

Recipes for traditional pasties

ACKROYD'S CORNISH PASTIES

Puff Pastry:
7 cups all purpose flour
1 1/2 lbs. margarine
3/4 cup cold water

Mix 1 pound margarine with flour. Then add cold water, mix until stiff. Chill 15 minutes. Roll dough out in a rectangle until 1/4 inch thick. Spread half of remaining margarine over 1/4 of dough. Fold sides with no margarine on top of center 1/4. Then take remaining 1/4 and fold on top and chill for 15 minutes. Roll out to 1/4 inch thick. Spread remaining margarine over 1/4 of dough. Repeat above

folding process. Chill 15 minutes or until ready to use. Roll to 1/4 inch thick. Cut pasty covers 7 inches in diameter (May cut to any size pasty).

Filling:

1 1/2 lbs. coarse ground sirloin
3 lbs. diced potatoes
10 oz. peas and carrots
10 oz. diced onions
Salt and pepper to taste

Mix all ingredients together. Place covers out and egg or milk wash half. Place about 1/2 to 3/4 cup filling on each cover. Fold over and seal edge with fingers. Place on a cookie sheet. Egg wash. Put in a 375-

400° oven for 30-35 minutes. Makes 2 dozen pasties.

IMPIE MAYRY'S PASTY

1 lb. lard
6 cups flour
1 tsp. baking powder
1 tsp. salt

Mix above well with hands. Put in 1 cup measure one beaten egg, 1 tablespoon vinegar and 1/2 cup undiluted canned milk. Add enough water to equal one cup liquid. Mix together with flour mixture, roll out

and cut to desired size.

Filling:

5 diced potatoes
1 onion, sliced fine
1 lb. ground beef
1/2 tsp. pepper
1 tsp. salt
2 carrots chopped fine
1/2 cup chopped rutabaga

Mix well. Melt 1/2 stick margarine. Mix with filling. Place filling on cut pieces. Turn crust to form a half moon. Crimp edges. Place on cookie sheet which has been sprayed with non-stick cooking spray and dusted with flour. Bake 45-60 minutes at 375°. Makes 6-8 pasties.

Where to find that famous UP pasty

Upper Peninsula pasties can be purchased at a variety of locations in the suburban area. Following is a partial list:

Sawmill Al's, 29200 Five Mile Road, 1 block east of Middlebelt, Livonia, phone 427-4330. Eat in or carryout. Hours 11 a.m. to 8 p.m. every day.

Ackroyd's Scotch Bakery and Sausage, 25566 Five Mile, east of Beech-Daly, Redford, phone 532-1181. Carryout. Hours 9 a.m. to 6 p.m., Monday through Friday, and 8:30 a.m. to 5 p.m. Saturday.

Ackroyd's Scotch Bakehouse, 300 Hamilton, Birmingham, phone

540-3575. Carryout. Hours 9:30 a.m. to 6 p.m., Monday through Friday, and 9 a.m. to 5 p.m. Saturday.

Pasty Kitchen, 33254 W. Seven Mile, 1 block east of Farmington Rd., Livonia, phone 477-1720. Carryout. Hours 10 a.m. to 7 p.m., Monday, Saturday, and 11 a.m. to 5 p.m. Sunday.

Jean's Pasties, 19373 Beech-Daly, between Seven Mile Rd. and Grand River, Redford, phone 537-5581. Carryout. Hours 11 a.m. to 6:30 p.m., Tuesday through Friday, and 10:30 a.m. to 6 p.m. Saturday.

Kebabs add that special zip to a summer barbeque

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a different approach to your typical skewered BBQ.

Try these different ideas and whether they're skewered in a fifty-nine cent per hundred bamboo skewer or on a \$12 sterling samurai skewer, the taste will be the same.

BON APPETITE!

SPICY BURGERS

1 1/2 lbs. ground beef chuck
1 egg, beaten
Dash salt and pepper
8 large stuffed Spanish olives
8 cherry tomatoes
8 parballed small onions

1 cup catsup
1 tbsp. grated horseradish
1/2 tsp. Worcestershire
1/2 tsp. prepared mustard

Mix the meat with the egg and season with salt and pepper. Shape into 24 meatballs. Thread each of 4 skewers with olives, tomatoes, onions and meatballs. Mix the remaining ingredients together. Brush meat and vegetables liberally with sauce. Broil 2 inches from heat, rotating skewers and brush with sauce several times, until meat is cooked to desired degree of doneness. Serve with shoestring potatoes, avocado salad and beer. Makes 4 servings.

SHRIMP AND SCALLOP KEBABS WITH PEANUT SAUCE

1 lb. large shrimp
1 lb. sea scallops
6 slices lean bacon
1 small thinly sliced onion
2 cloves chopped garlic
1 tsp. peanut oil
1 cup roasted peanuts
1/4 tsp. ginger
1 red chili pepper
1 tsp. soy sauce
Dash salt (optional)
1 tsp. sugar
2 tbsp. lime juice
Boiling water

Shell and devein the shrimp or leave in the shell for more tender re-

sults. Leave tails on. Cut bacon slices in half and wrap a strip around each scallop. On each of four skewers, place a shrimp, mushroom cap, wrapped scallop, Repeat. Set aside. Combine remaining ingredients except the boiling water. Place in a blender or processor and process until smooth. Add just enough boiling water to make a thick sauce. Brush on skewers during cooking, about 2 inches from the heat cooking until the shrimps are pink and the scallops are opaque. Baste frequently with the sauce. Serve sauce on side. Makes 4 servings.

