

Family shares treasured recipes

See related story on Taste front.

BAKED SHANNON SALMON

6 salmon steaks
Spreadable margarine or softened butter
1 cucumber sliced thin
1 lemon sliced thin
Parsley for garnish
Spread salmon with butter on both sides. Wrap in tin foil. Bake at 400 degrees, (about 30 minutes). Garnish with cucumber and lemon slices and parsley. Salt and pepper to taste. Serves 6.
If desired, serve with a sauce made from 1 cup of plain yogurt, 2 teaspoons fresh lemon juice, 1 tablespoon chopped fresh dill or 1 teaspoon dried.

IRISH MINTED PEAS

1 bag frozen peas
1 teaspoon dried mint
1 teaspoon sugar (optional)
Butter or margarine
Add peas, mint and sugar to

boiling salted water. Simmer until tender. Drain, toss with butter and serve.

NUTTY BLARNEY BUNS

1 package of 6 puffed pastry shells
Filling:
8 ounces shredded mild cheddar cheese
2 ounces brown sugar, or to taste
1 teaspoon lemon juice
1 half pint whipping cream or artificial whipped cream
Silvered almonds or crushed walnuts
Green frosting for garnish
Bake shells according to package directions. Cool on wire rack after cutting top off.
Whip cream into soft peaks. Mix cheese, brown sugar and lemon juice and fold into cream. Fill shells and allow to set 15 minutes. Decorate with nuts, decorate tops with green frosting and top buns.

Traditional Irish fare for St. Pat's Day

These recipes are compliments of the "Irish American Cultural Institute Cookbook." See related story on Taste front.

CURRENT SCONES

2 cups white flour
2 teaspoons baking powder
2 teaspoons sugar
1/2 cup milk
1/2 teaspoon salt
4 tablespoons butter
1 egg, beaten well
1/2 cup currants
1 teaspoon fresh grated lemon rind

Preheat the oven to 450 degrees. Mix together the dry ingredients. Work in the butter with finger tips as in making a pie crust. Add beaten egg, milk, currants and lemon peel. Mix well. Turn onto a floured board and knead 5 times. Pat out on a board until 1/2 inch thick. Cut with a round cutter. Place scones on a lightly floured baking sheet and bake at 450 degrees for 15 minutes. Place scones on a rack to cool.

BEEF POT ROAST WITH GUINNESS STOUT

3-4 pounds English cut roast (chuck, rump, etc.)

1/4 cup white flour
1/2 tablespoons garlic powder
1/2 tablespoons fresh ground black pepper

2 tablespoons solid vegetable shortening
1 large bay leaf
3 large onions, sliced
2-3 bottles Guinness Stout
6-8 smaller onions
6-8 carrots
6-8 medium potatoes, peeled
4-6 tablespoons butter
4-6 tablespoons white flour

Combine the 1/4 cup white flour with pepper and garlic powder on a large plate. Roll the English cut roast through the mixture, flouring well on all sides. Melt the solid vegetable shortening in a large dutch oven and then brown the roast in the Dutch oven on all sides. Add the three large onions (sliced), two bottles of Guinness Stout and the bay leaf. Cover and cook for 3-4 hours at 350 degrees.

This is much longer than usual. You want the meat to be "overdone" and fall apart when served.

During the last hour of cooking, add the carrots, potatoes, small onions and another bottle of Guinness.

ness if the liquid in the Dutch oven is low. When the roast is cooked, remove the vegetables and cover to keep warm.

Pour 4 cups of boiling water over the roast to add to the juice. Remove the roast, cover and keep warm.

Using remaining 4-6 tablespoons of butter and flour, make a roux by combining both and stirring them into the simmering liquid to make a gravy. The recipe serves 6-8 easily. Leftovers make a great stew. Here's a great topping for ice cream, bread pudding or other Irish desserts.

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nearby West Bloomfield are officers in the Detroit Chapter of the Irish American Cultural Institute, and have started an Irish cooking school. They also worked with Green Smith, newly anointed innkeeper and owner of the fabled Botsford Inn at Grand River and Eight Mile in Farmington Hills, to create a traditional Irish menu for a St. Patrick's Day feast, 6 p.m. Thursday, March 17.

Featuring more than 158 years of history and hospitality, the Botsford Inn's grand Irish buffet will please and delight even the pickiest of diners with a choice of more than 17 items, priced at a reasonable \$14.95 per person. Reservations can be made by calling 474-4800. Seating begins at 5 p.m. and will be on a first come basis.

"Traditional Irish food is a lot like the food the Botsford Inn serves," said Julie Demery. "Irish cooks use a home country type of menu — not fancy but very good — calling for real butter, milk or cream. And it's very important to use these ingredients on the food came out of a farming culture and these high-quality items were usually in abundance," she said.

Pam and Jerry Maloney are co-conspirators in the Irish cooking school and have put together a nice little cookbook promoting Irish cuisine. "Next year we hope to attend the famed Ballymaloe cooking school in Dublin," said Pam, an assistant principal at Levy Middle School in South-

field. For more information on the Irish cookbook and future cooking schools, call Julie Demery, (810) 540-6687.

