

RECIPES

ROMANIAN WALNUT CRESCENTS

Dough:  
1 8-ounce package cream cheese, room temperature  
16 tablespoons (12 sticks) butter or margarine, room temperature  
1 egg  
1 tablespoon sugar  
6 cups all-purpose flour  
1/2 teaspoon salt  
1/2 cup plus 3 tablespoons cold water

Filling:  
4 tablespoons butter or margarine  
1/2 pound walnuts, ground  
1/2 cup sugar  
1 teaspoon vanilla  
Topping:  
Confectioner's sugar

Dough: Put cream cheese and butter in a bowl with the egg, sugar, flour, salt and water. Mix well. Roll the dough into a log, 10 inches long. Wrap in plastic wrap and refrigerate the dough for at least one hour.

Working with one-quarter of the dough at a time, place it on a floured countertop, turning it over to eat well so that it does not stick. Roll dough out very thin. Using a pastry or pizza cutter, cut the dough into 2-by-2 inch squares.

Filling: In a saucepan, place the butter, ground nuts, sugar and milk and cook until thick, stirring to prevent sticking. Add the vanilla. Cool slightly before using on the dough.

Place one-half teaspoon filling on each square, using the back of a teaspoon to spread it. Roll up the square diagonally, from one corner to the opposite corner, or from one side to the opposite side.

Form either into a crescent shape, or leave it straight and place the filled dough on an ungreased cookie sheet.

Bake for 15-20 minutes in a preheated 350°F oven until the cookies are light brown. Sprinkle with confectioner's sugar immediately. Let cool. More powdered sugar can be added later.

Source: www.1stake.com, from The Frugal Gourmet

HUNGARIAN CABBAGE ROLLS

1 medium cabbage, remove heart  
2 pounds ground pork  
1 pound beef  
1 large onion diced  
2 1/2 tablespoons salt  
1 tablespoon pepper  
2 teaspoon paprika  
2 cups long grain white rice  
2 small jars sauerkraut  
1 cup vegetable or olive oil  
2 cups unbleached flour  
2 cups water  
1 teaspoon garlic powder or 2 diced garlic cloves  
1 1/4 teaspoon Hungarian paprika  
1 1/2 cups water (if needed)

In a large pot, boil whole cabbage for 4-5 minutes. Drain, let cool. Pull apart gently leaf by leaf. Prepare the two cups long rice with one tablespoon salt in large pot of water. Boil for 10 minutes. Drain and rinse with cool water.

In a medium bowl, add ground pork and beef, rice, onion, 1 1/2 tablespoons salt, pepper and paprika. Mix well. Roll the meat mixture into small balls and place on the middle of a cabbage leaf. From end to end, roll the cabbage leaf around meat mixture. Insert the ends of leaf into mixture with your thumb to keep leaf wrapped. Set aside.

Drain juice from sauerkraut and put sauerkraut in large pot. Cut leftover cabbage into strips and add into pot. Add cabbage rolls and enough water to cover rolls. Simmer covered for three hours.

When finished thicken up the sauce. In a medium fry pan, add one cup oil and two cups flour. Fry on medium to low heat, stirring continuously until golden brown. Let cool. Add one teaspoon garlic powder and one teaspoon paprika. Mix well. Add two cups of water. Mix well until creamy.

Remove all cooked cabbage rolls gently from pot. Add flour mixture to pot and mix well until creamy. Sauce will thicken. If you find the sauce is too thick, add a small amount of water up to 1 1/2 cups. Mix well. Add cabbage rolls and mix gently. Simmer for 1/2 hour. Serve and enjoy!

Source: www.hungaryhungarian.com

ROMANIAN BOSCHTY

2 pounds beef, in large cubes  
2 1/2 gallon water  
1 tablespoon tomato paste  
1/2 cabbage, cut in strips  
2 carrots, grated  
2 carrots, whole  
3 potatoes, whole  
1 green bell pepper, whole  
2 red beets, grated  
2 red beets, whole  
juice of 1 lemon  
salt and pepper to taste  
5 tablespoons sour cream

In a large pot, bring beef to the boil in the water. Remove any foam with a spoon. Add the tomato paste and all the vegetables except the two whole beets. Bring to a boil, then reduce the heat to low. Simmer for 1 1/2 hours. Add the whole beets to reinforce the color, as well as the lemon juice, salt and pepper. Allow to simmer for another 15 minutes.

When the meat is cooked through, remove it from the soup. Remove the whole vegetables. (Only the liquid and the cut vegetables are eaten in the soup.)

Serve each bowl with a spoonful of sour cream or beet horradish. The meat can be eaten cold, accompanied by a green salad and roasted potatoes.

