

## CHEERS FOR BEER



CHEF JOSEPH STYKE

## Belgian beer, seafood are sensational pair

**H**ow about this glorious spring weather! If you're like me your grill has been getting a workout. I've grilled chicken, a whole turkey and tuna steaks. A sweet-dry, spicy Belgian beer is the perfect accompaniment.

Belgian ale and seafood complement each other flavorfully. Hoegaarden Wit (Whogarden) is a Belgian wheat beer made from malted barley and unmalted wheat, spiced with coriander seeds and Curacao orange peel.

It's a thirst-quenching summer beer whose fruity spiciness complements Sea Scallop Ceviche with Papaya Mango Salsa.

### Ceviche

Ceviche is the cooking of seafood using the acid from lemon or lime juice. You must use freshly squeezed lemon juice, no cheating, trust me. I made it once with bottled lemon juice, and the results were less than satisfactory.

The sea scallops must soak in their lemon juice bath for 24 hours. No heating up the kitchen to make this dish.

Buy some extra lemons to make lemonade, when was the last time you had real lemonade?

Tuna Steaks with Citrus Marinade is another summertime dish made with freshly squeezed juice. You can also use this marinade for pork chops or chicken. I once made up a large amount of citrus marinade and soaked a 12-pound turkey in it overnight. The next day I cooked the turkey on a covered grill. It was the best I ever tasted, the meat fell off the bones.

My citrus marinade recipe is not written in stone. Make it up, taste it, and adjust the seasonings and ingredients according to your taste.

### SCALLOP CEVICHE WITH PAPAYA MANGO SALSA

2 1/2 pounds sea scallops (20 to 30 size, which means 20-30 scallops per pound)

Freshly squeezed lemon juice to cover scallops (juice from about 2 dozen lemons)

#### Salsa

2 ripe papayas, peeled, seeded, and cut into 1/2-inch dice

2 ripe mangoes peeled, seeded, and cut into 1/2-inch dice

1/4 cup red onion, small dice

1 red bell pepper, roasted and cut into small dice

1 small jalapeno pepper, seeded and cut into fine dice

1 clove fresh garlic

1/2 cup fresh cilantro leaves

1/4 cup fresh lime juice

1/8 cup olive oil

Garnish: Shredded radicchio

For Salsa: Place papaya, mango, onion, and peppers in a glass or stainless steel bowl.

In a food processor or blender, place cilantro, garlic, lime juice and olive oil. Pulse until well blended, and add to mixture in the bowl. Gently mix together. Salsa can be made a day ahead.

For Ceviche: Rinse scallops well under cold water and dry thoroughly on paper towels.

Place scallops in a glass or stainless steel bowl, or pan and pour lemon juice over top. Cover with plastic wrap and refrigerate for 24 hours. Just before serving drain well.

To serve, lay some shredded radicchio on a small plate, top with some salsa, then the scallops. Serves 4.

Please see CHEERS, B2

## LOOKING AHEAD

What to watch for in Taste next week:

- Home Sense
- Steaks on the grill

# SANDWICH

a meal into your busy summer



Great sandwich: Grilled Chicken and Provolone Panini, accompanied by a light and refreshing Parmesan Filled Tortellini Pasta Salad with Sweet Red Peppers, is sure to please guests at your summer gathering.

**M**emorial Day weekend is the official start of summer. Going to the beach, vacationing, amusement parks, family reunions and parties — there are so many things to "sandwich" in between these short summer months.

Easy to prepare and serve, sandwiches are satisfying summertime fare. You can dress them up or dress them down. You can make them tall or short, round or square, simple or extravagant. Sandwiches have grown up and out of the lunch box and found its place as a welcomed food option in a variety of settings.

"Sandwiches have personality," said Kathy Stark, executive chef for The HoneyBaked Ham Co. in Troy. "Depending on the selection of bread, garnish and ingredients, sandwiches can accentuate the theme of a party or gathering. Thinly roasted turkey served on petite slices of pumpernickel bread and garnished with watercress and radish is very gentle and elegant. On the other hand, lean ham stacked high on a crusty roll with bright, fresh pineapple salsa is fun and informal."

Sandwiches first appeared in 1762 when John Montague, the fourth Earl of Sandwich, got hungry during a particularly long card game. The Earl refused to interrupt his game or get his cards greasy, so he ordered his servants to bring him cheese and meat between two slices of bread.

