

Students enjoy a classy cooking experience

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 restaurant, Elwin Greenwald, preparing the lobster timbale — a delicate yet rich first-course seafood moussé. The moussé was made in individual ring molds and, when unmolded, was salmon colored and created a beautiful beginning for the quails.

Greenwald explained that although the dish was time consuming to prepare, it could be made the night before.

Teaching a cooking class is not as easy as it seems. There's lots of organization and preparation work. Greenwald is as good a teacher as he is a chef. Besides apprenticing at Van Dyke Place, he also studied with and graduated from Madeleine

Kamman's Cooking School in Annapolis, France.

DURING THE BREAK, General Manager Kathy Dozier served freshly baked raspberry and blueberry muffins. While chatting with some of the 15 or so students, I found out they traveled from as far as Plymouth and even Ortonville. Others came from nearby Indian Village.

Jean and Frederick Carr of Plymouth Township have been attending these classes on a regular basis for a few years. Mrs. Carr, a lovely, slender woman, comes to the class mainly because "I'd like to eat and enjoy watching the demonstrations." She admits, however, "I do not like to cook."

At about 11 a.m., Sous Chef Patrick Dunn began the quail preparation. These small birds, he said, are partially boned, and come from Elbow Farms in Ortonville. The rib cage was removed by the Elbow Farm staff and the tiny drumsticks left on.

"This makes it easier to stuff as well as eat," Dunn said. He then prepared the Pate a Choux pastry, which is similar to cream puff pastry and uses a classic French cooking technique. Once the batter is prepared, the little cages can be made in advance and slightly warmed in an oven at serving time.

Pastry Chef Jeff Murray has

worked at Van Dyke for three years. He began his career at Oakland Community College as a culinary arts graduate and then worked for Machus Pastry shops.

THIRD DISH to be demonstrated in class was Oeufs a la Neige, small meringues which have been poached and are served on a layer of English custard. After skillfully shaping the meringue eggs, Murray garnished the dish with curls of white chocolate.

He explained that the easiest way to make a chocolate curl is to purchase a 10-pound slab of chocolate. Slightly warm the chocolate if it has been kept below room temperature. Angle a chef's knife, applying

slight pressure while pushing along the length of the slab. Callebaut white and bittersweet from France is the brand of chocolate the staff at Van Dyke Place prefers to cook and bake with.

At serving time, Murray poured the custard into an antique French porcelain pedestal bowl and garnished the platter below with strawberries, red apples and kiwi fruit. During lunch, each of us was served an individual portion of oeufs a la neige in an oval-shaped dish surrounded by slices of kiwi and fresh raspberries.

When the demonstrations were over, we were all escorted into the main dining room, a small, int-

imate room filled with accessories and hand-painted murals depicting the era of Louis the 15th. The waitpersons meticulously served each course, all courses accompanied by appropriate wines selected for the occasion by Paul Mann.

What a combination — wonderful atmosphere, exquisite cuisine — total relaxation. I may have to go back again.

For information and schedules of the Carriage House Cooking Classes, write the Van Dyke Place, 649 Van Dyke, Detroit 48214, or call 821-2620 Mondays-Fridays from 9 a.m. to 5 p.m. Cost is \$60 per class, or four classes in a series, for \$225 (Spring 1989).

CHILLED LOBSTER TIMBALE WITH FISH VELOUTE

Serves 4-6
 Fish Veloute
 4 teaspoon unsalted butter
 4 teaspoon all-purpose flour
 4 cups fish stock

Over low heat, melt the butter in a saucepan. Stir in the flour to make a roux. Cook, stirring constantly for 2-3 minutes. Place the stock in a soup pot and bring to a boil. Add the boiling stock to the roux. Remove from heat and whisk together. Place back on medium high heat and bring to a gentle boil. Simmer for 45 minutes. Remove from heat and let veloute reach room temperature. Use 1/2 for the Lobster Moussé. Reserve remainder for Timbale sauce.

Fish Aspice
 3 teaspoons unflavored gelatin
 1/2 cup cold water
 4 cups fish stock
 2 egg whites plus shells
 1/2 cup white wine

In a small bowl, soften the gelatin in the water. Add a little of the fish stock. Place in saucepan and add remaining stock and the wine. Heat over low heat. Stir until the gelatin is dissolved. Remove pan from heat. Beat the egg whites with a wire whisk. Add the shells. Add to the gelatin mixture and whisk over high heat to incorporate thoroughly. Simmer until the whites form a "raft" and rise to the top. Gently strain through a cheesecloth-lined strainer. Let set until it is room temperature, and use for the Lobster Timbale.

Timbale
 1 small leek, white part only finely sliced
 1 carrot finely diced
 1 rib celery finely diced
 1/2 cup dry white wine
 1/2 cup brandy

salt and pepper to taste
 freshly grated nutmeg to taste
 fresh thyme, minced to taste
 2 pounds cooked lobster meat or combination of shrimp, scallops and lobster
 1 cup fish veloute
 1 1/2 cups heavy cream, softly whipped
 1 cup fish aspice

In a saute pan over medium heat, cook the diced leek, carrot and celery about 10 minutes until vegetables are soft but not browned. Add the wine and brandy and reduce until alcohol has cooked off, about 5 minutes. Add the seasonings and the lobster meat.

Puree the fish mixture in small batches, in a food processor. Pass the puree through a mesh strainer with a spoon and set in small ceramic bowls. Set the bowl into a larger one which has been filled with ice. Gently stir in the fish veloute. Fold in the whipped cream followed by the aspice.

