Local chefs offer a taste of Le Gala

See related story on Taste SOUTHWESTERN WHITE BEAN

AND CHICKEN SOUP Yield 1 1/2 gallons 2 cups onlons, 1/2-inch dice 1 cup celery, 1/2-inch dice 1 cup bell peppers, 1/2-inch

2 tablespoons minced garlic 4 cups navy beans, cooked until tender

3 cups cooked chicken meat, 1/2 inch dice

1/2 cup vegetable oil

Salt and pepper to taste

1 tablespoon ground cumin

1 teaspoon ground coriander

1 tablespoon fresh cilantro luice of 2 limes

1/2 chipotte pepper 1/2 tablespoon chili powder

Saute onions, celery, bell pep-pers and garlic in vegetable oil. Add chicken stock and bring to a boil. Add chili powder, cumin, coriander and chipotle pepper.

Simmer 10 minutes. Add beans, chicken, salt and pepper and sim-mer 10 minutes longer. Add cilantro and lime juice. Adjust sea-soning to taste. Garnish with juli-enne fried tortillas.

Recipe compliments of Chef Tim Giznsky, Opus One, Detroit.

EGGPLANT RELISH WITH SMOKED PORK TENDERLOIN

1 large eggplant

2 cups roma tomatoes 4 cloves garlic

3 tablespoons sugar

1/4 cup pine nuts, toasted 1/4 cup red wine vinegar

1/4 cup chopped parsley 1/2 teaspoon cayenna pap

3/4 cup cetery, diced fine
2 teaspoons terragon,
chopped fine
1 1/2 pounds smoked pork or

smoked turkey, sliced

Peel eggplant and cut into 1/2-inch dice. In large boyl, toss egg-plant with oil and season with salt and bleck penger. Put eggplant onto a cookie sheet and bake in 375°F oven for approximately 20 minutes, or until soft and lightly brown. Toss frequently during the

Heat remaining olive oil in a large skillet over medium heat. Add onions and colory and saute until soft, about 5-7 minutes. Don't brown. Add garlic and tomatoes, pino nuts, sugar, vinegar and cayonne pepper. Cook slowly for 20 minutes over low heat. Season with salt. Add eggplant and cook for 10 minutes.

Add parsley and tarragon, let cool to room temperature. Can be made 3-4 days ahead.

Serve warm with sliced smoke pork tenderioin or smoked turkey as an appetizer, Serves about 6 people.

Recipe compliments of Chef Kevin Enright, Oakland Commu-nity College.



Chef at work: Executive Chef Matt Bronski creates culinary magic in the kitchen at Local Color Brewing Company.

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Beel from page B1

Place spinach in two batches in a towel and squeeze out excess water. Place in a clean bowl. Add the rest of the ingredients to spinach and mix well. Add optional diced roasted peppers.

Make a cut lengthwise halfway

through the salmon, From the middle, slice to the outside as to make a pocket.

Fill the pockets with the stuffing. Brush fillets with olive oil and bake 20 minutes at 350°F.

To cook salmon on covered grill, bank coals for indirect heat. Grill about 20 minutes.

You will have some stuffing left, but it makes a great snack later on, or serve it with eggs the next morning.

Chef Joseph Styke is sous chef at the Water Club Scafood Grill in Plymouth, and an award-win-ning home brewer.

Look for his column on the last Sunday of the month in Taste.

Salmon from page B1

and possibly heart arrhythmias.
Omega-3 fatty acids are being investigated for their ability to prevent or treat arthritis. According to the American Institute for Concer Research, other studies are examining whether the substances in fish may protect against the development of some forms of cancer, including breast and colon cancer. In both cases, however, data is currently too scarce to draw any conclutoo scarce to draw any conclu

too scarce to draw any contessions.

We should not only eat scafood regularly, but choose fish varieties that are highest in omega-3 fatty acids. Mackerel, salmon, trout and albacore tunn all fit into this category.

🖪 You can learn more about cooking fish and healthy eating during the Michigan International Women's Show, Thursday, April 30 through Sunday, May 3 at the Novi Expo Center.

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The Kroger Celebrity Cooking Theatre in the Kroger Food Pavilion will feature demonstra-tions by celebrity chefs and local cooking experts.

Chef Gary Puetz, known as the "Seafood Steward," will offer recipes from the Alaskan Seafood Marketing Institute. Chef Kevin Enright of the Oakland Community College Gulinary Arts Department will teach the art of preparing Salmon Bouillabaisse: The cooking theater in the Kroger Food Pavilion will be designed and built by Kurtis Kitchen and Bath Centers with accessories provided by Birming-ham-based Wells Freight and Cargo.

Cargo.
Sarah Ferguson the Duchess of York will visit the Michigan International Women's Show at moon on Friday, May 1. She'll be appearing as spokesperson of Weight Watchers sharing her own victories and giving other

own victories and giving other women encouragement. Show hours are 10 a.m. to 9 p.m. Thursday, April 30 through Saturday, May 2, and 11 a.m. to 6 p.m. Sunday, May 3. Advance tickets for the Michigan International Women's Show are available at all Kroger stores for \$6. Tickets will be available at the door for \$7. For more information, (248) 348-5600 or 1-(800)-849-0248.

rant, you won't want to miss this event.

