

Le Gala de Cuisine recreates culinary magic

More than 45 chefs from 30 metropolitan Detroit areas again will create culinary magic during Cranbrook Schools' 17th annual Le Gala de Cuisine 3-7 p.m. Sun., May 7 at 550 Lons Pine Road.

Included in admission of \$125 (friend) \$150 (patron) and \$200 (benefactor) are an imaginative cookbook featuring treasured recipes from participating chefs. All proceeds go to faculty enrichment, scholarships and school restoration.

For ticket information, call Cranbrook Schools, (810) 645-3000. For general information, call Milliecent Worrell, (810) 646-7356. Cranbrook Schools, 550 Lons Pine Road, is a division of Cranbrook Educational Community which also includes Cranbrook Academy of Art and Museum and Cranbrook Institute of Science.

Known as the area's premier dining experience, Le Gala de Cuisine features hors d'oeuvres, entrees, desserts, coffees and champagne from some of the city's top restaurants. Chefs vie for honors in their presentation as well as the quality of their tastings.

In addition to offering such delicacies as crawfish Alexander, crab Rangoon, ginger-garlic eggplant, poached salmon or petite filet sandwiches and varieties of pastries.

Le Gala de Cuisine celebrates the occasion with continuous entertainment by Cranbrook Kingswood musicians and dancers under the direction of Sarkis Halejian and Jessica Sinclair; colorful floral displays; and unparalleled architectural views from the Chel Saarinen-designed Quadrangle.



Gourmet presentation: Chef Juliette Jonna of Juliette's Cuisine, Merchant of Vino, Birmingham, will be offering tastes of gourmet goodies at the 17th Annual Le Gala de Cuisine, May 7, at Cranbrook Schools.

Participating local chefs include:

Eric Bugz, Fox and Hounds Den; and Timothy Tont, Palate Pleaser in Bloomfield Hills.

Jim Kardosh, Alban's Bottle and Basket; Stacy Harst, Marty's Cookies; Craig Dilworth, Ocean Grill; Daniel W. Smith, Midtown Cafe; Juliette Jonna, Merchant of Vino; and Dale Allmyer, La Petite Fleur Catering and Part

Planting of Birmingham.

Certified Master Chef Miles Chelika and Steve Allen of the Golden Mushroom; Chuck Williams, Morton's of Chicago in Southfield.

Gloria Jean's Coffee; Gary Tottis, Charlie's Crab; and Marshall Chin, Min Jin Lau Restaurant in Troy. Lou DiCicilia, Savino's Italian Sorbet, West Bloomfield. David

Iselli, Paint Creek Country Club; and Rebecca Tula, Pampered by Polly of Rochester.

Robin Tottis, Sweetwater Bistro in Keego Harbor and Kelli Lewton, 2 Unique in Beverly Hills. Vincenzo Bassonetti, Cafe Cortina and Alongkat Arbansman, Thai Peppers in Farmington Hills, and Chris Dewart, Michigan Star Clapper Dinner Train, Walled Lake.

COOKING CALENDAR

Send items to be considered for publication to: Keely Wygnik, Observer & Eccentric Newspapers, 38251 Schoolcraft, Livonia 48150, or by fax (313)691-7270.

Cooking demonstrations

SUNSHINE MEALS
Do you plan dinner on your way home from the office? Head here! This presentation will help you add variety and taste to your menus. 7-9 p.m. Wednesday, April 26, Health Development Network at Botstorf, 39750 Grand River, Nov. Fee \$5. (810) 477-6100

COOKING WITH HERBS
Rochester Branch of the Women's National Farm & Garden Association is holding an herb presentation, "Quick and Easy Cooking with Herbs," 1 p.m. Thursday, May 4, Rochester Community House, 610 Ludlow, Rochester. Cost \$3. Call for reservations by April 27. (810) 656-9176

APPROPRIATE ENTERTAINING
Join Judy Antshin on site features the how to of setting a beautiful and beautiful buffet that includes roasted meats, vegetables, old world breads. 7:30-9:30 p.m. Wednesday, May 10, Longacre house, 24705 Farmington Road, Farmington. The fee is \$15. (810) 477-8404

MURROW'S
Variety of cooking demonstrations are being offered by Hudson's Market in place at local malls. Westland, 2:30-3:30 p.m. Sunday, April 30, Summer entertainment will continue: 2:30-3:30 p.m. Cooking as partners with Capulon, Twelve Oaks. Chef Brian Polcyn of Accura will conduct a cooking class featuring All Clad cookware, noon to 1 p.m. Thursday, April 27, Twelve Oaks. A representative from Weber will talk about grilling and share recipes, noon to 2 p.m. Saturday, April 29, at Oaklawn.

