

A TABLE OF TRADITIONS METRO DETROITERS CELEBRATE THEIR HERITAGE WITH SPECIAL THANKSGIVING FOODS

SYLVIA RECTOR FOOD WRITER . Detroit Free Press ; Detroit, Mich. [Detroit, Mich]. 13 Nov 2001: G.1.

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ABSTRACT

Chinese Rice Stuffing 1 ounce dried shrimp 3 ounces dried shitake mushrooms 2 cups short-grain rice 1/2 cup long-grain rice 1/2 teaspoon vegetable oil, optional 2 Chinese sausages, diced small (available at specialty stores) 1/2 pound fresh pork loin, diced small 1 teaspoon light soy sauce or more to taste Salt and pepper to taste Place the dried shrimp in a medium bowl and cover with cold water. Ghanaian Spinach Stew Water to cook the spinach 2 bags (10 ounces each) fresh spinach, washed, tough stems removed 2 cans (4.2 ounces each) of sardines (bones removed) in tomato sauce (or canned mackerel) 1/2 pound shrimp, peeled and deveined 1/4 cup vegetable or palm oil 1 large white onion, peeled, quartered 4 to 5 tablespoons paprika 4 large tomatoes, washed, cored and quartered or 1 can (28 ounces) whole tomatoes 1 small bottle of Ola-Ola African Seafood seasoning or favorite seafood seasoning such as a crab boil seasoning (see note) 1/2 pound crab legs 1/2 African yam, peeled and sliced 1 plantain, peeled and sliced 4 hard-cooked eggs, peeled Bring water to a boil.

FULL TEXT

From all over Michigan, Free Press readers responded to our call to share the

Thanksgiving recipes that define their family's heritage and traditions.

We offer a selection of them today, to celebrate and illustrate the rich

cultural stew that is Detroit in its 300th year.

Just as important as the recipes is the lore behind them – the funny and

poignant stories of the people and the foods that make each family's

Thanksgiving unique, and yet, alike.

Thank you to everyone who participated in our effort to seat the whole

community at Detroit's Thanksgiving table, in a year when togetherness seems

more important than ever.

And to all our readers, may peace and the spirit of the holiday surround your table and those who dine there.

– Sylvia Rector, Free Press food writer

The Lopez Family's Flan

2 cups sugar, caramelized (see directions)

10 eggs

2 cans (14 ounces each) sweetened condensed milk

2 1/2 cups whole milk

2 tablespoons all-purpose flour

1 teaspoon vanilla

1/4 to 1/2 teaspoon ground cinnamon

Place 12 to 15 8-ounce ramekins or custard cups in baking dishes. In a medium saucepan, place the sugar. Heat over medium heat, stirring until the sugar melts and turns a deep amber color. Carefully pour an even amount of sugar in each ramekin to thinly coat the bottom; set aside. Preheat the oven to 350 degrees. In a large-capacity blender or large bowl, combine the eggs, condensed milk, whole milk, flour, vanilla and cinnamon until smooth. Evenly divide the custard mixture among the ramekins. Fill the baking dish with hot water, coming at least half-way up the sides of the ramekins. Place in the oven and bake 1 1/2-2 hours. Check for doneness after 1 1/2 hours. The flan should be custard-like. Remove from the oven and cool slightly. Run a knife around the edge, then invert the flan onto plate or chill before unmolding.

Makes 15.

From the Lopez family of Taqueria Mi Pueblo, Detroit

Tested by Susan Selasky for the Free Press Test Kitchen 348 calories (23% from fat), 9 grams fat (5 grams sat. fat), 59 grams carbohydrate, 9 grams protein, 124 mg sodium, 148 mg cholesterol, 214 mg calcium, trace fiber.