GRILLED PINEAPPLE STEAKS

1 large pineapple or 8 slices canned
3 tsp. soy sauce

3 tbsp. brown sugar or honey

2 tbsp. tarragon

Core the pineapple and make 4 thick slices. If using canned pineapple, skewer each slice twice in a cross-fashion to hold together while cooking. In a small saucepan over low heat, combine soy sauce and brown sugar and heat gently till dissolved. Place pineapple slices on the grill and brush with the sauce and cook, turning frequently for 6 minutes over hot coals. Serve immediately. Makes 4 servings.

SKEWERED CHICKEN TARRAGON

1 1/2 lb. boneless chicken breast
Juice of 2 lemons
Juice of 2 limes
1 stick butter or margarine, melted

Skewer chicken breasts and grill over hot coals. Combine lemon juice and lime juice with the melted butter and brush the chicken with this mixture frequently while cooking. Cook until chicken is cooked throughout and just before serving, sprinkle with the tarragon that has been crushed in the palm of your hand. Serve with rice or noodles. Makes 4 servings.

Chef Larry Jones is a Livonia resident and a graduate of the culinary arts program at Schoolcraft Community College. Any questions or ideas for his column should be sent to him in care of: Observer & Eccentric Newspapers, 36251 Schoolcraft, Livonia 48150.

Meat pies please heartiest of appetites

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Customers apparently get hooked. "A man and woman came in and ate one pasty here and took 24 home," said manager Ruth Trostin of Westland, as she scooped ingredients onto a wedge of dough, folded the pastry over and crimped the edges shut before baking.

"I FIND that everybody that eats them, likes them," she added. "We get people who fly them back (to other locations). We package them up for travel."

On a good day, Sawmill Al's sells around 100 pasties, including a sub-

stantial carryout trade to local businesses for lunch. Sometimes the staff prepare orders of up to 100 pasties for parties and special dinners.

Allan Ackroyd also uses a family recipe for his pasties, which are sold in Ackroyd's Scotch Bakery in Redford, as well as his Scottish Bakehouse in Birmingham.

"My brother was in the meat business and I started experimenting with meat pies and Scottish foods," said Ackroyd, 60, of Farmington Hills.

MANY of Ackroyd's recipes came from his mother, who was

born in Scotland. Ackroyd's business, started in Detroit, relocated to Redford in 1972. His son, John Allan Ackroyd, of Southfield, has operated the Birmingham store since 1983.

The Ackroyd pasty recipe calls for using a light puff pastry, rather than a typical pie crust. He also omits rutabaga.

"I don't put that in mine because a lot of people don't care for it," Ackroyd said. "You have to go along with the customer."

Ackroyd's also sells sausages, pork pies, scones, meat pies, Scotch shortbread, tea cakes and imported candy

and preserves from Great Britain. Much of his baking equipment is imported, because there are no local sources.

His biggest seller is the pasty, available in beef, chicken and pizza (with mozzarella cheese and Italian sausage). And while his clientele used to be mostly older folks, that is changing, Ackroyd said. New generations are discovering the pasty.

"We are getting a lot of younger (customers) now," Ackroyd said. "Before, they were the 40-60 age groups. Now, their families are buying."

Blueberry growers predict good season

Due to a relatively mild winter and excellent spring plant development, the prospects for the 1987 Michigan blueberry crop look outstanding, with production expected

to exceed last year's crop. According to John Shelford, general manager of the Michigan Blueberry Growers Association, the excellent plant development is due to favorable pollinating conditions and an unusual absence of early spring frost.

This year's harvest will begin one week earlier than normal, Shelford said, and run from June 25 to the middle of September.

Approximately 25 percent of the harvest will be sold to fresh markets under the association's Great Lakes brand name.

Peak supplies will arrive in retail outlets July 10 and last until the first week in August. Consumers can expect to pay between 70 and 90 cents per pint.

Export demand will also remain strong, Shelford said, due to the dollar value having declined significantly from 1986.

More than 95 percent of Michigan blueberries are grown in five counties — Berrien, Van Buren, Ottawa, Allegan and Muskegon.

The Michigan Blueberry Growers Association is the world's largest marketer of cultivated blueberries,

with more than 10,000 acres under cultivation in Michigan, Indiana, Illinois, Florida and Georgia.

Bridal figures lifelike

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Painstakingly, she reproduced the bride and groom, right down to the clothing and flowers. She made an elaborate golden crown, an important symbol in the Orthodox rites. "I work from photographs," Tripp said. "It can be tricky. You have to work very quickly if you are using gum paste, because it dries very quickly."

FOR THE hair, she "started with a glob of gum paste," and molded it into the desired shape. "It's really like a miniature sculpture, eight inches tall, when finished," Tripp said.

Tripp and her husband, Charles, 55, recently retired from Kroger, and have two other daughters.

The Tripps plan to spend some time in a new house in the Irish Hills, which Colleen Tripp helped to design.

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