

DINING OUT

Everest Express climbs to the top of the mountain

BY RENÉE SKOGLUND
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Some restaurants are worth a second story. Everest Express, perhaps the only restaurant serving Nepali cuisine in Michigan, is such a place. First featured on the Observer & Eccentric dining pages in May 2001, this small, storefront eatery in Farmington has managed to gain accolades from several notable publications, including *Hour* magazine.

This July 3-7, Everest Express has been invited to participate in the 14th annual Comerica Taste-fest in Detroit's New Center Area. The event, billed as "Michigan's premier outdoor culinary festival," attracts hundreds of thousands of visitors eager to try some of the best cuisine in the area.

They won't be disappointed with the likes of the Everest Express's famous "momo's," tender steamed dumplings stuffed with chicken or lamb and topped with roasted tomato sauce.

"Lots of American people love my food," says Pradip "Rocky" Poudel, who owns Everest Express with partner Nidhal Gorges.

Trying to explain the overall taste of Nepali cuisine is difficult. "If you haven't had chocolate ever in your life, how would you be able to describe it?" says Gorges, offering an analogy. Who doesn't love chocolate?

Actually, Nepali food tastes a bit like Middle Eastern, Asian, Indian and Mexican. Cilantro is a dominant ingredient, as are beans, chick peas, rice, lentils and lamb. Poudel, the main chef, relies on a repertoire of spices

Everest Express

Where: 23331 Orchard Lake Road (between Grand River and Ten Mile), Farmington
Phone: (248) 474-8024, fax: (248) 474-2770

Hours: 11 a.m. to 3 p.m. (lunch) and 5-10 p.m. (dinner)
Tuesday-Sunday; closed Monday

Menu: Nepali appetizers, salads, soups and entrees (vegetarian, chicken, lamb and shrimp). Tandoori oven specialties.

Prices: Very reasonable
Extras: Carry-out and catering. Can accommodate private parties on site up to 50. Participate in the Delivery Butler (call (248) 482-1100 or order online www.deliverybutler.com).

(ginger, garlic and cumin) and fresh vegetables rather than salt to flavor his food. The result is both foreign and familiar. Most of all, it's just plain delicious.

The Kawati Tarakari - a hearty, stew-like mixture of 11 sprouted beans sautéed with onions, tomatoes and fresh herbs - is especially tasty. Surely, this is Nepali comfort food at its best. The Sakhari Chow Chow, a plate of mixed vegetables with flat wheat noodles and herbs also rates high with taste buds.

"It takes three and a half days to prepare the beans," said Poudel of the tarakari. "It has so much protein. It's so hearty it tastes like it has meat." Both the tarakari and the chow chow can be made with lamb.

Kathmandu Tarakari - made with cubed chicken breast, mushrooms, and broccoli - is another popular menu item. "It's

a very hot seller," said Poudel. "When people taste it, they go crazy."

I particularly love Poudel's vegetable soup, which is so thick and rich, you would think it had a meat base. It doesn't. The lentil soup also is a must, similar to the Middle Eastern version, but still uniquely Nepali.

Gorges, whose background is Iraqi, has become a convert to Nepali cuisine. When she and Poudel first opened Everest Express, she included some Middle Eastern dishes on the menu. Not anymore. Their customers have fallen in love with Poudel's momo's.

Cindy Trimner of Farmington, a nurse at Belford Hospital, is on her fourth visit. This time she brought her friend Shambho, an astronaut from Hawaii.

"I love the love the flavor of

the food, and it's very good for you. They have a very good choice, a big selection," she said.

Business is good for the Everest Express. An extra table has been added, for a total of seven, and Poudel and Gorges have hired another Nepali chef, Kumar Lama, whose favorite dishes are the Everest Momo and the Nilgiri Tarakari, boneless lamb sautéed with mushrooms, potatoes, and onions.

Quarters are close, but Poudel and Gorges' charming hospitality make dining at Everest Express a genuine experience. If they have time, they both like to chat with their customers and make sure their food is just right. Ask Poudel who taught him to cook and he's likely to say, "God."

Few people find reason to argue.



Nepali delights:

Pradip "Rocky" Poudel displays two house specialties: Nilgiri Tarakari (lamb sautéed with mushrooms and potatoes) and the popular Everest Momo (dumplings stuffed with ground chicken breast and topped with tomato sauce). Both dishes are delicious.

URGENT SITUATION!

NOTICE:
BOTH WATCH HILL LOCATIONS WILL BE CLOSED TO THE General Public THURSDAY TO PREPARE!



FURTHER & FINAL REDUCTIONS ON ALL DINING TABLES
Most of our tables have an old-world look, but we can fit your needs for custom dimension, style and color (even at these historic reductions!)

CUSTOM CHOICES REMAINING:
Solid Pine: 6ft, 6ft, 7ft, 8ft, standard lengths at 40" widths ... any custom size per customer's choice available at additional cost. Finishes: table tops light or medium. Choice of 5 leg styles in 4 base/leg finishes.
Solid Teak: 5ft to 10ft lengths, in Dutch Colonial or French Country styles, warm lacquer finish.
PLUS: Various round and extension tables - it would take a section of this paper to mention them all!



