

By Joan Boram
special writer

There are those people who enjoy Meadow Brook concerts without a little something to nibble, just as there are people who don't eat popcorn at the movies. It takes all kinds.

Then there are those who bring the accoutrements of a formal dinner with them: candelabra, wine bucket, fine china — everything but the butler.

Most of us are somewhere in between. Simple, tasty food puts us in a good mood, promotes a relaxed attitude and enhances the Meadow Brook experience.

You could take a ham sandwich and a diet soda and an apple and re-live your junior high cafeteria days. But why not let some of the area's food mavens suggest menus and recipes that are easy to prepare and just a little adventurous?

Lynn Marie Hinojosa and Dawn Clark preside over Cuisine Couriers, Royal Oak's five-star vegetarian restaurant. Hinojosa and Clark's inventions would delight all but the most dedicated meat-eater. Just for you, here's their picnic menu:

Avocado Fiesta
Summer Rice Salad
Wilted Spinach Bean Sprout Salad
Maple-Walnut Muffin
Summer Yogurt Pie Topped with Seasonal Fruits.

Several recipes follow:

AVOCADO FIESTA
1 avocado (mashed)
1 red pepper, finely chopped
2 tablespoons minced onion

ALFRESCO DINING

1 cup chopped blanched broccoli
2 cups finely chopped Swiss cheese
1/2 teaspoon chili powder (or to taste)
juice of 1 lime

Combine and spread on whole wheat pita with leaf lettuce and roll up.

SUMMER RICE SALAD

Preparation time: 50 minutes (not including time for cooking rice). Chilling time: 1 hour.

Combine in large bowl: 6 cups warm brown rice (either leftover or freshly cooked)
2 6-ounce jars marinated artichoke hearts, chopped, including marinade
4 tablespoons red wine vinegar
3 tablespoons lemon juice
4 tablespoons olive oil
1 1/2 teaspoons thyme, or more, to taste
1 1/2 teaspoons garlic powder, or more, to taste
2 1/2 teaspoons basil
salt and black pepper, to taste
one large (about 6 ounce) can pitted black olives, drained and sliced
6 large green onions, chopped

Chill the above. While mixture chills, prepare: 1 cup chopped green bell pepper
2 cups peeled, seeded and chopped cucumbers
1/4 cup finely chopped fresh parsley
1 1/2 cups chopped celery

Combine with chilled mixture and mix in a big bowl of salad. Accompany with tomato or a cruditay of white or fennel.

FROM DETROIT'S RATTLESNAKE Club, superstar John Schmidt's box at the Mead at Southwestern influence.

Eggplant and Pepper Terrine

Spicy Shrimp with Roast Tomato Salsa

Mint and Cucumber Coleslaw

Corn Muffins

Summer Berries with Shortcake (recipe follows)

SHORT CAKE

(makes four large servings)

A very light, easy shortcake that's extra flaky.
2 cups of all-purpose flour
1/4 cup maple sugar (or substitute white granulated)
pinch of salt
1 tablespoon baking powder
1/4 pound (1 stick) unsalted butter
2 large egg yolks
1/4 cup orange juice

Preheat oven to 400 degrees. Butter a cookie sheet. In a medium-sized bowl, sift together the flour, sugar, salt and baking powder. Cut in the butter until the texture resembles small peas. Mix in the egg yolks and orange as necessary.



Join the pastry sticks together. Flatten into a disc.

Dust the dough with flour or sugar and roll it out to the thickness of 1/4 inch. Transfer to the prepared cookie sheet and bake on the middle rack of oven until golden, about 15 minutes.

SUMMER BERRIES

1 pint each fresh strawberries, raspberries, blueberries
1/2 cup creme de cassis
2 tablespoons cognac
4 shortcakes
1/2 cup heavy cream, whipped to firm peaks

Combine fruit in a medium bowl. Add cassis and cognac. Allow to mellow for a few minutes. Add sugar, if necessary.

Split shortcakes in half. Place on serving plate. Spoon berries over shortcake. Divide whipped cream over berries. Position shortcake tops over whipped cream. Garnish with mint and serve.

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Dipping into concert tradition



Bowman Catering president Nils Johansson prepares vial picanté.

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IF THERE'S one food tradition at Meadow Brook, it's a tradition that's been around for a long time. That's the word from Nils Johansson, president of Bowman Catering, who has catered Meadow Brook since 1973.

And Johansson should know. Bowman's dippers do 2,000 cones an hour during peak periods, thanks to a unique system inspired by Disney World.

"It was a disaster," admits Johansson, when his crew first started dipping up cones. "We had people waiting in line for 45 minutes for an ice cream cone. We tried to offer other novelties — Stroh's ice cream on a stick, for example, but the crowd didn't want anything but a real, old-fashioned hand-dipped ice cream cone."

We heard that Disney World had a system that could handle a situation similar to ours, so we flew to Orlando and borrowed their system, with a few

modifications."

THE SYSTEM — WHEREBY some people dip and put the finished cone on a revolving wheel, and others just fill orders, taking the cone off the wheel — has been so successful that the Stroh's Ice Cream Parlor at Meadow Brook has consistently served more ice cream than any other Stroh's outlet.

The Ice Cream Parlor is just one of three public dining facilities under the watchful eye of Chef Johansson.

The Cafe Promenade is an outdoor buffet offering a full dining service, including white tablecloths and waitpersons. There are always beef, poultry and fish entrees, often cooked in a manner to coincide with the theme of the event being presented.

For example, when the Preservation Hall Jazz Band was the feature, Chef Johansson imported a Cajun chef from Houma, Louisiana. (As president of the National Caterers Round Table, Johansson has made the acquaintance of most of the nation's major caterers.)

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