

(Right) Hillary Callaghan serves spinach souffle to Joao (left) and James Donahue of Alexandria, Va., and their daughter Mary Brigida, while they enjoy Pear Compote. (Below) Italian Fontina and Red Pepper Blossom Quiche, along with oatmeal scones and homemade sugar-free jams, are among dishes Hillary Callaghan prepared for the family brunch.



JOHN STORMZAND

Gathering the bunch at Brunch

By Louise Okrutsky
staff writer

AT THE CALLAGHAN household in Birmingham, intimate Sunday brunches stand in the stead of larger dinner parties as a way to keep in touch with far-flung family and friends.

More casual and less time-consuming than preparing for a large dinner party, small brunches also come at the right time of day for the family. It accommodates Jim Callaghan's schedule as a choir member at Holy Name Catholic Church. It also suits official cook Hillary Callaghan's personal tastes. "I'm awake at that time of day," she said. Later in the day, she's usually too tired to handle a dinner party.

At the helm of these once-a-month affairs, Hillary Callaghan allows her menus to be dictated by whatever vegetables are in season. "I look into my menus. I look at the circulars and see what's on sale," she said.

A longtime vegetarian, Callaghan plans most of her meals around the availability of fresh vegetables. For instance, last summer she presented brunch guests with a corn quiche and corn on the cob simply because the vegetable was available fresh in local stores.

A RECENT BRUNCH for eight — including her parents, husband, her youngest son and visiting relatives — illustrates Callaghan's insistence on fresh ingredients. The centerpiece of the brunch, a red pepper blossom quiche, was selected because the vegetable was readily available in the produce section.

Another offering, a spinach souffle, was added to the menu to appeal to those who don't enjoy red peppers.

"It's difficult to guess," Callaghan said. "There are those who say, 'I'll eat anything,' but when you talk about what they do eat, you realize they haven't eaten 'anything.' You can get blindsided that way."

Adding to the brunch's subtle medley of textures were a pear compote and oatmeal scones served with homemade sugar-free jams.

Don't expect a menu of old family favorites from Callaghan. Instead, she enjoys experimenting with new recipes found either in cookbooks she has borrowed from the library or those she already owns.

"I don't do the same recipes over and over. There are a few I really like but we don't do a lot of repeating," she said.

Cooking was an activity to be enjoyed in Callaghan's family when she was growing up. Her parents, Bob and Maureen Keating of Birmingham, continue to enjoy cooking. "My mother is a very good cook. She's less experimental than I. I think she enjoys it less because there were all those years when she had to do it for all of us. Dad likes to cook," Callaghan said.

IN FACT, a fair portion of the afternoon's opening conversation between Callaghan and her father involved a description of his own exploits in the kitchen that weekend.

Ever mindful of the fact that a good cook, like a good entertainer, needs an appreciative audience, Callaghan credits her husband Jim, an elementary school principal for Warren Consolidated Schools, with being a good sport about her experimenting.

Her children, she admitted, offer varying degrees of appreciation. "My oldest daughter is very good."

Please turn to Page 3!

Restaurant brunches are memorable

By Ariane Funke
special writer

Sunday brunch is more than a meal — it's a state of mind.

"It's everything for breakfast you could possibly want," said a spokeswoman for Holiday Inn West in Livonia, which offers a big Sunday brunch.

For this writer, Sunday brunch in a restaurant is the perfect cap for the weekend. It's a sumptuous meal at a time of day when I'm most fresh.

Brunch is a meal served during a span which includes both breakfast and lunch hours; the name is a combination of both. While there is heavy emphasis on traditional breakfast items, the spread often in-

cludes roast beef, shrimp and salads for those who don't enjoy eggs and sausage.

"If you're looking for a lot of variety, we have it," said the Holiday Inn West woman, in an understatement.

SUNDAY BRUNCH is often, though not always, an all-you-can-eat buffet. The pace is leisurely. The ambience can range from elegant, with crisp linen cloths, ice sculptures and live music, to a more down-to-earth, homespun quality.

Many hotels offer brunch. Some of my happiest times have been celebrated around a bountiful brunch table.

As a former member of the local,

Please turn to Page 2

'Milk lady' knows all about mainstay drink

A week doesn't go by when I don't get something in my mail from a neat lady by the name of Irene Cameron.

The name might not sound familiar to you, but thousands of food writers, nutritionists, cooperative extension workers, home economists and dairy folk know Irene not necessarily by her real name but as the "milk lady."

Irene is responsible for sending out news releases and information on the mainstay beverage of today's household, especially those with kids, and can tell you everything you ever wanted to know about milk.

Well, just about everything.

Everybody knows that milk comes from cows and is reaped by the farmer who in turn has the milk hauled to a processing plant. Then the milk is processed and sent to wholesalers and markets, who sell it to folks like you and me. Correct, to an extent.

A total 91.4 percent of the world's milk supply comes from cows. So where does the remainder hail from? Slightly less than 1/12 (8.6 percent) comes from buffaloes, goats and sheep. Interesting little fact that I discovered when doing the research on this story is that although goats supply less than 3 percent of the worldwide milk

taste buds
chef Larry
Janes



supply for man, it is believed that more people consume goats' milk than cows' milk. This is because the highly populated countries of Asia and Africa have 70 percent of the world's goats.

HIPPOCRATES, often referred to as the father of medicine, described milk in his writings as "the most nearly perfect food." Indeed, this must be so, for many newborn mammals rely almost totally on their mother's milk for food. If milk were anything less than complete, survival of the young would be difficult.

Although field whole milk is a liquid food (88 percent water), it

contains an average of 12 percent total solids. These solids are comprised of things like carbohydrates, fat, proteins, vitamins and minerals.

Not only do we just drink the stuff, but milk also comes to us in many forms and varieties, some of which include ice cream, butter, cheese and numerous other foods. Think about that the next time you're standing in line waiting for that triple thick shake.

Many of us, including children, disdain the necessity to drink milk but would never even think twice about enjoying it in a rich cream of broccoli soup, cheese fondue or frozen yogurt. "So what's in it for me?" you ask?

Many of us have heard that drinking milk wards off the evils of osteoporosis and that the creamy white stuff builds strong bodies. But how many of us realize that milk also has a very relaxing, almost tranquilizing effect on our bodies? Soon after consumption of milk (whether it be hot or cold) a general mild tranquilizing effect can usually be felt.

Please turn to Page 2