

Enjoy robust stew St. Patrick's Day

Traditional fun and food abound on St. Patrick's Day as we begin to sense that the long winter days are shortening and spring is just around the corner. Who but the Irish would give us Leprechauns, the Blarney Stone, and green beer?

The Irish are known for their frugal ways, and it is said that potatoes were once served at every meal. Their skills with cooking could turn the lowliest ingredients into a taste of heaven that's no blarney.

Perhaps lesser known is the amount of lamb that our Irish cousins once used in their meal planning. Irish stew from the old country started with lamb and many of us in this country have never had the opportunity to try authentic Irish stew made with tender mild chunks of American lamb.

For the cook of the 1990s, stews often are shunned as taking too much time and containing too much fat for today's healthy guidelines. This lamb stew recipe has been redone to be quick and easy, lean and delicious.

The percent of calories from fat is right on the magic 30 percent number and there are only 61 mg. of cholesterol. This non-traditional stew is thickened with tomato sauce and a little flour instead of rich fatty gravy and is loaded with vegetables.

Selecting lamb for stew (seasoning much easier as American lamb is now appearing in retail meat cases in smaller boneless packages. Lamb cooks quickly so don't expect to simmer your St. Patrick's Day supper for the entire day. By dicing the vegetables and mixing your lamb cubes a little smaller, you will notice how much quicker the stew will cook.

Serve your own accompaniments with this stew, but it won't take much as it contains everything a meal needs. However a true Irishman (or woman) will always serve Irish soda bread and of course a tiny bit of green brew.

OLD FASHIONED HERBED LAMB STEW

- 1 tablespoon oil
- 1 pound lean boneless American lamb, leg or shoulder, cut into ½-inch cubes
- 2 tablespoons flour
- 2 cups water
- 1 can (8 ounces) tomato sauce
- 1 cup chopped onion
- 1 clove garlic, minced
- 1 tablespoon fresh chopped oregano leaves or ¼ teaspoon dried oregano leaves, crushed
- ¼ teaspoon ground black pepper
- 1 cup peeled, sliced potato
- 1 cup peas, frozen



Lamb stew: Old-fashioned lamb stew is thickened with tomato sauce and a little flour instead of a rich fatty gravy and is loaded with vegetables.

- 1 cup sliced carrots
- 1 cup sliced zucchini or yellow squash
- 1 cup mushrooms, sliced (optional)
- 2 tablespoons fresh parsley, chopped or 1 tablespoon dried parsley leaves, crushed
- salt to taste

In a Dutch oven or heavy saucepan, heat oil to medium hot. Add

lamb and saute until lightly browned. Lower heat and add flour to lamb, stirring constantly. Cook until thickened. Slowly add water, tomato sauce, onion, garlic, salt, and black pepper, blending well.

Cover and cook over low heat for 30 minutes, or until meat is tender. Stir occasionally. Add vegetables, parsley and oregano. Cook 30 minutes longer, or until vegetables are tender.

Dunleavy's marks 60th anniversary

BY JOAN BORAM
SPECIAL WRITER

Dunleavy's with locations in Detroit and Farmington, is celebrating their 60th anniversary this year.

In 1933, John Dunleavy, a native of County Mayo, obtained the 8th liquor license issued in Michigan after the repeal of Prohibition that same year.

The first Dunleavy's was on the corner of Woodrow Wilson and Tyler, and a few years later, as Dunleavy's Horseshoe Bar, it moved to Wyoming and Interval, an industrial area.

Jack Dunleavy, the current owner, joined his father in 1960, and the establishment re-opened as Dunleavy's Irish Pub, next to

another Detroit landmark, Carl's Chop House.

Seventeen years ago, Dunleavy's was relocated in Farmington, Dunleavy's Pub & Grub at 34505 Grand River, 478-8868, and in 1988, Jack Dunleavy bought a 126-year-old building in Rivertown at 267 Jos. Campau, 259-0909, and named it, appropriately, Dunleavy's River Place.

Both the Farmington and the Rivertown Dunleavy's are gearing up for St. Patrick's Day. On the big day, March 17, both Dunleavy's will provide live Irish music. At the Farmington location, you can have breakfast — Irish sausage and green bagels — with Denny McLane, who will broadcast his WXYT program on the spot, beginning at 6 a.m.

COOKING CALENDAR

To get your classes listed in this column, send items to be considered for publication to: Keely Wygonik, Taste Editor, The Observer & Eccentric, 39251 Schoolcraft Road, Livonia 48150.

SCHOOLCRAFT COLLEGE
No Guilt Cafe, a course for people with special dietary needs who still want to enjoy delicious meals will be offered for three weeks: 6:30-9:15 p.m. beginning Tuesday, March 30. Techniques and methods will be demonstrated with tastings at the end of each session. Recipes will be shared. The fee is \$100. To register call, 462-4448.

MOREL'S CHEF
Tim Cikra, Executive Chef of Morels: A Michigan Bistro in Birmingham, will teach a cooking class at Les Saisons, 304 West Fourth Street in Royal Oak, 10 a.m. to noon, Saturday, March 20. The fee for the class is \$25. For information, call 545-3400.

KITCHEN GLAMOR
Michigan Chef series will feature Peter Loren, Chef Opus One, Detroit; 12:30 p.m. Sunday, March 21 at the Kitchen Glamor store in West Bloomfield. Class fee, \$40. Helen Coon, popular Asian cooking instructor, captures the essence and flavors of Malaysian, Indian cuisine. She will demonstrate recipes, and explain the ingredients 1 and 7 p.m. Tuesday, March 16 at the Novi store; Wednesday, March 17, Redford store; Thursday, March 18, West Bloomfield store; and Friday, March 19, Rochester store. There is a \$3 fee for this class. Call 637-1300 to register, or for more information.

VEGETARIAN COOKING
Denise Keegan of Health Conscious Cuisine, 225 East Maple, downtown Birmingham, is offering a series of five vegetarian, fat-free, low-fat cooking classes. For information, call 834-2908. The cost is \$100 for five classes or \$25 per class.

Tips guarantee perfectly cooked pasta

In the last seven years Americans have increased their pasta consumption by about 20 percent. We enjoy the sauces and flavorings that go with pasta, but good pasta begins with the cooking. Pasta should be cooked al dente,

or firm to the bite. Follow these success tips from Betty Crocker for perfect pasta every time. Add salt to the water (1 tablespoon per gallon) to help keep pasta firm.

Use 1 gallon of water for each pound of pasta so pasta cooks uniformly. Put oil in the water only if you plan to make a cold pasta salad, as it makes the pasta slippery. Hot sauces cling much better to

pasta boiled in salted water with no oil.

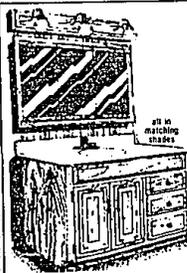
Water should always be at a full boil when pasta is added, and it should remain at boiling during the entire cooking time.



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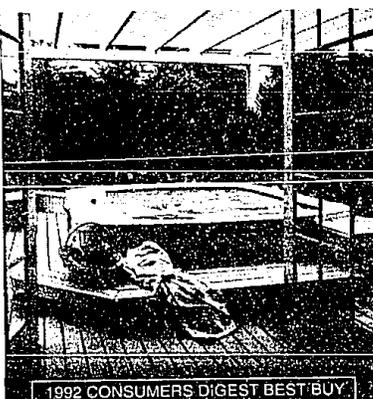
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— Consumers Digest, August, 1992

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— Rush Limbaugh, December, 1992

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