

Try imitation chicken

Imitation chicken made from soy can be found in the produce section of most major supermarkets including Kroger, Meijer and Whole Foods. In this recipe, try Worthington's chicken pieces either frozen or canned or You won't believe it's not chicken by Veggie Patch.

2 cups vegetable broth or imitation chicken broth found at specialty stores like Whole Foods, Buday's Tasty Health or the Good Food Co.

Meat substitute:
1/2 cup cornstarch
1/2 cup soy sauce
2 pounds imitation chicken
1/2 teaspoon black pepper
Vegetable or olive oil for frying
1 3/4 cups sliced green onions
8 dried hot peppers
1 egg or vegan N-R-G brand Egg Replacer to make the equivalent of one egg

For the sauce: mix 1/2 cup cornstarch with water. Add gin-

ger, sugar and garlic plus 1/2 cup soy sauce, vinegar, wine, and broth. Stir until sugar dissolves. Refrigerate until ready to add to chicken.

For the "chicken" In separate bowl, mix the chicken substitute, 1/4 cup soy sauce and black pepper. Add the cornstarch and egg. Mix until chicken pieces are coated evenly. Add cup of vegetable oil to help separate "chicken" pieces, if pieces are already separated use 1/2 cup of oil. Deep-fry at 350 degrees until crispy. Drain on paper towel.

Prepare: Heat wok with a small amount of oil. Add onions and peppers and stir-fry briefly for just several minutes. Stir sauce and then add it to wok. Add chicken to sauce and cook until sauce thickens.

GENERAL TSO'S VEGETARIAN CHICKEN

Sauce:
1/2 cup cornstarch
1/4 cup water
2 tablespoons minced ginger root
1/4 cup soy sauce
2 tablespoons minced garlic
3 tablespoons brown sugar
1/4 cup sugar
1/4 cup wine vinegar
1/4 cup cooking wine

Interested in visiting the Plymouth Fish Seafood Market an Restaurant?

Here's a few tidbits about the business that was featured in the Thursday, March 7, issue of The Observer.

Plymouth Fish Seafood

WHERE IS IT?

Market & Restaurant
Where: 578 Storkweather, Old Village, Plymouth. (734) 455-2530
Hours: 10 a.m. to 8 p.m. Monday-Saturday
Atmosphere: Cheery, nautical and small
Menu: If it swims, they have it

- Salmon, trout, halibut, pickerel and perch to oysters, frog legs and calamari.
Of course, there's fish and chips. Also, hamburgers and chicken.
Price: Dinners, \$7.95-\$11.25
Extras: Fresh fish counter and great hosts

Lean from page B1

Americans spent more than \$110 billion on burgers, chicken, and other fast food.

The national meatouts formed in 1977 after The U.S. Senate Select Committee on Nutrition and Human Needs said Americans should increase the intake of fruits and vegetables and decrease consumption of meat and fat.

With those statistics in mind, Meatout volunteers say the goal of the event is to offer healthy and palate-pleasing vegan recipes.

"My favorite food is anything eggplant," Gensler said.

Changing her cooking habit wasn't a new experience for her. "When microwaves came out, I

learned to cook with them. When we learned about the need for low-cholesterol meals, I again adjusted my cooking habits. Going vegan is just another adjustment — and it means having different staples in the kitchen."

Hagglund said no vegan kitchen is complete without Nutritional Yeast, a nutty-flavored powder that's high in vitamin B12 and is mixed with soy milk, margarine, tamari sauce and flour to make imitation cheesy sauce or gravies.

"I have more choices now," Gensler said. "I have tofu, tempeh, seitan and more... after all how many times can someone cook chicken before getting

bored with it?"

For breakfast, Hagglund has oatmeal, fruit and maybe toast; For lunch, vegan sandwiches or salad. At dinner she satisfies a meat craving with imitation ground beef, fake tuna, fake chicken, etc. — minus the fat, calories, antibodies, and chemicals.

For dinner Gensler will have a stir fry with tofu, cashew, rice and vegetables or tomato kibbles. "I have literally thousands of recipes saved on my computer, but typically I'll make veggie burgers, pasta and salads," Gensler said.

For vegan facts and recipes, checkout <http://www.vrg.org/nutshell/vegan.htm> common

Restaurant from page B1

vegan choices, but vegans want more.

Still Lei Ting's meatless offerings are outstanding, McNellis said. The Triple Fragrance that contains imitation beef chunks marinated in a brown sauce and vegetables is one of his favorites.

Vegan meat on the net

For home cooking, Mei Ling shared a Web site with its regular customers where meat substitutes can be purchased — www.vegieworld.com. Still, it's not the site where Ling gets his imitation meats — that secret is between him and the New York-based creators of it. But at www.vegieworld.com the fake chicken really tastes like chicken. The citrus spare ribs taste like ribs. The fake beef has beef's texture and even fake lobster and squid are available. Authen-

tic Asian meals like General Tso's Chicken can be made with soy-based chicken chunks; the chunks are seasoned like regular meat.

What about choices?

Still, McNellis said he's making do with the restaurant's closing.

"I've been vegan for 12 years and vegetarian for 19," McNellis said. "Good meat substitutes are everywhere these days in almost all supermarkets. I purchase imitation meats like beef, chicken, turkey, pork and dairy at Kroger and Meijer as well as specialty stores like Zerbo, Buday's, Good Food Company and Whole Foods."

McNellis uses supermarket meat substitutes to replace meat in many meals — from burgers to tuna and chicken sandwiches

to ground beef in meatballs.

He also visits vegan-friendly restaurants like:

- Uptide in Farmington Hills, which serves Indian food
- Siam Spice in Royal Oak, which serves Thai food
- Inn Season in Royal Oak, which serves all vegetarian and vegan food

"I've had quite a few good vegan meals at mainstream restaurants such as the Red Robin chain, and always get cheese-less pizza from my local pizza joint. I also discovered some awesome tasting vegan doughnuts (Cloverhill Brand) at Walgreens."

And for meatless Chinese food, he'll make the drive from Westland to Lei Ting's in Milford. "It's worth the drive," he said.

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