Source: Romanla-on-line.com

ROMANIAN TOMATOES STUFFED WITH EGGPLANT

1 large eggplant  
2 onions  
3 tablespoons oil  
3 large tomatoes  
salt  
pepper  
3 tablespoons parsley  
1 teaspoon paprika

Bake the eggplant for 25 minutes or until soft at 350°F. Let it drain well, and chop with a wooden or glass chopper. Set in a bowl and mix with the oil. Add finely chopped onion, paprika, salt and pepper. Choose firm tomatoes and remove the seeds and all the insides.

Fill with the eggplant mixture, then place all stuffed tomatoes on a platter and decorate them with a sprig of parsley for each tomato.

HUNGARIAN GOULASH

1/2 pound bacon  
2 pounds beef stew meat  
1 large onion, chopped  
1 green pepper, chopped  
1 red pepper, chopped  
1 (28-ounce) can diced tomatoes  
1 (14.5-ounce) can chicken broth  
1 diced garlic clove, saute and cubed  
1 1/2 pounds sauerkraut, rinsed and drained  
2 tablespoons Hungarian paprika  
1 teaspoon caraway seed  
salt and pepper to taste  
sour cream (optional)

Brown bacon, onion and peppers in a large frying pan until peppers are tender. Transfer to crock pot, reserving the drippings. Brown beef quickly in drippings, until brown. Add to crock pot. Add tomatoes, broth, potatoes, sauerkraut and spices to crock pot. Cook for 8-10 hours or until meat and potatoes are tender. Top with a dollop of sour cream if desired, when served.

Source: www.aceone.com

HUNGARIAN MUSHROOM SOUP

2 teaspoons olive oil  
1 large onion, chopped  
2 cups vegetable broth or water  
2 cups sliced fresh mushrooms  
1 tablespoon dried dill weed  
1 tablespoon paprika  
1 tablespoon soy sauce  
1/4 cup whole wheat pastry flour  
1/4 cup soy or rice milk  
1/2 teaspoon salt  
ground black pepper

Heat the oil in a large saucepan over medium-high heat. Add onions and reduce heat to medium. Sauté onion until softened, about 10 minutes. Add 1/2 cup of broth (reserve the remaining), the mushrooms, dill weed, paprika and soy sauce. Stir well and cover. Simmer for 15 minutes. In a small mixing bowl, slowly whisk the soy milk into the flour until no lumps remain. Stir flour mixture into the mushroom mixture and cook, stirring constantly until thickened. Add the reserved broth and season soup with salt and pepper to taste. Heat through, but do not boil. Makes about one quart.

Source: www.veganvilles.com

EUROPEAN

FROM PAGE B1

Wanda's European Style

Restaurant may be a good place to sample a variety of the food at \$7 for a multi-course meal.

Siterlet emigrated from Poland 14 years ago in search of better educational opportunities for her then young children. In Poland, she learned to cook as she and her grandmother prepared meals every day for her seven-member family.

"We had no refrigerator, so everything was from scratch, three meals a day. We cooked all day and my mother cooked for weddings," Siterlet said.

She brought those culinary skills to America, where six years ago she opened the restaurant. Business is so good that last year, she expanded it. She's known for serving generous portions of good food and extremely friendly service. The food is from scratch, spicy, hardy and unique.

"This is a dish for families," she said. And the dishes there are created by families. Her cousins Maciek Blaszczyk, Chris Jasinski and Wesley Borkowski each cook their own specialties: from the German roulade and boldly colored sweet purple cabbage salad to the creamy, layered Vienna cake.

"With this food you need to have time, some dishes marinate for several days," she said. Others, like Romanian dumplings, made from egg, potato, flour and dill, are time-consuming because the dumplings need to be rolled out, alced and boiled. The dumplings are similar to Italian gnocci.

Perhaps what's most intriguing about ingredients from these and other European dishes is they can be found at local supermarkets in any city. One doesn't need a gourmet market for the basic ingredients like pork, beef, mashed potatoes with spicy tomato sauce, cabbage and cucumbers; but cooks should try to use quality Hungarian paprika from a store with quality imports such as the market located inside Wanda's Restaurant, or Whole Foods in Ann Arbor, Rochester, Troy and West Bloomfield and the Good Food Co. in Canton and Troy.

One also doesn't need a specialty store to find sauerkraut — but Bozek's Polish Market on Dequindre, just east of Long Lake Road, in Sterling Heights makes and sells it by the pound. Wanda's makes it fresh in all its dishes, too. Much of the ingredients in Romanian, Hungarian and Polish food are

interchangeable, Siterlet said. Every dish is made from scratch: the Ukrainian borscht, German bratwurst, Romanian dumplings, German red cabbage salad and Hungarian vegetable soup in a beef base.

