

There's still time to pick strawberries



WYONIK

Thank you everyone for calling to let me know how much you like our two new features — Recipe Makeover and Super Suppers. Summer reminds me of fishing on Sears Lake in Millford with my dad and brothers. I thought about them the other day while driving past Gilbert Lake on the way to Dawn Russell's house in Bloomfield Hills. There was a lone fisherman on the shore, and oh how I envied him. The sun was shining, and even if the fish weren't biting, it was a great day to sit by the lake and cast your cares away.

How are the fish biting in Walled Lake, Orchard Lake, and some of the other lakes in the Observer & Eccentric coverage area? Are they good eating, or too small to keep? Give me a call at 953-2165. I'd really enjoy hearing from you.

Russel will be our featured cook in the July 12 Super Supper column in Taste.

The strawberries are good this year. My father-in-law and I went

picking Saturday. The berries were red, juicy, and sweet. But you don't have to wait until the weekend to pick strawberries. Rob Long, owner of Long Family Orchard and Farm on Bogie Lake Road, 1/2 mile north of Wise Road in Commerce Township, is open daily 8 a.m. to 4 p.m. Wednesdays and Thursdays until 8 p.m. for after work pickers. Call the hotline 360-3774 before heading out to the farm. "The berries are ripening nicely," said Long. "Because the berry season started late this year it should last until mid July." Tart cherry season will start around July 12. Call the hotline for details.

If you're planning a wedding, party or other special event, here's another lake to consider. The Golden Mushroom in Southfield recently established catering services at St. John's Banquet and Convention Center in Southfield. On the grounds of St. John's Armenian Church at 22001 Northwestern Highway in Southfield, the facility has the capacity to serve up to 700 people, with rooms for smaller groups.

"They called us, they're a mile away and have a beautiful hall. They have completely renovated the main hall, it's beautiful,

there's new carpeting and wall coverings," said Paul Yousoufian, former Golden Mushroom general manager. "The kitchen is great. It has everything we need."

Yousoufian is in charge of all catering and banquet operations for the new facility. The kitchen at the Banquet and Convention Center is under the direction of Chef Steve Allen, executive chef at the Golden Mushroom Restaurant, and the serves also come through the Golden Mushroom training program.

Yousoufian said customers at the new facility can expect the same level of food quality, and service that they've come to expect and appreciate at the Golden Mushroom. Dinner prices begin at \$16.50 per person. The Golden Mushroom also caters parties and events at offices and private homes. For more information on the Golden Mushroom's Catering Services, call Paul Yousoufian at 569-3446 or Kevin Frantz, Golden Mushroom general manager at 569-4230.

Here's a recipe from the Golden Mushroom Restaurant.

CHICKEN SALAD

- 1 anchovy fillet, mashed
- 2 tablespoons capers,

- chopped
- 2 tablespoons, fresh tarragon, chopped
- 3/4 cup standard dressing
- 3 cups chicken meat
- 1/2 cup celery, diced
- 1/2 cup walnut pieces

For best results, the chicken should be poached in chicken broth at 165-180 degree temperature, then allowed to cool (not refrigerated), picked free of skin, fat, cartilage and bones, and either diced or pulled apart with fingers into pieces not too small.

In a small bowl combine the anchovy, capers, tarragon and the dressing; fold in rest of ingredients.

STANDARD DRESSING

- 1 cup mayonnaise
- 6 tablespoons sour cream
- 1 tablespoon prepared mustard

- 1 tablespoon Dijon mustard
- 2 teaspoons lemon juice
- dash Worcestershire sauce
- pinch cayenne pepper

In a bowl, using whisk, mix all ingredients together until smooth. Cover and refrigerate. Will keep several weeks.

This dressing is used in prepara-



ART EMANUELE/STAFF PHOTOGRAPHER

Special cake: Paul Yousoufian, director of the Golden Mushroom's catering services at St. John's Banquet and Convention Services in Southfield, displays a wedding torte garnished with fresh flowers.

tion of many meat, poultry, fish, seafood, pasta and vegetable salads.

