

Celebrate Cinco de Mayo with flavorful fare

See related story on Taste front.

TRINI & CARMEN'S FAMOUS NACHO RECIPE

- 1/4 to 1/2 pound ground beef
- 1/2 cup diced Spanish onions
- 1/2 clove of fresh garlic, minced
- 1/2 teaspoon cumin
- 1/4 teaspoon ground oregano
- Salt to taste
- 1 (16 ounce) can whole tomatoes
- Nacho chips
- 8 to 16 ounces Muenster cheese

Optional ingredients: Diced green peppers, diced onions, fresh tomatoes, Spanish rice, seafood, beans, mushrooms.

Brown ground beef and add Spanish onions. Cook 16-20 minutes over low heat.

In blender, puree the garlic, cumin, oregano, canned tomatoes, and salt. Add this mixture to the ground beef. Cook for 5 minutes and then simmer for 20 minutes on low heat.

On a pizza pan, layer nacho chips, seasoned ground beef, cheese and any of the optional items you desire. Broil for 5 minutes to melt the cheese. Do not microwave.

Recipe compliments of Rudy Martinez, owner of Trini & Carmen's.

CHICKEN FAJITAS

- 3 tablespoons lime juice
- 3 garlic cloves, minced
- 1/2 teaspoon dried oregano
- 1/4 teaspoon crushed hot red pepper
- 1 teaspoon salt
- 2 tablespoons olive oil
- 6 skinless, boneless chicken breast halves
- 12 flour tortillas
- Guacamole, salsa, shredded lettuce, pickled jalapeno peppers, and sour cream as accompaniment.

In a large bowl, combine lime juice, garlic, oregano, hot pepper, salt, and oil. Add chicken and toss to coat. Cover and marinate 1 to 2 hours.

Prepare a hot fire in a barbecue

grill. Put chicken on an oiled grill rack and grill, turning and basting with marinade several times, until chicken is white throughout, 8 to 10 minutes. Remove to cutting board.

Place tortillas directly on grill. Heat 10 to 20 seconds, turning with tongs. Wrap in a cloth napkin and place in a basket to keep warm.

Cut chicken into large strips and place on a platter. Serve with guacamole, salsa, lettuce, pickled jalapeno peppers, and sour cream for each person to roll their own. Serves 6.

Recipe from "365 Easy Mexican Recipes" by Marge Poore (HarperCollins Publishers, copyright 1993.)

GUACAMOLE

- 2 large ripe avocados
- 1/2 medium onion, finely

- chopped
- 1 to 2 serrano peppers, minced
- 1 tablespoon chopped cilantro
- Juice of 1 lime, about 2 tablespoons
- 1/2 teaspoon salt

Cut avocados in half. Remove seeds. Hold one unpeeled half in the palm of your hand and mash avocado meat with a fork right in its shell. Repeat with remaining avocado halves.

Scoop out mashed avocado into medium bowl. Add onion, serrano peppers, cilantro, lime juice, and salt. Mix well.

Pile into pretty bowl and place a piece of plastic wrap right on surface to retain color. Serve as soon as possible or up to 2 hours for best color and flavor. Serves 4.

For a variation, add 1 small

tomato, chopped.

Recipe from "365 Easy Mexican Recipes" by Marge Poore (HarperCollins Publishers, copyright 1993.)

MEXICAN RICE

- 1 medium carrot, peeled and cut into 1/4-inch dice
- 2 tablespoons vegetable oil
- 2 cups long-grain white rice
- 1 medium onion, chopped
- 3 garlic cloves, minced
- 1/2 teaspoon ground cumin
- 3/4 cup canned pureed tomatoes
- 1 (14 1/2-ounce) can reduced-sodium chicken broth
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

In a small saucepan of boiling salted water, cook carrot until just

tender, about 3 minutes. Drain and rinse under cold running water; drain well.

In a large saucepan, heat oil over medium heat. Add rice and cook, stirring, about 1 minute to coat with oil. Stir in onion and garlic. Cook, stirring until onion is translucent, about 3 minutes.

Stir in cumin, tomatoes, chicken broth, salt, pepper, and 1 cup water. Bring to a boil. Reduce heat to low, cover, and cook 16 to 18 minutes, or until liquid is absorbed and rice is tender. Remove from heat and let stand 5 minutes. Add cooked carrot and stir gently to combine. Serves 8.

Recipe from "365 Easy Mexican Recipes" by Marge Poore (HarperCollins Publishers, copyright 1993.)

Savor fresh Michigan asparagus

See related story on Taste front.

ASPARAGUS GUACAMOLE

- 4 cups (1 pound) cut, trimmed asparagus, or 2 (10 ounce) packages frozen asparagus
- 1 clove of garlic, minced
- 2 teaspoons lemon juice
- 1/4 cup canned, chopped green chiles
- 1/2 teaspoon salt
- 1/2 teaspoon cumin
- 2 tablespoons finely chopped onion
- 1/2 cup chopped, seeded tomatoes

Cook asparagus until tender, drain and cool. In blender, process asparagus and next five ingredients for approximately 30 seconds. Remove from blender and add onions and tomatoes.

