

Pasties are handy for a hot dinner

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had sold pasties door to door. Koepfle took over in 1985. Currently Koepfle operates the Redford shop, having opened the Detroit location three years ago.

Mark Yanalunas of Walled Lake was a satisfied customer of the Pasty Kitchen in Livonia near his former home. Two years ago, when he heard the shop was for sale, Yanalunas, wife Terri and other family members bought it.

The Pasty Kitchen's vegetarian pasty contains potatoes, onions, green beans, celery, carrots and mozzarella baked in the traditional crust.

"We do a better business in winter, because I tend to think people like something warm," Terri Yanalunas said.

Pastes, which generally are in the \$2 range, vary according to type and size of pasty. Some shops sell frozen pasties that can be baked at home.

Although pasties may be warmed in the microwave, Hendrickson believes microwave cooking makes the

product too doughy. He recommends heating the pasties in a conventional oven set at 325 degrees.

WHY ARE SO MANY pasty shops concentrated in Livonia and Redford? Apparently, many people of Finnish and English backgrounds live nearby. Shop owners indicated many of their customers are of those heritages.

Hendrickson said many of his customers belong to the Finnish Cultural Center in Farmington but, "We haven't depended on the Finnish community that much." Other customers have been won over by the fresh crust and delicious mix of meats and vegetables.

"Describing a pasty to someone who has never tried it before, people don't want it," Hendrickson said. "After they try it, they like it. It's such a departure from hamburgers and pizza."

And, Hendrickson added, "The success of one or two of us has encouraged others to try, and they have managed to flourish."

UPPER PENINSULA PASTIES

Crust:
2 1/2 cups shortening
2 1/2 cups flour
1 teaspoon salt
6 tablespoons water

Mix ingredients together to form pastry crust. Divide and roll crust into 5-inch-diameter circles for each pasty.

Filling:

1 small rutabaga, peeled
2 potatoes, peeled
1 large carrot, peeled
2 medium onions, peeled
1 pound diced round steak
1/4 pound diced lean pork
salt and pepper to taste

Dice vegetables and mix with meat and seasonings. Place 1 cup of mixture in center of each pastry circle. Fold crust over, trim and crimp edges. Bake on ungreased cookie sheet or flat pan in 325-degree preheated oven for 1 hour. Serve hot with butter, ketchup or beef gravy. Makes approximately 4-6 pasties. Recipe courtesy of Weldon Hendrickson.

BEEF BUNDLES

1 pound loaf, frozen bread dough
1/2 pound ground lean beef (may use half ground turkey)
1 cup grated cabbage
1/2 cup finely chopped onion
1/2 cup grated carrot
1 teaspoon Worcestershire sauce
1/2 teaspoon salt
1/2 teaspoon garlic salt
1/2 teaspoon pepper
1 tablespoon butter or margarine, softened

Thaw dough until soft. Brown beef thoroughly and drain off excess fat. Add cabbage, onion, carrot, Worcestershire sauce, salt, garlic salt and pepper. Cook until cabbage and onion are tender. Set aside. Roll dough into 16-by-8-inch rectangle, approximately 1/4-inch thick. Cut into eight 4-inch squares. Fill center and pinch edges together. Place seam side down on greased baking sheet. Brush with softened butter. Let rest 10 minutes. Bake at 375 degrees for 20 minutes or until golden brown. Serve hot. Makes 8 servings. Recipe may be doubled. If certain, bundles are smaller, it will yield more bundles. Recipe courtesy of Nina Funk of Inkster.

Celebrate 'Year of the Horse'

Jan. 27 marks the "Year of the Horse" and heralds the Chinese New Year, a two-week-long celebration that has been taking place for thousands of years.

Traditionally, Chinese New Year signifies "the beginning of spring," a time to usher out the old and welcome the new. Preparation for the holiday means evil spirits lurking in dark corners are literally swept away during a meticulous "spring cleaning" of the household.

Food is of prime importance, particularly during the first few days of the holiday when the Chinese honor the return of the kitchen god. Hours are spent preparing and eating elaborate feasts, which often include 12 courses.

But here in the Western world, time is a luxury few can afford and hurried meals often replace more leisurely fare. However, contemporary cooks can find it possible to enjoy authentic Chinese cuisine without being a slave to the kitchen god.

IN THESE easy-to-prepare microwave "stir-fries," Eastern tradition creatively teams with Western technology. The Orient-Express Sauce featured in each dish can easily be made up in three weeks ahead when stored in the refrigerator. One batch is enough to make any four of the following recipes all conveniently prepared in the microwave.

Ready when you are, Orient-Express Sauce blends typical Chinese seasonings such as soy sauce, sherry, ginger and garlic with cornstarch and corn syrup. Cornstarch is a commonly used thickener in Oriental cooking and creates a light, translucent sauce that blends easily in the microwave without lumps.

Corn syrup balances the flavors of the sauce and mellows more pungent ingredients. Its rich consistency and

mildly sweet flavor complement many Oriental foods.

With a few simple additions, Orient-Express Sauce can turn beef, chicken or shrimp into an elegant Chinese dinner in minutes. For those who prefer meatless meals, there's also a tasty vegetarian variation. Serve one or several of the dishes with bowls of white or brown rice, a steaming pot of Chinese teas and some fortune cookies and fresh fruit.

