

# Home Cooking

MONDAY OCTOBER 4 2010

## Beirut Bakery celebrates 31 years

REDFORD — When the Beirut Bakery family came to this country from Lebanon in 1979, they had no idea people would line up at the back door of their shop late at night, waiting for bags of fresh-baked pita bread.

They also had no idea that 31 years later, they'd have a devoted following of customers who buy their salads, entrees, dressings, pita and party trays,

both at the original Redford location and at a slew of stores around metro Detroit.

One of the first Middle Eastern eateries in Wayne County Beirut Bakery will celebrate 31 years of brisk business on Oct. 21 with an open-to-the-public festival 47 p.m. at the store. Beirut Bakery is at 25706 Schoolcraft in Redford. Call 313-533-4222 or visit [www.beirutbakery.net](http://www.beirutbakery.net).

The anniversary party is open to the public and will feature food specials and authentic Lebanese music. The store will be open during the festivities.

Beirut Bakery will offer a week of anniversary specials, as follows, at the Redford store:

■ Monday, Oct. 18: Hummos Day \$3.99/pound (1-pound containers only), 1-pound hummos and pita is \$4.99.

■ Tuesday, Oct. 19: Chicken Shawarma Day \$3.99.

■ Wednesday, Oct. 20: Tabouli Day, \$4.99/pound.

■ Thursday, Oct. 21: Sitto's Fattoush — small, \$2.31, large \$4.31. Raw Kibbe will be available at 4 p.m.

## Westborn Market to showcase Michigan-made products

BERKLEY — As a result of customer enthusiasm for Westborn Market's unique showcase of Michigan-made products last April, the specialty grocer will host an even larger event on Oct. 9 and Oct. 10.

Meet Michigan Again will be held from 11 a.m. to 5 p.m. both days at 27839 Woodward in Berkley.

In addition to featuring Michigan-made items in its Cherished store, within the Berkley store, Westborn Market will have a large tent set up outside to include free family fun activities for everyone.

A petting zoo and face painting will be available from 11 p.m. to 5 p.m. on Saturday and kids will receive free pumpkins to decorate at the same time on Sunday.

"We'll have more than 35 Michigan vendors offering a wide variety of Michigan-made products at a great value," said Mark Anusbigian, president of the family-owned gourmet grocer. "Many of these will give out free samples."

Hy's Cider from Romeo will be selling its award-winning cider in half gallon and gallon containers. According to Hy's owner, Jim Goldstein, his grandfather started the business in the 1930s.

Andrew Brown, a member of the Achatz family that produces Achatz soups, reported that his company will be serving free samples of Hungarian mushroom soup that was voted "Best in Detroit" at the April 24 Soup Invitational.

A wide variety of Achatz soups are regularly sold at Westborn Market in frozen pint containers.

Other companies scheduled to take part in the "Meet Michigan Again" weekend event include Achatz Pies, Farm Country Cheese, Food for Thought, Grandad's Sweet Tea, Randy's Granola, Remy Ploot, Sanders and Yummy Cubes Baby Food.

In addition, visitors to the event will be eligible to win gift baskets and other fun prizes.

"Being part of a Michigan family-owned business for more than 45 years, we understand how important it is to support other Michigan businesses," added Anusbigian.

Westborn Market has stores in Dearborn, Berkley and Livonia. Location information, hours of operations, online ordering and store specials are available at [www.westbornmarket.com](http://www.westbornmarket.com) or by calling 248-547-1000.

## Horseback riding program for kids with cancer seeks contestants for chili cook-off

Camp Casey, a Michigan-based nonprofit horseback

riding program for kids with cancer, is seeking contestants for the Cowboy Chili Cook-Off on Sunday, Nov. 7, in downtown Ferndale.