Chinese Rice Stuffing

1 ounce dried shrimp

3 ounces dried shitake mushrooms

2 cups short-grain rice

1/2 cup long-grain rice

1/2 teaspoon vegetable oil, optional

2 Chinese sausages, diced small (available at specialty stores)

1/2 pound fresh pork loin, diced small

1 teaspoon light soy sauce or more to taste

Salt and pepper to taste Place the dried shrimp in a medium bowl and cover with cold water. Soak until soft. In a separate large bowl, place the dried shitake mushrooms and cover with warm water for at least 20 minutes to rehydrate. Meanwhile, combine the short- and long-grain rice and thoroughly wash in several changes of cold water. Cook the rice in a rice cooker according to manufacturer instructions or in a large saucepan covered with water to come just 1/2-inch above the rice. If using a saucepan, bring the mixture to a boil, reduce to low heat, cover and cook until the water is absorbed, about 20 minutes. Thoroughly drain the shrimp and mushrooms and cut into a dice. In a nonstick wok or large skillet, stir-fry the sausage, pork, shrimp and mushrooms with the soy sauce. If using a regular wok or large

skillet, add the oil before stir-frying. Add salt and pepper to taste. When cooked thoroughly, combine the stir-fry mixture and the cooked rice and let stand in the rice cooker or pot 20 minutes. Use as a stuffing for turkey or serve as is. Makes 12 servings.

From Peggy Lum, West Bloomfield

Tested by Susan Selasky for the Free Press Test Kitchen 247 calories (32% from fat), 9 grams fat (1 gram sat. fat), 32 grams carbohydrate, 10 grams protein, 33 mg sodium, 22 mg cholesterol, 13 mg calcium, 2 grams fiber.

Ghanaian Spinach Stew Water to cook the spinach 2 bags

(10 ounces each) fresh spinach, washed, tough stems removed

2 cans (4.2 ounces each) of sardines (bones removed) in tomato sauce (or canned mackerel)

1/2 pound shrimp, peeled and deveined

1/4 cup vegetable or palm oil

1 large white onion, peeled, quartered

4 to 5 tablespoons paprika

4 large tomatoes, washed, cored and quartered or 1 can (28 ounces) whole tomatoes

1 small bottle of Ola-Ola African Seafood seasoning or favorite seafood seasoning such as a crab boil seasoning (see note)

1/2 pound crab legs

1/2 African yam, peeled and sliced

1 plantain, peeled and sliced

4 hard-cooked eggs, peeled

Bring water to a boil. Add the spinach and cook 8-10 minutes; do not overcook.

Remove and drain well. In another bowl remove the bones from the sardines and

reserve the tomato sauce. Clean the shrimp and chill in the refrigerator. In a

large sauce pot, heat the vegetable oil. Add the onion quarters and paprika.

Cook until the onion is soft. Add the tomatoes, cook until soft and the base

thickens, about 10 minutes. Add the drained spinach. Continue to simmer the

stew until the liquid thickens slightly, 15-20 minutes. Add the sardines with

the tomato sauce or more fish to taste. Add the seafood seasoning, crab legs

and shrimp. Cook on medium-high 15 minutes until the stew thickens again.

Remove from the heat and serve with the plantain, African yam (see cook's

note) and eggs. Makes 6 servings. Cook's note: Season this dish to taste. If

you prefer a spicy flavor, add an African hot sauce, or for more salt add

Adobe seasoning. To prepare the yam and plantain: Rinse, dry and skin the

African yam. Cut into half slices. Peel the plantain. Cover the African yam

and plantain with water. Bring to a boil and cook until both are tender. Drain

and serve with the stew. Ola-Ola African seasoning can be found in Detroit at

K&K African Food Market on Livernois.

From Sophronia Paintsil and NanaDansoa (Queen) Paintsil

Tested by Susan Selasky for the Free Press Test Kitchen 355 calories (47% from

fat), 19 grams fat (3 grams sat. fat), 22 grams carbohydrate, 27 grams

protein, 750 mg sodium, 219 mg cholesterol, 249 mg calcium, 6 grams fiber.