Support Groups
DIETARY SUPPORT GROUP
Recipe convention, Botstorf General Hospital, April 26, conference room 2-102050 Grand River, Farmington Hills. (810) 471-8870

FOOD ALLERGIES
Meeting for people with Anaphylaxis, a life-threatening allergic reaction, which can be caused by foods, insect stings, medications and even exercise. Learn about the signs and symptoms, and what to do when a medical emergency occurs. 7:30 p.m. Monday, April 24, Arbor Health Building, 900 W. Ann Arbor Trail, Plymouth. For information, call (810) 693-9424 or: (810) 452-2626

MEDICATED HERBS
Volunteer support group for people who have heart disease and their families. Meets 7 p.m. on the third Tuesday of each month at Eisenhower Hospital Administration Building, Classroom 2, 13 Mile Road, Royal Oak. (810) 477-5627

CELESTIAL SPIRITS
Monthly meetings include information on how herb foods, label reading, recipe sharing, state testing. Ideas for children. 7:30 p.m. Monday, May 8, Southfield Presbyterian Church, 21575 W. 10 Mile Road. Call (810) 332-2938 or (810) 477-5953

Classes
LEHORET'S NATURAL CUISINE
Cooking school, natural cuisine, step-by-step instruction, recipe hand-outs, 22929 Inkster, Royal Farmington Hills. This week, begging cooking 5-9 p.m. Monday, April 24 and 26, wellness lecture 7:30-9 p.m. Friday, April 28, 28th street, 10-11 a.m. Sat., April 28. (810) 478-4455

SOUTHWILD PUBLIC SCHOOLS
Chef Miles of the Golden Mushroom is offering a series of classes 6:30-9:30 p.m. on Tuesdays at the Community Ed Center, 18575 W. Nine Mile, Southfield. Cost \$40 per session. \$150 for series of four. Upcoming classes include: Exciting Seafood, May 2. (810) 746-8700

FEEDING YOUR WHOLE SELF
Vegetarian cooking classes are being offered 6:30-9:30 p.m. Thursdays at the Daily Grind in Ann Arbor. May 4. Delights and Delivers features a range of what's possible without dairy. (313) 996-0761

Juliette Jonna of Merchant of Vino shares recipe

Here's a recipe from Chef Juliette Jonna of The Merchant of Vino, one of the participants in the 17th Annual Le Gala de Cuisine.

GRILLED PORTOBELLO SANDWICH

For the Portobello
4 extra large Portobello mushrooms
2 shallots
1/2 cup pure olive oil
Salt and cracked pepper
For the onions:
2 red onions

1 tablespoon pure olive oil
Salt and fresh cracked pepper
For the Rosemary Aioli:
2 cloves garlic
1/2 tablespoon fresh rosemary
Salt and fresh cracked pepper
1 cup prepared mayonnaise
1/2 tablespoon lemon juice

Clean mushrooms with damp towel. Remove stems. Dice shallots finely. Combine olive oil, salt and cracked black pepper. Marinate mushrooms in oil mixture until most of the oil is absorbed (about 30 minutes). Grill mushrooms over wood fire or bake in oven on sheet

at 350 degrees F, until thoroughly cooked.
Slice red onions into 1/4-inch thick slices. Brush with olive oil and season with salt and pepper. Bake in oven at 350 degrees F, for 8 minutes. Remove and smoke for 30 minutes more. Finish oven on a grill.

If a smoker is not available, onions may be grilled over a wood fire or baked through in oven until golden brown.
To make Rosemary Aioli: Mince garlic, rosemary and salt to a paste. Blend with mayonnaise, lemon juice and pepper.

To assemble sandwich:
Toast 4 semolina round rolls, spread a generous dollop of rosemary aioli on both the top and bottom of each roll. On bottom half of roll, place arugula leaves, then 1 grilled Portobello mushroom and top off with smoked onion slices. Place top of roll on sandwich and cut in half.

Answers to food questions

For answers to questions about food safety, nutrition and preservation, call the Food and Nutrition Hotline, 8:30 a.m. to 5 p.m. Monday through Friday, (810) 658-0904 in Oakland County, (313) 494-3013 in Wayne County.

The Food and Nutrition Hotline is the place to call for all your food concerns. Questions on why your jam won't jell, or how to freeze those tomatoes are some common requests answered daily by the trained staff of the hot line.

Local cook competes in contest

Denny Gross of Troy will represent Michigan at the 41st National Chicken Cooking Contest on April 28 at the Merchandise Mart in Atlanta, Ga. Her recipe for Chicken Adobo with Island Beans and Peppers was selected the best entry from the state.

She will compete with 50 other finalists, one from each state and the District of Columbia, for the Cook-Off's \$25,000 top prize. Four other prizes range from \$5,000 for second to \$1,000 for fifth. Each finalist receives an expense-paid trip to Georgia, the nation's second largest broiler-producing state.

