

# Treat from page B1

Michael, help hand deliver the tortes throughout metro Detroit. Andy dreams of owning his own restaurants some day, and also expanding the torte business. "The restaurant business is very unpredictable," he said. "You need to have a couple of things going."

Their Valentine's Day "Something Chocolate" torts is 6 inches, and serves 8 to 10 people. Two days advance notice is required.

"Besides making the tortes, Andy enjoys delivering them too. It's fun to deliver because you see the reaction on people's faces," said Andy. "They're astounded by the packaging. It's a surprise."

For the last 18 years, Bonnie Fishman has been serving delicious, all-natural foods at Bonnie's Patisserie, a one of a kind European-style eatery that offers both pastries and lunch.

You can eat in or carry-out. The setting is tranquil, there's a bubbling stream where wildlife gather making you forget you've just turned off busy Northwestern Highway.

Bonnie's Special Valentine's Day Menu," includes Heart

Shaped Dried Cherry Scones (\$1.25 each/\$15.50 dozen), White Chocolate or Dark Chocolate Mousse Tarts (petites \$10.50 dozen), Fat-Free Chocolate Bundkins (\$1.75), White Chocolate Chunk or Nut Brownies (\$1.75 each/petites \$7.50 dozen), Heart Shaped Butter Cookies (95 cents each, \$10 dozen), Schaum Tort and Strawberry Meringue with Chocolate, Strawberries & Cream (\$5.25 - serves two), Heart Shaped Fresh Raspberry or Strawberry Tart (\$6 - serves two), Popsycard Torte with Fresh Strawberries (\$25 - 9-inch heart), and Strawberry Forest (\$25, 9-inch heart).

"Pastries are a nice alternative to candy," said Fishman. "You eat it and it's done."

If you're planning a romantic dinner out, why not enjoy a special dessert at home?

"It's a nice way to finish the evening," said Fishman. Bonnie's Patisserie also serves lunch. Daily Blackboard specials feature a variety of hot entrees, salads, soups and sandwiches priced \$2.50 to \$5.95. "It's fast, inexpensive, and everything is made from scratch," said Fishman. "It's real food."

# Bake something special for Valentine's Day

*See related story on Taste front.*

## FRESH RASPBERRY TARTS

**Dough:**  
1 cup flour  
1 tablespoon sugar  
3 ounces cold butter, cut into bits  
1 egg yolk  
1 tablespoon cold water

**Filling:**  
6 ounces cream cheese, room temperature  
2 tablespoons sugar  
1/3 cup plus 2 tablespoons sour cream  
Juice of 1/2 lemon  
1 1/2 teaspoons vanilla  
1-2 pints fresh raspberries  
Red cyranol jelly

To make dough: Combine the flour and the sugar in the bowl of a food processor. Add the butter. Pulse on and off until the dough resembles coarse meal. Scramble

together the yolk and water. Pour through the food tube while the motor is running. When dough forms a ball on top of the blade, shut off.

Roll the dough out to 1/8-inch thickness and fit into heart shaped tart molds. Prick with a fork. Freeze for 30 minutes. Bake tart on a cookie sheet at 350° F. until golden brown, about 16-20 minutes. Cool.

To make filling: Combine the cream cheese and sugar in the food processor until blended. Add the sour cream and blend for 30 seconds. Scrape down the sides. Add the lemon juice and vanilla. Process until combined.

Spread the cream filling evenly into the tarts. Arrange the raspberries in the tarts in a single layer and fit snugly together. Heat some currant jelly in a saucepan over moderate heat until free of lumps. Using a pastry brush, coat

the tops of the raspberries. Chill before serving.

*Recipe compliments of Bonnie Fishman, owner Bonnie's Patisserie in Southfield.*

## TOASTED WALNUT FUDGE

### BREAD

1 cup coarsely chopped walnuts  
3 ounces semi-sweet chocolate, melted and cooled  
1 cup butter  
1 cup sugar  
5 eggs  
2 1/4 cups flour  
1 teaspoon baking soda  
1 teaspoon salt  
1 cup buttermilk  
1 teaspoon vanilla extract

Preheat oven to 350°F. Grease two 9 1/2-inch loaf pans. Toast walnuts on baking sheet for 3 to 5 minutes or until fragrant. Cool. Melt chocolate by microwaving

on medium high for 25-second intervals, stirring in between until smooth. Cool.

Cream butter and sugar. Beat in eggs one at a time. Mix in cooled chocolate.

In a separate bowl, mix flour, baking soda and salt. Stir buttermilk and vanilla together. Add flour and buttermilk alternately to chocolate mixture. Stir in walnuts.

Divide batter between the two prepared pans. Bake for 55 to 60 minutes, or until a knife or toothpick inserted in the center comes out clean. Cool bread in pans for 10 minutes, then remove from pans and cool on a wire rack.

Serve arm or toast, with butter.

*Recipe from Bernadette Van Lente of the Willow Brook Inn Bed & Breakfast, one of 67 recipes featured in "Chocolate for Breakfast and Tea," by Laura Zahn, (Down to Earth Publications, \$21.95).*

## Main dish salad recipes sought

In celebration of March as National Nutrition Month, the American Heart Association of Michigan is sponsoring a Main Dish Salad recipe contest.

