

DETROIT'S COUNTRY 99.5 PRESENTS
A COUNTRY CHRISTMAS
WEDNESDAY, DECEMBER 12TH — 8:00 P.M.



LONESTAR



WITH SPECIAL GUEST
Cyndi Thomson

AND
The L'Anse Creuse
High School Choir

TICKETS:
\$32.00 and \$28.50
A portion of the proceeds goes to
St. Jude Children's Research Hospital

TICKETS AVAILABLE AT
The Detroit Opera House Box Office
TICKET MASTER 148-426-6666
ALL TICKET MASTER OUTLETS
including Marshall Fields and
Hammory House



Vegetarian meals balance diet

See related column by Diane Reynolds on Taste front.
BLACK BEAN AND LENTIL SUPPER
Besides being an excellent source of vegetable protein and fiber, this dish is high in folic acid.

Nonstick spray coating
2 cups sliced carrots
2 cups sliced fresh mushrooms
1/2 cup chopped onion
2 cups orange juice

1/2 teaspoon garlic salt
1 cup dry lentils, rinsed and drained
1 15-ounce can black beans, rinsed and drained
2 cups frozen whole kernel corn
1 cup shredded reduced-fat cheddar cheese (4 ounces)

Spray an unheated large saucpan with nonstick coating. Add carrots, mushrooms, and onion; cook over medium heat until tender. Carefully stir in

orange juice and garlic salt. Bring to boiling. Add lentils. Return to boiling; reduce heat. Simmer, covered, for 50 minutes. Add black beans and corn. Cook 5 to 10 minutes more or until lentils are tender and liquid is almost absorbed. Stir in 1/2 cup of the cheese. To serve, sprinkle each serving with some of the remaining cheese. Makes 6 main-dish servings.

Nutritional information per serving: 350 calories, 22g protein, 62g carbohydrate, 5g fat, 6g dietary fiber.

Oktoberfest from page D1

more like a Polish sausage. Metwurst is similar but has more beef and is seasoned with whole mustard seed.

"It's a very traditional European sausage," said Polen.

Weisswurst is made from finely ground pork with mild seasoning and fresh parsley. It is not cured. Instead, it is boiled until fully cooked, which turns it white.

Grilling is the best way to cook sausage, followed by baking or broiling, said Polen. "Sausage is very flavorful and does not require basting. The flavor is built in. That's one of the things that has made it successful for hundreds of years."

With fresh sausage, Polen suggests first par-boiling it, then pouring off the water and browning the sausage for a finishing touch. Never, never, NEVER microwave sausage, he warns. Why ruin a perfect food.

Bread

Bob Burghardt is the fourth generation bread baker at Burghardt's Bakery in Livonia. His great-grandfather, Anton Burghardt, brought the recipe for the dense, crusty sourdough rye bread from Germany in 1872.

"It is just a very unique formula," said Burghardt. "People

have tried to copy it, but nothing ever comes of it. It's a hardy, crunchy, chewy bread, very European. It goes well with sausage and salami."

(Burghardt is fond of Hoffman's hard salami, which he says has the guts to stand up to his bread.)

The sourdough rye, carried in many supermarkets, is the only bread the bakery produces. That makes it unique, said Burghardt. "There is no other baker that just does one product."

Burghardt suggests trying his bread toasted. In fact, he keeps a toaster in his store just to convince his customers. "The bread's flavor is out of this world. Toasting brings out all the flavors. All you need is a little butter and jam."

Alexander & Polen carries Burghardt's bread. During a recent visit, I encountered an elderly German customer who agreed with Burghardt. "It's so good toasted," she said, then pointed her finger at me. "But only use real butter, none of this margarine."

Beer

Tom Gallant, manager of Alexander & Polen, recommends two beers to wash down his sausage: Franziskaner Hesse

eweisse — "not too strong, but rather yeasty" — and Konig-Pilsener, which he says is "excellent."

