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Luxury
Relaxing
spas not
just for the
wealthy. B6

Side dish

Old age
Red Lobster is celebrating its 35th birthday through Feb. 9. It's the oldest casual dining seafood company in America.
And what does that mean for you? Lower prices for a few weeks.
During its celebration, Red



Lobster will sell its Key Lime pie for 35 cents per slice — the same price it cost during its inception at the restaurant. Also available temporarily: All-You-Can-Eat Popcorn shrimp and commemorative lighthouse drinking glasses.
The chain is a subsidiary of Darden Restaurants which also owns the Olive Garden and Bahama Breeze. Red Lobster itself, with more than 670 in North America, serves more than 140 million patrons per year.

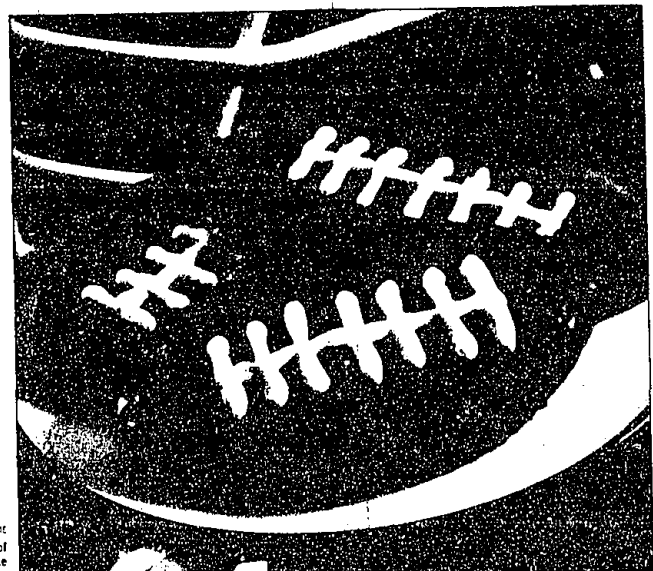
Speaking of old...
Old Bushmills Distillery has released Bushmills 21-Year-Old Single Malt Irish Whiskey — Madeira Finish.
The aromatic whiskey is



aged in three woods: Most of its life in Bourbon barrels and then in Spanish Oloroso Sherry casks to provide its balance and deep fruity notes. Then its placed in Madeira drums which gives the whiskey its amber hue and honeyed spiciness.
Bushmills 21-Year-Old is imported by Pernod Ricard USA. In honor of its release, Bushmills Irish Whiskey has become a sponsor of Slow Food USA — an educational organization dedicated to "stewardship of the land and ecologically sound food production." It also works to reserve the idea that whole food is essential to the pursuit of happiness.
"Slow Food USA has a dedication to proliferation of regional culinary traditions which matches well with our mission to share the time-honored whiskey distilling traditions of Ireland... with the rest of the world," said Suzanne Freedman of Pernod Ricard USA.
Slow Food is introducing the Bushmills Scholarship to allow one Slow Food member the opportunity to study the gastronomic traditions of Ireland.
Contact Slow Food USA for more information: (212) 965-5640. And sip your whiskey slowly.

Taste

WINE ■ RECIPES ■ SPECIALTIES



PHILIPPO BROWN
Guests would get a kick out of football brownies that are quite easy to make.

Spice up Super Bowl

Party pros offer advice for the big game party

BY LANA MINI
STAFF WRITER

For those unaware: This year's Super Bowl is in San Diego. Since the city is steeped in Mexican culture, it only makes sense that our Super Bowl parties have some south-of-the-border flair.
Any excuse for fresh salsa! "It's the pizza parlors that will always get most of the Super Bowl food business," said Dino Greco, owner and chef of Cookie's Carryout & Catering in Farmington Hills. "But it wouldn't be Super Bowl without chips

