

**GLOBAL**  
FROM PAGE B1

in rural areas there contain cat, owl and rat.

"There is a good walk up to the hilltop monastery of Po Lin, where the monks invite visitors to eat a luncheon with them, it was at Po Lin that I first ate this dish of 'Buddhist meat' with shiitake mushrooms."

World Food Cafe is great because the dishes are relatively easy, very colorful and most of the ingredients can be found in regular markets and the others can be bought at Asian or natural food stores.

I made two dishes.

The Buddhist meat and shiitake mushrooms has a wonderful meaty, thick texture and can be served with rice, in pasta sauce or with gravy. I skipped the sesame seeds from the ingredient list and added the seitan to steamed brown rice. This dish is rather simple to make.

The second dish was Diu Corn Curry.

I looked interesting with its black mustard seeds and green cilantro against the bright yellow corn and tasted even more unusual.

The coconut milk and cilantro were great additions.

The Diu Corn Curry is a side dish that comes from the small island of Diu in the Arabian Sea — an island of pastel houses and cobblestone lanes.

Both were easy, especially the corn.

The authors wrote that when the curry is poured over the corn, it crackles loudly... and they weren't kidding. Be careful at this point as the spices could burn.

With both dishes I spent a total of about 90 minutes, but they both can be made in 60 — sometimes it's just fun to move slowly in the kitchen and enjoy the aromas.

**DIU CORN CURRY**

- 6 fresh ears corn, cut into one-inch slices
  - 2 large handfuls of fresh cilantro leaves, chopped, plus more for garnish
  - 4 green Thai or serrano chilies (found at Asian or gourmet markets)
  - 2-inch piece fresh ginger, peeled and chopped
  - 2 garlic cloves
  - 2 heaping tablespoons shredded, dried coconut
  - Water as needed (to cook corn)
  - 1/2 cups coconut milk
  - 2 tablespoons ghee, butter or sunflower oil
  - 2 teaspoons black mustard seeds
  - 10 curry leaves
  - Salt to taste
- Cook the corn in salted boiling water until it starts to soften. Drain and return to the pan.

In food processor, blend the cilantro, chilies, ginger, garlic and coconut to a paste.

Add the paste to the corn with enough water to make a sauce. Bring to a boil, reduce the heat, cover and simmer for 10 minutes.

Add the coconut milk and gently simmer for five minutes more.

Meanwhile, melt the ghee or



Saag Paneer is a spinach and cheese dish. The Indian cheese, paneer, is widely available in Indian stores.

butter or heat the oil in a small skillet over medium heat and add the mustard seeds. When they start to pop (in a matter of seconds) add the curry leaves. Remove from heat and pour over the curry — it will make quite a loud crackling noise, so stand back a little. Add salt and garnish with more cilantro leaves. Serves 4-6.

**BUDDHIST MEAT AND SHIITAKE MUSHROOMS**

- 5 tablespoons sunflower oil
- 1-inch piece fresh ginger, peeled and thinly sliced
- 3 garlic cloves, thinly sliced
- 8 ounces shiitake mushrooms, stemmed and quartered
- 4 carrots, peeled and cut into matchsticks
- 1 bunch green onions, cut into 1-inch pieces
- Salt to taste
- 10 ounces seitan (or fried tofu if you cannot find seitan) cut into strips
- 1 tablespoon hoisin sauce
- 1 tablespoon light soy sauce
- 1 tablespoon shaoxing (rice wine)
- 1 tablespoon Asian sesame oil
- Pepper to taste
- 1/2 cup water
- Toasted sesame seeds for garnish — optional

Heat three tablespoons of the sunflower oil in a wok over high heat and stir-fry half the ginger and half the garlic for about 20 seconds.

Add the mushrooms, carrots, and most of the green onions and toss in the hot oil for two minutes.

Remove the vegetables, sprinkle them with salt and set aside.

Wipe out the wok.

Heat remaining oil over high heat and stir-fry seitan or tofu with remaining garlic and ginger until it begins to brown.

Combine the hoisin sauce, soy sauce, wine, sesame oil, and a little salt and pepper in a bowl with the water, then pour into the wok.