STORE CLOSING SELLOUT!

TAPER LEG DESIGN
2-FOOT PINE JARHOUSE TABLE
Imported hardwood from Europe. One of a kind!
\$7,095

URGENT SITUATION!
\$317.60

WATCH HILL HOME INTERIORS
\$1,000,000
WALL-TO-WALL
STORE CLOSING SELLOUT!

IMPORTANT NOTICE:
Further and Final Reductions will be Tagged on All Remaining Merchandise. In Addition, on this page we list a few of the approximately 300 items that have been targeted for immediate liquidation at 50% to 71% off.

THIS IS A PARTIAL LISTING ONLY!

ENTIRE REMAINING SELECTION OF Imported Solid Wood Dining Chairs at Further and Final Reductions!

QUALITY FOR THE MONEY GUARANTEED

PUBLIC NOTICE

An URGENT SITUATION has Developed at Watch Hill Home Interiors ...

Our \$1,000,000 Store-Closing sellout began a few weeks ago, and it has proven to be the largest sale of its kind in Birmingham History.

Even so, we have fallen behind a schedule.

At the present rate of sale, it appears obvious we will not clear our store at 330 East Maple in time to meet our agreements. Therefore, we have ordered further and final reductions to be taken on every remaining item.

In addition, we have specifically targeted over 300 pieces, gathered them into disposal lots, and tagged everything at irresistible reductions. All of this merchandise will be tagged at least 50% off, up to 71% off, regardless of original cost. These bona fide reductions mean that if you find what you want in this selection, you can own unique imported home furnishings and accessories from our regular stock for original cost, near original cost, and even below original cost.

We are clearing our East Maple Store and attempting to bring all unsold sellout merchandise to the showroom floor. We estimate approximately \$450,000 in merchandise will be on hand, ready for the final wave of bargain hunters.

IMPORTANT: We will be CLOSED to the general public all day Thursday, June 13th to tag further and final reductions on everything. The doors will open to the general public at 10 AM sharp Friday Morning. We look forward to serving you!

Kurt and Mia Vopari
Owners

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URGENT SITUATION HOURS
FRIDAY 10 - 8
Sat: 10 - 6 / Sun: 12 - 4
Weekdays: 10 - 6

WATCH HILL HOME INTERIORS
330 EAST MAPLE
In Downtown Birmingham
645 SOUTH ETON
(Showroom/Showroom)
In Birmingham



Tasty and healthy: Counterclockwise: Nilgiri Tarakari (boneless lamb stew with potatoes and mushrooms), Kawati Tarakari (a hearty stew made with 11 different beans, onions and tomatoes), and Everest Momo (a customer favorite dumpling dish made with ground chicken or lamb topped with tomato sauce).

NOW OPEN

SUNCOAST Smoothies

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Downtown Birmingham
113 North Smith St. Suite 100
Phone 248-647-2760
Fax 248-644-0221

Troy Sports Center
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Phone 248-524-1500
Fax 248-524-1510

Any 16 oz. Smoothie
ONLY 99¢
\$2.51 savings

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with any
Suncoast Smoothie

Limit four offers per coupon. Coupon valid on one visit only. Not subject to Double or Triple Coupon Days. Coupon valid through June 30, 2002.

Limit four offers per coupon. One Power Booster per Smoothie. Coupon valid on one visit only. Not subject to Double or Triple Coupon Days. Coupon valid through June 30, 2002.

(Many items are one or very few of a kind and subject to prior sale. Hurry for first selection!)

LIQUIDATION LOT PTF-011: Special Selection of Teak Extension Dining Tables including finished, unfinished, oval, double pedestal, rectangle, choice of various sizes.

YOUR CHOICE: 50% to 71% OFF UNTIL SOLD OUT!

LIQUIDATION LOT BL-044: Special Selection of Windsor Dining Chairs - black distressed finish. Also in this lot: popular Sheafback Dining Chairs - black distressed finish and Lodge dining chairs, black distressed finish.

YOUR CHOICE: 50% to 71% OFF UNTIL SOLD OUT!

LIQUIDATION LOT CF-014: Special Collection of odd lot and discontinued chairs Barrel Style, Metal Garden, Teak formal, Teak outdoors, upholstered dining. Some have minor nicks or scratches.

YOUR CHOICE: 50% to 71% OFF UNTIL SOLD OUT!

LIQUIDATION LOT MP-033: Special Selection of Mirrors, original Paintings and Prints ... Good selection of styles and sizes. Some have minor nicks or scratches.

YOUR CHOICE: 50% to 71% OFF UNTIL SOLD OUT!

LOOK WHAT WE FOUND! SPECIAL ODDS AND ENDS LIQUIDATION LOT: INCLUDES Dozens and dozens of miscellaneous items found while clearing our warehouse. (We've been accumulating odds and ends for 15 years!) Odd lot mirrors, accessories, chairs, lamps, tables and much, much more.

YOUR CHOICE: As Low As 29¢ ON THE DOLLAR!