Italian Meat Sauce for Pasta

1 pound lean ground beef (or 1/2 pound ground beef and 1/2 pound ground pork)

4 tablespoons olive oil

1 onion, peeled, chopped

3 cloves garlic, peeled, minced 2 cans (28 ounces each) tomato sauce

1 tablespoon sugar

Fresh ground black pepper and salt to taste

2 tablespoons chopped fresh parsley

4 large basil leaves coarsely torn or 4 large basil leaves whole that can be removed before serving

1 pound dry pasta

1 cup grated Romano or Parmesan cheese, more or less as desired

In a large skillet over medium heat, brown the meat and drain off the fat. In a separate skillet, heat the olive oil over medium heat and saute the garlic and onions until softened. Meanwhile, place the tomato sauce in a large saucepan and heat over medium heat until it comes to a boil. When the sauce boils, add the meat, onion and garlic mixture, sugar, pepper, salt to taste, parsley and basil. Reduce heat to a simmer and cook 1 to 1 1/2 hours or until the sauce thickens. Cook the pasta al dente according to package directions.

Drain well and place the pasta on a serving platter and pour the sauce over.

Sprinkle with the grated cheese. Makes 8 generous servings (8 cups sauce)

From Stella M. Urso, Eastpointe

Tested by Susan Selasky for the Free Press Test Kitchen 498 calories (34% from fat), 19 grams fat (6 grams sat. fat), 55 grams carbohydrate, 26 grams protein, 1,364 mg sodium, 47 mg cholesterol, 191 mg calcium, 4 grams fiber.

Grandma Julia's Pumpkin Chiffon Pie

3 egg yolks

1 cup sugar, divided 1 1/4 cups canned pumpkin

1/2 cup milk

1/2 teaspoon salt

1/2 teaspoon ground ginger

1/2 teaspoon ground nutmeg

1/2 teaspoon ground cinnamon

Pasteurized egg whites such as Egg Beaters Egg Whites equivalent to 3 egg

whites

1/4 cup cold water

1 envelope (1/4 ounce) unflavored gelatin

One baked and cooled 9-inch, deep-dish pie crust Whipped cream for garnish

Slightly beat egg yolks and place in the top of a double boiler over simmering

water. Add 1/2 cup of the sugar and the pumpkin, milk, salt, ginger, nutmeg

and cinnamon. Cook until thick, about 5 minutes. Whip the egg whites until

stiff peaks form; set aside. Pour the cold water into a bowl and sprinkle the

gelatin on top to soften. Add the gelatin mixture to the hot pumpkin mixture,

mix thoroughly and cool. When pumpkin mixture begins to thicken , add the

remaining 1/2 cup sugar and fold in the beaten egg whites. Pour into the pie

shell and chill before serving. Garnish with whipped cream.

From Lorraine Len, Detroit

Tested by Susan Selasky for the Free Press Test Kitchen 230 calories (29% from

fat), 8 grams fat (2 grams sat. fat), 37 grams carbohydrate, 5 grams protein,

279 mg sodium, 72 mg cholesterol, 45 mg calcium, 2 grams fiber.

Rosalie's Holiday Brugialuni

Olive oil for pan, about 1 teaspoon

2 large cloves garlic, peeled

2 slices good-quality Italian bread, crusts removed 2 pounds ground round

1 egg

1/2 teaspoon oregano

2 small white onions, peeled, chopped

4 ribs celery, washed, diced

1/2 cup of bread crumbs

Salt and pepper to taste

1/2 cup chopped flat-leaf parsley

1/2 cup chopped sweet basil

2 tablespoons olive oil, divided

1 pound thin sirloin, no more than 1/4-inch thick

4 hard-cooked eggs 8 cups favorite spaghetti sauce or enough to cover the

brugialuni

In a small skillet, heat the olive oil over medium heat and add the whole garlic cloves. Brown the garlic, then remove from the pan and cut into thin slices. Wet the bread generously with hot water, then tear into small pieces.

In a large mixing bowl, combine the bread, ground round, egg, oregano, onions, celery, bread crumbs, salt and pepper, parsley and basil; mix thoroughly.

Lightly brown the sirloin in a nonstick fry pan with 1 tablespoon of olive oil. Cut steak into 1-inch wide ribbons and wrap two or three ribbons around

each hard-cooked egg. Take a handful of ground round mixture and press into a patty about 8 inches wide. Place a wrapped hard cooked egg on the patty and completely enclose with ground round mixture. In this manner, make four large meatballs about the size of an orange. Heat the remaining 1 tablespoon of olive oil in the skillet. Add the brugialuni and fry on all sides until they are a little crispy. Place the spaghetti sauce in a large pot, add the brugialuni and cook slowly over low heat, uncovered, 1 1/2 to 2 hours, stirring occasionally, until thoroughly cooked. Remove the brugialuni from the sauce and cut into thick cross-cut pieces and serve atop the sauce over thin spaghetti. Makes 8 servings.

