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H'OOD&HOME

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HINTS FROM HELOISE

A shell of a problem

Dear Heloise: I often purchase the frozen pie shells to bake pies, and I have difficulty removing slices from the pan after they are baked; the pie crust is always stuck. Do you have any suggestions for how to make this easy without breaking up the slices? — Carole Owings, Wildwood, Fla.

Carol, that's just a plain ... well ... pain! Here are some hints to consider. Switch brands to see if a different one does not stick — it may be that simple. It may be the type of pie you are baking. If you pre-bake the pie crust, poke holes in it, bake, then add the fill-

However, if you are baking a pie with filling (pecan, pumpkin or my fave ... blue- or blackberry!), do not poke the shell with a fork. Doing so will let sticky liquid seep through and will cause the crust to stick. Do let the pie (and crust) cool before cut-

Last resort? Remove the frozen crust, grease the pan, put the crust back in and proceed. — Heloise

Cocktail sauce

Dear Heloise: Every year around the holidays, I buy a bottle of cocktail sauce. I use only a small amount. It sits in the refrigerator for several months, then I toss it out. Is there any other use for it? I checked the label, and it only lists shrimp. Should I just buy more shrim; Dan in McDonald, Ohio

Dan, don't toss the sauce or buy more shrimp! This sauce is basically "spicy ketchup," so get adventurous! Put it on burgers, hot dogs and fries. It works with crab, too.

It makes a zingy "dip" when poured over cream cheese. I run a fork through the slab of soft cream cheese to score it, then pour on the sauce. Set out with crackers, and tada ... quick-and-easy eating. — Heloise

Coffee-filter conundrum

Dear Heloise: I purchased a 12-cup coffee maker. It's the same model as my previous one. The paper coffee filters almost always collapse, and grounds end up in the coffee. Any help would be appreciated. — Bonnie, via email

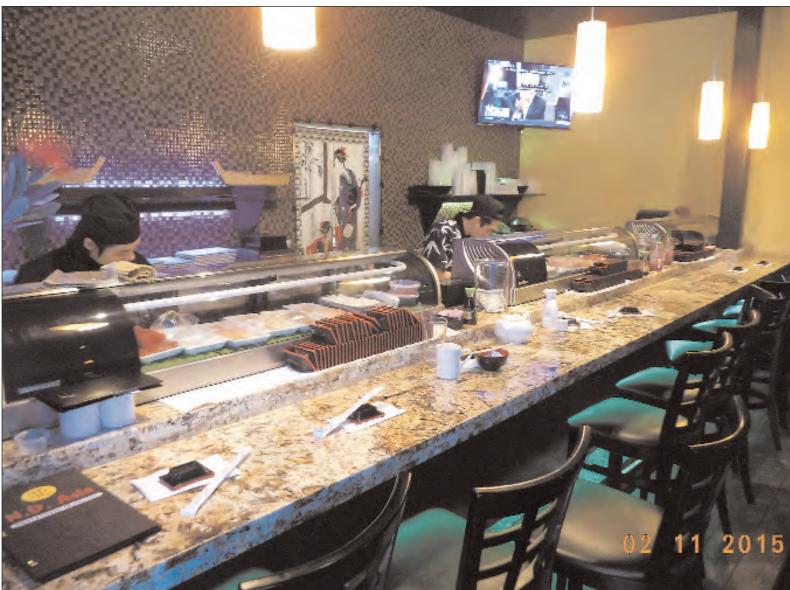
I have tasted coffee grounds in fresh-brewed coffee! Yes, the same filters (do be sure they are the "old" filters) should work. However, I bought some "same brand, same size" filters on the Internet, and they did this too. You can wet the filter to make it stick — this should help. Or try a permanent filter that you wash out. — Heloise

Hardened honey

Dear Heloise: I buy honey at a big-box store. After a while, it crystallizes, and I would heat it in a pot of water to thin it out.

