

## MAIN DISH MIRACLE



MURIEL WAGNER

## Tofu soaks up flavors in stir-fry

Tofu (bean curd) was always something I'd rather not eat, until my friend on the next treadmill at the gym suggested marinating it in black bean sauce with dry sherry. Tofu is bland but chameleon-like, taking up the flavor of its surroundings.

It's perishable and should be kept refrigerated. I bought mine in a sealed package with an expiration date. After opening I discarded the water. (It will stay fresh for a week after opening with a daily change of water.) I found the black bean sauce on the supermarket shelf.

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The stir-fry vegetables in this recipe are most delicious and best in the spring — asparagus and sugar snap peas. After tasting the recipe, I not only became an ex-tofu avoider, but a charter member of the tofu booster club as well.

### TOFU-VEGETABLE STIR-FRY

- 1 tablespoon black bean sauce
- 1 tablespoon dry sherry
- 1/4 teaspoon sugar
- 1 pound firm tofu, cubed
- 2 teaspoons, canola oil
- 1/2 cup, sodium-reduced nonfat chicken broth
- 2 tablespoons, sodium-reduced soy sauce
- 2 teaspoons, minced ginger
- 1 teaspoon, minced garlic
- 1 red bell pepper, washed and cut into strips
- 1/2 pound, fresh asparagus, washed and broken into 2-inch pieces
- 1/2 pound, sugar snap peas, washed
- 2 cups bok choy, washed and sliced
- 4 green onions, peeled and slivered
- 2 plum tomatoes, washed and quartered
- 2 cups cooked rice or Chinese noodles

Mix the black bean sauce, sherry and sugar. Add the cubed tofu. Toss. Set aside to marinate for 15 minutes.

Heat the oil in a heavy nonstick skillet or wok. Add the soy sauce, ginger and garlic. Stir to combine. Add all the vegetables except the tomatoes. Stir-fry until tender crisp, adding broth as needed. Add tomatoes. Stir-fry for one minute. Add tofu and marinate. Toss the ingredients to heat through. Serve with cooked rice or noodles. Serves 4.

### Nutritional information per serving with 1/2 cup rice:

- Calories, 205
- Total fat, 2.5 grams
- Saturated fat, 1.8 grams
- Cholesterol, 0
- Sodium, 600 mg

### Food exchanges:

- 1 medium fat meat
- 1 bread
- 2 vegetables

Look for Main Dish Miracle on the second Sunday of the month in Taste. Muriel G. Wagner is a registered dietitian and nutrition therapist with an office in Southfield. She publishes "Eating Younger," a quarterly newsletter with recipes and nutrition tips. To subscribe, send a check for \$15.00 to "Eating Younger," P.O. Box 69021, Pleasant Ridge, MI 48069.

## LOOKING AHEAD

What to watch for in Taste next week:

- Spring holiday food traditions
- Focus on Wine

# STADIUM FARE

TOUCHES ALL THE BASES

STORIES BY RENEE SKOGLUND • PHOTOS BY BRYAN MITCHELL



Four reporters who never met before gathered around a table in the Big Cat Court and rated the food. (It was a difficult task, but somebody had to do it.) Here are our comments and ratings (from one to four tiger heads, with four being best):

### Chicago-style hot dog

- "Tasty, but cold"
- "Nicely grilled, not bottled"
- "Too much bread"
- "Loved the dill pickle"

### Marinated chicken breast sandwich

- "Needs something"
- "Too bland — needs some kicky mustard"
- "Nice side"
- "Good taste, but where's the sauce? Could've been warmer"

### Philly-style steak sandwich

- "Bland — no seasoning"
- "Ditto"
- "Needs something"
- "It's just beefy, you know what I mean?"

### Ozys

- "Tasty"
- "Better than the Philly"
- "Good whatever-kind-of sauce"
- "It's OK"

### Hand-rolled pretzels

- "To die for"
- "Oh, my God!"
- "Mmmmm, mmmmm"
- "I wish I could take a bunch home"

### Elephant ears

- "Very good"
- "Fluffy, light, delicate"
- "Big!"
- "Not too greasy"

### Dippin' Dots

- "Unique"
- "The pink, white and brown ones are the best"
- "I like the banana split flavor"
- "Kids will love it"

### Stuffed baked potato

- "Ooh, this is good"
- "Fun to eat"
- "Not dry"
- "Nice meal"

### Catfish sandwich

- "Too much bread"
- "Doesn't taste like anything"
- "The only way it was Cajun is if the catfish could spell Louisiana"
- "Needs spices"

### Corn dog

- "Big"
- "This is my first corn dog — not bad"
- "Corn bread and a hot dog?"
- "Nice taste, but could've been hotter"

### Ball Park Frank

- "Good, as usual"
- "Can't screw up a Ball Park Frank"
- "Got to have a real ballpark hot dog"
- "I love these things"

### A little hotdog trivia:

Fans attending Los Angeles Dodgers games hold the record for hot dog consumption among the major league teams. An estimated 2.2 million are consumed each year. Overall, Americans will eat 26 million hot dogs in major league ballparks throughout the country, enough to stretch from Yankee Stadium in New York to Dodger Stadium in Los Angeles.

or National Hot Dog & Sausage Council, www.hotdog.org

Take me out to the ball game. Take me out to the crowd. Buy me some peanuts and ... gyros, corn dogs, corned beef, barbecued pork, Cajun catfish, Caesar salads, and lots of luscious golden fries. Whew! Did I miss anything? Of course, hot dogs! Comerica Park serves them Chicago-style with tomatoes, onions and a dill pickle; Coney-style with chili; and your basic, non-nonsense, got-to-have-one Ball Park Frank.

