

Restaurant owner shares favorite recipes

Known to her friends as Lulu, Lucy Mitchell's chicken dish is sure to be a hit at your house. She marinates her chicken in the family's Greek house dressing which is sold at Mitchell & Max TOGO in Lathrup Village. The salad dressing was created over 30 years ago by Mitchell's mom and dad. You can substitute your favorite Greek or Italian salad dressing if you like.

For more information about Mitchell & Max TOGO, call 559-TOGO.

CHICKEN LULU

4 boneless skinless chicken breasts
1 cup salad dressing or enough to cover chicken breasts
2 green peppers, sliced
1 onion, sliced
1/2 cup mushrooms sliced
1 jar of your favorite Marinara or spaghetti sauce
Olive oil to saute vegetables
Mozzarella cheese to sprinkle

on top of chicken breasts golden brown.

Marinate chicken overnight in refrigerator in salad dressing. To prepare chicken, saute chicken until lightly browned.

Cover bottom of a casserole dish with marinara or spaghetti sauce of your choice. Put chicken on top of sauce.

Sautee vegetables in olive oil until tender. Smother chicken breasts with sauteed vegetables. Sprinkle mozzarella cheese on top.

Bake in 350 degree oven until

BAKED POTATO SLICES

3 large baking potatoes with skin on
Greek salad dressing
Parmesan cheese
Pepper to taste

Wash and thinly slice potatoes. Lay on baking sheet and cover with salad dressing. Sprinkle with pepper and Parmesan cheese to taste. Broil until golden.

Serve momma's soup casserole during Lent

See Larry Jones' column on Taste front.

One of the recipes that remains dear to my heart momma's scrambled egg soup. It is known internationally as stracciatella which means "little rags."

HOT BROTH WITH EGGS AND CHEESE

1 quart chicken or beef broth
2 large eggs
3 tablespoons finely grated Parmesan cheese
3 tablespoons chopped parsley
A sprinkling of fresh grated nutmeg
Salt and pepper to taste

Bring the broth to a simmer. Beat together the eggs, cheese, parsley and nutmeg with a fork. Beat the egg mixture into the broth with a fork. Give the egg about 45 seconds to set — it should set into tiny threads in the same way as Chinese Egg Drop Soup.

Season the soup with salt and pepper. Serves 4.

Momma's famed scalloped potatoes are served year round, usually with leftover ham. But during Lent, the ham was omitted and in its place, a cheese au gratin potato casserole was served.

AU GRATIN SCALLOPED POTATOES

2 tablespoons all purpose flour
1/4 teaspoon salt
1/4 teaspoon black pepper
1/4 cup shredded cheddar cheese (momma used Velveeta)
1 1/2 pounds potatoes, peeled and thinly sliced
1 medium onion, thinly sliced
3 tablespoons butter
1 1/4 cups milk

Preheat the oven to 350 degrees. Generously butter a shallow 1 1/2 quart casserole dish. In a small dish, combine the flour, salt and pepper. Cover the bottom of the baking dish with a layer of about 1/2 of the potatoes, then make a layer of 1/2 the onion, 1/2 the cheese and sprinkle with 1/2 the flour mixture, then dot with 1/2 the butter.

Make two more layers in the same manner to use all the potatoes, onions, cheese, etc. Pour the milk evenly over the potatoes. Cover and bake for 35 minutes.

Uncover and stir gently and bake 30 minutes or until potatoes are tender and sauce is nicely thickened. Serves 4.

Celebrate Fat Tuesday, make your own paczki

See related story on Taste front.

PACZKI

2 cups flour
2 cups boiling milk
1/4 cup lukewarm milk
3 1/2 ounces yeast
6 egg yolks
1/2 cup sugar
1/2 vanilla bean, ground
1-2 teaspoons grated orange rind
1/4 pound butter, melted
Flour (for pastry board)
Jam

Deep fat for frying

Stir 1 cup flour into boiling milk, remove from heat, and beat until smooth. Cool. Dissolve yeast in the 1/4 cup lukewarm milk. Add to flour mixture, stir, and let stand half an hour.

