

# Throw a spaghetti party with sauces to sample

Continued from Page 1

$\frac{1}{2}$  cup fresh basil, chopped (or one teaspoon dried)  
 1 cup finely chopped cabbage  
 1 tomato, peeled and seeded  
 salt and pepper to taste

Combine parsley, garlic, onions, green onions, radishes, carrot, leek and basil. Heat butter and oil in a large pot. Add mixture and simmer until onions and carrots are tender. Stir in cabbage, tomatoes, zucchini and sauce. Season to taste with salt and pepper, simmer covered for 20 minutes. Serve with hot buttered pasta and fresh grated cheese.

## CLAM SAUCE

$\frac{1}{2}$  stick butter  
 3 onions, chopped  
 1 tsp. oregano  
 2  $\frac{1}{2}$  dozen fresh clams or 10-oz. canned minced clams  
 salt and pepper to taste  
 $\frac{1}{2}$  cup olive oil  
 1 tsp. basil  
 2 cups parsley, minced

Heat oil and butter in a large skillet. Sauté onion over low heat, add basil and oregano and simmer for five minutes. Add parsley, cover and cook for 10 minutes. If using fresh clams, open and chop. If using canned (good for food), drain. Add clams to sauce, cover and simmer on low five minutes. Season with salt and pepper.

**Always use a large potful of boiling water so the pasta has room to 'move' through the pot. This reduces sticking.**

## CAVIAR SAUCE

1 cup sour cream  
 $\frac{1}{2}$  cup heavy cream (Guernsey's is best)  
 Juice of 1 lemon  
 6 tbsp. butter  
 caviar, at room temperature

Combine first four ingredients in top of double boiler and warm over hot water, stirring occasionally. Toss hot pasta with the sauce and as much caviar as your budget will allow.

## SAUCE BOLOGNESE

2 tbsp. olive oil  
 $\frac{1}{2}$  cup diced prosciutto  
 1 celery rib, minced  
 $\frac{1}{2}$  pound ground beef  
 $\frac{1}{2}$  pound ground pork  
 $\frac{1}{2}$  cup Marsala or sherry  
 $\frac{1}{2}$  cup cheap dry white wine  
 3 chicken livers, cleaned and quartered  
 $\frac{1}{4}$  lb. mushrooms, chopped  
 3 tbsp. butter  
 $\frac{1}{2}$  cup heavy cream  
 $\frac{1}{2}$  cup diced bacon  
 1 onion, minced  
 1 carrot, minced  
 $\frac{1}{4}$  lb. ground veal  
 2 cups beef broth

2 tbsp. tomato paste  
 $\frac{1}{4}$  tsp. rosemary

Heat olive oil in a large skillet. Brown bacon and prosciutto, sauté onion and celery and carrot in the same until tender. Add beef, veal and pork and cook, breaking up meat with fork until pink has disappeared. Mix together  $\frac{1}{2}$  cup beef broth and  $\frac{1}{4}$  cup Marsala or sherry. Add to skillet and cook until liquid has been absorbed. Stir in tomato paste. Mix together white wine with enough beef broth to cover the ingredients. Add rosemary. While sauce is cooking, sauté mushrooms and chicken livers in butter. Add to sauce and cook. Mix cream with remaining  $\frac{1}{2}$  cup Marsala or sherry and stir into sauce.

## THIS WEEK'S LOW-CAL DIET RECIPE OF THE WEEK

Even though pasta isn't that high in fat, try substituting spaghetti squash for the pasta noodles. Cook the whole spaghetti squash in the microwave until it feels like a deflated football. Remove the "noodles." Toss with melted margarine. If you don't have a microwave, spaghetti squash can be boiled or baked to perfection.

Continued from Page 1

GOURMET MEALS can cost as little as \$3 per person — roughly equivalent to a Big Mac, fries and a milkshake — or can run two to three times that much.