Recipe from the National

ASPARAGUS PASTA SALAD

- 1 1/4 pounds fresh Michigan asparagus or 2 cups (12 ounce) package frozen asparagus cuts and tips

- 1 cup small shell pasta
- 1/2 cup sliced carrots
- 1/2 cup finely chopped onions
- 1/4 cup chopped red sweet pepper
- 1 teaspoon oregano
- 1/2 teaspoon celery seeds
- 1/2 cup reduced calorie Italian dressing

Trim, wash and cut fresh asparagus into 1-inch pieces. Steam about 5 minutes until just crisp-tender. Quickly cool in ice water and drain. If using frozen asparagus, thaw, drain and cut into 1-inch pieces.

Cook pasta according to package directions. Rinse with cold water, drain and cool. Combine all ingredients. Place in airtight container. Chill thoroughly or overnight before serving. Yield 5 servings.

Recipe from Michigan Asparagus Advisory Board.

SESAME ASPARAGUS AND NOODLES

- 2 tablespoons sesame seeds

- 2 tablespoons Oriental sesame oil
- 1/4 cup tamari soy sauce
- 2 tablespoons vegetable stock
- 2 tablespoons Chinese rice wine or dry sherry
- 1/2 teaspoon chili oil
- 1 pound linguine or vermicelli
- 1 tablespoon vegetable oil
- 2 garlic cloves, minced
- 1 teaspoon fresh minced ginger
- 1 pound asparagus, cut diagonally into 2-inch lengths
- 1/4 cup water
- 1 teaspoon tamari soy sauce
- 4 scallions, thinly sliced

Bring a large pot of water to a boil for the noodles.

Toast the sesame seeds by placing them in a small skillet over medium heat. Swirl the pan occasionally until the seeds begin to smoke and become fragrant. Immediately pour them into small bowl to cool.

Combine the sesame oil, tamari, vegetable stock, wine, and chili oil

in a measuring cup and set aside. This will be the sauce for the noodles.

When the water is at a rolling boil, cook the noodles until tender yet chewy.

Heat the vegetable oil in a large skillet or wok over medium-high heat. Add the garlic and ginger and cook 1 minute. Add the asparagus and stir-fry 1 minute. Pour in the water and cover the pan. Cook until the asparagus pieces are tender, about 5 minutes.

Drain the noodles and return them to the pot. Pour on the prepared sauce and toss with tongs to coat.

Remove the cover from the asparagus. Pour on the teaspoon of tamari and the scallions and toss for 1 minute. Serve on the noodles. Serves 2 to 4.

Recipe from "Main-Course Vegetarian Pleasures: 125 Delicious Meatless Entrees," by Jeanne Lemlin, (HarperPerennial, copyright 1995.)

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Wine from page B1

Pepperness in the finish makes it a handsome pairing for grilled meats. In the same league and from the Corbières appellation of the Languedoc is 1994 Bousquet Grand Moulin \$9.60. From the Rhone, try 1995 Chateau Mourgues du Grès, Costières de Nîmes \$11. It's 70 percent syrah and 30 percent grenache. If you've become fond of Rhone blends, this is a winner.

Are you confused about all the terms we and other wine writers use in describing wines? Beringer Vineyards is offering easy-to-use Wine Tasting Wheels to those interested in identifying, describing and remembering aromas and flavors in red and white wines.

To obtain both wheels, send \$3 to Beringer Vineyards' Fulfillment Center, 615 Airport Rd.,

Napa, CA 94558. One dollar will be donated to the sensory research department at U.C. Davis and the rest goes to shipping and handling. Allow 4-6 weeks for delivery.

Pick up a bottle of Fortant de France Chardonnay, Merlot or White Merlot with a Windstar Cruise bottle necker. On it you'll find directions to enter a contest to win a 10-day trip for two to the Mediterranean including stops at Nice, St-Tropez and Sète, France.

The Ohio Wine Producers Association claims that "there is an Ohio winery within a 45-minute drive of every resident of the state." This translates to: there's an Ohio winery within a 45-minute drive of every visitor to Ohio. If you plan a trip

through Ohio and would like to stop at a winery, write for the brochure "Ohio Wineries from the Heartland," by contacting: The Wines of Ohio, P.O. Box 167, Austinburg, OH 44010, (800) 227-6972. You will need to send a self-addressed 65 cent stamped

business envelope.

Look for Focus on Wine on the first and third Sunday of the month in Taste. To leave a voice mail message for the Heeds, dial (313) 953-2047 on a touch-tone phone, mailbox 1884.

Home Grown from page B1

farming is. We're at the mercy of the weather," Girard is prepared in case of frost. "We've got the sprinklers ready if it gets too cold," she said. "The sprinklers will help protect the strawberries against frost."

Girard is Linda's married name. Her maiden name is Rowe, and she and Mark also run her parent's farm, which is just across the county line in Ypsilanti. The Girards are taking orders for fresh picked asparagus. They have almost four acres of asparagus, and 30 acres of strawberries.

Share your stories

Look for my Home Grown column on the first Sunday of the month in Taste. We'll have information about u-pick and fresh picked strawberries June 1.

According to the Michigan Department of Agriculture, the strawberry season starts around June 15, and continues to July 1 in the lower peninsula.

Raspberries, and cherries follow in July. If you offer u-pick at your farm, enjoy visiting u-pick farms, have a story, or recipe to share, please call me at the Observer & Eccentric Newspapers, (313) 963-2105, or fax information (313) 691-7279. My address is 38251 Schoolcraft, Livonia, MI 48150.

Keely Wygonik is editor of the Taste, Arts & Leisure and Entertainment sections of the Observer & Eccentric Newspapers. Look for her Specialty Foods column in Taste on the third Sunday of the month.

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