Don't even think about drinking a soft drink with your sausage, he warned. "You get a good knockwurst and sauerkraut, and you can't have Pepsi. You've got to have beer."

Leib's husband, Franz, prefers Lowenbrau, Spaten or St. Pauli Girl. "Those are the real famous beers in Germany," he said.

Many beer manufacturers make a special Oktoberfest brew, said Dan Knoblock, co-manager of Busch's Value Land in Plymouth Township. However, the most authentic comes from Hofbräuhaus.

"It's Munich's Oktoberfest beer. It's one of the most popular. I even have their beer steins. They sell for \$2.99, and they're big enough to hold two beers."

Beck's and Spaten also are good sellers during Oktoberfest, said Knoblock. "Americans prefer the lighter, smoother Beck's, but a true, good German buys the Spaten."

Recipes of the Old German Restaurant are available by calling Marzella Leib at (734) 429-4828.

Apples from page D1

of lemon juice to a pint of water) or rub the surface of the apple with lemon or orange juice to prevent the oxidation. Go to your local farmers market and buy different varieties and

experiment.

Serve these recipes and the doctor may stay away but your friends and relatives will be visiting often.

Bruce Konowalow is the director

of the Culinary Arts Department at Schoolcraft College and a Taste columnist. See related recipes on D3.

LAST CHANCE TO ENTER!

THE
Observer & Eccentric
NEWSPAPERS

Fabulous **FURNITURE** 2001

\$12,000 IN PRIZES!

Win a \$1,000 Shopping Spree at some of the area's finest home furnishing stores!

- Baker**
34500 Woodward Avenue
Birmingham
- eclipse**
Window Tinting Specialists
9092 Telegraph Road
Redford
- La Style**
Furniture & Accessories
33080 Northwestern Hwy.
West Bloomfield
- Newton FURNITURE**
Good Price Good Furniture, Good Value.
15950 Middlebelt • Livonia
30411 Schoolcraft • Livonia
2053 Telegraph Road • Bloomfield Hills
27772 Novi Road • Novi
38200 Van Dyke • Sterling Heights
- CLASSIC INTERIORS FURNITURE**
20292 Middlebelt • Livonia
- ETHAN ALLEN**
15700 Middlebelt • Livonia
275 N. Old Woodward • Birmingham
13725 Lakeside Circle • Sterling Heights
42845 Twelve Mile • Novi
100 Brown Road • Auburn Hills
820 W. Eisenhower • Ann Arbor
- Laurel FURNITURE, INC.**
584 W. Ann Arbor Trail • Plymouth
- DALLEY CARPET**
Fine Floor Covering Since 1945
31745 W. 8 Mile • Livonia
44555 Joy Road • Canton
- Wm. & Frank's FURNITURE**
2945 S. Wayne Road • Wayne
- McLaughlin's**
"Make it McLaughlin's" because we know you better!
Thomsonville
42200 Grand River • Novi
14405 Dix • Southgate
- Walker/Kuzenberg fine furniture**
240 N. Main Street • Plymouth

Cut out this official entry blank...
and deposit it in the entry box at any of the home furnishing stores listed here, and you could win a \$1,000 shopping spree!

THE
Observer & Eccentric
NEWSPAPERS

Fabulous **FURNITURE** 2001

ENTER to WIN up to \$12,000 in Home Furnishings

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: (Daytime) _____ (Evening) _____
Name/Location of Store: _____

Contest Rules:
*Participants may enter one time at each of the 12 participating stores. Each store will award a \$1,000 merchandise certificate. Must be 18 years of age or older to enter. Employees of the Observer & Eccentric Newspapers and their families are not eligible. Deadline to enter is Thursday, Oct. 25, 2001. No purchase necessary to win. Winners will be selected by random drawing and contacted by telephone or mail by Nov. 1, 2001. Contest results will be published in the Observer & Eccentric Newspapers.