

# Sebastian's Grill celebrating morel season



You don't have to go up north to enjoy morel mushrooms. Sebastian's Grill in Troy is having a Morel Feast, Tuesday, May 19, through Thursday, May 21. A six-course meal will be served at 7 p.m. The cost is \$45 per person.

He will procure the wild mushrooms from about 50 different sources, both amateur and professional. For more information, reservations, call 649-6625.

Thank you readers for writing to let me know how much you enjoy the Focus on Wine column. The column runs on the first and third Monday of the month.

I stand corrected, Nancy Flores of Pontiac who works in West Bloomfield said she enjoys raw rhubarb. "When we were little, my grandma had a garden. We used to peel it, and sprinkle it with salt. Eating

rhubarb was like waiting for strawberries."

Spending of strawberries. Flores recommends Middleton's Strawberry Farm in Oakland Township, north of Rochester. The strawberries aren't ripe yet, but they will be soon. If you've got a favorite strawberry patch in the Observer & Eccentric coverage area, or are a strawberry farmer, call me at 953-2105. I want to feature strawberries on the Taste front, June 8. Last year, we featured raspberries, and I still get calls from people who want to know where to go to pick strawberries.

If you're looking for something to do Memorial Day weekend, consider going to the Michigan TasteFest, May 22-25 in Detroit's New Center area on West Grand Boulevard between Woodward and the Lodge Freeway. Free admission. Meet the chefs from some of your favorite area restaurants, including The Golden Mushroom, Ton Chez, Charley's Crab, Michigan Star Clipper Dinner Train, Altan's Bottle and Basket and more.

Sign your name on the world's largest greeting card, visit the culinary tent and enjoy the free entertainment provided by Ursula Walker, Marcus Belgrave, the Red Hot

Louisiana Band, Gooler and the Pens and others. For information, call 872-0188.

May is National Egg month. In celebration of the event, the American Egg Board is offering a new leaflet "Egg Favorites with Less Fat." For a free copy, send a long SASE to: The Incredible Edible Egg, 54, P.O. Box 755, Park Ridge, IL 60068-0755.

Here's a recipe from the American Egg Board:

### ANGELED EGGS

6 hard-cooked eggs  
1 can (3 oz.) chunk chicken packed in water, undrained

3 tablespoons bottled chutney  
2 teaspoons skim milk

Cut eggs in half lengthwise. Remove yolks and set white aside. Mash yolks with fork. Stir in remaining ingredients until well blended. Refill whites, using about 1 tablespoon yolk mixture for each egg half. Chill to blend flavors. Makes 6 appetizer servings.

Nutrition information per serving of one sixth recipe: Calories, 119. Protein, 21 percent. Carbohydrates, six gm. Total fat, 6 gm. Cholesterol 220 mg. sodium, 128 mg.

## Serve plenty of pasta with red or green sauce

### ITALIAN MEAT SAUCE FOR PASTA

1/2 cup olive oil  
1 clove garlic, chopped fine  
1 pound ground round steak  
1/4 pound ground lean pork  
2 cups Italian tomatoes  
1/2 cup Italian tomato paste  
1/2 cup beef or veal stock  
1 1/2 teaspoons salt  
1/4 teaspoon pepper  
1 bay leaf  
1/2 cup sliced mushrooms  
2 tablespoons oregano and basil

### fresh grated Parmesan or Romano cheese

Heat olive oil in a two-quart, non-reactive saucepan. Add garlic. Heat until garlic begins to sizzle. Add meats and cook until meat is cooked throughout. Drain and add remaining ingredients except mushrooms, basil, oregano and cheese. Simmer, uncovered for 1 hour. During the last fifteen minutes of cooking, add mushrooms, basil and oregano. Serve sauce over fresh pasta and top with fresh grated cheese. Source: "The Joy of Cooking."

### GREEN SPAGHETTI

1 pound spaghetti, cooked and drained  
10 oz. fresh or frozen spinach or broccoli  
1/2 cup beef broth  
1/2 cup fresh grated Parmesan cheese  
1/2 cup cream, milk or yogurt  
4 tablespoons butter

Many children who don't like spinach will eat green spaghetti. It's a bright, colorful green that tastes really great! Steam the fresh spinach until

just wilted or simply defrost the frozen variety. Place drained spinach in a blender with warm

broth and liquid. Stir cheese and milk into the puree. Toss spaghetti with butter, then with

the green sauce. Enjoy. Source: "Whole Foods for the Whole Family."

