

Mardi Gras dinners tasty escape



KEELY WYGONIK

Why sit home watching television when you can celebrate Mardi Gras. Here are a few of your options.

■ **Cafe Cortina**, is presenting a Venetian-style Mardi Gras with music and a six-course Italian dinner 7 p.m. Wednesday, Feb. 9. The cost is \$48 per person. Treat your Valentine to a cozy dinner, violin and guitar music, and Italian chocolates at the restaurant, 6 p.m., 7 p.m. or 9:15 p.m. Feb. 12-14. Cafe Cortina is at 30715 W. 10 Mile in Farmington Hills. Call 474-3033 for reservations, information.

■ **The Brazilian Cultural Club of Detroit's 11th Annual Carnival Ball** will be 8 p.m. to 1:30 a.m. Saturday, Feb. 5, at the Plaza Hotel, 16400 J.L. Hudson Drive, Southfield. Costume competition, dinner, and entertainment by the Brazilian group, "George Andre and The Girls from Ipanema," flown in exclusively for the ball. Tickets are \$30 per person, a portion of proceeds will be donated to a Michigan charitable organization. Call 559-6500.

■ **Oakland Community College and the Student French Club** are celebrating Mardi Gras with a gourmet New Orleans dinner 6:30 p.m. Thursday, Feb. 10, on the third floor of J Building, Tirrell Hall at the Orchard Ridge campus in Farmington Hills. Cost is \$45 per person and includes dinner, wine and dancing to the Reel Happy String and Swing Dixieland Band. Dinner must be provided by a flute and jazz duo. Call 471-7786 9 a.m. to 4 p.m. Monday through Friday for details. Pro-

ceeds to benefit the Hospitality Scholarship Fund.

■ **Schoolcraft College in Livonia** is hosting a Mardi Gras Celebration 7:30 p.m. Saturday, Feb. 12, in the Waterman Center on campus. Tickets are \$30 per person and include New Orleans cuisine, Scool Jazz performance, entertainment by Peter Madcat Ruth and dancing to the Dixieland Sound. Call 462-4417.

Here's what's cooking in our Observer and Eccentric communities.

■ **Chef Dan Rowson of Oakland Community College** will be demonstrating dazzling desserts at the Welcome Wagon of Farmington Hills meeting 7:30 p.m. Tuesday, Feb. 1, at Faith Covenant Church (14 Mile at Drake). The meeting is open to the public, and with Valentine's Day just around the corner, this is one event you shouldn't miss. Call 563-8192 to reserve your place.

■ **Our hats off to the many women** who contributed to "Women Cook For A Cause," a cookbook published by the Schoolcraft College Women's Resource Center. The cookbook is the 1993 Midwest regional winner of the Tabasco Community Cookbook Awards.

The book was created to help women entering or returning to Schoolcraft College to further their education. Many Schoolcraft College Women, and outstanding

chefs including Mary Brady of Di-amond Jim Brady's, Kelli Lewton of 2 Unique Catering, and Denise Cuddy of the Shaton Oaks contributed to the book and tested recipes. To get your copy of "Women Cook For A Cause," send a check for \$19.95 plus \$3 shipping to Women's Resource Center, Schoolcraft College, 18600 Haggerty Road, Livonia, 48152-2696. For more information, call 462-4443.

Here's a recipe from the cookbook, submitted by Roberta Caurdy.

EXCELLENT POUND CAKE

- 8 ounces cream cheese, softened
- 3 cups sugar
- 3 sticks butter
- 6 eggs
- 3 cups flour
- 1½ teaspoons lemon extract
- 1 teaspoon orange extract
- Grease and flour tube pan. Cream together cream cheese, sugar and butter. Alternate additions of eggs and flour. Mix until smooth.
- Pour batter into prepared pan. Bake at 350 for 45 minutes to 1 hour, or until toothpick comes out clean.

Keely Wygonik is editor of the Taste and Entertainment sections of the Observer & Eccentric newspapers. She welcomes your calls and comments, 953-2105.

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USING SALICYLATES OTHER THAN ASPIRIN

Aspirin remains the medicine of choice for treating the inflammation of arthritis. Newer formulations include enteric coated aspirin which allow the medication to bypass digestion in the stomach. As a result, the risk of aspirin-related gastric ulcers is substantially reduced.

However the cost of coated aspirin is high and likely to increase as one of the manufacturers has gone out of the market. Also the coated aspirin is a large tablet and difficult for many people to swallow, particularly when the individual needs to take three-to-four tablets each day. These problems are leading physicians to prescribe other aspirin-like products. These alternatives contain the salicylate portion of aspirin but not the acetyl molecule which gives aspirin its distinction.

The alternative products need not be coated as they are not irritating to the stomach. The other salicylates come in a variety of tablet forms for easy swallowing and one product-trislate - can be taken as a liquid.

Unlike aspirin, these other salicylates do not hamper blood clotting, and can be taken up to the day of surgery with no concern. Also, these alternatives have generic forms which helps keep their cost reasonable.

Aspirin remains the best for arthritis, but the other medication can substitute if called upon.

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