

Tofu soaks up flavors in stir-fry

To fu (bean curd) was always something I'd rather not eat, until my friend on the next treadmill at the gym suggested marianting 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 winte 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 chameleon-like, taking in with a daily chameleon of its sur-

of its surroundings

I found the black
bean sauce on
the supermarket
shelf.
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.

TOPU-VEGETABLE STIR-FRY

- 1 tablespoon black bean sauce 1 tablespoon dry sherry
- 1/4 teaspoon sugar
- 1 pound firm tofu, cubed
- 2 teaspoons, canala oil
 1/2 cup, sodium-reduced nonfat
 chicken broth
 2 tablespoons, sodium-reduced soy
- 2 teaspoons, minced ginger

- 2 teaspoons, minced garger
 1 teaspoon, minced garlic
 1 red bell pepper, washed and cut
 into strips
 1/2 pound, fresh asparagus,
 washed and broken into 2-inch
- 1/2 pound, sugar snap peas.
- 2 cups bok shoy, washed and
- 4 green onlons, peeled and stivered 2 plum tomatoes, washed and quartered
- 2 cups cooked rice or Chinese noo-

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 skil-

reast the bit in a neavy norstice, stil-let or wek. Add the soy sauce, ginger and garlle. Stir to combine. Add all the vegetables except the tomadoes. Stir-fry until tender crisp, adding bruth as need-ed. Add tomatoes, Stir-fry for one minute. Add tofu and marinado. Toss the ingredients to heat through. Serve with cooked rice or noodles. Serves 4. Nutritional information per serving

• Calories, 205 . Total fat, 2.5 grams

- Saturated fat, 1.8 grams · Cholesterol, 0
- Sodium, 600 mg
- Food exchanges:
- 1 medium fat ment
- 2 vegetables

Look for Main Dish Miracle on the sec-ond Sunday of the month in Taste. Muriel O. Wagner is a registered dietli-ion and nutrition therapis with an office in Southfield. She publishes "Est-ing Younger," a quarterly neusletter with recipes and nutrition tips. To sub-scribe, send a check for \$13.50 to "Est-ing 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



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
 Ricely grilled, not boiled "Too much bread"
- 🗷 Martnated chicken breast sandwich 🐯 🥶
- "Needs something"
- . "Too bland needs some kicky mustard"
- "Nice size"
- "Good taste, but where's the sauce? Could've been warmer"
- 🗉 Philiy-style steak sandwich 🥘
- . "Bland no seasoning"
- "Ditto"
- "Needs something" • "It's just beefy, you know what I mean?"
- Gyro Tasty
- . "Better then the Philly"
- "Good whatever-kind-of sauce"
 "It's OK"

- Hand-rolled pretzels 👼 \iint 👼
- "To die for
- To the for

 Oh, my God!*

 "Mmmm, mmmn
- · "I wish I could take a bunch home"
- Il Elephant sars 🍣 🤯
- "Very good"
- · "Fluffy, light, delicate"
- *Bigi
- . "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"

M Stuffed baked potato 🎒 🤯 🤯

- . "Ooh, this is good"
- . "Fun to eat"
- . '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"
- E Corn dog



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

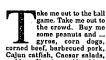
- Balt Park Frank

 * "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 hetdog trivia:

A little hetdog trivia:

I am a sitending tos Angeles Dodgers
gemes hold the record for het dog
consumption arong the major
league teams. An estilpated 2.2 million
are consumed each year. Overall. Americans will eat 28 million hot dogs in major
league ballparks tifroughout the country,
enough to a stretch from Yankee Stadium
in New York to Dodgers Stadium in Los
Angeles.



ake me out to the hall game. Take me out to the crowd. Buy me some peanuts and ... gyros, corned beef, barbecued pork. Calun catish, Caesar salada, and lots of luscious golden friez. Whew ID id I miss suything? Of course, hot doga! Cameries Park serves them Chicago-style with tomatoes, onlons and a dill pickle; Coney-style with chimatoes, onlons and a dill pickle; Coney-style with chimatoes, onlons and a dill pickle; Coney-style with chimatoes, onlons and a dill pickle; Coney-style with chimatopy and your control with the control of the control of the control of the care of the control of the control of the care of the car

fection.

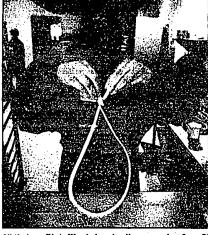
"That protzel is to die for," said Connie Kline, executive assistant and office manger for WDWB-TV (Channel 20) in Southfield. "Simply to die for."

'Something different' 'Something different'
Measuring 100 feet in diameter, Big Cat Court is behind
Section 119 on the first-base
side of the main conceurse.
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 hoogie with
mushrooms, cheese and sweet
peppers from Subs & Hoogies.
Or a bat-sized corn dog never to
be served at a cardiology convention.

vention.

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." 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, handerafted 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 basehall. The barbered sandwiches roust beef, and the same beer was provided turkey and been some the size of first base. Well, maybe I exaggerate ... but they are baseball big.

A regular-size sandwich at the Brushire drill sells for 37.50, while the deluxe version (wby 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 portabello mushroom sandwich with roasted red peppers and pesto mayonnaise at \$7.50.

Belly up to this bar

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



olng 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 potate chips and four medium soft drinks.*

- rinks. *
 A sampling of food and beverage prices:
 Hot dogs 52.75
 Kleibase and smoked Jausage 53.75
 Lerge popcorr 53.25
 Peanuts 53.60

- Ponuts \$3.50

 Pizza sitico \$3.50

 Pizza sitico \$3.2.50

 Corned beef, funkey or steak sandwich \$8

 Chicken Caesar saled \$6

 Chicken Figers \$3.2.50

 Nocho grande \$6

 Largo french fry \$3

 Lea of french fry \$3

 Lea of french fry \$3

 Lea of french fry \$3

 Bottled water \$2.76

 Bottled water \$2.76

 Bottled water \$2.76 * You may want to check on trubet packs" to the Prope Formly Section to right Bold. For SB a trubet, you can also get a hot dog or a pasts since and a small soft divid.



upposedly 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 maried five times. Albert Von Tilzer wrote the music. Tiger fans have long substituted "poanuts" for "poopcorn" in the original yircs, and it has become the official Michigan version language you would not his done on opension. In case you want to sing along on open-ing day, here's it is:

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

Ruy me some poocom 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 shaine. For It's one, two, three strikes you're out at the old bell game!