



Side dish

Heavenly snack

Light and crispy, a bit salty, and full of cheddar fla-



vor. 365 Organic Angel Fluffs. Look for them at Whole Foods Market in Ann Arbor, 2398 E. Stadium Blvd.; West Bloomfield, 7350 Orchard Lake Road; Troy, 2880 W. Maple Road; and Rochester Hills, 1404 Walton Blvd. To learn more about whole foods, visit www.wholefoods.com.

Souful

Kraft Foods is offering a music compilation featuring Motown and soul hits. The CD *Women of the Times* celebrates African-American women. It's available through Feb. 28 only in Atlanta, Baltimore/Washington, D.C., Charlotte, Chicago, Memphis, New York, and of course, Detroit. It's offered with the purchase of three participating Kraft products for \$2.99, and available at grocers throughout the area or by visiting www.kraftfoods.com. Kraft Foods will donate \$50,000 from a portion of CD sales to the United Negro College Fund. In addition, some participating retailers will also donate proceeds to local charities.

Cheerio

General Mills is rolling out two new fruity cereals - Berry Burst Cheerios Strawberry and Berry Burst Cheerios Triple Berry. The fresh fruit is freeze-dried, adding milk rehydrates the fruit. Look for it at your favorite grocery store along with classic original Cheerios.



Cheerios, MultiGrain Cheerios, Frosted Cheerios, Honey Nut Cheerios and Apple Cinnamon Cheerios.

Speed scratch

What is it? Using time-saving shortcuts to complete dinner in 15 minutes or less. Lots of busy cooks pick up pre-prepared ingredients like rotisserie chicken from the supermarket to create quick meals for their families. Here's a recipe from Perdue. Spread large flour tortillas with avocado and diced or shredded fully cooked rotisserie chicken. Add any of the following: black beans, canned Spanish rice, shredded cheddar cheese, salsa or sour cream. Roll up burrito style and serve. For more recipes featuring a variety of Perdue products and safe food handling tips, call (800) 473-7383 or visit www.perdue.com.



Sous chef Tuan Le presents cooked to order Kobe beef at Papa Joe's Gourmet Market in Birmingham.

Gourmet debut

Buttery steak comes to Papa Joe's

Before you gasp at the thought of paying \$39.99 a pound for New York strips, \$49.99 for filets, or \$29.99 for rib eyes, hear what others have to say about American Kobe beef.

For recipes see page B2.

"We've had it overseas, it was delicious," said Dick Dale of Birmingham. "Anyone that likes a good steak would love this." I tasted it many years ago in Japan. The flavor, texture and marbling was incredible. You could cut it with a butter knife," said Tony Curtis, general manager of Papa Joe's Gourmet

Market in Birmingham. "I've been trying to get it for the last two years."

Curtis and his brother, Joseph, finally succeeded, and American Kobe beef by Snake River Farms was introduced at the market in December.

Lately, they've been offering a Kobe top round roast beef dinner for \$9.95 at the Gourmet to Go carving station inside the Birmingham store, and a Kobe New York strip dinner for \$17.95, which includes a starch and veggie. The menu changes daily, so call ahead. Papa Joe's is also offering Kobe beef to its catering customers.

"Everyone that's tasted it has come back for more," said Curtis.

In Japan, it's not uncommon to pay \$100 a pound for Kobe beef. "There's a very limited supply because it's very expensive to get to market. The cattle are raised closely to the Japanese model on a natural diet of barley, golden wheat straw, alfalfa hay and Idaho potatoes. The cattle, according to Idaho-based Snake River Farms, grow slowly and naturally, almost a year longer than U.S. commodity cattle.

The story of Kobe beef begins in the second century A.D. when Wagyu cattle were brought to Japan from Korea to

plow fields. It became a local delicacy less than 200 years ago. A strain of Wagyu cattle in the Kobe region became the foundation of the Kobe beef brand.

It was introduced to the U.S.

In 1994, Snake River Farms crosses its premier Japanese Wagyu cattle with premium American Black Angus to create American Kobe beef. It's sold at restaurants in Hong Kong, Shanghai, Singapore, Seoul, New York City, Phoenix, Beverly Hills and Chicago.

There are only two places to get it in Michigan - Papa Joe's Gourmet Market in Birmingham and Rochester Hills.

"We cater to people that are well-traveled," said Tony Curtis. "They're looking for different things. We're always trying to seek out things that nobody else has."

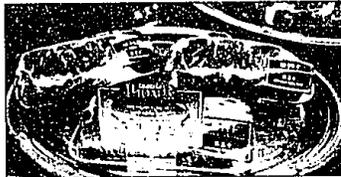
WHERE TO GET IT

■ Papa Joe's Gourmet Market

Two locations:
34244 Woodward Ave.,
Birmingham - (248) 723-9400

2025 S. Rochester Road,
Rochester Hills - (248) 853-6263

■ Web site:
www.snakeriverfarms.com



Here are some of the American Kobe beef cuts you'll find in the meat counter at Papa Joe's Gourmet Market in Birmingham.

Story by Keely Kaleski ■ Staff Writer
Photos by Kam Fulgenzi ■ Staff Photographer

Now anyone can enjoy macaroni and cheese - with or without the cheese

BY LANA HINI
STAFF WRITER

mae 'n' cheese expert.

"Using more than one type of cheese is key for a good dish," he said. "And we also mix half-and-half, butter and margarine together for a cream."

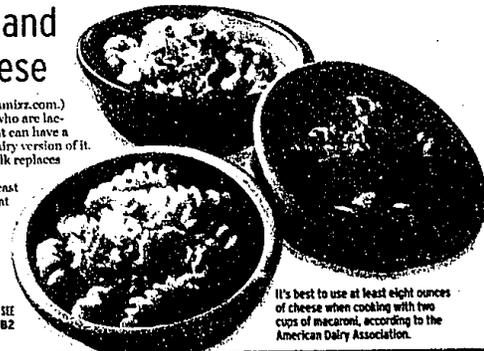
Cheddar, American and Monterey Jack are part of Arnold's winning combination.

The Keto company sells boxed meals made from soy pasta and Vermont cheddar that has just five grams of carbohydrates per serving and 112 calories. It's marketed for people who eat lower carb foods, but still love macaroni and cheese. (Available through

www.jamdynamix.com.)

And those who are lactose-intolerant can use a creamy nondairy version of it. Soy or rice milk replaces regular milk.

Nutritional yeast flakes, found at any natural food store, have a nutty flavor that becomes creamy when



PLEASE SEE CHEESE, B2

It's best to use at least eight ounces of cheese when cooking with two cups of macaroni, according to the American Dairy Association.

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