It is also used as a base for a number of cold sauces.



Delicious side dish: Chilled Honey Vinaigrette Bean and Noodle Toss combines noodles, kidney beans, garbanzo beans and peas with a zesty honey-Dijon mustard dressing.

Bean and noodle toss easy, make ahead dish

AP -- When many of us are trying to eat healthier and spend less time in the kitchen, getting a well-balanced meal on the table can be a challenge.

To add nutrition and convenience to summer menus, expand your repertoire of lower-fat side dish salads — ones that can be made ahead to pair with hot weather favorites like grilled foods and sandwiches.

Chilled Honey Vinaigrette Bean and Noodle Toss starts with No Yolks cholesterol-free noodles combined with kidney beans, garbanzo beans, peas, baby corn, red bell pepper and onion. The flavorful honey-Dijon mustard dressing calls for a minimal amount of oil. And, best of all, this healthy and zesty version of the picnic classic is quick to prepare and actually tastes better when it's made ahead so the flavors have time to develop and blend.

If you would like to receive more healthy eating tips and recipes, send a self-addressed stamped business-size envelope to: No Yolks, Dept. 360, 520 E. Church Street, Libertyville, IL 60048.

CHILLED HONEY VINAIGRETTE BEAN AND NOODLE TOSS
1/2 package (4 ounces) No Yolks cholesterol-free noodles

- 1 can (about 15 ounces) each: kidney beans and garbanzo beans, drained and rinsed
- 1 can (15 ounces) baby corn, drained and rinsed, optional
- 1 cup frozen peas, thawed
- 1 cup red bell pepper strips (1 1/2 x 1/4 inches)
- 3/4 cup chopped onion
- 1/2 cup white wine vinegar
- 1/4 cup olive oil
- 3 tablespoons each: honey and Dijon-style mustard
- 3/4 teaspoon freshly ground black pepper

Cook No Yolks according to package directions without salt. Meanwhile, combine beans, corn, peas, bell pepper and onion in large bowl. Drain noodles. Add to bean mixture; toss gently to combine.

In small bowl, whisk together vinegar, oil, honey, mustard and black pepper. Add to bean mixture, stirring gently until ingredients are evenly coated. Refrigerate covered, at least 2 hours or overnight. Makes 8 (1 cup) servings.

Nutritive values per serving: 257 calories; 9 g protein; 39 g carbohydrate; 8 g fat; 0 mg cholesterol; 100 mg sodium; 7 g dietary fiber. (Percent of calories from fat: 28 percent.)

Almonds bring out the flavor in many foods

AP -- Delicate in flavor, almonds bring out the best in many foods — fruit desserts, salads, rice, pasta, fish and poultry, to name a few. To add to its versatility, you can buy almonds in many forms including slivered, sliced and ground.

Common types

Pick the almond product that suits the dish you're preparing.

The price difference between slivered, sliced and ground almonds is slight.

Almonds in the Shell: Serve these with a nutcracker, for snacking. The almond is a hard nut to crack, so buy one of the unshelled forms for cooking.

Whole Almonds: Oval-shaped whole almonds may be covered with a rough cinnamon-brown skin. Or, they may be blanched, which means the skin has been removed.

Use unpeeled almonds in appetizers or snack mixes. Simply peeled whole almonds in soups or as a decoration on breads, cookies or cakes. To blanch almonds yourself, simmer the unpeeled nuts in boiling water for 1 to 2 minutes or until the skins start to loosen. Drain, then rinse in cold water. When cool enough, peel and let the almonds dry on paper towels.

Slivered Almonds: Whole almonds are blanched, halved lengthwise, then halved lengthwise again. The long, thin pieces add a pleasant crunch to breads, stir-fries, cookies and vegetables.

Sliced Almonds: Whole, unpeeled almonds are thinly sliced lengthwise so you can see traces of the skin on the edges. They are more delicate than slivered almonds and are often added as a

topping or decoration. You can also use them as you would slivered almonds.

Ground Almonds: Whole, blanched almonds are ground into a flourlike consistency and combined with sugar or corn syrup. Almond paste can be purchased as a filling for coffee-cakes and pastries. Almond paste is a main ingredient in marzipan.

