

Chinese New Year dishes something to crow about

See related story on Taste front.

PAN-FRIED CHICKEN WITH LEMON SAUCE

- Sauce
- 6 cup chicken stock
- 6 tablespoons fresh lemon juice
- 3 tablespoons sugar
- 2 teaspoons grated lemon zest
- 2 teaspoons plum sauce
- Chicken
- 4 cup all-purpose flour
- 2 eggs, beaten
- 1/2 cup white sesame seeds
- 2 teaspoons salt
- 1 teaspoon ground white pepper
- 4 skinless, boneless chicken breast halves
- 6 tablespoons peanut oil
- 1 tablespoon minced fresh ginger
- 1 teaspoon minced garlic
- 1 tablespoon cornstarch mixed with 1 1/2 tablespoons water
- Sliced scallion greens for garnish (optional)

Combine the sauce ingredients in a bowl and reserve.

To prepare the breading, place 1/2 cup of the flour in a large shallow bowl or plate. In another bowl, beat

the eggs, and in a third, combine the remaining 1/4 cup of flour with sesame seeds and salt and pepper. Arrange these next to each other on a counter.

Wash the chicken breasts and trim any excess fat. Pound with a mallet or rolling pin to 1/4-inch thickness. Then dip, one at a time, first in the flour. Pat off any excess and dip in the egg. Lift the meat, allowing excess egg to drain back into bowl, and then dip and coat with the flour and sesame seed batter. Reserve on a platter.

Heat 4 tablespoons of peanut oil in a 10-inch skillet over medium-high heat. Fry the chicken breasts, two at a time, until golden, 3 to 4 minutes per side. (Reduce the heat to medium if the chicken is browning too quickly.) Reserve on a platter.

While the last batch is finishing, heat the remaining 2 tablespoons of oil in a small skillet over medium heat. Sauté the ginger and garlic until their aroma is released and then pour in the sauce. When it comes to a boil, reduce to lowest heat. Drizzle in the cornstarch mixture while stirring constantly, and remove from heat as soon as the sauce thickens.

breast into 1/4-inch strips along the width and place on dinner plates. Spoon on the sauce and garnish with scallions, if desired. Serves 4.

From "Chinese Cooking For Beginners," by Helene Siegel, (Harper-Collins Publishers, \$12.60).

CRISPY SHRIMP WITH CHAMPAGNE SAUCE

- 10 to 12 shrimp per person (depending on size)
- 58 white corn starch
- pinch of salt

One egg white will make enough breading for a dozen or more shrimp. Mix enough corn starch with the egg white to make a thick, sticky batter. Toss the shrimp in the mixture to coat evenly and let stand for about 15 minutes.

SAUCE

- Equal amounts of sweet cherry juice, ketchup and champagne or white wine
- fresh chopped ginger
- fresh chopped garlic
- small amount of chicken broth
- salt

Szechuan hot oil to taste (this is available in Far East markets and is hot because of the ground red Szechuan peppers)

some corn starch mixed with water to use as a thickener

The chef didn't really measure. You'll have to experiment a little with portions to get an acceptable taste. You'll need a teaspoon or less for each person.

Heat enough oil to deep fry the shrimp in a wok or other deep utensil. Heat oil almost to smoking point and drop in shrimp. They should fry for only a few seconds. Don't leave them in long enough to turn deep brown. Remove from oil and drain. Drain oil from pan. Add sauce to pan and heat it for just a few seconds to thicken. Put the shrimp on a plate and pour a little sauce on top. Serve the remainder

in a bowl so that each person can add more if he chooses.

Recipe from Chef Jack Dai, Hunan Palace, Farmington Hills.

STIR-FRIED BROCCOLI WITH GINGER AND BRANDY

- 1 bunch regular broccoli (about 1 1/4 pounds, yielding 4 cups)
- 2 teaspoons grated gingerroot
- 2 tablespoons brandy
- 1 tablespoon granulated sugar
- 3 tablespoons oil
- 3/4 teaspoon salt
- 3 tablespoons water

Separate broccoli stems from flowerets. Peel skin from stems. Cut flowerets into even sections, then cut stems diagonally into slices 1/4-inch thick. Rinse and drain thoroughly.

Place ginger in a small bowl and add brandy. Mix together and put

mixture through a fine sieve. Press grated ginger against the wall of the sieve to extract as much juice as possible.

Add sugar to mixture. Mix well. (Sugar helps keep broccoli bright green.)

Set a wok over high heat. When very hot, add the oil. When the oil is hot, sprinkle in salt. Immediately add broccoli stirring and tumbling until each piece is well coated with oil, about 1 minute.

Sizzle in brandy mixture along edge of the wok, stirring until evaporated. Sprinkle water onto broccoli, then cover. Turn off heat and wait 1 minute. Remove broccoli and serve.

Recipe from "Everything You Wanted to Know About Chinese Cooking," by Pearl Kong Chen, Tien-Chi Chen, and Rose Tseng, (Barron's Educational Series, Inc., \$21.95).

Rise from page 1B

ture, Lion Dance, and cookbook sale. For ticket information, call 663-0099, 375-9200, or 766-4664.