Return the vegetables to the wok and simmer gently for a few minutes.

Serve with steamed rice, and garnish with the rest of the green onions and sesame seeds.

Serves 4.

Recipes courtesy of World Food Cafe, Global Vegetarian Cooking by Chris and Carolyn Caldicott (Publishers Group West).

**Global vegetarian fare features unique flavors**

See related story on Taste front.

**SAAG PANEER**

The Indian cheese paneer is pretty tasteless in its raw state, but fried and soaked in sauce it is fantastic. Paneer is widely available in Indian stores.

- 2 bunches fresh spinach, stemmed and shredded
- Water, as needed
- 3-4 tablespoons ghee, butter or sunflower oil
- 14 ounces paneer, cut into 1/2-inch dice
- 2-inch piece ginger, peeled and crushed
- 6 garlic cloves, crushed
- 4 green Thai or serrano chilies, minced
- 2 teaspoons garam masala
- 1/2 teaspoon freshly grated nutmeg
- 1 cup heavy cream
- Large handful of fresh cilantro leaves, chopped
- Salt to taste

Cook the spinach with a small quantity of water, just enough to keep it from sticking, until wilted. Remove from heat.

Melt the ghee or butter, or heat the oil in a heavy saucepan over medium heat and fry the paneer until it is golden brown, turning it occasionally to make sure all sides are cooked.

With a slotted spoon, remove the paneer from the pan. Add the ginger, garlic, and chilies to the saucepan (there should be enough ghee, butter or oil left in the pan; if not, add a little more). Sauté for 1 minute, stirring constantly.

Add the cooked spinach and any of its liquid. Stir and simmer for 10 minutes.

Return the fried paneer to the pan, together with the garam masala and nutmeg. Simmer for 10 minutes.

Add the cream, cilantro and salt. Gently simmer for 5 minutes.

Serve with raita (see recipe below) and rice cooked with cinnamon, cardamom and cloves (1-inch piece cinnamon stick, 3 cardamom pods and 3 cloves for 2 cups of rice). Serves 4-6.

**CUCUMBER AND MINT RAITA**

- 1 cup plain yogurt
- Water as needed
- 1 cucumber, peeled and cut into small cubes
- 4 sprigs mint, stemmed and chopped
- 1/2 teaspoon ground cumin
- 1/2 teaspoon sugar
- Salt and pepper to taste
- Paprika for garnish

Whisk the yogurt with a little water to thin it to a spoonable consistency. Add all of the remaining ingredients except the paprika.

Mix well.

Chill the raita, if you have the time. Sprinkle the paprika over the top before serving.

Recipes from "World Food Cafe: global vegetarian cooking" by Chris and Carolyn Caldicott.

**Grilling breakfast for Mom**

BY DANA JACOBI  
CORRESPONDENT

On Mother's Day, breakfast in bed is nice. If the weather is balmy and bright, being served outdoors, on the terrace, deck or patio, is even nicer. What could beat basking in the mild morning sun, sipping cold juice while being waited on?

Grilling motivates guys to cook, and most men can manage scrambled eggs, so I figure putting the two together is an unbeatable way to inspire a delicious Mother's Day brunch. Those who are adept at outdoor cooking might even consider scrambling the eggs in a skillet set over the coals, or gas-fired grill.

Let's start with fruit kebabs. Simply spear a series of pineapple chunks, melon, and sliced banana slices on bamboo skewers that have been soaking in water for about 30 minutes. Brush with a touch of oil, or a puff of cooking spray, then a bit of lemon juice. Grill until the fruit is lightly seared, six to seven minutes over a hot fire, using tongs to turn the kebabs a couple of times.

Set the hot kebabs on a plate, add a whole strawberry on one end, drizzle the warm fruit with a tablespoon of maple syrup, and serve. Even young children can help put these kebabs together. Eating the fruit pulled off the skewers might keep youngsters sufficiently involved to let you and your mate enjoy a cup of coffee, undisturbed.