ORIENT EXPRESS

STIR FRY SAUCE

2 1/2 cups chicken broth
1/2 cup cornstarch
1/2 cup soy sauce
1/2 cup light corn syrup
1/2 cup dry sherry
2 garlic cloves, minced
1/2 teaspoon grated fresh ginger
1/2 teaspoon ground red pepper

Combine all ingredients in 1 1/2-quart jar with tight-fitting lid. Shake well. May be stored up to three weeks in refrigerator. Shake well before using. Makes about 4 cups.

Often eaten at the New Year, seeds and nuts are considered "lucky" foods. Here, toasted sesame seeds are lightly sprinkled over classic beef and broccoli.

SESAME BEEF AND BROCCOLI

1 pound round steak, sliced across the grain into 2-by-1/2-by-1/4-inch strips
1 small onion, thinly sliced
1 tablespoon corn oil
3 cups broccoli florets
1/2 medium red pepper, cut into 1/2-inch strips

1 cup Orient Express Stir Fry Sauce
1 teaspoon dark sesame oil
1 tablespoon sesame seeds, toasted

REAL MACARONI AND CHEESE
12 ounces cheddar cheese, grated
3 tablespoons flour
1 cup skim milk
dash Tabasco sauce
3 cups cooked macaroni, drained

Place cheddar cheese in a heavy saucepan and sprinkle with flour. Toss to coat. Add milk and place over a low burner on the stove and stir frequently until cheese is melted. Simmer gently, stirring frequently to prevent scorching. Add Tabasco. Mix well. Add cooked macaroni. Mix well. Serve immediately or

In 3-quart microwavable dish combine beef, onion and corn oil. Microwave on high uncovered, stirring once, 4 minutes. Add broccoli and red pepper. Microwave 3 minutes. In 2-cup microwavable measuring cup microwave sauce stirring twice with fork or wire whisk, 4 minutes; stir in sesame oil. Pour over beef and vegetables. Microwave 2 minutes. Sprinkle with sesame seeds. Makes 4 servings.

Almonds are the secret ingredient that bring "good luck" and a delightful crunch to this colorful sweet and sour chicken.

GOOD LUCK CHICKEN

1 pound boneless, skinless chicken breasts, cut into strips
2 large green peppers, cut into 1-inch squares
2 medium onions, cut into 1/2-inch wedges
1 tablespoon corn oil
1 cup Orient Express Stir Fry Sauce
1/4 cup ketchup
1 can (8 ounces) pineapple slices, drained and cut into eighths
1/2 cup sliced or slivered almonds

In 3-quart microwavable dish combine chicken, peppers, onions and corn oil. Microwave on high uncovered, stirring once, 10-12 minutes or until chicken turns white; set aside. In 2-cup microwavable measuring cup combine sauce and ketchup. Microwave, stirring once, 4 minutes or until sauce boils and thickens; pour over chicken. Stir in pineapple. Microwave uncovered 3 minutes. Sprinkle with almonds. Makes 4 servings.

Celebrate the bounty of nature with this delightful medley of carrot coins, cauliflower florets and green pepper strips.

ENCHANTED

VEGETABLE MEDLEY

3 medium carrots, thinly sliced
2 cups cauliflower florets
1 medium onion, cut into 1/2-inch wedges
1 tablespoon corn oil
2 cups sliced mushrooms
1 medium green pepper, cut into 1/2-inch strips
1/2 cup canned sliced bamboo shoots, well drained
1 cup Orient Express Stir Fry Sauce

In 3-quart microwavable dish combine carrots, cauliflower onion and corn oil. Cover. Microwave on high 3 minutes. Stir in mushrooms, green pepper, bamboo shoots and sauce. Microwave uncovered, stirring twice, 10 minutes or until sauce boils and thickens. Makes 4 servings.

In China, fish symbolize abundance and wealth and are always served to celebrate the New Year. Here, hot red pepper flakes sup tender shrimp and crisp snow peas.

SPICY SHRIMP WITH SNOW PEAS

6 ounces fresh snow peas, trimmed
1 medium red pepper, cut into 1/2-inch strips
1/2 cup sliced green onions
1 tablespoon corn oil
1 cup pound medium shrimp, shelled and deveined
1/2 teaspoon crushed dried red pepper

In 4-quart microwavable dish combine snow peas, red pepper, green onions and corn oil. Cover, microwave uncovered 2 minutes. Add shrimp. Microwave, stirring twice, 9-10 minutes or until sauce boils and thickens and shrimp are tender. Makes 4 servings.

pour into a lightly greased casserole, fish and bake at 350 degrees for 30 minutes.

Chef Larry Janes gives 2 recipes to try

HOMEMADE LOW-FAT

OVEN-BAKED FRIES

4 baking potatoes, scrubbed and cut into eighths
3 tablespoons non-cholesterol oil
1 tablespoon Mrs. Dash salt substitute

Arrange strips of potatoes on a nonstick cookie sheet. Brush with oil and sprinkle with salt substitute. Bake at 400 degrees for 15-20 minutes or until golden and tender.

Place cheddar cheese in a heavy saucepan and sprinkle with flour. Toss to coat. Add milk and place over a low burner on the stove and stir frequently until cheese is melted. Simmer gently, stirring frequently to prevent scorching. Add Tabasco. Mix well. Add cooked macaroni. Mix well. Serve immediately or

cooking calendar

● **Crash course**
The Oakland County Cooperative Extension Service recommends a "crash course" in food safety for college freshmen who are living away from home and cooking their own

meals. Tips on food safety are available in the "Safe Food Book," available for 50 cents to cover postage, from the cooperative extension service at 1200 N. Telegraph Road, Pontiac 48053.

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