Another good source is "Everything You Want to Know About Chinese Cooking," by Pearl Kong

Chen, Tien Chi Chen, and Rose Tseng, (Barron's Educational Services, Inc., \$21.95).

Available at Kitchen Glamour stores, this book contains a wealth of information about Chinese cooking and holidays.

"Gung Hay Fat Chey!" Happy New Year, welcome to the Year of the Rooster.

See recipes and listing of area New Year dinners above.

Celebrate Chinese New Year

Celebrate the new year, Chinese style at area restaurants which are planning special dinners.

Hunan Palace, 38289 W. 10 Mile, Farmington Hills, 478-9899, is celebrating the new year with a 10-course dinner, 6:30 p.m. Monday, Jan. 25, Tuesday, Jan. 26, and Wednesday, Jan. 27. The cost is \$35 per person.

Oceanic Inn, 68 North Adams, Meadow Brook Village Mall, Rochester, 375-9200, and Oceanic Inn, 24845 Ryan Road, Warren, 766-4664, are celebrating the Year of the Rooster with a 12-course dinner, and Lion Dance. The din-

ner will begin with the Lion Dance, 6:45 p.m. at Rochester restaurant, 7:45 p.m. at Warren restaurant Friday, Jan. 22, Saturday, Jan. 23, Sunday, Jan. 24, Thursday, Jan. 28, Friday, Jan. 29, and Saturday, Jan. 30. Cost is \$10.95 per person (minimum four people, reservation required).

On Sunday, Jan. 24, Mon Jin Lau, 1515 E. Maple Road, Troy, 689-2332, will ring in the new year with the tradition Lion Dance, plenty of fire crackers, and delicacies of the Orient. The cost of dinner with entertainment is \$52 per person, not including tax or gratuity.

All reservations must be confirmed by check or credit card. The last day to cancel without charge is Jan. 21. Call 689-2332 for reservations and information.

New Peking Chinese Restaurant, 29105 Ford Road, Garden City, 425-2200, will ring in the Year of the Rooster 6:30 p.m. Monday, Jan. 25, with a special 12-course dinner, and the Lion Dance. The cost is \$26 per person.

The new year dinner will also be offered 6:30 p.m. Tuesday, Jan. 26, Wednesday, Jan. 27, and Thursday, Jan. 28.

Check from page 1B

and a Nuits St-Georges. This is because the negotiant treats all the wines similarly in the cellar, regardless of their origin.

"Estate producers take pride in individuality. These wines have soul. Negotiants manipulate wines. I buy as many estate-bottled Burgundies as I can and I still don't get enough. If consumers don't buy the outstanding 1990 red estate-bottled Burgundies now, within two months they'll be shut out."

The 1990 wines have been compared to the exceptional 1947 vintage, except the 1990s should prove to be more cellar-worthy,

considering improved winemaking technology employed in Burgundy today.

In addition to Burgundies, other Vineyard Brand wines to consider are the Rhone wines of the Perrin family. Chateau de Beaucastel is always a superior Chateaufort-du-Pape. At half the price is Coudoulet de Beaucastel. This vineyard borders the Perrin's Beaucastel, but is just outside the appellation. It is labeled a Cotes du Rhone, but is made from the same grape varieties as its Chateaufort-du-Pape relative and receives identical cellar treatment.

The best bargains and the number-one selling Rhone wines

in the U.S. are bottled under the name La Vieille Femme and also produced by the Perrins.

From Chile, Vineyard Brands imports Vina Santa Rita. Chardonnay, sauvignon blanc, cabernet sauvignon and merlot are available. In 1992, sales of these wines in the U.S. were at 160,000 cases. Vineyard Brands also imports the number-one selling Rioja wines from Marques de Caceres. A red, white and rose are available as well as a red Rioja Reserva and Gran Reserva.

To leave a Voice Mail message for the Healds, dial 953-2047 on a touch-tone phone, Mailbox number 1864.

World-famous ribs 'talked about'

See Larry Janes' column on Taste front.

SYLVIA'S WORLD FAMOUS TALKED-ABOUT SPARERIBS

- 2 slabs pork ribs (about 3 1/2 pounds total)
 - 1 1/2 teaspoons salt
 - 1/2 teaspoon fresh ground black pepper
 - 1/2 teaspoon crushed red pepper flakes
 - 2 to 3 cups white wine vinegar
 - Barbecue sauce (see recipe)
- To make the ribs easier to handle, cut each slab between the middle bones into 2 equal pieces. Rub the salt, black pepper and red pepper into both sides of the ribs. Place ribs in a deep baking dish, cover them, and refrigerate overnight.
- Preheat the oven to 450 degrees F. Pour the vinegar over the ribs and bake 1 1/2 hours. Rotate the ribs two or three times during baking

and spoon some of the pan juices over them.

Remove the ribs from the baking dish and place in a single layer on baking sheets. (Line the baking sheets with aluminum foil for easy cleanup). Bake at 450 degrees for 1 hour. The ribs should be tender and well-browned. This can be done up to a day in advance. Cool the ribs, cover tightly, and refrigerate. Bring to room temperature for about 1 hour before continuing.

