Busch's to purchase Vic's?

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Busch's and Vic's World Class markets are negotiating to complete what officials there describe as a "creative merger/acquisition."

Officials from both markets would not comment on specifics of the negotiations, such as what financial transactions were involved, but in a press release, Busch's officials stated that Busch's was acquiring Vic's World Class Markets in Bloomfield Hills and Novi which "would result in a merger of skills and efforts that would take both businesses to the next level of excellence."

Vic's Beverly Hills market is not included in the deal. The two owners — John Busch and Vic Ventimiglia — continue to negotiate.

Based in Ann Arbor, Busch's currently has 11 locations, including Livonia and Plymouth. A site at Drake and Grand River in Farmington Hills is scheduled to open in November and a third Ann Arbor location is in the site-planning stage.

■ 'Both stores are popular in the areas that they are in.'

Ron Ventimiglia
—Vic's general manager

Ron Ventimiglia, Vic's brother and the market's general manager, said the move will add more "everyday" grocery items to Vic's offerings while maintaining the produce items that are popular.

"It's great for customers, and it's great for employees," Ventimiglia said. Vic's in Novi houses 55,000 square feet, while the Bloomfield Hills store has 45,000 square feet.

"Both stores are popular in areas that they are in. We've had a goal of several stores and it would take us a while to get there. But they (Busch's) are already there with stores."

Produce is one of the areas Busch's feels Vic's "is better in," Ventimiglia said.

Busch's commitment to growth is "further enhanced by the acquisition," said Peggy Conlin, Busch's spokesperson.

"It will be an evolution," Conlin said of any changes. "Each one of the stores will be affected differently."

Conlin said it was an exciting time for the stores. "We're proud that these are family owned and run businesses. They are really committed to food and food service, and people who have a passion for food."

The state of Michigan Liquor Control Commission must approve license transfers before *the deal is completed, which may* take two to three months to conclude.

AMERICAN INSTITUTE FOR CANCER RESEARCH

Tasty picatta: *Thinly sliced turkey breast cutlets work well in this turkey picatta.*

Turkey picatta brightens winter dinner

Even while on a winter vacation in warmer climates, the shortened days of this season can still produce the winter blahs which tempt people to reach for a 4 p.m. chocolate bar, and the devil take the consequences.

Instead of the chocolate, consumers can experiment and find that eating turkey a few times a week alleviates the hibernal funk. Placebo effect, you say. Perhaps. But lunching on turkey burgers, getting regular exercise, and floating mood-lifting fragrances through the house does brighten moods.

In addition, the American Institute for Cancer Research recommends that we choose foods such as fish and poultry in place of red meat, which we should limit to less than 3 ounces each day for lower cancer risk and better overall health. Turkey is an ideal alternative to red meat because it can be lean, easy to cook, and is a great source of protein. Unfortunately, it is also easy to make the lean breast parts taste and look like cardboard – dull, dry and hard. But this can be avoided.

Turkey Picatta is one way to accomplish this. This dish, traditionally made with veal, used to be the secret any hostess relied on for an almost instant elegant dinner. Thinly sliced turkey breast cutlets work every bit as well as the veal.

TURKEY PICATTA

- 2 tablespoons capers
- Four 4-ounce turkey cutlets
- 2 tablespoons flour
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1/2 cup defatted chicken broth
- Juice of 1 lemon, about 1/4 cup

If using salt-packed capers, soak them for 20 minutes in lukewarm water. Drain well. For vinegar-packed capers, drain, rinse well and dry. Chop the capers and set them aside.

Rinse the turkey cutlets and pat dry. Place the flour on a plate. Add the salt and pepper. Dredge the cutlets in the seasoned flour.

Spray a large, non-stick skillet very well with cooking spray. Set the pan over medium-high heat.

Brown the floured cutlets on one side, about 4 minutes. Turn and cook until the turkey is browned and the meat is faintly pink inside, reducing the heat if necessary. Remove the cutlets to a plate.

Add the chicken broth to the pan. With a wooden spoon, scrape up the browned bits in the pan. Mix in the lemon juice. Cook until the liquid is reduced by half. Replace the turkey in the pan. Add the capers.

Cook until the cutlets are cooked through, about 2 minutes. Serve immediately.

Each of the four servings contains 149 calories and 1 gram of fat.

Recipe courtesy of the American Institute for Cancer Research.

