

TRADITION

FROM PAGE B1

PEPPER STEAK WITH RICE
3 cups cooked rice
1 pound round steak
2 tablespoons paprika
2 tablespoons butter
3 cloves garlic, crushed
1 1/2 cups beef broth
1 cup sliced green onions, with tops
2 green peppers, cut in strips
1 tablespoons cornstarch
1 cup each water and soy sauce
2 large fresh tomatoes, cut in 1/8ths

While rice is cooking, pound steak to one-inch thickness. Cut into one-inch wide strips. Sprinkle meat with paprika and allow to stand while preparing other ingredients.
Using a large skillet, brown meat in butter. Add garlic and onion. Cover and simmer 30 minutes. Stir in onions and green peppers. Cover and cook five minutes longer.

MOM

FROM PAGE B1

"The mashed potato bar is very trendy right now," Rasmussen said.
Guests are served mashed sweet or white potatoes in marshmallow glasses and then add their own toppings like bacon, chives, sour cream, cheddar cheese, onions, marshmallows and brown sugar.
There is also a seafood station with items shrimp, crab, mussels and salmon and a dessert display.
Other menu items will include Michigan chicken with cherries and brandy; ginger carrots; salads; rice pilaf; breads and bagels; spring vegetable quiche; fresh fruit; pastries; hash browns and more.
The grandmother-daughter tea is a more whimsical event. Women can wear costumes to celebrate the favorite women in their lives.
The afternoon includes sandwiches, sweets, tea and punch served on fine china and silver. There's also a special doll competition for daughters 8 years and younger. Young girls are encouraged to try to dress like their favorite doll and a grandmother and daughter dress-alike contest.
Other categories including the oldest and youngest grandmother. There will be a storyteller and pianist to complete the day.
And if taking mom out to brunch isn't your idea of a perfect Mother's Day - make her brunch at home with delicate recipes inside this section.

Blend cornstarch, water and soy sauce. Stir into meat mixture. Cook, stirring until clear and thickened, about two minutes.
Add tomatoes. Stir gently. Makes six servings.

ROMAINE SALAD WITH STRAWBERRIES
1 bunch Romaine lettuce, tear or cut up
1 cup sliced strawberries
1 cup sliced green onions, with tops
Marzelli Poppy Seed Dressing

Place first three ingredients in large bowl. Just before serving, pour dressing over ingredients and mix. Serves 8 people.

SAUTEED BROCCOLI
1 bunch broccoli, cut up
1 cup chicken broth
1 teaspoon red pepper flakes
1 tablespoon lemon juice

RECIPES

FROM PAGE B1

SALMON SANDWICHES
1 cup canned salmon, drained and bones removed
1/2 cup mayonnaise
salt and pepper to taste
fresh dill sprigs and lettuce
Bread of your choice

Mix the salmon and mayonnaise until it is creamed. Spread on the bread slices and top with a small sprig of fresh dill and a fresh lettuce piece. Note: This basic recipe can be used for tuna or the small canned shrimp that have been chopped finely. You can also substitute watercress, arugula or add very thin slices of cucumber or radish.

BRUNCH QUICHE
One 9-inch deep dish pie shell
uncooked and chilled
1/2 pound ground beef or Morning Star brand frozen meatless meal crumbles found at most supermarkets
4 eggs
2 cups heavy cream
pinch of nutmeg
pinch of sugar
pinch of cayenne pepper
1/2 cup grated mozzarella cheese
1/2 cup grated sharp cheddar cheese

Brown the meat and set aside. Slightly beat the eggs, cream and dry ingredients. Place meat or meatless mixture on bottom of shell. Pour egg mixture into shell and add cheese, stirring cheese in the mix just slightly. Bake at 425° for 15 minutes. Then at 300° for 35 minutes or until knife inserted in center comes out clean.
Source: www.leadaday.com

Celebrate Cinco de Mayo with a festive fiesta

Cinco de Mayo, celebrated in the United States with fun and festive food, parades, mariachi music and dancing, has taken on more significance in the U.S. than Mexico.
That has happened because it is the one holiday that truly showcases only Mexican heritage, according to Ceaseo Moreno, visual arts director of the Mexican Fine Arts Center Museum in Chicago, the largest Mexican arts institution in the country.

But when it comes to food, Moreno said there is not one dish that represents Cinco de Mayo. It's more of a regional preference - maybe barbecue and beer in Texas, fajitas in Chicago or burritos in California.

Moreno himself might choose a meal featuring mole because mole is a traditional dish served in Puebla (the site of the Cinco de Mayo battle).
Skirt steak is also a mainstay Mexican favorite, especially for fajitas.

But for this celebration, enjoy a little different take on the flavorful steak.

CHILI-LIME-CUMIN BEEF SKIRT STEAK SKEWERS
1 beef skirt steak (about 1 1/2 pounds)
8 small fresh tomatoes, papery skins removed
2 large fresh Anaheim peppers, seeded, cut into 2-inch pieces
1 medium red onion, cut into 12 wedges
2 tablespoons olive oil
salt and pepper
Red Pepper-Mango Salsa or Chipotle Cream (recipes follow)

Marinade:
1/2 cup fresh lime juice
2 tablespoons olive oil
1 tablespoon chopped chipotle peppers in adobo sauce
2 cloves garlic, minced
1 1/2 teaspoons ground cumin

Cut beef steak crosswise into three equal pieces. Combine marinade ingredients in small bowl.
Place beef and marinade in food-safe plastic bag; turn beef to coat. Close bag securely and marinate in refrigerator 1 hour. Soak 12, 9-inch bamboo skewers in water 1 hour; drain.
Meanwhile combine tomato-

los, Anaheim peppers and onion wedges in medium bowl. Drizzle with oil; toss to coat. Set aside.
Alternately thread vegetables evenly onto six skewers.
Remove beef from marinade; discard marinade. Insert remaining skewers into beef pieces in the same direction as the grain (2 skewers per piece).
Place beef on grid over medium, ash-covered coals.
Grill, uncovered, 10-15 minutes for medium-rare to medium doneness, turning occasionally. Place vegetable skewers on grid around beef. Grill uncovered, 6-8 minutes or until tender, turning once.