To finish the ribs, preheat the oven to 400 degrees F. Cut the slabs between the bones into individual ribs. Place the ribs in a baking dish large enough to hold them comfortably. Spoon enough of the barbecue sauce over them to coat lightly. Cover the pan with aluminum foil and bake until heated through, about 20 minutes. Serve with additional barbecue sauce on the side. Makes 8 servings.

BARBECUE SAUCE

- 16 ounces Red Devil Hot Sauce
 - 2 1/2 teaspoons crushed red pepper flakes
 - 1 small onion, sliced
 - 1 small stalk celery, sliced
 - 3 cups tomato puree
 - 1 1/2 cups water
 - 1 1/2 cups sugar
 - 1 lemon sliced
- Combine all the ingredients in a heavy pot and heat just until hot. Don't bring to a boil or the sauce will turn dark, and become thin. Cool the sauce to room temperature, strain it, and store it in a tightly covered jar in the refrigerator.
- Makes about 5 cups. It keeps for at least a month.
- Recipe from "Sylvia's Soul Food," by Sylvia Woods and Christopher Styler, (Hearst Books, New York, \$17)

Cookie appeals to Clinton's taste

AP—The Best Foods test kitchen has created an Inauguration Day Cookie that can be decorated with stars, stripes, or a Bill Clinton caricature.

The idea for combining peanut butter and bananas into a Clinton cookie was made at the suggestion of an employee at the Skippy Peanut Butter manufacturing plant in Little Rock, Ark. Best Foods said. The company said peanut butter and bananas are one of Clinton's favorite sandwich combos.

- uncooked
 - 1 1/4 cups flour
 - 1 teaspoon baking powder
 - 1 teaspoon baking soda
 - 1/4 teaspoon salt
 - 1 cup creamy or superchunk peanut butter
 - 1 cup (2 sticks) margarine
 - 1 cup sugar
 - 1 cup packed brown sugar
 - 1/2 cup mashed ripe banana (1 large)
 - 1 egg
 - 1 teaspoon vanilla
- Preheat oven to 350 degrees F. In a medium bowl, combine oats, flour, baking powder, baking soda and salt. In a large bowl with mixer

at medium speed, beat peanut butter and margarine until smooth. Beat in sugars until blended. Beat in banana, egg and vanilla. Stir in flour mixture. Drop dough by 1 1/2-cupfuls, about 5 inches apart, onto ungreased cookie sheets. With spatula, spread dough into 3 1/4-inch circles.

Bake in a 350-degree F oven for 10 to 12 minutes or until golden. Let cool on cookie sheets for 4 minutes. Remove from cookie sheets; cool completely on a wire rack. If desired, pipe a stars or stripes frosting design, using plain piping, onto each cookie. Store in a tightly covered container. Makes about 24 cookies.

NEW PRODUCTS

To get your new products listed in this column, send items to be considered for publication to: *Keyly Wigton, Taste Editor, The Observer & Eccentric, 36251 S. Schoolcraft Road, Livonia 48150.*

cents to a local food bank in the Detroit metro area.

PRETZEL SNACKS
Borden has introduced Snacking Turtles Pretzel Snacks. Bite-sized pretzels that provide a low fat alternative to regular chips. The 10-ounce family size bag, suggested retail \$1.29, is available in supermarkets.

SWISS CHOCOLATE
If you're looking for the perfect

hostess gift, consider Kambly's prize-winning specialty cookies from the Emmentaler region of the Swiss Alps. Available at Jacobson's, Merchant of Vino and Neiman-Marcus. There are 11 different kinds that combine, old-world Swiss tradition, culinary artistry and craftsmanship with 20th century production.

Don't freeze sour cream or mayonnaise

"You can freeze almost every food," says Sylvia Treitman, home economist for the Oakland County Cooperative Extension Service.

"However there are a few foods that don't freeze well at all, and it's better not to bother to even try to freeze them," Treitman said.

Freezing is usually a good way to extend the life of foods, but if

you try to freeze sour cream, mayonnaise or gelatin to name a few, the results will be a watery mess.

Cooked egg whites also usually become tough and rubbery and home fried foods become soggy.


If it seems to look and taste OK after freezing, then that's the best test to go by. Here are some additional tips to help decide which foods freeze well:

- Most home-prepared potatoes do not freeze well; they often become soft, mushy and dark.
- Heavy cream can be frozen; used for cooking, but it will no longer whip.
- Seasonings change in the freezer. Some become bitter or stronger and others lose flavor.
- Fresh raw salad vegetables do not freeze; they become waterlogged.

Weight Loss

Dr. Ralph P. Keith, Ph.D.

28336 Franklin Rd.
Southfield, MI
746-0844



If you've tried to lose weight and can't get started, or you've lost weight only to regain it quickly, the answer to your problem can probably be found in your emotional life.

People who are, or have been, in unfulfilling or abusive relationships use food to provide comfort and protection. People who have difficulty asserting their needs tend to swallow food as quickly as they swallow their anger.

If you sincerely want to gain control of the problem, call and find out how to qualify for the program and insurance coverage.

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