There is a \$200 tax-deductible entry fee and Camp Casey provides the tasting cups, spoons, ladles, a 6- to 8-foot table, tablecloth and electrical outlets. Chili cook-off contestants provide 5 gallons of their chili, any signage or table decorations they'd

like to display (contestants are welcome to promote their company), and a warming pot or plate. All types of chili are welcome. Celebrity judges, including Fox 2's Monica

Gayle, will award prizes to the top four recipes. All profits will benefit Camp Casey and will help kids conquer cancer one day at a time. Interested parties can download an entry form on the What's New page at [www.camp-casey.org](http://www.camp-casey.org). Questions may also be directed to 877-388-8315.



# HEARTY FALL CHOWDER

## BUTTERNUT SQUASH AND SCALLOP CHOWDER

Start to finish: 25 minutes (10 minutes active)  
Servings: 4

- 2 cups peeled and diced butternut or other winter squash
- 2 cups medium or hot tomato salsa
- 14 1/2-ounce can reduced-sodium chicken broth
- 1/3 cup crumbled reduced-fat corn tortilla chips
- 2 cups frozen corn kernels
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground cumin
- 1 pound bay scallops
- 1 tablespoon lime juice
- Lime wedges for squeezing

In a large pot over medium-low heat, combine the squash, salsa, broth and tortilla chips. Bring to a simmer, cover the pot and cook until the squash is tender, 5 to 7 minutes. Stir in the corn, oregano and cumin. Return the soup to a simmer, stir in scallops and cook until they are opaque at the center, 2 to 3 minutes more. Stir in the lime juice. Serve with additional lime wedges for squeezing.

**Have the soup you want without compromising your health**

By JIM ROMANOFF  
Of The Associated Press

The term chowder usually brings to mind a steaming bowl of thick and chunky soup, often enriched with a generous amount of whole milk, or even cream.

It's that last part that can dishearten the diet-conscious diner. Soups and some stews can be a great way to fill up on low-calorie vegetables, proteins and liquid, leaving you satisfied without feeling stuffed. But too much cream, milk or sour cream can take the virtue right out of the meal.

Yet there are ways to have a creamy and healthful soup. For instance, consider starting with a base of pureed vegetables. Winter vegetables — such as butternut or buttercup squash, pumpkin or even sweet potatoes — can be roasted to intensify the flavors, then run through a food mill, blender or food processor to make a velvety, creamy base.

Beans, pureed with a bit of broth or water, also make a thick, flavorful soup base. Use convenient canned beans, but be sure to rinse them under cold water to wash away some of the salt that is in the canning liquid.

Even tofu (the soft or silken variety) can be pureed to create a smooth and protein-rich foundation on which you can build a creamy soup with little fat and no dairy.

For this butternut squash and scallop chowder, the secret to low-fat thickening comes from a snack food. Crumbled tortilla chips dissolve in the soup while it's cooking, adding plenty of body along with a layer of toasty corn flavor.

Jarred salsa is another secret to this satisfying chowder, bringing with it pre-diced vegetables and spicy seasoning, which helps make it possible to get this meal on the table in under 30 minutes on a busy weeknight.

Pump bay scallops are called for here, but you can substitute chunks of almost any white fish and if you like, make the soup vegetarian by omitting the seafood altogether and upping the amount of diced squash.

## CAUSES AND CONTESTS



### Local winners

David Onnie of Rochester Hills put his thumb to good use — he used it to land a 52-inch Sony Bravia TV. Onnie, one of five nationwide grand prize winners from Cici's Pizzeria's Sip & Rip contests, won a Dream Entertainment System by peeling the right game piece off his winning cup. David purchased the prize-winning cup at the Cici's at 13963 Hall Road, Utica. To celebrate his good fortune, Cici's threw a VIP event for Onnie and 10 of his family members and friends. The party was held Sept. 16 at 13963 Hall Road, Utica. All of the VIPs had full access to Cici's hot, fresh buffet, which includes 14 to 20 types of pizza, soup, salad, breadsticks and oven-baked desserts. The grand prize includes a 52-inch Sony Bravia television, Sony PlayStation PS3 and PSP-3000, \$500 GameStop gift card and \$500 Cici's gift card. In total, Cici's Pizza and Gamestop offered more than \$2.5 million worth of entertainment systems, gift cards and food prizes.