I solved my problem by putting it into small jars. If it starts to crystallize, I put it on the top rack of the dishwasher. When the cycle is finished, the honey is back to the way it was before. It works perfectly. Just be sure the lid is on tight. — Shirley L. in Florida

Shirley, this is a honey



John Bechtel/Special to MDN

The sushi bar, where fresh sushi is made to order, is one of the most popular spots at N.D. Asia.

The Asian invasion: N.D. Asia restaurant

By JOHN BECHTEL Freelance Writer jbechtel @thenewvoltaire.com

When we think about revolution, it is usually in the context of violent overthrow of one ruling class in favor of another. However the most important revolution in human history was actually a series of quiet changes in different places and different times driven by food. Prehistoric man was nomadic. When he was hungry, he went out and hunted and then ate. He ate well and he didn't have to worry about food storage. There was no such thing as agriculture or long-term cultivation of crops, no worries about protecting his fields from flooding, storms, blight or raids from other hungry nomadic groups. So what prompted early man to start farming? The short answer is food production had to keep up with expanding population.

As they learned how to (think wheat and rice) and animals (think dogs and communities that grew (restaurant customers). The improved satisfaction around each other. The revolution and evolution of content of their diet was agriculture explains a lot dictated by reliability of about the history of North food supply, the soil, cli- Dakota and the content of mate and length of the our local restaurant menus. growing season. Those It even explains why the areas that lacked the appro-subject of this article is priate plants and domesti- appropriately named "N.D. isolated from other areas than, say, "N.D. Chinese". and for thousands of years

North Dakotans? quickly developed social 852-1240. It is handicapped government, taxes, seden- not required. It is open from tary lifestyles and the need 11 a.m. to 10 p.m. Lunch to live in much closer prox- specials (which save you imity to each other. The money) end at 3 p.m. Group ancient Latin word for dining is available. Call and was "civis," which is relat- arrangements. The worst ed to our modern words thing I can say about N.D. civility and civilization, Asia is that you almost need



domesticate certain plants One of the entertaining ways to eat is by venturing to a hibachi table, where the food is prepared

fresh in front of you.

N.D. Asia is located at were sparsely populated. 3400 16th St. SW, at the Sound vaguely familiar, front of the Cash Wise Grocery plaza. Its phone The areas that grew number (for carry-out) is structures that evolved into accessible. Reservations are those who lived in cities ask for Vanessa to make

Chinese cuisine

China is a big country, and there is no one cuisine that can be accurately and comprehensively labeled as "Chinese." Many very distinctive cuisines are to cated animals were often Asia" restaurant rather be found in China. Because of this, there is considerable variety in Chinese food. China has a long coastline, which means Japanese cuisine they have access to many of species seafood. Cultivated rice appeared rice in Japan was reserved early in China but it did not for the elite wealthy or powgrow reliably in all parts; erful. The poor ate grains. the other regions are When rice production known for their noodles improved, it became a stainstead. With a large popu- ple of Japanese cuisine. A lation and many gods, the culture Chinese weren't big on eat- Buddhism, eating meat was

oxen), their food produc- both of which have to do GPS to find your way in ally in large quantities, and Just think of the difference tion increased. Their small with the ability to organize and out of the parking lot. served family style. They between how we prepare for bands settled in one place society and get along with Now, with that out of the use more oil, garlic and an ordinary family supper and began to build villages. each other. Food is the rea- way, let's look at the menu. more meat in their cooking and the rituals we observe In those areas fortunate son we have cities, civiliza- This restaurant serves which is likely either when expecting company enough to be blessed with tion and even mass migra- Chinese, Japanese, Thai grilled or steamed. Up until for dinner, when we get out staple crops, villages grew tions. Being civilized and Indonesian food. recently, there were logisti- our linen napkins and tableinto cities. Even today, big emphasizes appropriate Understanding the differ- cal problems transporting cloth, best tableware and cities are nothing more than behavior between hosts ences can help you navigate food from one part of the china (no pun intended) dozens or even hundreds of (restaurant staff) and guests an Asian menu with country to other parts safe- and perhaps even light canly, so different cuisines dles at the table. remained distinctive to certain regions. Of the five land, with the islands are taste centers, salty, sweet, surrounded by cold, deep bitter, sour and spicy, water. The Japanese use sweet spicy and sour spicy many more uncooked ingretend to predominate in dients than the Chinese, Chinese food. The sauces and they use sauces of more tend to be fragrant, with subtlety, including fish more ginger, garlic and stock, soy sauce (that tastes peppercorns. Fermented different from the kind we bean pastes are strongly fla- are familiar with), miso (fervored.