A panel of nationally-known food experts select the winners of prizes totalling \$36,000. Recipes are judged on taste, appearance, simplicity and appeal. The Contest is sponsored by the National Encoder Council, the trade association for the United States chicken industry, and Southeastern Poultry and Egg Association.
This contest dates back to 1949

and is one of the nation's oldest food competitions. Held annually for a number of years, the National Chicken Cooking Contest is now on an alternate-year schedule.

CHICKEN ADOBO WITH ISLAND BEANS AND PEPPERS

8 chicken thighs, skinned and boned
1 1/2 teaspoons dried oregano, crumbled
1/4 teaspoon onion powder
1/4 teaspoon salt
1/2 teaspoon freshly ground black pepper
1/2 cup lime juice
2 garlic cloves, peeled and crushed
Island Beans and Peppers: recipe follows
1/2 teaspoon grated lime peel
Cilantro sprigs
Lime slices
In small bowl, mix together oregano, onion powder, salt and pepper. Rub mixture over both sides of chicken; set aside. In large frypan,

mix together lime juice and garlic; simmer on medium temperature 2 minutes. Remove garlic from frypan and discard. Add chicken to frypan and cook, covered, over medium low heat, turning once, about 10 minutes or until fork can be inserted with ease.

Place Island Beans and Peppers on serving dish, arrange chicken on top and sprinkle with lime peel. Garnish with cilantro sprigs and lime slices. Makes 6 servings.
Island Beans and Peppers: — In large frypan, mix together 1 red pepper, seeded and cut in thin strips about 2 inches long; 1/2 cup chopped green pepper; 3 tablespoons chopped onion; 1 teaspoon chopped fresh cilantro; 1 tablespoon vegetable oil; 2 tablespoons lime juice; 1/4 teaspoon salt and 1/4 teaspoon freshly ground black pepper.
Over medium low heat, cook, stirring 3 minutes. Stir in 2 cans (16 oz. or 16 oz. each) black beans, rinsed and drained. Cook over low heat, stirring, about 3 minutes or until beans are hot.

Spend the day cooking with a chef

Executive chef William J. Hall will share his enthusiasm for Italian fare demonstrating antipasti dishes, salads, pastas and desserts at Schoolcraft College 9 a.m. to 4 p.m. Sat., April 29.

The class is a continuation of the college's "Seventh Annual Chef's Seminar for Sophisticated

Cooks." Call (313) 462-4448 for registration information.
Class members will eat the delicious results of Chef Hall's culinary skills and leave the session with priceless recipes.

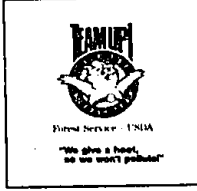
Hall is part owner of the popular Arriva Ristorante, while living with Olivia and William DeGuano in Casino, Italy, he

learned important Italian culinary skills that are reflected in the outstanding foods served at Arriva. Prior to opening Arriva Ristorante, Hall apprenticed under Chef Gene Louis, worked locally at Mario's, was Executive Chef at Pine Knob and LaVerde, and was owner/chef of Andiamo Italia.

Call hotline for nutrition information

Call the toll-free Nutrition Hotline of the American Institute for Cancer Research 1-(800) 843-4114 for free, personalized answers to nutrition questions from a registered dietitian. The hotline operates weekdays 9 a.m. to 5 p.m. You can also call the hotline to request a list of free publications to help you eat for good health

and lower cancer risk.
The hotline is offered by the Institute as a public service. AICR's registered dietitians will return your call within 48 hours. The Institute focuses on the link between diet, nutrition and cancer. Researchers estimate that 40 to 60 percent of all cancers are linked to our diets.



ORCHARD-10 IGA

Corner of Orchard Lake Road & Ten Mile in Farmington 476-0974

GIGANTIC Buy (1) Get (1) FREE Sale!

<p>Fame Grade A HEN TURKEYS</p>  <p style="font-size: 2em; font-weight: bold;">49¢</p> <p>lb.</p>	<p>Boneless SIRLOIN TIP ROAST</p>  <p style="font-size: 2em; font-weight: bold;">\$1.88</p> <p>lb.</p>
<p>California STRAWBERRIES</p>  <p style="font-size: 2em; font-weight: bold;">78¢</p> <p>lb.</p>	<p>First of the Season VIDALIA ONIONS</p>  <p style="font-size: 2em; font-weight: bold;">49¢</p> <p>lb.</p>
<p>7-UP</p>  <p>12 oz. 12 pak cans</p> <p style="font-size: 2em; font-weight: bold;">\$5.00</p> <p>2/ + dep.</p>	<p>PEPSI COLA</p>  <p>2 liter bottles</p> <p style="font-size: 2em; font-weight: bold;">89¢</p> <p>+ dep.</p>

WE ACCEPT



Prices & Items Good Thru Sun., April 30, 1995 Check Sale Items in Store Policy

DOUBLE COUPONS

UP TO 50¢