## Waffles keep fat to a minimum

### CORN-OAT WAFFLES

1 1/4 cups all-purpose flour  
1 cup yellow cornmeal  
1/2 cup oat bran  
3 tablespoons sugar  
1 package active dry yeast  
1/2 teaspoon salt  
2 cups skim milk  
4 eggs, whites  
1/4 cup cooking oil  
Non-stick spray coating  
1 recipe Strawberry-Apricot Sauce (recipe below)

whites and cooking oil. Beat with a rotary beater or an electric mixer on medium speed about 1 minute or until combined. Cover the bowl loosely. Chill for 2 to 24 hours. Or, let stand at room temperature about 1 hour or until the mixture is bubbly and slightly thickened.

To cook, stir the batter. Spray a cold waffle iron with non-stick coating. Heat the waffle iron; add batter. (Check the manufacturer's directions for amount of batter to use.) Close the lid quickly; do not open during baking.

Bake waffles according to the manufacturer's directions. Use a

fork to remove the baked waffle from the waffle iron. Keep warm. Repeat with remaining batter.

Strawberry-Apricot Sauce: Drain one 16-ounce can unpeeled apricot halves, reserving syrup. Cut apricot halves in half; set aside. In a medium saucepan stir together 2 tablespoons sugar and 1 tablespoon cornstarch. Stir in 1 cup apricot nectar. Cook and stir over medium heat until the mixture is thickened and bubbly. Cook and stir for 2 minutes more. Gently stir in 1 cup sliced strawberries and the cut-up apricots. Heat through. Serve warm over waffles.

You've Seen Our Tent  
Now Know Our Name

## RAY'S PLANTS & FLOWERS

We have what your garden needs!

- Annuals
- Gardening tools and soil

**THIS WEEK'S SPECIAL**

### IMPATIENS

**\$9.95 / Flat**

- Perennials
- Flowering hanging Baskets

Free advice from experienced master gardeners

Farmington Hills  
Northwestern at 14 Mile Rd.

expires 5/25/92  
**626-2326**

Open 7 days  
8 a.m. - 9 p.m.

100% SATISFACTION GUARANTEED

PRICES GOOD TUES., MAY 19 THRU MON., MAY 25

# Fresh Approach

**35243 GRAND RIVER FARMINGTON - PHONE 442-2160**  
IN THE DRAKESHIRE PLAZA ACROSS FROM BOB SAKS

**QUALITY MEATS • PRODUCE • DELI...**

**STORE HOURS MON-SAT 9 TO 8 SUN 10 TO 6**

None Sold To Dealers or Minors Rights Reserved To Limit Quantities

## Happy Birthday!

"2nd Big Week Sale!"

**FRESH SWEET CANTALOUPE**

LARGE SIZE **99¢ EACH**

**NEW CROP MICHIGAN ASPARAGUS**

**99¢ lb.**

**NEW CROP CALIFORNIA BING CHERRIES**

FIRST OF THE SEASON! **\$1.99 lb.**

**CALIFORNIA WHITE POTATOES**

3-lb. BULKY **99¢**

GREAT FOR POTATO SALAD!

**NEW CROP TEXAS COOKING ONIONS**

3-lb. BAG **99¢**

**SHRIMP IN-THE-SHELL**

51 TO 60 PER POUND **\$4.66 lb.**

**OUR OWN HOMEMADE MARINATED CHICKEN KABOBS**

**\$3.77 lb.**

**OUR OWN THICK-SLICED BACON PLATTER**

**\$1.49 lb.**

**FRESH NUTRITIOUS GROUND TURKEY**

**88¢ lb.**

**BALL-PARK MEAT FRANKS**

1-lb. PKG. **\$1.39**

**FRESH MEATY CHICKEN LEGQUARTERS**

**39¢ lb.**

**PREVIOUSLY FROZEN WESTERN GRAIN-FED PORK SPARE RIBS**

3 1/2-lbs. & DOWN **\$1.39 lb.**

**FROZEN MEATY BONELESS SKINLESS CHICKEN BREASTS**

2 TO 3-lb. PKG. **\$2.29 lb.**