About 2,200 years ago, steeped ing rituals. They pretty frowned upon, and rituals philosophy I share. Portions much ate anything, gener- of eating were important.

Japan had a scarcity of mented rice), MSG (more about that in a minute) and salt. Japanese cuisine endeavors to coax the natural flavors of plants into their food and may prove more delicate and elusive to the tongue. They use less oil. There is a visual emphasis, and the Japanese believe in a meal should be experienced with all five senses, a

See ASIA — Page C2

Food

Asia

Continued from Page C1

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difference to distinct Japanese cuisine that finally enhanced with rice vinegar got a name about 100 years and containing raw fish

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ago. In addition to the five inside. You can eat vour are smaller, but there is usual taste buds, they added sushi with your fingers. Fun, greater separation of menu a sixth one called umami. It fun. The rice is sticky, so feel items rather than cooking a is described as a different free to ask your server for a whole bunch of ingredients kind of saltiness, with a finger bowl of rice vinegar together as is common to the brothy, meaty and enduring and an extra napkin to clean Chinese. Japanese restau- taste, what we would call in your fingers. Sashimi is rants usually plate items wine-speak (oenology) a lin-sliced, raw fish and you are separately, but at home gering finish, a mouth- expected to use chopsticks. Japanese moms do what watering and coating sensa- The shaved ginger is a palate moms do everywhere: They tion over the tongue. Umami cleanser between bites. If dispense with ceremony is all about intensity of expe-you wish, you can dip the and cook and serve family rience. Think about this fish centers of your sushi when you try the sushi or into a small bowl of soy There is an ineffable and sashimi dishes at N.D. Asia. sauce. If you do, just dip the fish; the rice will fall apart on you if you dip it. Try to MORE! Spring Motorcoach Tours eat your rice with chopsticks, one grain at a time!

The green paste on your plate is called wasabi (made from horseradish powder) and can be mixed with your soy sauce. It is also highly effective at cleaning out your sinuses. Proceed with ties fun.

Sushi is a special rice roll

Thai cuisine



At N.D. Asia Restaurant, the staff is always prepared to make birthday par-

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subtlety and fragrance. leaves, garlic, ginger, lemon-country. Be courteous, Jasmine (scented) rice is a grass, curry, galangal, chili always polite; even ask staple of Thai diet. The com- and basil all contribute to someone how to say please the unique flavor and char- or thank you in Chinese. acter of Thai food. The Pad Those are perhaps the two Thai Noodles dish on the expressions you need to be menu (the name derives able to say wherever you go from phat thai) is commonly in the world. That, and sold by street vendors in where's the bathroom? Thailand, much like hot dogs are sold here, and is a There's magic fried noodle dish with in the staff peanuts, sweet and sour sauce, chili peppers, lime and cilantro.

Indonesian cuisine

is possible. Perhaps the most rarely sees. And no wonder. common dish is some form include one of my favorites.

The building is beautiful, hire, actually live together highly functional; even the in three local residences. restrooms are spotless and The dedication is obvious, elegant. Mr. Mak says he from the shy co-owner and his partner Harry (who Suharmin Mak, who speaks cooks in the kitchen) drew a four languages, and his rough diagram of how they super polite Hispanic wife wanted it laid out, and then Melissa (who met her took it to a New York archi- Indonesian husband when

menu (I've probably eaten chefs, the hibachi showfried. To die for.

one in progress. They know for sure. how to make kids laugh. straight vodka) to juggling course. eggs without breaking them. On one occasion, my wife More about and I sat at one of the this column hibachi tables and no one else at the table was interestenjoyment.

by the staff. Anything that Everyone has preferences. I two pages comes with MSG. order or where they should If you google umami, you eat. I look for the good where connection between the I usually get the good. two. All steamed dishes are gluten free.

make the sauces for the hibachi tables.

menu are available at a regular dining room table. Try sitting at the sushi bar and watch them make it.