and salsa."
Greco isn't talking about the stuff in a jar. He makes his salsa fresh and sells a lot of it. The secret, he said is "fresh cilantro. You absolutely can't have it without it."
Add chopped red onions to sweeten tomato-based salsa. Keep it mild with a little bit of crushed red pepper, but if a party-goer craves it burning hot, add a fresh habanero or two.
"Pickled jalapenos are fantastic too," Greco said. "They're not too

hot, but add a really good flavor." You can give many finger foods a Mexican flair — like serving fresh chopped jalapenos on crackers. Still, for a true Mexican theme it's not all about spice, said Francisco Rodriguez, of Rose Catering in Canton.
Rodriguez, who is of Mexican descent and a gourmet caterer, said many people make the mistake of overspicing the food.
"Traditionally most Mexican food isn't hot," Rodriguez said. "A traditional taco or botana is

mild. It's the salsa that adds the heat."
"My father's salsa used to be so hot you'd have to open the windows when he was cooking because it would burn your eyes," Rodriguez added. "He'd dry tiny hot peppers in the sun for weeks and then crush them into the salsa."
That much heat might be too intense for most party-goers, so it's important to have more than one salsa to accommodate all desires.
"My family makes warm tor-



PLEASE SEE SUPER BOWL, B2

Super Bowl finger food is nice with sugar or spice

SWEET ONION AND FRUIT SALSA

- 1/2 sweet onion, chopped
- 2 cups diced (1/4 inch) papaya, pineapple or kiwi
- 1 tablespoon lime juice
- 1/2 teaspoon salt
- 1/4 teaspoon red pepper flakes
- 1 tablespoon vegetable oil
- 1 bag Tortilla chips

Gently fold together onion, fruit, lime juice, salt and pepper flakes; add oil. Chill several hours; return to room temperature before serving. Accompany with tortilla chips. Makes about 3 cups

PLEASE SEE RECIPES, B2

Help's on the way — answers to food questions

The Michigan State University Extension of Oakland County maintains a food nutrition and food safety telephone hotline to answer your "burning" questions.



Home Sense

Lois Thieleke

Here's just a sampling of these questions and answers that might help you, too.

Q: Someone gave me a pomegranate, what do I do with it?

A: The seeds are the only edible part of the pomegranate. These seeds contain potassium, vitamin C, fiber and the flavonoid antioxidants that may give your heart protection and help prevent cancer. Roll the pomegranate on the counter, cut off the crown end of the fruit, cut the rind, place in a bowl of water and separate the seeds from the skin and membranes with your fingers. Do not eat the bitter white membrane or skin. The seeds are scarlet or crimson in color.

Serve pomegranate seeds on top of salads, sprinkle on a fresh apple pie or grill them on top of a meat dish. Mix them with other tropical fruits or make juice by putting seeds in a blender or food processor.

Commercial pomegranate juice is available in specialty stores. This juice can be used in marinades, sauces, vinaigrettes or beverages. There are some wonderful stories about this fruit, such as they were an ancient Greek symbol for fertility and abundance and people would become immortal by eating the seeds.

Q: What are good or bad molds?

A: There are about 300,000 different molds. A "safe" mold is in the blue-veined cheeses such as blue, Roquefort, Gorgonzola or Stilton or the white molds of Brie and camembert. The fuzzy green mold that grow in the refrigerator on forgotten foods are bad! Take precautions to avoid moldy foods.

Mold can grow on bread, soft cheese, grain, meats, dairy foods, fruits and vegetables. Throw these moldy foods out!

Q: Many people deep-fried their turkey over the holidays; are there any advantages?

A: Probably the biggest reason this method is so popular is that the turkey cooks relative fast, three to five minutes per pound in a deep

PLEASE SEE TWELFTE, B2

Love and marriage... go together like a horse and carriage



So the song goes. Weddings don't go together at all without a lot of intense planning. Look for our 2003 Wedding Guide on Sunday, February 16 and discover ideas, advice and interesting features to assist with your wedding.

Advertisers: There is still time to reserve your space in this popular section. Call 734-663-0110 or 248-661-2580