Cut beef between skewers to make individual servings.
Season beef and vegetable skewers with salt and pepper, as desired. Serve with Red Pepper-Mango Salsa or Chipotle Cream, as desired. Makes six servings.

Cook's Tip: Rinse sticky residue off tomatoillos after removing papery skins.
Nutrition information per serving, excluding salsa or cream: 279 calories; 21 protein; 5 g carbohydrate; 19 g fat; 89 mg sodium; 49 mg cholesterol; 3.1 mg niacin; 0.3 mg vitamin B6; 3.0 mcg vitamin B12; 5.7 mg iron; 5.0 mg zinc.

RED PEPPER-MANGO SALSA
2 fresh mangoes, peeled, diced
1 red bell pepper, diced (1/4 inch)
1 jalapeno pepper, seeded, minced
2 tablespoons fresh lime juice
1/2 teaspoon salt

Combine all ingredients in medium bowl. Makes about 2 cups.

CHIPOTLE CREAM
1/2 cups dairy sour cream
3 tablespoons chopped fresh cilantro
1 tablespoon adobo sauce from canned chipotle peppers in adobo sauce

Combine all ingredients in small bowl. Cover and refrigerate until serving time. Makes about 1 1/2 cups.
Nutrition information per serving (1/4 cup): 124 calories; 2 g protein; 3 g carbohydrate; 12 g fat; 40 mg sodium; 26 mg cholesterol; 0.1 mg niacin; 0 mg vitamin B6; 0.2 mcg vitamin B12; 0.1 mg iron; 0.2 mg zinc.

WINE

FROM PAGE B1

Group.
Recently, Fred Franza won his court battle with the Napa Valley Vintners Association over use of the brand name Napa Ridge, a wine made from grapes not grown in the Napa Valley.
Because Bronco has a huge winery and bottling facility in Napa County, Charles Shaw wines indicate "bottled and cellared in American Canyon, Napa County, CA." But, and that's a really big "but," the wines can come from anywhere in the state.
In California, a 750mL bottle of 2001 Charles Shaw

Chardonnay, Sauvignon Blanc, Merlot or Cabernet Sauvignon sold exclusively at Trader Joe's costs \$1.99.
As the story now goes, an employee at one of the store locations, nicknamed it Two Buck Chuck. In Michigan Trader Joe's, the wine costs \$2.99 and is known as Three Buck Chuck.
Why a buck more here? In California, Bronco is one of only two wineries (Kendall-Jackson is the other) with a distributor's license.
This means that Bronco can cut the middle man costs of getting wine to Trader Joe's stores in California.
Shipping costs and the expense of clearing the wine through a Michigan distributor add an extra buck. Thus Three Buck Chuck here.

ARE THEY GOOD?

Trader Joe's is currently out of stock on the sauvignon blanc so we could not taste it. For the others, what do you expect for \$3?
If it's a chardonnay brimming with lush fruit, balanced perfectly with oak and vanilla flavors, the 2001 Charles Shaw Chardonnay is not that.
If you're having a big party and need lots of wine or just want something cold and wet, Chuck delivers.
The 2001 Charles Shaw Chardonnay Sauvignon has a funky character that distracts from what little fruit element

exists. In the red department, it's the 2001 Charles Shaw Merlot that delivers a bang for the buck. When served slightly chilled (20 minutes in the refrigerator), it's unflawed and a pleasant quaffer.
Would we advise stocking up? No. These wines won't age well. How long can consumers expect to find Chuck at this price? Probably through the end of the year.

The Heads are contributing editors for the internationally-respected Quarterly Review of Wines and they residents who write about wine, spirits, food, and restaurants for the Observer & Eccentric Newspapers. To leave them a voice mail message, dial (734) 953-2047, mailbox 18648.

Join us on Sunday, May 11
Mother's Day Brunch
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So...call, fax or e-mail your special message to The Observer & Eccentric Newspapers by Wednesday, May 7th and we will publish it for the world to see on Mother's Day - Sunday, May 11th!

All messages must be prepaid and if sending a photo, please include a stamped, self-addressed envelope as we can return your picture.

Join the Detroit Tigers and Henry Ford Health System for
Women's Wednesdays

Sponsored by Fox 2 and The Observer & Eccentric Newspapers

Women's Wednesdays is a monthly pregame networking party celebrating the achievements of women in sports. Admission is free with a ticket to the game.

Wednesday, May 14, 7:00 pm
Georgeann Harbert, Operations Manager for AM 1270 The Sports Station, home of the Detroit Tigers, Red Wings and Lions
Hosted by Fox 2's Donna Cusumano

8:30 pm Reception in the Lower Deck Lounge at Comerica Park
8:00 Program
7:00 Tigers vs Oakland Athletics Game

Meet select Detroit Tigers players, enjoy pregame networking, complimentary hors d'oeuvres and door prizes.

Tickets start at \$5. To purchase tickets to the game please call 248-25-7824, visit the Comerica Park Box Office or online at detroitfans.com
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