With a ladle fill individual 1-cup ring molds or other metal molds almost to the top with moussé. Cover with plastic wrap and refrigerate overnight or until very firm. Place ring molds in hot water briefly to ease the unmolding.

Serve on a chilled plate and garnish with sauteed miniature vegetables such as miniature patty pan squash, miniature zucchini, miniature carrots. Reheat the remaining veloute and spoon over each serving.

BRACE OF YOUNG QUAIL "LA CAGE AUX FOLLES" SERVED WITH A SATIN BLANKET OF TRUFFLE-COGNAC SAUCE

Pate a Choux Cages
 1 cup milk
 1/2 cup water
 1/2 cup unsalted butter
 1 1/2 cups all-purpose flour
 1/2 teaspoon cayenne pepper
 1/2 cup brandy

When the students had left and the flurry of assistants found themselves with their over share of dirty dishes, pots and pans, I snookered Giuliano into a corner.

"So where was the Cuisinart, the Kitchen Aid and the Mini-Chop?" I asked.

"Why?" was the only reply. Silence is deafening. Touche. "How can you even compare a pasta made by hand to one from the Cuisinart?" was the master's reply.

salt and pepper to taste
 6 eggs
 1/2 cup freshly grated parmesan cheese (very fine)
 1/2 cup jarlsberg or swiss grated very fine

Bring water, milk to a boil in saucepan. Add the butter. All at once add the flour, cayenne, nutmeg and salt and pepper. Using the wooden spoon mix over medium high heat until mass forms a solid mass.

Push the dough back and forth in the pan until butter begins to ooze on the surface. Transfer to a mixer bowl and add eggs one at a time, mixing well after each addition. Add the cheeses and beat until smooth. Cool.

When cool, put dough in a pastry bag filled with an 1/2-inch round tip. Brush a small 4-inch metal bowl with vegetable oil and pipe pastry on the back of the bowl in forming a lattice.

Bake the cage or bowls in a preheated 425-degree oven one at a time or using four bowls until golden about 5-8 minutes. Allow to cool 5 minutes, then gently remove and place on a rack to cool further. Reserve until serving time.

Quail with Truffle-Cognac Sauce
 Serves 4
 8 fresh boned quail (leave drumsticks intact)
 1 cup wild rice cooked in 3 cups water
 1 teaspoon chopped parsley

Truffle-Cognac Sauce
 1/2 cup cognac
 1 tablespoon finely chopped shallots
 1 tablespoon finely diced carrot
 1 tablespoon finely diced celery
 1 teaspoon minced garlic
 reserved quail wings
 one 4-ounce jar fresh truffles, peeled and sliced or 4-ounce jar of fresh truffle peelings — available at Merchant of Vino in Birmingham, Southfield and Troy
 3 cups rich veal demi-glace (concentrated veal stock)

1/4 cup toasted, crushed walnuts
 8 strips bacon, uncooked
 1 tablespoon olive oil
 1 tablespoon butter
 1/2 cup rich veal stock

Quail can be purchased from Elbow Farms in Ortonville, or call Van Dyke Place, 821-2620.

With a chef's knife, remove the wings from the quail and reserve. In a small bowl mix wild rice with the parsley and walnuts. Fill each quail with the rice mixture. Carefully wrap each quail around the breast with a bacon strip and a second across the backbone. Secure with toothpicks.

In a saute pan, heat the oil and the butter. Brown the quail on all sides. Add the veal stock and bring to a boil. Cover and place in a 350-degree oven for 15 minutes or until each quail is cooked through. Meanwhile prepare the Truffle-Cognac Sauce.

OEUFS A LA NEIGE
 Serves 4
 3 egg whites
 1/4 cup sugar
 2 1/2 cups milk
 1/4 cup yogurt
 4 egg yolks
 2 tablespoons Caltrac
 1/4 teaspoon lemon zest
 pinch nutmeg
 1/4 teaspoon vanilla

Garnish
 1/2 cup toasted sliced almonds
 1/2 cup white chocolate shavings or curls

1 tablespoon cold butter
 Put all ingredients in a saucepan except truffles, demi-glace and butter; cook over high heat until cognac is reduced by 1/2, being careful that it doesn't burn or catch on fire. Add demi-glace and simmer for 15 minutes.

When the quails are finished cooking, pour any liquid left in the saucepan into another saucepan. Add the truffles and butter. Bring to a boil, whisking constantly. Quickly pour over all the quail and cover with the Pate a Choux Cages.

To prepare demi-glace: Mix 1/2 cup cold veal stock plus 1 tablespoon stock with 4 teaspoons potato starch (or cornstarch) until well blended. Place 3 cups stock in a saucepan and add stock-starch mixture. Heat. Remove from heat when simmering.

With Bugialli pasta-making looks easy

"It's about time people started to love the process of cooking."
 — Giuliano Bugialli

been invited to Chicago by the Italian Trade Commission to have lunch with Giuliano at Spagglia's where he will be representing Bertoli Olive Oils on an East Coast tour. (This job does have its rewards.)

So if you have a few bucks sitting around and you demand the finest in assorted regional Italian cuisine, you will not be disappointed with Giuliano Bugialli's presentation. Giuliano himself has a fine-renewed cooking school in Florence and New York City. Summer seasons are still available. For information call 212-966-5325.

Got a recipe to contribute?

Readers' recipes will be featured in a cookbook to be published by the Observer & Eccentric. If you've got a recipe to contribute, send it to: Taste Cookbook, the Observer & Eccentric, 36251 Schoolcraft, Livonia 48150.

Be sure to include your name, address and phone number.

Recipes will be in such categories as appetizers and hors d'oeuvres, soups, salads, main dishes, vegetables, breads and rolls, and desserts.

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