

# Asian grocery stores stock those ingredients

A quart of milk. A loaf of bread. And don't forget to buy bean thread.

Don't panic if your grocery list reads a little like a Chinese menu or you can't pronounce tonight's dinner recipe.

Here's the key to getting the correct ingredients for an oriental meal:

Find the grocery store that caters to the specific culture that authored the recipes you're using.

"There are so many different Asian cultures," said Laurie Stroud of Rochester Hills, a Peace Corps recruiter. "The people in China wouldn't necessarily use the same foods as those in Thailand."

The tendency to label all Asian foods with the term "oriental" could lead to simple mistakes, such as substituting won ton wrappers for egg-roll wrappers. Won ton dough is too thick to make lightly crusted Hmong eggrolls.

Buying shrimp sauce instead of the anchovy-water-salt mixture bottled as "fish sauce" could slightly alter the flavor of Hmong peanut dip.

"The Korean soup bean paste is stronger than the Japanese," noted

**'The people in China wouldn't necessarily use the same foods as those in Thailand.'**

— Laurie Stroud

Lee Jin, who helps run a family business, Asia Mart, in Troy. "It depends on what you want."

THE STORE stocks a combination of Chinese, Korean and Japanese products. Some foods, such as bean thread, are used by other Asian cultures as well as the Hmong.

But subtle distinctions between foods as simple as rice also exist.

When asked about high-gluten sticky rice, Jin pointed to regular rice. The Hmong steam sticky rice. Jin said the product is simply cooked in water.

Sue Julian, consultant to the Hmong Cultural Center in Detroit, suggests reading labels to make sure the ingredient is appropriate for the menu.

Or ask the store owner.

## Cheese!

With more than 800 varieties of cheese available today, it's no wonder you're confused about how and when to use cheese in your recipes. I'd like to teach you a couple of ways to make some wonderful cheese treats.

First, I'd like to unmask some of the mystery surrounding cheese.

All cheeses, no matter what part of the world they come from, have certain things in common. All cheese is made from the curds of milk that have been expelled of moisture. The curds are packed into molds, then cured or flavored by spicing, smoking or injection.

Fresh cheeses include cottage, cream, mozzarella and ricotta. These aren't ripened or aged. Therefore they spoil easily and must be consumed quickly. The best place to buy fresh cheeses is in the supermarket or convenience store, somewhere with a high food turnover.

Hard cheeses such as parmesan, provolone, asiago and romano age for long periods of time and are dense, compact and tangy. (These are suitable for grating over salads and main dishes.) Their shelf life is limited as well. Therefore, the best place for purchase is, again, the market or convenience store.

**CHEDDAR, GRUYERE**, swiss, Jarlsberg and port du salut are all examples of semihard cheeses and are favorites of many for cooking and eating. Best purchased in gourmet shops, semihard cheeses have long maturation periods and contain



## Lite success

### Florine Mark

less moisture than fresh or soft cheeses.

The creamy rich soft cheeses like brie, bel paese, fontina, camembert, feta and robiolo are favorites for entertaining and for desserts.

Cheese is full of protein, calcium, amino acids, phosphorus and vitamins. But cheese is also high in fat, calories, cholesterol and sometimes sodium. So do some planning. Look for low-fat, low-sodium cheeses and reduced-calorie products. And when planning a meal with cheese, remember it is a protein source, so you may want to balance out the meal with extra fruit and vegetables.

Now that you know some ways to select cheese, here are the treats I promised earlier.

#### CHEESE SOUP

Makes 2 servings, about ½ cup each  
 2 tsp. margarine  
 ½ cup diced onion  
 1 small garlic clove, minced  
 1 cup water  
 1 packet instant chicken broth and 2 tsp. margarine  
 ¼ cup carrot seed  
 Dash ground nutmeg  
 ½ cup skim milk  
 2 tsp. all-purpose flour

2 oz. emmentaler cheese (a native swiss cheese), shredded  
 Dash white pepper

In 1-quart saucepan heat margarine until bubbly and hot; add onion and garlic and saute until onion is tender, 2 to 3 minutes. Add water, broth mix, carrot seed, and nutmeg and stir to combine; bring to boil. Reduce heat to low; let simmer 10 minutes.

In small bowl thoroughly combine milk with flour, making certain that no lumps remain; gradually stir into broth mixture and cook, stirring constantly, until mixture is thickened and bubbly. Add cheese and cook over low heat, stirring constantly, until cheese is partially melted; sprinkle with pepper and serve immediately.