From Frank Sorise, Ann Arbor.

Tested by Susan Selasky for the Free Press Test Kitchen 570 calories (33% from fat), 21 grams fat (7 grams sat. fat), 47 grams carbohydrate, 46 grams protein, 192 mg sodium, 227 mg cholesterol, 62 mg calcium, 3 grams fiber.

Pastitsio (Baked Macaroni with Meat Filling)

1 pound dry large macaroni or ziti or penne pasta (see directions)

1/4 to 1/2 stick butter

1 medium onion, peeled, chopped

3/4 to 1 pound ground meat

1 can (6 ounces) tomato paste thinned smooth with water (about 1/4 cup or more as needed)

Cinnamon to taste

8 ounces (2 cups) Greek Kasserli or Romano cheese, grated, divided

Sauce

2 eggs

1 cup milk

Bechamel-style sauce

1/2 cup (1 stick) butter

3 tablespoons flour

2 cups warm milk (warmed in the microwave)

4 beaten eggs

Traditionally, the best macaroni to use is the diameter of penne or ziti but as long as spaghetti, which is available at Greek and Italian specialty stores. May also use regular penne, ziti or ready cut. Preheat the oven to 350 degrees. Cook the pasta according to package directions and drain. Return the pasta to the cooking pot and add 1/4 to 1/2 stick butter, mixing gently to melt the butter and coat the macaroni; set aside. In a large skillet, saute the onion and ground meat; add the tomato paste that has been thinned with water. Sprinkle cinnamon to taste over the meat mixture. Spread half the cooked macaroni in the bottom of a glass, 13-by-9-inch baking dish. Sprinkle half of the grated cheese over the pasta. Spread entire meat sauce over the macaroni and top with the cooked macaroni. Top with the remaining 1 cup cheese. The dish can be prepared a day ahead up to this point. In a small bowl beat together the eggs and milk. Pour this sauce all over the pasta. To make the bechamel-style sauce, melt the one stick of butter in a saucepan. Add the flour, stirring constantly. Add the warmed milk and continue to stir. Before milk scalds, slowly add the 4 beaten eggs and cook over low heat until

thickened, stirring constantly, about 5 minutes at the most. Spread the sauce over the macaroni and bake, uncovered, 45 minutes or until golden on the top.

Cut into squares to serve. Makes 12 main-dish servings.

From Angela Farrow, Plymouth

Tested by Susan Selasky for the Free Press Test Kitchen 455 calories (45% from fat), 23 grams fat (12 grams sat. fat), 40 grams carbohydrate, 22 grams protein, 378 mg sodium, 163 mg cholesterol, 277 mg calcium, 3 grams fiber.

Grandma's Meat Pie

2 pounds ground beef chuck

1 pound ground pork

2 large onions, peeled, chopped

1 cup water

1/2 teaspoon salt

3 boxes (9 ounces) of Jiffy pie crust mix made according to package directions

In a large saucepan, stir together the beef, pork, onion, water and salt.

Cover and bring to a boil. Remove the cover, reduce the heat to a simmer and continue to cook, 30-40 minutes. Most of the liquid should evaporate. Remove from heat and cool thoroughly before putting mixture in the crust. Remove any congealed fat from the top. Preheat the oven to 350 degrees. Meanwhile, prepare the pie crust according to package directions. Roll out about 3/4 of the dough to a rectangular shape. Press into the bottom and up the sides of a 13-by-9-inch baking ungreased dish. Add the cooked and cooled meat mixture.

Roll out the remaining dough for a top crust. Place on top of the meat, seal

and crimp the edges. Cut vents in the top. Bake 45 minutes or until the crust is golden. Serve warm. Makes 16 servings. Cook's note: This can be made and baked one day ahead; rewarm in a 350-degree oven.

