

taste buds

chef Larry Janes



Bake loaf with real rye flour

I'm a sucker for smells, odors and fragrances. I can gain two pounds just walking into a bakery and taking a hearty breath of air, inhaling the mixtures of bread, cakes, cookies and sweet rolls.

Gingerbread smells give me goose bumps. Even musty old wineries have an illusive fragrance that makes you want to sip the grape nectars.

When making bread at home, I close all the windows, hoping to keep the homey smell lasting as long as I can, especially the smell of rye. Crusty loaves brimming with flavor and bursting with aroma.

Whole grain rye flour contains natural fiber. It makes loaves that are chewy, satisfying and nutritious. Store-bought rye bread usually is masked with caramel colors and grain-syrup enhancers. Even some so-called "black breads" have been known to contain no rye at all — just white dough colored with caramel syrup.

All real rye bread starts with flour milled from the grain of rye plants, a cousin to wheat. The rye plant grows very well and easily, even in poor soils and bad weather.

THE GLUTEN proteins in rye flour are surrounded by saplike substances that, though tasty, could make for an overly dense loaf if not kneaded thoroughly.

Most of the time, a 50/50 mixture of white and rye flours will produce a light loaf still flavorful with a true rye influence. These same saplike substances create a dough that is extra sticky, and it is always recommended that you should resist the temptation to add too much flour to the batch. Adding too much flour can produce a bread so heavy you can use it as a door stop.

So with winter taking a firm hold on the Detroit area, now's the time to prepare some hearty winter breads that are sure to warm up the house and tummies of all involved.

Should you need a good fresh source of rye flour, try a food co-op or health food store. Store the rye flour in the refrigerator to prevent spoilage. Allow the flour to come to room temperature before preparing.

Use a good, fresh activated yeast when working with rye flour. A good yeast mixed with a little sugar and warm water should make a hearty foam in five minutes. If the yeast never foams, it is inactive, and it should be discarded.

If your recipe calls for beer or milk, it's always best to scald either before adding to any bread recipe. With beer, scalding drives off the carbonation and kills any brewer's yeast. With milk, scalding changes the enzymes, making it easier for the yeast to grow and thereby producing lighter, better loaves.

THE PERFECT glaze for almost any rye loaf is a whole egg wash, a mixture of one egg blended with one tablespoon water and a quarter teaspoon of salt. If desired, after the wash has been applied, a generous sprinkling of coarse or kosher salt will make for a crusty top just exploding with flavor.



DAVE DEAN/Vetatt photographer

Carrot lovers Jack and Audra Hendrickson of Birmingham are authors of "The Carrot Cookbook," a project they started after retirement from their respective careers in advertising and teaching. The cookbook gives many recipes they created and tested, for all kinds of dishes with carrots.

Carroty caper

Couple's cookbook extols healthful veggie

By Janice Brunson
staff writer

A carrot a day keeps the doctor away.

While most people know this old expression as an apple a day, Audra and Jack Hendrickson of Birmingham prefer the carrot version.

The Hendricksons, she a former journalism teacher and he a former advertising executive, are carrot connoisseurs who early last year published "The Carrot Cookbook," a collection of witisms and nutritional hints on the fleshy root vegetable and recipes for preparing succulent carrot cuisine.

The result is quite possibly the largest collection ever of carrot recipes.

The book, already in its second printing, is a commercial success. Some 7,500 copies have sold nationally. Later this year the book will be marketed in Europe.

It is a personal success as well. The Hendricksons are firm believers in the high levels of beta-carotene contained in carrots may help to ward off diseases like cancer, a message they feel is important to pass along.

California growers, who produce 70 percent of the nation's carrots, like the book for the boost of recognition it affords the carrot industry. Growers feted the Hendricksons last summer at the annual Carrot Growers Festival in California and gave them a 50-pound bag of carrots.

The gift daunted them not at all. They simply returned home and whipped up some of their favored recipes.