The recipe should contain no more than a 3 ounce portion per serving of protein such as lean meat, chicken, fish, legumes or soy, and a fat-free, or reduced fat dressing, which is within American Heart Association dietary guidelines. Include your name, address and a daytime phone number where you can be reached.

Send recipes to: American Heart Association of Michigan/Recipe Contest, 16310 W. 12 Mile Road, Southfield, MI 48076, or fax (248) 657-8533. Deadline for entry is Monday, Feb. 25. Five finalists will be chosen, and asked to prepare

their salads for judging at the "Ask a Nutrition Expert - The Registered Dietitians," a free educational event noon to 4 p.m. Sunday, March 8, at Tel-Twelve Mall in Southfield.

The winning recipes will be featured in the Observer & Eccentric Taste section on Sunday, March 15, and in a brochure to be produced by the American Heart Association of Michigan.

First prize is a gift certificate for two for lunch at the Golden Mushroom in Southfield. Second place is two cookbook selections from the American Heart Association. Third place is one cookbook from the American Heart Association. All five finalists will receive a subscription to Muriel Wagner's "Eating Younger" newsletter. Call (248) 350-1190 for more information.

## Wine from page B1

detected as the peaty, smoky notes.

In The Glenlivet, three to five parts per million are part smok compounds. In Lagavulin or Laphroig, there are 60 parts per million. "Taste a single malt with your nose," Bell advised.

### Impressive single malts

The following single malts were particularly impressive at the tasting. Strathisla \$38, a 12-year-old pure Highland Malt is produced by Scotland's most beautiful distillery. It is also one of the oldest with founding in 1788. The elegant spirit has a pleasant, nutty taste from aging in sherry barrels and is always part of the Chivas Regal blend.

One of Speyside's most complex single malts is Longmorn \$48 with its caramelized pear aroma and exceptionally smooth finish. Strathisla and Longmorn are part of The Heritage Selection of Single Malt Whiskies along with Bonriach

\$36.50 and Glen Keith \$30, a handsome four-bottle collection.

The steal of the show was The Century of Malts, produced by Chivas Brothers, in one of the most distinctive packages around. "Century" is fabulously harmonious as the union of 100 specially selected Malt Whiskies from The Highlands, Speyside, The Islands and The Lowlands of Scotland. Designed to bridge the gap between Malts and deluxe Scotch Whisky blends, it provides pleasure to lovers of both. Incomparably rich and smooth with great aromas, it is peerless in its \$50 price category.

If the Cigar Club interests you, phone Andrea Aratakis at Morton's (248) 354-6006. Cigar Club meets 6-7 p.m. on the second Monday of the month, 10 months of the year. Six events plus six guest passes is \$425. All 10 plus 10 guest passes is \$650. Beverages, cigars and a generous buffet are included at each event.

## Nutritious dishes for eating more 'Sensibly'

*See related story on Taste front.*

Join Sharon Meyer and Nanette Cameron, both dietitians, for their "Natural Alternatives to Standard Hormone Replacement Therapy" workshop, lecture, cooking demonstration, taste testing - 7-8:30 p.m. Tuesday, Feb. 3, at Living Better Sensibly in Farmington Hills. Spaco is limited, call (248) 539-9424 to register, or to find out about the upcoming Vegetarian Cooking Series in February.

### ORANGE-APRICOT BARS

2 tablespoons frozen orange juice concentrate  
1/3 cup frozen apple juice concentrate  
2 cups dried apricots  
1 1/2 cups flaxseed (ground in coffee grinder)  
1 teaspoon grated orange rind

Cook the dried fruit in the juice concentrate and then mix with ground flaxseeds and orange rind in a food processor. Press dough evenly into a 9 by 9-inch pan and then cut into bars. Refrigerate any leftovers.

### TOFU VEGETABLE CHILI

1/2 pound yuca, peeled and cut into 1-inch cubes  
Juice of 1/2 lime  
1 medium onion, diced

3 garlic cloves, minced  
1 jalapeno pepper, diced  
1/2 red bell pepper, diced  
1/2 green bell pepper, diced  
1 can (15 ounce) garbanzo beans, including liquid  
1 can (28 ounce) no salt added tomatoes, including liquid  
2 scallions, diced  
3/4 cup chopped cilantro, loosely packed  
1 package (10.5 ounce) silken firm tofu

In a saucepan, cover yuca with cold water and lime juice; simmer until tender - about 40 minutes.

Remove tofu from box and cut into 1-inch slices. Lay slices flat and place paper towels over tofu to absorb excess moisture. Blot gently but firmly. Cut tofu into 1-inch cubes. Coat a skillet with nonstick vegetable spray; add tofu, onion, peppers, jalapeno, and red and green peppers. Sauté ingredients over medium heat until the onion has a translucent appearance. Add the cans of garbanzo beans and tomatoes; simmer an additional 5 minutes. Drain yuca and add to the tomato mixture. Cook for 10 minutes to allow flavors to blend. Top each bowl of chili with cilantro and scallions as desired. Makes 11 (1 cup) servings.



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