The main course is scrambled eggs on toast, with an Italian accent. Blending grated cheese and herbs into the eggs gives them a lift. So does lightly rubbing the grilled bread with garlic, though you can skip this, if you like. I look for the long loaves of whole grain Italian bread found at many bakeries and Italian markets because its full flavor complements the smoky taste imparted by the grill. Sprinkling Roma or plum tomatoes slices with a pinch of salt, then letting them sit while the bread grills, brings out remarkable flavor. If you cannot or prefer not to cook outdoors, the bruschetta can also be made in the oven or in a grill pan.

**BREAKFAST BRUSCHETTA**

- 2 large plum tomatoes
- Four-inch slices whole wheat Italian bread, sliced diagonally
- 2 teaspoons extra virgin olive oil
- 1 garlic clove
- 3 large eggs
- 2 tablespoons skim or low-fat (1 percent) milk
- 1 tablespoon grated Parmesan cheese
- 1/2 teaspoon dried oregano
- Salt and freshly ground black pepper, to taste
- 2 teaspoon minced fresh basil, for garnish (optional)

Heat the grill, or preheat oven to 500°F.

Cut tomatoes diagonally into 1/2-inch slices. Arrange in one layer on a plate. Sprinkle lightly with salt and pepper. Set aside for 10-30 minutes.

Brush bread slices on one side with the oil. Grill, oil side down, until well marked, 3-4 minutes. Turn and grill on second side, 1-2 minutes. This can be done directly on rack in center of oven, turning bread after 4 minutes, or on top of stove, in ridged grill pan. Using cut side of garlic, rub warm bread liberally on oiled side. Arrange 2-3 tomato slices to cover each bruschetta. Arrange on serving plate, and set aside.

In bowl, beat eggs with milk, cheese, oregano, and pepper until well combined.

Coat medium non-stick skillet with cooking spray. Set pan over medium-high heat. When pan is hot, reduce heat to medium. Pour in egg mixture. Using wooden spoon or spatula, stir and gather egg together as it coagulates, keeping it moving until softly scrambled and moist, but cooked through.

Spoon a quarter of scrambled eggs over tomatoes on bruschetta. Garnish with chopped parsley. Serve immediately.

Serves 2.

**Nutritional information per serving:** 315 calories, 14 g. total fat (4 g. saturated fat), 31 g. carbohydrate, 17 g. protein, 4 g. dietary fiber, 451 mg. sodium.

Dana Jacobi writes for the American Institute for Cancer Research.

**TASTE CALENDAR**

**Wine Tasting**

More than 500 wines from wineries in the Great Lakes region will be judged, including ice wines from Canada, at the eighth annual Great Lakes Great Wine Judging and Walk Around Tasting 6-8:30 p.m., Wednesday, May 14 at the Orchard Ridge campus of Oakland Community College inside Building J. Wineries will be judged for gold, silver and bronze medals. Restaurants, including Steve & Rose's, Travis Pointe Country Club, Confectionery Yous Bakery, Great Oaks Country Club, and More's, will prepare dishes to pair with the wines. Tickets are available for \$45 per person. Entertainment provided by the OCC Jazz Band. All proceeds benefit scholarships and travel scholarships for students at the Culinary Studies Institute at OCC. Call (248) 522-3700 for information.

**Community House classes**

The Community House, 380 South Bates Street, in Birmingham hosts cooking classes this summer. Including Gourmet Picnic Sandwiches, 10 a.m.-noon, Tuesday, May 13, which includes instructor Michelle Bommarito's infamous Sautéed Tofu Millet Burgers with Yogurt Dill Sauce.

**Bommarito also will teach Summer Soups, 7:30-9:30 p.m., Wednesday, May 28.**

She will instruct the preparation of Chilled Avocado Lime Soup with Crispy Tortillas and Borscht (Beet) Soup with Dill Yogurt Sauce and Spicy Gazpacho. Other classes include: Gourmet Dishes for People On-the-Go, Tuesday, May 13 7-9 p.m. Instructor Dawn Bause will teach you the art of making dinner without all the fuss, including Three Color Salad and Seared Salmon. The Basics of Knife Skills, 7:30-10 p.m., Wednesday, May 14. Learn to use a knife in the kitchen, which can be a helpful time saver as well as lead you towards greater creative freedom. Instructor Freeman E. Gunnett will teach the fundamentals of using a French knife and a paring knife. Roll With It! Learn How to Make Sushi, 2:30-5 p.m., Sunday, May 18. Learn how to make fancy sushi with different types of rolls, instructor Changping Savatone, co-owner and chef of Tokyo Sushi and Grill, will include California Rolls, Cucumber and Avocado Rolls and Veggie Tempura in the menu. For information and registration, call The Community House at 248-644-5832.