Schoolcraft College, Livonia, added a new wrinkle with the Professor's Pantry, its budget gourmet shop.

Only open to the public 2-3:30 p.m. weekdays, the shop serves up low-

priced gourmet meals, prime rib and pot roast, and several different types of bread and baked goods. Meals cost between \$1.50 and \$2.75 and are prepared by Schoolcraft students.

Though taste comes and goes, proprietors of gourmet carryout shops believe the public won't lose its appetite for their wares.

"The days when Mom would put a pot roast in the oven are long gone," Groatley said.

**'America is in a food craze. Food has become stylish.'**

— Peter Groatley

## Chef thrives on hard work

Continued from Page 1

Hall's management of all the elements of his kitchen shows readily in his finely tuned menu at the Atrium Cafe. Double-thick lamb chops, marinated in olive oil, rosemary and garlic for two weeks, is one of his favorites. Another is his selection of fresh seafood poached in white zinfandel wine, finished in cioppino sauce, and served over fresh-cooked pasta.

Away from the kitchen, Hall's passion for gourmet food doesn't stop after his usual 12-hour day. He is often found in his own kitchen preparing sauces and pastries for his family. "It's good therapy."

## CHOCOLATE MARQUISE

Makes one small loaf pan  
 18 oz. high quality semi-sweet chocolate  
 6 oz. soft butter  
 5 egg yolks  
 5 egg whites  
 1 tsp. kosher salt

$\frac{1}{4}$  cup confectioners sugar  
 $\frac{1}{4}$  cup cognac

Slowly, over a double boiler, melt chocolate with butter. Stir out of the heat until just above room temperature. Blend in yolks, salt and cognac. Whip whites to soft peak with sugar. Fold in chocolate mixture very slowly until blended. Pour into mold and freeze.

Serve sliced thinly with a nice sauce such as pistachio raspberry.

$\frac{1}{4}$  tsp. thyme  
 1 oz. lemon juice  
 1 tbsp. Worcestershire sauce  
 $\frac{1}{2}$  cup clam juice  
 $\frac{1}{2}$  cup diced tomato  
 $\frac{1}{2}$  cup white wine  
 2 cups tomato puree  
 1 tsp. kosher salt  
 $\frac{1}{2}$  cup cream  
 1 tbsp. chopped parsley

Saute in olive oil the onions, celery, green peppers and garlic. After about three minutes add the paprika and thyme, stir and blend, then add the lemon and wine, bring to a boil. Simmer five minutes, add remaining ingredients except the cream and parsley. Simmer very slowly about 40 minutes. Finish sauce just before using the cream and chopped parsley.

Serve with any type of fish, shellfish or pasta.

Men, if you're about to turn 18, it's time to register with Selective Service at any U.S. Post Office.

It's quick. It's easy. And it's the law.

**PARALEGAL**

- Train for a career in this exciting profession
- All courses taught by attorneys
- Two term evening program
- Financial aid available if qualified

**OPEN HOUSES BEING HELD**  
 January 25 - February 4  
 Call For Times & Reservations or FREE Brochure  
 961-3744

Classes held at:  
 FRANKLIN H.S., Livonia  
 CONCORDIA COLLEGE, Ann Arbor

**American Institute**  
 For Paralegal Studies, Inc.  
 820 Buhl Blvd., Detroit, MI 48226

**ALL WEEK!**  
**Pasties!**  
 (reg. 99¢ ea.)  
**4 for \$3.49**

**Ackroyd's**  
 SCOTTISH BAKEHOUSE  
 REDFORD BIRMINGHAM  
 25566 Five Mile Road 300 Five Mile Road  
 532-1181 540-3575

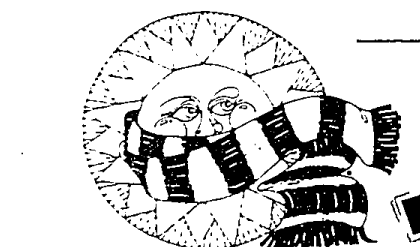
This Week's Specials  
 Expires Jan. 23, 1988

**SUPERIOR FISH CO.**  
 Warm Up With These  
**FLORIDA SPECIALS**

Fresh Florida <b>BAY SCALLOPS</b> \$3.99 lb.	Fresh Florida <b>ROCK SHRIMP MEAT</b> \$5.95 lb.
Fresh Florida <b>GROUPE FILLETS</b> \$6.95 lb.	Fresh Florida <b>STONE CRAB CLAWS</b> \$7.95 lb.

