manié if desired. Season with salt and pep per and stir in cream.

Serve in a nest of mashed pota

to. Serves s.

\* To make buerre manié:
place sostened butter on the edge
of a flat plate and incorporate
flour using the back of a spoon.
Whisk into stock to achieve
desired consistency.

### COD WITH CREAM

. AND BAY
Four 8-ounce boneless, skinless chunks of cod

- teaspoons butter 2 tablespoons chooped onion flour, seasoned with salt and freshly-ground pepper for dredging
- 1 bay leaf Salt and freshly ground pep-
- 1 cup cream

FELDBRO

Fresh Fish • Poultry • Quality Meats Family Owned • Serving the Community for 50 years

Family Owned • Serving the Community for 50 years

Boneless Orange

Roughy Fillets

only \$4.991b.
With Coupsus • Limit One Per Visit

Fresh House • Lego I Lamb
Fresh Parkey • Capuns
Fresh Homewade Esser Saussee

Fresh Homewade Esser Saussee
Fresh Homewade Esser Saussee
Fresh Homewade Esser Saussee

Fresh Middlebelt

or office delivery
availables.

please call (810) 626-46577

MOVING SALE

20-50% Sale through March 29th

Relocating to Rochester 306 Main St.

155 South Bates

Birmingham 810-645-2266

Order Now 810-358-3355

Wild of

Preheat oven to 375° F. Choose a

Caracat Selection in Michigan ittrich Bloomfield Stills 642-3000

pan (with a lid) that will hold all the fish. Melt butter in this pan Push them to one side of nan

Dredge fish in seasoned flour and place in pan to cook for 1 to 2 minutes on each side.

Add bay leaf and cream. Season with salt and pepper.

Cover pan with lid and cook in preheated oven for about 10 min-utes or until fish flakes. Remove bay leaf and serve fish surrounded by cream sauce and freshly cooked, brightly-colored vegetable garnish.

Serve 4, Récipe courtesy of Ballymaloe House, Shangarry, Midleton, County Cork, Ireland.

#### GAELIC STEAK

- Six 7-ounce sirioin steaks or beef fillets
- Vegetable oil or butter for searing 3/4 cup diced onlons 3/4 cup sliced fresh mush-
- rooms 1/2 cup peeled and diced
- Pinch of tarragon 1 garlic clove, crushed Salt and freshly-ground pep-

■ Quick demi-glaze: use Gravy Master or other brand of seasoning and browning sauce.

Pour some sauce on each of six warm dinner plates. Place steak on sauce then half coat each top with remaining sauce and garnish with parsley. Serves 6 accompanied by champ (mashed potato).

Deml-glaze to color sauce 2 ounces Irish Whiskey

Chopped paraley for garnish

Season steaks with salt and freshly ground pepper. In hot skil-lot, sear steaks quickly on both sides in film of oil, butter or mix-ture of both. Reserve on warm plate.

Drain fat from skillet. Add

Drain fat from skillet. Add anion, mushrooms and garlic. Soute until vegetables are slightly soft. Add half the whiskey, then cream and reduce slightly. Add demi-glaze in a quantity that will make sauce a coffee with cream color. Add tomate and tarragen. Feld in butter and remaining whiskey and heat until warm.

1 cup cream

1 tablespoon butter

#### BEEF BRAISED IN GUINNESS

- 4 1/2 pounds beef rib trimmed and cubed
- 4-5 tablespoons flour
- vegetable oil
  4-5 garlic cloves, crushed 1 pound onlone, thinly sliced 2 cups light beef stock 2 tablespoons red wine vine
- 2 tablespoons brown suger. 2 tablespoons prepared mus-
- 1/4 tablesnoon ground cloves Salt and pepper to taste Bouquet gerni (persiey, thyme, bay leaf)

Preheat oven to 375° F. Dredge beef cubes in flour. Heat oil in skillet and brown beef in several batches, followed by garlic and onlons.

Reserve in ovenproof dish. Add remaining ingredients to dish. Bring to boil on stove top then cover and place in preheated oven.

Cook 1 1/2 hours or until ment is tender. Serves 8 with boiled potatoes and buttered carrots.