From Julia Cotter, Grosse Pointe

Tested by Susan Selasky for the Free Press Test Kitchen 369 calories (56% from fat), 23 grams fat (7 grams sat. fat), 21 grams carbohydrate, 19 grams protein, 381 mg sodium, 56 mg cholesterol, 35 mg calcium, 1 gram fiber.

Dad's Turkey Dressing

1 1/2 pounds ground round

4 to 6 cups dried (stale) bread crumbs, cut into crouton-size pieces

1 to 2 teaspoons dried sage

1 to 2 teaspoons dried summer savory

1 cup ground or very finely chopped onions

1 cup ground or very finely chopped celery

1 or 2 chopped apples

1 cup coarsely chopped walnuts

1 teaspoon each salt and pepper

Milk just to moisten the ingredients In a large bowl, mix together all the ingredients, adding just enough milk to moisten. This is enough dressing for a 20-pound turkey with some baked on the side. To bake separately, place in a buttered dish, cover with foil and bake 1 hour or until completely cooked through. Makes 16 servings.

From Guy Janness, Rochester Hills

Tested by Susan Selasky for the Free Press Test Kitchen 252 calories (41% from

fat), 12 grams fat (3 grams sat. fat), 23 grams carbohydrate, 14 grams protein, 404 mg sodium, 28 mg cholesterol, 80 mg calcium, 2 grams fiber.

Mariam's Tabbouleh

4 large bunches flat-leaf parsley

1 large onion, chopped

3 medium tomatoes, chopped

Juice of 3 lemons

1/3 cup finely cracked wheat

1 cup olive oil

1 tablespoon dried mint

2 teaspoons salt, or to taste

1 tablespoon sumac

1 teaspoon cayenne pepper

Wash and dry the parsley. Finely chop the parsley and place in a large serving bowl. Mix in the onion, tomatoes and lemon juice. Rinse the cracked wheat. Add the wheat, olive oil, mint, salt, sumac and cayenne pepper. Makes 12 servings.

From Mariam Bakri, Dearborn

Tested by Susan Selasky for the Free Press Test Kitchen 184 calories (89% from fat), 18 grams fat (2 grams sat. fat), 6 grams carbohydrate, 1 gram protein, 389 mg sodium, 0 mg cholesterol, 13 mg calcium, 1 gram fiber.

ILLUSTRATION: Photo KENT PHILLIPS/Detroit Free Press; Drawing

CAPTION:

1. Angela Farrow of Plymouth, Pastitsio; 2. Mariam Bakri of Dearborn, Mariam's

Tabbouleh; 3. Lorraine Len of Detroit, Grandma Julia's Pumpkin Chiffon Pie; 4.

Stella Urso of Eastpointe, Italian Meat Sauce for Pasta; 5. Frank Sorise of

Ann Arbor, Rosalie's Holiday Brugialuni; 6. Julia Cotter of Grosse Pointe,

Grandma's Meat Pie; 7. Patty Lum of West Bloomfield Township, Chinese Rice

Stuffing; 8. Guy Janness of Rochester Hills, Dad's Turkey Dressing; 9.

NanaDansoa (Queen) Paintsil and Sophronia Paintsil of Detroit, Ghanaian

Spinach Stew; 10. Andres Lopez and Eloisa Lopez of Detroit, Lopez Family's

Flan.

Rosalie's Holiday Bruygaluni, right, is a favorite of Frank Sorise of Ann

Arbor.

CAPTIONWRITER: The chefs and their dishes:

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DETAILS

Subject:	Recipes; Vegetables; Cooking; Milk; Thanksgiving
Location:	Detroit Michigan
Publication title:	Detroit Free Press; Detroit, Mich.
First page:	G.1
Publication year:	2001
Publication date:	Nov 13, 2001
column:	THANKSGIVING; RECIPE
Section:	FOOD
Publisher:	Gannett Co Inc
Place of publication:	Detroit, Mich.
Country of publication:	United States, Detroit, Mich.

Publication subject: General Interest Periodicals--United States

Source type: Newspaper

Language of publication: English

Document type: News

ProQuest document ID: 1271927261

Document URL: <https://www.proquest.com/newspapers/table-traditions-metro-detroiters-celebrate-their/docview/1271927261/se-2?accountid=35812>

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Last updated: 2017-11-19

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