OFFER EXPIRES 1/23/88

**SUPERIOR FISH CO.**  
 House of Quality  
 Serving Metro Detroit for over 40 years  
 FREE Recipes  
 309 E. Eleven Mile Rd. • Royal Oak • 541-4832 M-W 8-5 TH & FR 8-6 SAT 8-1



## WINTER SALE

BRRRRING on the savings

**THE FURNITURE REFINISHING PLACE**  
 Specializing in In-home Restoration.  
 Kitchen Cabinet Refinishing  
**-FREE ESTIMATES-**

We can restore old pieces to look new again. Our prices are surprisingly affordable.

**COUPON**  
**10% OFF\***  
**ANY REFINISHING JOB**  
 EXPIRES 3-31-88  
**CALL 537-2286**  
 18277 WOODBINE DETROIT

**IT'S A JUNGLE IN HERE!**

Come in and see our Beautiful Selection of Silk Plants & Flowers. You Won't Believe Your Eyes or Our Low Prices!

**SILK GARDEN**  
 HOURS: Mon.-Sat. 10 a.m.-6 p.m.  
 Sunday 12-4:30

47649 VAN DYKE, (21 1/2 Mile) in the Kings Nursery Plaza, Utica • 739-6640  
 NEW LOCATION: 8 Mile & Biddle Street • 425-2443  
 17500 Plymouth Rd. (1 1/2 mi. West of Livonia) Livonia • 422-2643  
 21727 SOMERFIELD 12 Mile, at 11 Mile, Livonia Village • 526-1117  
 1603 DOWDIE (at South Blvd.), in the Beaumont Hills Center, Beaumont Hills • 238-1772

**BRITISH MADE LACE CURTAINS**  
 By the Width Yard • With Rod Pocket  
 Ready to Hang • No Sewing  
 Machine Wash & Dry

We Now Carry Joanna  
**CUSTOM ROLLER SHADES**  
 (Wood and Metal Rods)

We Carry Graber Rods - Including Clear Rods

**The Lace Curtain Shop**  
 Largest Selection of Lace Curtains in the Country!  
 33216 Grand River (1 blk. East of Farmington Rd.)  
 Farmington • Mon.-Sat. 10-6 471-2058

**FREE** Jan. 18 thru Jan. 30  
 Fall Clothing — Buy 1...Get 1 Free  
 Least Expensive • Excluding Special Order  
 Children's sets & Dresses • Accessories

- Pageant & Party Dresses - Tuxes
- 1st Quality Famous Brands
- Exclusive One-Of-A-Kind
- Children's Clothing
- Selection & Price Unmatched Anywhere
- Preemie Thru Size 18
- Bears, Porcelain Dolls

**GRANDMA'S BEST KIDS SHOP**  
 In Century Plaza  
 3634 Rochester Road, Troy, MI 48063  
 Phone: (313) 669-1844 Hours: Mon.-Fri. 10-7:00  
 (313) 669-0019 Sat. 10-5:30

**SAVINGS**  
 you can measure

SALE 3 6 9 12 15 18 21 24 27 30 33 36

**JANUARY CLEARANCE SALE**  
 SAVE UP TO  
**15%-20%**

**The YANKEE CARPENTER**

1751 S. TELEGRAPH • BLOOMFIELD HILLS • 338-0441  
 Between Square Lake and Orchard Lake Roads