"You can go from station to station," said Coleman. There's a wide variety of food."

Carl Oshinsky, owner of The Pizza Gourmet in Westland, will be making his industry award-winning upscale pizza topped with black olive pesto, grave leaves, kasseri cheese, artichokes, olives and fresh tomatos. "We squeeze lemon juice over it just before serving," said Oshinsky. He'll also be proparing black bean & barbecue chicken pizza.

ing black bean & barbecue chick-no pizza.

"We do a lot of charitable events," said Oebinsky. "La Gala is a good event for exposure and for the school."

Pizza Gourmet an in-house caterer, which also supplies pizza stones and other cook ware to gourmet stores. Oshinsky has done a 26-week saries for PBS on pizza making. He also teaches

Readers share beefy recipes

participate."

If you've been wanting to try a popular metro Detroit restaurant, you won't want to miss this

pizza making throughout the country. He is the author of two pizza cookbooks.

Other Le Gala participants include – the Palace Grill. Abburn Hills; Alban's Blottle and Basket, Forte, Marty's Cookies, The Big Rock, and Midtown Cafe, Birmingham; Marriott Educational. Services, Encore, and 2 Unique, Bloomfield Hills; Paint Creek Gider Mill and Country Club, Lake Orion; Marvin's Bistro, Livonia; Emily's, Northville; Stove & Rocky's, Novi; Tastefully Yours, Oxford; Golden Mushroom, Morton's, and Sweet Lorraine's, Southfield; Attium Doubletree, Capital Grille, and Charley's Crab, Troy, Michigan Star Clipper, Walled Lake, Ridgewood Cafe and Savino Sorbet, West Bloomfield.

Also participating are Casa

Also participating are Coca Cola Bottling Company of Michi-gan, Powers Distributors; Craft Distributors and Michigan

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Beef is often "What's for din-ner" in homes across Michigan. Vivian Ormiston and Patti O'Brien-Geipel of Livonía both shared their favorite beef

o bren-terper of Livonia both shared their favorite beef recipes.

Ormiston's Beef Tips Over Noodles is often requested by her children and grandchildren. The kids just love it, said Ormiston. I experimented and came up with the recipe. You can make it in the evening while you're doing laundry and have it for dinner the next day."

Patti's Beef Burgundy can be prepared with or without the burgundy wine. O'Brien-Geipel and her husband, Rick own Elite Deli, 18776 Middlebelt in Livonia, which also offers catering. I do know how difficult it is to work 16 to 18 hour days and still try to provide your family with a simple, but interesting variety of dinners on a continuous basis, she said. "My husband and I share dinner preparation responsibilities, which really makes things easy for me."

Patti's Beef Burgundy, "so easy to prepare that you could

relax and cook dinner all at the same time, she said.

Michigan celebrates Beof Month in May, and salutes the significant contribution Michigan's bed producers make to our state's economy.

From the Ormiston and O'Brien-Geipel houses to yours, here are their recipes.

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BEEF TIPS OVER NOODLES

1 pound stew beef 1 (10 1/2 ounce) can beef

broth 1/2 can water 1 clove garlic, chopped

1/4 cup chopped onlon

1/4 cup flour 2 tablesnoons oil 1/4 cup sour cream (option-

Cut beef into bite-size pieces.
Coat beef with flour. Brown meat
in oil in Dutch oven. Add garlic,
onion, soup and water. Simmer 2
1/2 to 3 hours until beef is tender.

Serve over buttered noodles.

Variation: 1/4 cup sour cream may be added to beef and stirred

steak (trimmed and cut into large cubes) 1/2 cup burgundy wine 3-4 beef bouilton cubes 2 pounds small fresh whole mushrooms (cleaned and ends trimmed)

2 pounds pearl onlons (peeled) or 1 dozen small onlons (cut in half)

Salt, pepper and garlic pow-der to taste 2 tablespoons oil

Gravy 1/4 cup cornstarch

1/2 cup water

Add 2 tablespoons oil to large frying pan on medium high heat, make sure oil is hot.

Add meat to cover bottom of pan and brown in batches as too much meat at one time does not allow proper browning, you may have to add more oil to finish browning all of the meat.

Add all of the ment and drip-pings to a large pot. Cover ment with water. Add 3-4 beef bouillon cubes, simmer covered for 1 hour. Then add wine, onions and mush-rooms, simmer covered for 1 hour

With n wire whip slowly add 1/4 cup cornstarch dissolved in 1/2 cup water to meat mixture. Stir to thicken, adding more cornstarch if necessary.

necessary.

Serve over wide egg noodles with your favorite salad. Serves 8-10 people

Recipe compliments of Patti O'Brien-Geipel.