WHAT'S COOKING

Send items for consideration in Cooking Class Calendar to Ken Abramczyk, Observer Newspapers, 36251 Schoolcraft, Livonia, MI 48150, or e-mail kabramczyk@oe.homecomm.net.

■ **Kitchen Glamor** features Signature Recipes of Michigan Five-Star Chefs at Kitchen Glamor, Orchard Mall, at the northeast corner of Maple and Orchard Lake in West Bloomfield. All celebrity chef sessions begin at 12:30 p.m.

March sessions feature Chef Derin Moore of the Golden Mushroom Restaurant and Jim Barnett, corporate chef of Unique Restaurant, including Morels and Northern Lake Seafood Co.

On March 5, Moore will instruct on how to prepare finan haddie and potato brandade with zucchini and oven roasted tomato coulis, roast veal loin on fresh braised artichoke and wild mushroom confit, garlic dumplings and cardamom jus, warm pineapple rum cake and ginger cinnamon creme anglaise. On March 19 Barnett will feature tea-cured salmon gravlox with potato galette, cucumber and sweet onion salad with dill creme fraiche, chanterelle and barley risotto with pan-roasted duck breast, huckleberries and red wide jus lie and bittersweet chocolate pot creme.

The Celebrity Chef Series also features Joanne Weir, cookbook author, food writer and PBS television celebrity, at 6:30 p.m. Monday, March 20, and Tuesday, March 21, in a one- or two-day session. Weir will feature recipes between the two sessions, including white winter salad with a hint of green oven roasted beet soup, pizza with smoked trout and caviar, salmon with asparagus and blood oranges on March 20, and crostini with artichokes and olives, asparagus with lemon creme fraiche and linguine with goat cheese and arugula on March 21.

On Sunday, April 2, Chef Keith Famie will show how to prepare sea bass encrusted with horseradish coating, smoked whitefish wontons, chocolate pasta and escargot with prosciutto.

Kitchen Glamor also conducts sessions with cooking instructors at the Rochester, Novi and West Bloomfield stores.

This week, Teri Etwell will demonstrate how to prepare comfort foods, such as penne pasta with sausage and fontina cheese casserole, herbed chicken tetrazini, zucchini creole and a cocoa brownie. Sessions are scheduled for 6:30 p.m. Tuesday, Feb. 29, at the Novi store in the Novi Town Center, southeast of the I-96 and Novi Road exit, and Thursday, March 2, at the Rochester store in the Great Oaks Mall at Walton and Livernois.

Next week, Michelle Fuller will teach about potatoes with caesar-style mashed potatoes and potato pancakes, along with cheesy ham and leek casserole. Classes are scheduled for Tuesday, March 7, in Novi, and Thursday, March 9, in Rochester. Larry Galbraith also will instruct sessions at 11 a.m. on Saturdays about basic breads, March 11; pizza and calzones, March 18; sticky buns and coffee cakes, March 25; and bread and bagels in a session at 11 a.m. Saturday, April 1, in Rochester.

Call 1-800-641-1252 for information.

■ **Vegetarian Cooking** — Lenore Yailsove Baum, author of Lenore's Natural Cuisine, Your Essential Guide to Wholesome Vegetarian Cooking, conducts vegetarian cooking classes starting 6-9 p.m. Monday, Feb. 28, and continuing on Mondays, March 6, 20 and 27 for beginners at Lenore's Natural Cuisine, 22899 Inkster, Farmington Hills. Fee is $140.

Baum also has scheduled a session on soups for March 29. That class fee is $35.

■ To celebrate National Nutrition Month, the Crittenton Weight Management Center is sponsoring cooking demonstrations throughout the month of March. Learn how to prepare low-fat Italian dishes with Crittenton Hospital's Weight Management Center. Join Randy Emert, chef at the Paint Creek Cider Mill Restaurant, as he conducts low-fat cooking demonstrations, featuring a variety of light and healthy dishes. Demonstrations are scheduled 7-9 p.m. for March 2, 9 and 16 and 11 a.m.-1 p.m. March 7 or 14 at the Paint Creek Cider Mill Restaurant, 4480 Orion Road in Rochester. The fee is $13 per person and includes recipes and taste testing. Reservations are required and space is limited. Call Crittenton Hospital's Weight Management Center at (248) 652-5626.

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