Press Day at Comerica Park earlier this week was a grand slam assignment for any reporter. Not only did we tour the new ballpark, we sampled all the food, from frozen yogurt pellets to sugar-dusted elephant ears big as a catcher's mitt.

"We added lots of new items, new to the baseball market in Detroit," said Steve Facione of Clarkston, group vice president for Olympia Entertainment Inc. "But we have the same hot dog, the same great ballpark hot dog."

Foodwise, attending a ball game at Comerica Park is like a day at the state fair. Walk into the Big Cat Court and your eyes sweep a semi-circle of eight eateries, including Lots O' Knots, which makes wonderfully tender and buttery hand-rolled pretzels for \$2.75. Add a side of hot cheese for 75 cents and you've reached pretzel perfection.

"That pretzel is to die for," said Connie Kline, executive assistant and office manager for WDWB-TV (Channel 20) in Southfield. "Simply to die for."

### 'Something different'

Measuring 100 feet in diameter, Big Cat Court is behind Section 119 on the first-base side of the main concourse. After you've polished off the pretzel, you might try a stuffed baked potato and some chicken fingers from Side Kicks. Or a Philly-style steak hoagie with mushrooms, cheese and sweet peppers from Subs & Hoagies. Or a bat-sized corn dog never to be served at a cardiologist convention.

In other words, come hungry and bring money. Leave your will power at home.

"We wanted to do something different," said John Banki of Farmington Hills, director of



All tied up: Blair Woods hand-rolls a pretzel at Lots O' Knots in the new Comerica Park. A Chicago-style hot dog is pictured below.

concessions for Olympia Entertainment, Inc. "We wanted to create two concepts in the court: the sandwich foods and the state fair type of food — the corn dogs, elephant ears and pretzels. It's a very family-oriented area with the carousel."

### Carousel?

Yup, and it's a beauty. Said to be the pride of Tigers owner Mike Ilitch, the carousel is the focal point of Big Cat Court. Riders can take a spin on one of 30 brightly painted, handcrafted tigers or ride in one of two carousels, one of which is wheelchair accessible. Suggestion: Don't eat before you ride.

If you're in the mood for some grilled goodies, head to the Brushfire Grill, a 16,000-square-foot open-air garden area with wood picnic tables



and a fountain with a giant floating baseball. The barbecued sandwiches — roast beef, smoked turkey and pulled pork — are the size of first base. Well, maybe I exaggerate ... but they are baseball big.

A regular-size sandwich at the Brushfire Grill sells for \$7.50, while the

deluxe version (why not, your diet already struck out) goes for \$9.50 and comes with cole slaw and baked beans. And if you feel like "vegging out," try the grilled portobello mushroom sandwich with roasted red peppers and pesto mayonnaise at \$7.50.

### Belly up to this bar

We all know rooting for the Tigers is hard work. So why not

Please see FARE, D2



Going to Comerica Park with some family or friends? Bring your wallet and you can try the variety of foods the stadium offers. For a family of four, you can expect to pay about \$28 for four hot dogs, four bags of potato chips and four medium soft drinks.

### A sampling of food and beverage prices:

- Hot dogs - \$2.75
- Kielbasa and smoked sausage - \$3.75
- Large popcorn - \$3.25
- Peanuts - \$3.50
- Pizza slice - \$2.50
- Corned beef, turkey or steak sandwich - \$6
- Chicken Caesar salad - \$6
- Chicken fingers - \$3.25
- Super pretzel - \$2.50
- Nacho grande - \$6
- Large french fry - \$3
- Ice cream sandwich - \$1.50
- Pop - \$2 - \$3.75
- Beer - \$4.50 - \$7.25
- Bottled water - \$2.75

\* You may want to check on ticket prices for the Press Family Section in right field. For \$18 a ticket, you can get a hot dog or a nacho and a small soft drink.

Supposedly Jack Norworth, who wrote the words to "Take Me Out to the Ball Game" in 1908, had never seen a major league baseball game until after his song was published. Maybe he was too busy getting married five times. Albert Von Tilzer wrote the music. Tiger fans have long substituted "peanuts" for "popcorn" in the original lyrics, and it has become the official Michigan version. In case you want to sing along on opening day, here's it is:

Take me out to the ballgame,  
take me out to the crowd.

Buy me some popcorn and Cracker Jack,  
I don't care if we never get back.

So it's root, root, root for the home team.  
If they don't win it's a shame.

For it's one, two, three strikes you're out  
at the old ball game!