"WE NEED to be eating more carrots," Audra

'The kitchen looked like a science lab,' said Audra who personally cooked each recipe many times over, 'trying a dash of this or that' to come up with the final formula.

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Hendrickson said to nobody in particular one day in 1982 after reading the summary of a study conducted by the National Research Council on diet, nutrition and cancer, in which it was reported beta-carotene may have "a positive effect as an inhibitor of cancer."

Carrots, the article continued, are the richest source of beta-carotene.

After continued research and reading on the subject, the Hendricksons became more convinced there was a definite correlation between beta-carotene and disease prevention.

In early 1985 Audra entered the information the couple had gathered into her computer. "She didn't get up for two weeks," said Jack Hendrickson, "except to go to bed."

What inadvertently emerged was the outline of the "cookbook," Audra said, explaining how the project "got started."

The compilation of information is formidable, carrot trivia that is both fascinating and titillating.

• Carrots were originally white, purple, yellow

or orange, and used as decoration because they were thought to be too pretty to eat.

• Purple carrots are still preferred in Egypt.

• Today's carrot evolved from that grown 3,000 years ago in what is now Afghanistan.

• Beta-carotene is the plant pigment that makes carrots orange.

• Those who overeat carrots may take on a harmless orange tinge caused by excessive amounts of beta-carotene in the system.

• Carrots are the richest source of vitamin A.

• Super carrots, new hybrids, contain 40 to 70 percent more beta-carotene than ordinary carrots.

"CARROTY CHACKERY Meat Loaf," Jack responded in answer to his favorite recipe. "Oh, I love that. It's great."

One woman in Utah agrees. After preparing the dish for a family holiday meal, she bought 15 copies of the cookbook for Christmas gifts because her relatives raved so about the meat loaf recipe.

The Hendricksons' brother-in-law professor Cal-ifornia Cupcakes are his favorite, after stealing downstairs late one night and consuming an entire recipe of the small cakes.

All the book's recipes were either culled from existing sources and customized by the Hendricksons or concocted by them from kitchens in their Utah home where they live part of the year or their Birmingham apartment where they spend most of their time.

"The kitchen looked like a science lab," said Audra who personally cooked each recipe many times over, "trying a dash of this or that" to come up with the final formula.

Chocolate boxes are romantic gift to give

By Gari Rinschler
special writer

It's February and a lover's fancy turns to chocolate!

Chocolate, which has been associated with love for hundreds of years, is still the favorite Valentine gift. Ever since Richard Cadbury created the first heart-shaped Valentine box, Feb. 14 has been known as the day for giving chocolate as an offering of love.

So, what better way to say "I love you" than with chocolate. Not just any chocolate but something rich, lusciously decorated and elegant.

At Sweet Endings in Bloomfield Hills, chocolate heart boxes filled with hand-dipped truffles and decorated with a hand-rolled marzipan rose are being made from now until Valentine's Day.

Audra Tucker, chocolatier, and



Chocolate box is topped with a decorative candy rose.

Ron Fetch, owner of the shop, have collaborated for this elegant creation. Fetch, a chocolatier as well as an accomplished pastry artist, said,

"Chocolates are like a game to me. I set goals for being the best at the chocolate game and then compete with myself."

Each of the hand-dipped truffles is made from the finest French chocolate available and flavored with imported liqueurs such as Grand Marnier, Chambord and Amaretto. Fetch, who has owned the shop for several years, prides himself on the quality of the ingredients he uses.

HE SAID, "To be the best, you have to use the best ingredients." Fetch strictly adheres to this motto, from selection of the ingredients to graining and decorating the chocolates, tarts and cakes.

Fetch describes himself as a custom pastry artist. He began his career at Schoolcraft College in Liv-

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STEPHEN GANTT/Staff photographer

Ronald Fetch, owner (left), and Audra Tucker, chocolatier, of the Sweet Endings shop make luscious chocolate boxes for Valentine's Day.