Each serving provides: 1 Protein Exchange, ½ Vegetable Exchange, 1 Fat Exchange, ½ Milk Exchange, 15 calories. Optional Exchange: 105 calories per serving.

#### CHAYOTES RELLENOS

Makes 2 servings  
 2 stuffed squash halves each  
 2 medium chayotes, 9 to 10 oz. each (also known as mirliton)

vegetable pear or mango squash)  
 ¼ cup minced onion  
 3 tbsp. minced green bell pepper  
 1 tbsp. seeded and minced drained, canned jalapeno pepper  
 ½ cup drained, canned whole tomatoes, seeded and chopped  
 2 garlic cloves, minced  
 1 tsp. minced fresh cilantro (Chinese parsley)  
 2 oz. mild cheddar cheese, shredded, divided

In quart saucepan place chayotes and fill pan with water to a depth of about 1 inch. Bring water to a boil, cover saucepan, and cook until chayotes are fork-tender, about 30 minutes. Drain off water and run cold water over chayotes; set aside and let cool.

Spray 9-inch skillet with non-stick cooking spray and heat over medium heat; add onion and peppers and cook, stirring frequently, until onion is translucent. Add tomatoes, garlic, cilantro and saute for 3 minutes; longer, transfer to medium bowl and set aside.

Preheat oven to 375 degrees. Slice each chayote in half lengthwise; remove and discard pit and fibrous core. Using spoon, carefully scoop out pulp, leaving skin intact; save chayote shells. Finely chop pulp and add vegetable mixture; stir in 1 ounce cheese. Spoon ¾ of mixture into each chayote shell and sprinkle each with ¼ ounce cheese. Set stuffed shells on baking sheet and bake until heated through, and cheese is melted, 15 to 20 minutes.

Each serving provides: 1 Protein Exchange, 3 Vegetable Exchanges. 218 calories per serving.

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# Your own sausages are good for you

Continued from Page 1

minutes, then grind. Mix in spices and wine. Cover and refrigerate for one hour. Stuff sausages into casings, tie or twist into eight links. Hang in cool spot to dry or refrigerate on racks for 24 hours.

#### CHAMPAGNE SAUSAGE

Makes 10-15 inch sausages  
 ¼ lb. pork shoulder  
 ¼ lb. beef chuck  
 ½ lb. trimmed pork fat  
 2 medium garlic cloves  
 1 large shallot  
 ½ tsp. dried marjoram  
 ½ tsp. paprika  
 2 tsp. salt

¼ cup chopped walnuts  
 ½ cup Champagne or dry red wine

Freeze pork, beef and fat for 30 minutes; grind through a grinder with garlic, shallot and walnuts. Stir in spices and champagne. Mix well. Cover and refrigerate for one hour. Form into patties or stuff into casings. Dry for 24 hours.

#### ITALIAN SAUSAGE

Serves 4  
 1½ lbs. pork shoulder  
 ¼ lb. pork fat  
 2¼ tsp. fennel seed  
 1 small red chili pepper  
 ½ tsp. dried marjoram  
 ½ tsp. black pepper

¼ tsp. minced garlic  
 ¼ tsp. paprika  
 2 tsp. salt  
 ½ cup dry red wine

Freeze pork and fat for 30 minutes. Grind through a grinder. Crush fennel and chili pepper into a powder. Stir into sausage with other spices and wine. Mix well, cover and refrigerate for one hour. Stuff into casings, tie and twist into 9 links. Dry for 24 hours.

#### HOMEMADE CHORIZO

Serves 4-6  
 1½ lbs. pork shoulder  
 ¼ lb. pork fat  
 ½ small onion

2 medium cloves garlic  
 5 small dried red chili peppers  
 3 cloves  
 ¼ tsp. coriander  
 ¼ tsp. cumin  
 2 tsp. salt  
 ¼ tsp. paprika  
 ½ tsp. dried oregano  
 ¼ tsp. ground red pepper  
 Dash cinnamon  
 2 tsp. red wine vinegar

Freeze pork and fat for 30 minutes, then grind through a grinder with onion and garlic. Crush chili peppers with cloves and coriander; and mix into sausage with other spices and vinegar. Stuff into casings, dry for 24 hours.

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**Westland** 6547 Wayne Road (Westland Plaza, Wayne & Hunter)  
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