"Authentic Irish music coupled with the good food and charm of the old Botsford Inn will be a special family night and a fun way to spend St. Patrick's Day," said Smith. He was quick to add that holding the Irish feast at the Botsford Inn is especially fitting because of the Inn's ties to Henry Ford, whose family immigrated from Ireland and treasured their Irish heritage. Henry Ford's father, William, came from an area named Fairlane in Cork, hence the title "Fairlane" throughout Dearborn.

The Irish feast will be served in the rear ranch house, which features inviting stained glass, big wood beams and comfy surroundings.

If you haven't been to the Botsford Inn recently, you'll certainly appreciate what Smith, formerly of the Mayflower Hotel in Plymouth, has done with the place. The Botsford was once a stagecoach stop between Detroit and Lansing, and history buffs will appreciate the fact that the inn is listed in National Register of Historic Places, largely because of its ties with the Ford family.

See Larry Jones' family-tested recipes inside. To leave a message for Chef Larry, dial 953-2047 on a touch-tone phone, then mailbox number 1888.

Vegetable dishes offer exotic options

See Larry Jones' Taste Buds column on Taste front.

SCRAMBLED EGGS WITH NOPALES

2 tablespoons pine nuts (pignolias)
2 tablespoons butter
1/4 pound nopales, de-pickled and cut into pieces
2 tablespoons green chili peppers, diced
7 eggs
Salt and pepper to taste
Toast the pine nuts over low heat in a skillet until lightly browned.

stirring often. Set aside.

Melt the butter in a heavy frypan and stir in the nopales and cook over medium heat until tender crisp, about 4-5 minutes.

Stir in chili peppers and eggs, scramble eggs until desired doneness is reached. Season with salt and pepper to taste. Sprinkle with pine nuts and serve. Serves 3.
Nopales, also known as cactus pads, are available at Mexican markets and can be bought fresh or canned.

Fennel is a popular vegetable that is trendy when sliced thin and

grilled with melted butter or a light vinaigrette. But once you've tossed together this utterly carefree dish, you may wonder how you managed without it.

SAUTEED FENNEL WITH LEMON

2 medium fennel bulbs, about 1 1/2 pounds
2 tablespoons olive oil
1/4 teaspoon salt, or to taste, optional
1 teaspoon fresh grated lemon peel
Pepper to taste
Trim and reserve the fennel leaves and cut off any top stalks

and reserve. Quarter each bulb lengthwise; then cut each quarter crosswise in very thin slices.

Mince one tablespoon of the leaves. Heat oil in a large, heavy skillet; toss fennel slices to coat. Add salt and continue tossing over moderate heat until tender, about 8-10 minutes.

Toss with lemon juice and sprinkle with pepper to taste. Sprinkle with minced caps. Serves 3.

Recipe source: "Uncommon Fruits and Vegetables" by Elizabeth Schneider. (Copyright 1986, Harper & Row, \$29.95.)

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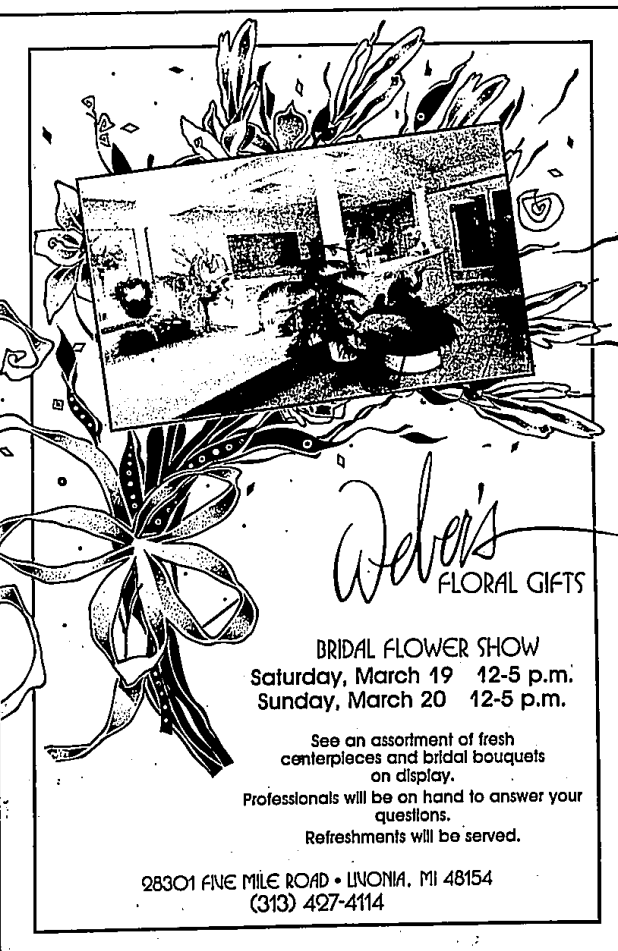
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