Cream egg yolks and sugar, add vanilla and orange rind and add to dough when it begins to rise. Add remaining flour and butter,

and work with fingers until dough begins to stand away from the hands. Let stand until it has risen to about twice its bulk.

Roll out on floured board to thickness of 1/8 inch, and cut out circles with a pastry cutter or glass. Place a teaspoon of jam in center of half the circles (using only fruit, not syrup), cover with remaining circles, press edges together, and let stand in warm place to rise again.

Fry a few at a time in deep fat, taking care not to heat the fat so much that the dough will burn. Drain and serve dusted with confectioner's sugar.

Recipe from Polish Cookery by Marja Ochonowicz-Monastowa, Crown Publishers, New York (Copyright 1958, 1986), hardcover \$12.

PARIS BAKERY PACZKI

1 cup milk at room temperature

3 eggs
1/2 cup sugar
1 teaspoon salt
1 teaspoon baking powder
1/2 cup all-purpose vegetable shortening
4 packages dry yeast
4 1/4-4 1/2 cups all-purpose flour
Juice from 1/2 fresh lemon
1/2 teaspoon vanilla extract
Vegetable oil for frying
Jam for filling

Cream dry ingredients with shortening. Add eggs and milk. Mix until dough is completely incorporated and pliable, approximately 6-8 minutes. Cover dough with damp cloth or cloth moistened with oil to prevent crusting, and let rest for 10 minutes.

Divide dough into 24 pieces, cover again and let rest until dough

doubles in size, approximately 46 minutes to one hour.

Place doughnuts into pot containing pure vegetable oil heated to 375 degrees (doughnuts will not be entirely covered but will float on top of oil). Cook for two minutes or until golden brown crust forms.

Turn doughnuts over, submerge completely and continue frying for two minutes.

Remove doughnuts from fryer and let rest on screen or rack until cool. Split doughnuts partially and fill with your favorite preserves or jelly.

When doughnuts are completely cool, top with sugar water glaze or dust with either powdered or granulated sugar. Makes 24 doughnuts

Recipe from Paris Bakery in Livonia

Paczki from page 1B

For the uninitiated, paczki, correctly pronounced "pouch-kes," according to my friend Ewa Junczyk-Zlomecka, who's from Warsaw, Poland, and ought to know, are special jelly doughnuts made only on Shrove Tuesday, the day before Lent.

"They're not just an ordinary doughnut," said Carl Richardson, president of the Metro Bakers and Allied Club at the January meeting held at Paris Bakery in Livonia. This year, the club is launching a national and statewide campaign that includes bumper stickers and 108 billboards across to promote paczki.

"I grew up on the lower east side of Detroit and was 14 before I ever heard of paczki," said Michael Grawlewski of Sweetheart Bakery who researched the history of paczki to make a presentation at the meeting.

"I was all ears, he was talking about a subject near and dear to my heart. Both of my parents are Polish, my maiden name is Kaleski, and my husband is Polish too. But I confess, I didn't eat my first paczki until I moved to Hamtramck."

"Years ago paczki were made on a skillet," said Grawlewski. "They were flatter and fried. I recall as a child that fat was very

expensive. Anything fried in fat was a treat. Over the years, people added raisins, prunes and other dried fruits that were available during the winter."

"They don't celebrate Paczki Day in Poland, but they do observe "Grease Thursday" — the beginning of Shrove tide which lasts six days and ends with the beginning of Lent on Ash Wednesday. On Grease Thursday, Poles indulge on paczki and other fancy pastries.

According to Richard Jurkiewicz, who is vice president of the Metro Bakers and Allied Club, translated, paczki means "fat and jolly."

Paczki are rounder, larger and fuller than regular doughnuts. "The dough is richer and so are the fruit fillings. They take longer to fry than regular doughnuts, too."

Jurkiewicz and Vangelov both said the most popular flavor is raspberry, followed by strawberry, custard, apple, and blueberry.

Paczki should be eaten right away, but if you want to save some for later, Vangelov recommends storing them in the box at room temperature. They can be frozen for up to 30 days to be enjoyed later.

Believe me, you'll be fat and jolly if you eat too many paczki. They are rich in taste, and calories.

{#18 in a series}

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