#### TRADITIONAL IRISH STEW

- 4 pounds baned lamb shoulder, cubed
  3 pounds potatoes, peeled and cut in chunks
- 4 large onions, chopped 4 leeks, sliced (white part , only)
  1 cup shredded cabbage
- Bouquet garni (parsley, bay loaf, thyme)
- Salt and peoper to taste 8 large carrots, diced 6 cups lamb or veal stock.
  Chopped parsley for garnish

Chopped parsiey for gamish
In large Dutch oven, cover ismb
pieces with water and bring to a
boil. Drain and discard water.
Add onions, carrets, leeks, bouquet
garni and stock to lamb in the
Dutch oven. Add water, if necessary, to cover contents completely
to a depth of I inch. Cover and
simmer gently for I hour. Add
polatoes and cook for another 25
minutes. Add cabbage, session
with sait and pepper and cook for
another 5 to 10 minutes. Serve
garnished with chopped parsley.
Sorves 8.

Sorves 8.

All recipes ideas not previously credited are courtesy of An Bord Bia, the Irish Food Board.

## Serve corned beef and cabbage

BY THE ASSOCIATED PRESS
A corned beef brisket is easy to cook for St. Patrick's Day.
HOMESTYLE CORNED BEEF WITH

### DILLED CABBAGE /2- to 3

- 2 cups water
- 1/4 cup honey
- 2 tablespoons Dijon-style mustard
- 1 medium head cabbage, cut into 8 wedges (about 2
- 3 tablespoons butter, soft-
- 1 1/2 teaspoons chapped fresh dill or



Heat oven to 350 degrees F.

Heat oven to 350 degrees F.

In Dutch oven, place brisket and
water, cover tightly and simmer
in 350-degree F oven for one hour.
Turn brisket over and continue
cooking, covered 1 1/2 to 2 hours,
or until meat is tender. Remove
brisket from cooking liquid and
place, fat side up, on rack in broiler pan as surface of meat is 3 to 4
inches from heat. Combine honey
and 1 tablespoon of the mustard;
brush half of mixture over top of
brisket; broil for 3 minutes, Brush
with remaining mixture and continue broiling 2 minutes or until
brisket is glazed.



The Doll Hospilal Tou Soldier Shop



tap water)

Meanwhile, ateam cabbage 16 to 20 minutes or until tender. Combine remaining mustard with butter and dill; apread over hot cabbage wedges. Carve brisket diagonally across the grain into thin slices and serve with cabbage. Makes 8 servings.

Makes 18 is very important to

Note: It is very important to simmer corned beef since boiling will cause meat to become tough. POTATO ROLLS

- 4 1/2 to 5 cups plus 1 table spoon all-purpose flour 1/2 cup mashed cooked
- 3 tablespoons sugar Two packages rapid-rise
- yeast 11/2 teaspoons salt
- 1 1/4 cups water (reserved from boiling potatoes or
- 3 tablespoons butter

In large bowl, combine 2 cups of the flour, the mashed cooked pota-to, sugar, undissolved yeast and salt. Heat water and butter until salt.Heat water and butter until vory warm (125 degrees F to 130 degrees F), stir into Bour mixture. Stir in anough remaining flour to make soft dough. Knead on lightly floured surface about 6 to 8 min-utes or until smooth and elastic. Cover, lot rest 10 minutes.

Cover, lot rest 10 minutes.

Divide dough into 16 equal pieces; form into balls. Place in two greased 8- or 9-inch round cake pans. Heat oven to 400 degrees F. Cover, let rise in warm, draft-free place until doubled in size, about 20 to 40 minutes.

Sprinkle 1 tablespoon flour on rolls. Bake in a 400-degree F oven for 20 minutes or until golden brown. Remove from pans; cool on wire racks. Makes 16 rolls.

Recipes from: Meat Board Test Kitchens





28875 Franklin Rd. • Southfield, MI (Northwestern Hwy. to 12 Mile Rd.)

Serving Dinner from

3:00pm to 8:00pm



(810) 848-0249

Our Bagels are the Only "Hand-Rolled" Bagels in the Detroit area, and the best you'll ever laste... We Guarantee III think One five Offer to Contame: Offer Expires 4-7-97