Almond Extract: Processed from a bitter almond that is not available in this country, almond extract is a concentrated liquid that adds flavor to cakes, frostings, cookies and candies. Add extract in small amounts (1/4 teaspoon to 1/2 teaspoon is common) because a little goes a long way.

Almond Paste: Almonds that are ground to a butterlike consistency and combined with sugar or corn syrup. Almond paste can be purchased as a filling for coffee-cakes and pastries. Almond paste is a main ingredient in marzipan.

Almond Extract: Processed from a bitter almond that is not available in this country, almond extract is a concentrated liquid that adds flavor to cakes, frostings, cookies and candies. Add extract in small amounts (1/4 teaspoon to 1/2 teaspoon is common) because a little goes a long way.

Toasting tips

All almonds taste nuttier and richer when they're toasted. In cookies or crusts, they'll toast naturally during baking. But if you're adding almonds to a salad or using them as a topper, you'll want to toast them first.

To toast just a few almonds (or any nut), place them in a small dry skillet. Cook over medium heat, stirring often, for 5 to 7 minutes or until golden.

Toast larger amounts in a shallow baking pan in a 350-degree F oven for 5 to 10 minutes, stirring once or twice.

Keep 'em fresh

Almonds in the shell will keep for several months in a cool, dry place. Refrigerate shelled nuts in an airtight container for up to 6 months or freeze for up to 1 year.

Store pastes, butters and extracts according to the package directions.

CHRISTMAS IN JULY 20% OFF
PRACTICALLY EVERYTHING STOREWIDE AT...
The Doll Hospital & Toy Soldier Shop
DOLLS • TRAINS • BEARS • BIRD • PLATOON • DOLLHOUSE • WOODEN RING SETS & MORE!
ONE-A-YEAR STOREWIDE SALE
1947 W. 12 Mile Berkley 543-3115

Superior Fish
House of Quality

Hook Into the Variety, Quality & Service at Metro Detroit's Seafood Specialty Store

PLEASE PRESENT COUPON BEFORE ORDERING
50¢ OFF Per Pound
on FRESH Lake Whitefish Fillets
Not valid with any other discount or coupon Expires 7/17/93

PLEASE PRESENT COUPON BEFORE ORDERING
50¢ OFF Per Pound
on Fresh Farm Raised Catfish Fillets
Not valid with any other discount or coupon Expires 7/17/93

PLEASE PRESENT COUPON BEFORE ORDERING
50¢ OFF Per Pound
on New Zealand Orange Roughy
Not valid with any other discount or coupon Expires 7/17/93

PLEASE PRESENT COUPON BEFORE ORDERING
50¢ OFF Per Pound
on Fresh Atlantic Salmon Fillets
Not valid with any other discount or coupon Expires 7/17/93

PLEASE PRESENT COUPON BEFORE ORDERING
50¢ OFF Per Pound
on Alaskan King Crab Legs & Claws
Not valid with any other discount or coupon Expires 7/17/93

Seafood Cooking Demonstration
featuring
Chef Roger Sutton
of **PEABODY'S**
SATURDAY, JULY 10TH
Between 10 AM - 12 NOON
Free Samples • Free Recipes
OPEN TO THE PUBLIC

LIVE MAINE LOBSTERS & FRESH MARYLAND SOFT SHELL CRABS

Superior Fish
House of Quality
Serving Metro Detroit for over 50 years! FREE RECIPES
309 E. Eleven Mile Rd. • Royal Oak • 424-4632 Mon.-Fri. 8-6 • Sat. 8-1

Maureen E. Fleming, M.D.
Obstetrics and Gynecology

announces
the opening of her new office

5800 N. Lilley Road
(just north of Ford Road)
Canton
(313) 981-2400

women's health • infertility
endometriosis • adolescents • accepting new patients

Dr. Fleming is available for community speaking on women's health issues.
(call 591-2940)

Medical Staff Member
• St. Mary Hospital
• William Beaumont Hospital