This is not only a food experience; it is also a travel experience. Don't expect it to be Little America under one roof. Experience the accents, the desire to please you, strange tastes and if you get a little frustrated, ask for Vanessa or Melissa, and you want. This is what it is

Thai food is all about bination of mint leaves, lime like to travel to a foreign

If there were such a thing as umami that could be applied to restaurant staff, N.D. Asia has it. It's an indefinable, ineffable something Because Indonesia is that leaves you with a good composed of about 6,000 feeling. This is more than islands and has almost as appreciating their job and many official recipes, it is wanting to keep it; this is impossible to generalize more than knowing how about Indonesian cuisine. important customer service With more than 300 ethnic is to the success of the groups, the combination of restaurant. These people are local culture and foreign totally into this, heart and influences means anything soul, in a way that one

With the exception of the of curry. If you open your newest bus boy and the menu to the middle, on the sales manager (or the right hand side is a column Whatever-the-Situationcalled Chef's Specialties. Demands Manager) Vanessa Curry and her husband, Tom, the Chicken, which is the only entire crew moved here to Indonesian dish on the Minot from Texas last summenu. It also happens to be mer, where they all used to work together. And all of What else can I tell you? them, except for the latest tect who created the plans. she was a hostess at a Texas My favorite thing on the Chinese restaurant), to the there six times since they men, the other principal, opened last October) is the Harry, and his wife Heather, Texas Roll: spicy tuna, avo- and all dining room and bar cado cream cheese, rice and staff, everyone shows an seaweed wrap (holds every- intense desire to make your thing together). Then deep visit the best it can possibly be. Make the effort to get to Birthdays or special know them and you will events for kids? I watched have an umami experience

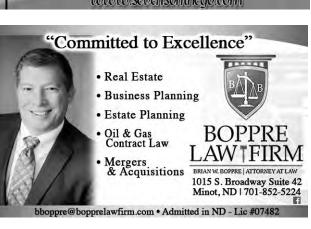
The restaurant is open Adults, too. The hibachi seven days a week. What do table chefs, these guys (I've any of them do on the rare never experienced a woman occasions when they have in this $jo\hat{b}$, here or anywhere time off? The answer I got else) know how to put on a was, in the following order: show and they keep you in Sleep, chores and skiing at rapture from the opening Bottineau. Where did they fireball (created by lighting learn to ski? At Bottineau, of

For those of you who ed in talking to strangers, so have been writing in with I would suggest you go to your comments, thank you. I the hibachi side of the respond to every email. I restaurant with your own wish to clarify that I am not a group in tow for maximum restaurant critic, and I don't rate restaurants nor do I pre-The center of the menu is tend to be an arbiter of taste called the Chinese Kitchen for our town of Minot. comes with sauce on these do not tell anyone what to will read the history and I visit, I expect the good, and Running a good restaurant is very hard work. None of N.D. Asia's own chefs them are perfect, but then we aren't either. Who wants to be condemned because Any items on the entire they are having a bad day? A disappointing experience is not synonymous with being a bad restaurant. When this happens to me, I give a restaurant a breathing spell before returning. But I do return. If it happens two or three consecutive times, it might be indicative of poor management.

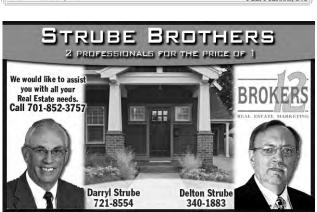
This column is about enhancing the dining-out experience by providing they will help you get what information about food, customs and culture. This col-



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