Eastern European food is also about pierogi, of course, but that dish is a feat upon itself. Instead, think of other dishes that are stuffed or rolled: goulash, cabbage stuffed with meat and meat stuffed with vegetables. Everything is marinated in sweet, tangy or spicy sauce.

"What's an example of differences between food from these countries?" Siterlet explained it best:

■ German stuffed cabbage calls for beef

■ Polish stuffed cabbage calls for half beef and half pork

■ Romanian and Hungarian stuffed cabbage calls for pork. Because preparation on the dishes can be time-consuming, the restaurant enjoys a bustling business from people wanting stick-to-your-ribs food without making it themselves. German sauerbraten is several pounds of beef marinated for several days in a spicy, thick mushroom sauce — and don't forget the garlic.

Wanda's European Style Restaurant is a destination place, to put it mildly. On any given day, customers inside the cozy, casual restaurant may have traveled from as far as Ohio or Canada. Restaurants that exclusively serve eastern European food like Polish, Hungarian, Romanian and a touch of German food are rare.

Stacy Lindt, of Troy, visits both the market in Wanda's and Bozek's for basic staples. Asked if her dishes of beef stew with dumplings or stuffed cabbage were dishes from Hungary or Poland, she didn't know. "It's European," Lindt said.

Wanda's is her favorite Oakland county eastern European restaurant, the rest are in Hamtramck, Lindt said.

A touch of Europe can be added with any marinated meat, even if cooked traditional American style on a grill. Just include a side garnish of beet-horradish. Or add a robust serving of crushed dill pickles to a vegetable-based soup stocked with greens.

As for Siterlet, she doesn't mind sharing cooking tips with customers. She and her family are proud of their own spicy beef stew with dumplings and variety of stuffed cabbage and fresh rice pudding. For traditional dishes you'll need paprika, garlic, beets, mushrooms and spice. And don't forget plenty of cabbage and cucumbers and lot of meat.

And the patience to bring it all together.

FOOD EVENTS

Cuisine du Jour  
Chef Randy Emert of the Great Oaks Country Club in Rochester will create a feast of classical Irish cuisine and just in time for St. Patrick's Day, featuring Irish rarebit, Irish soda bread, Guinness beef, lamb cabbage and pavlova (meringue with fruit). Emert's class is \$30 and will be taught 10 a.m. - 2 p.m. Thursday, Feb. 27 at Specialties Showroom, 2800 West 11 Mile in Berkeley. For information, call Trevarrow In Auburn Hills at (248) 377-2306.

Texas in a Jar  
Chili is the perfect comfort food for a frosty winter night. Create a Texas Chili Soup in a canning jar at a class 7-9 p.m. Friday, March 7, sponsored by the Lake Orion Community Educational Resource Center, 455 E. Scripps Road. You will need to bring your own wide-mouth quart true canning jar with lid, cutting board, sharp knife and \$15 materials fees. You will receive a book of traditional Texas recipes like barbecue ribs and brisket, hottest hot sauces, chiswagon steers, jams, marinades, dips and soups, including the chili recipe that won five world championships. The \$15 materials fees will be collected in class. Call (248) 693-5436.

CULINARY

FROM PAGE B1

treasured moments at a cozy restaurant.

They recognize religious holidays in Easter, Christmas or Hanukkah or the patriotic ones in summer's triumvirate of Memorial Day, Fourth of July or Labor Day.

Meals are a time of thanks or prayer for the health of loved ones and for the blessings of family in Thanksgiving. That's what I enjoy — and what I think readers enjoy — about food. I hope to present

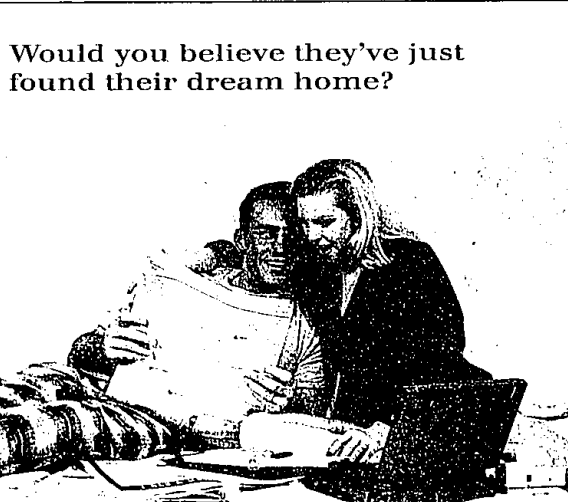
food and all of its splendor and fun in an engaging fashion.

Feel free to contact me if you have an interesting idea for the Taste section, such as an ethnic theme, cooking technique or a certain food, or a recipe to share with readers. (If the recipe is used, you'll get a free cookbook.)


And it's good to be back.

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