It was a convenient and humble beginning to a culinary technique that today has become a near art form. The great art of making a sandwich is limited only by one's imagination and taste buds. You can be as creative as you want to be by choosing from a variety of fresh breads, vegetables, proteins and spreads.

According to a recent national survey by the American Dairy Association, nearly 86 percent of Americans will pack a snack or lunch to enjoy outdoors at least one time a month, while almost 18 percent heed the call of the great outdoors and transport their favorite foods more than four times a month.

Nearly 22 percent of Americans take their portable snacks into the wilderness for camping or hiking, and 17 percent chose the neighborhood park as their outdoor picnic spot of choice. But the most popular outdoor destination, picked by 27 percent of those surveyed, was their own backyard.

In June the American Dairy Association is celebrating Dairy Month. They're offering a free leaflet of portable summer recipes, which include fresh ingredients and a variety of cheeses. You'll find recipes for salads, cookies, and, of course, sandwiches.

For your copy, send a self-addressed, stamped, business-size envelope to: "June Dairy Month Recipes," c/o the United Dairy Industry of Michigan, 2163 Jolly Road, Okemos, MI 48864, or visit the cheese web site at [www.ilovecheese.com](http://www.ilovecheese.com). See recipes inside.

### Sandwich tips:

- The best sandwich breads are dense breads such as pumpernickel, rye, wheat or grain or crusty rolls and bagels. Dense breads don't absorb moisture quickly and won't become soggy.
- Cut the bread into interesting shapes using cookie cutters or a knife.
- Add a pleasing bite to the taste of the sandwich by adding pecans, herbs or vegetables to your cream cheese, butter or mayonnaise spread.
- Be sure to use the highest quality fresh ingredients.
- Thinly slice all ingredients so they are easier to chew.
- Use fresh vegetables and a variety of greens for a fresh presentation and crisp taste.
- To keep sandwiches fresh, cover with a very slightly damp cloth and wrap in plastic for up to 4 hours in the refrigerator to maintain freshness.

Information courtesy of Kathy Stark, executive chef for The HoneyBaked Ham Co.

## Quick, easy lasagna family favorite for 25 years

With her two children away at college, Judy Peak no longer has to worry about satisfying everyone's tastes. Cooking is simpler now.

"It's more relaxing," she said. "Cooking is different now. I can spend more time and make stuffed cabbage, if I want, or spend less time and make something simple like grilled cheese and tomato soup."

A student at Schoolcraft College in Livonia, Judy lives in Canton, and is working on her degree in child development.

While she doesn't cook as much as she used to, Judy and her husband Matthew, who are celebrating their 25th anniversary in June, enjoy entertaining friends. Lorraine Gurta's Lasagna is one of Judy's favorite dishes. "It's so easy to put together and tastes good when you're done," she

said. "It can even be made ahead of time. I just recently made the recipe with ground turkey instead of beef for a friend who doesn't eat beef. You couldn't tell the difference."

Lorraine Gurta's Lasagna recipe was given to Judy by her mom, "many, many years ago."

"It is a family staple as well as an entertaining staple," said Judy. "I've been making this dish for 25 years," she said. "Whenever we have company they are usually served this often requested lasagna. It's quick and easy to make and delicious!"

### LORRAINE GURTA'S LASAGNA

- 8 ounces lasagna noodles
- 1 pound ground beef (or ground turkey)
- 1 chopped onion
- 1 small (4 ounce) can mushroom stems

1 tablespoon parsley flakes

1 tablespoon oregano

Salt and pepper to taste

12 ounces tomato paste

1 1/2 cups water

1 large container cottage cheese

1 egg

2 (8 ounce) packages shredded mozzarella cheese

Boil noodles according to package instructions.

Brown beef with onion in pot. Add tomato paste, mushrooms, parsley, oregano, salt, pepper and water. Simmer for 15 minutes.

In a separate bowl, combine cottage cheese and egg.

In a 9-by-13-inch baking dish, alternate layers of 2 thicknesses of noodles,

cottage cheese mixture, meat mixture, and 8 ounces of mozzarella cheese sprinkled on, ending with cheese.

Bake at 350°F for 3/4 to 1 hour, or until top is browned. Remove from oven and let stand for 15 minutes before cutting. Serves about 6.

Serve with your favorite tossed green salad and garlic bread.

### Recipe

What's your favorite recipe to share?

Send your favorite recipe for consideration in this column to:

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If your recipe is chosen to be featured, you'll receive a complimentary published cookbook and an apron, along with our thanks.