**Continuing education**

Schoolcraft College's Department of Culinary Arts features continuing education classes at its new WinTaste Center at the college, 18609 Hogarty, Livonia. You will also find further information at [www.schoolcraft.edu](http://www.schoolcraft.edu), and then click on Continuing Education, CES Schedule, then spring 2003. Mexican Fiesta: Hands-On, will be taught by Michelle Bommarito, 6-9 p.m., Monday, May 12. Jeff Gabriel, certified master chef, will teach Artisan Bread: Hands-On, 5-10 p.m., Monday-Thursday, May 19-22. Fresh and Fabulous Salads, 6-9 p.m., Thursday, June 5, and Quick Easy Meals, 9 a.m.-noon, Saturday, June 7. Gabriel also instructs Basic Cooking Techniques: Hands-On, Monday-Thursday, June 2-5, 9 a.m.-3 p.m. For more information, call Continuing Education Services at (734) 462-4448.

**Cooking classes**

Valerie Wilson, "Macro Vet" offers healthy cooking classes. Picnic Foods 2003 will be taught 6-9 p.m., Wednesday, June 11. Fee is \$25. The class will be taught at 30516 Krader, Apt. 3C in Garden City. Call (734) 268-2856 or visit [www.macrovet.com](http://www.macrovet.com) for information.

**WINE**

FROM PAGE B1

stock was difficult until he struck a deal with George Borges de Sousa, owner of some excellent properties in the Douro. Early on, Churchill's rented a lodge (warehouse) in Vila Nova de Gaia (center of the Port trade) from Thylo's. As Churchill's expanded, finding warehouses was necessary, so three ruined lodges in Rua de Fonte Nova were purchased and fully renovated.

**MORE PORT STYLES**

"Having total control over every aspect of production is a key quality factor," Johnny

said. "It was therefore necessary that we purchase vineyards of our own. The purchase of Quinta da Gricha and Quinta do Rio now provide the backbone of our vintage Ports and have helped us achieve the necessary control because together these vineyards supply 60 percent of our needs."

Churchill's maintains that all of its vineyard sources are Grade A, a classification based on location and aspect, altitude, soil conditions and planted varieties — elements that impact quality.

Churchill's Finest Vintage Character (818) is the first wine in the portfolio that begins to show the impact of the quintas owned by Churchill's.

This Port is well-fruited.

With rich dimensions, it has a pleasing finish and good length. Think: warm weather, deck, comfortable chair, chocolate truffles or soft cheeses like brie or camembert.

Churchill's 1997 Late Bottled Vintage (824) is a wine to cellar. It's quite spectacular in both taste and texture. Then consider cellaring 1998 Churchill's Quinta do Agua Alta (869) or 1999 Quinta da Gricha (869). For Churchill's Vintage Port, buy 1997 at \$88 and age it.

The Weekds are contributing editors for the internationally-respected Quarterly Review of Wine and Travel 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 the Detroit Tigers and Henry Ford Health System for **Women on Wednesdays**

Sponsored by Fox 2 and The Observer & Eccentric Newspapers

**Women on 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** most Georgetown Harbor, Operations Manager for A&M 1270 The Sports Station, home of the Detroit Tigers, Red Wings and Lions

Hosted by Fox 2's Deena Contantini

8:30 p.m. Reception in the Upper Deck Lounge at Comerica Park

6:00 Program

7:05 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-TIGER, visit the Comerica Park Box Office or online at [detroittigers.com](http://detroittigers.com). To RSVP or for more information please call 313-471-2184

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Observer & Eccentric FOX 2

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**WINE**

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