



Monday, May 26, 1989 O&E

taste buds
chef Larry
Janes

Brews to keep you cool

Since this is the weather for grass cutting, garden tilling, tree trimming, gutter cleaning and other sunny outdoorsy-type jobs, nothing quenches this big boy's thirst better than a cold beer.

Especially with all the hoopla the ad people are pushing — someone dying of thirst has a hard time deciding whether to choose a cold-filtered one, a light one, a dry one, a wet one — needless to say, there are as many descriptions for beer as there are varieties on the market.

One thing that is very prevalent however, is the dedication to brand loyalty. Being a downriver boy, the big names at the market were always Blatz, Altes and what used to be a very popular selection, E&B. Many of my friends wouldn't touch anything other than their favorite brands, with the majority leaning on the Miller Lite (for obvious reasons) variety.

So how can the novice beer buyer make a realistic selection for what will truly be the icing on the cake on a hot, dusty summer afternoon? Following is a primer list of basic store offerings.

ALE — The pilgrims brought ale, rather than beer, to America. Both beverages contain malted barley, hops, yeast and water, but ale is stronger and contains more alcohol than beer. Another difference is that production of ale utilizes strains of yeast which rise to the top of the fermentation tank. Hence, it is said to be a "top-fermented" beverage.

BEER — What is commonly called beer here in America is known as lager in Europe. The process for brewing was brought to America by German immigrants who arrived in the 1840s. These beers are made with yeasts that drop to the bottom of the fermentation tank. They tend to be lighter, lower in alcohol and contain less hops than ales.

ROCK BEER — Usually available in the spring, it is darker, heavier and sweeter than most beers, mainly because of the highly toasted, dark malt that is used.

DRY BEER — The industry will probably come down on me for saying this, but dry beer is simply a more bitter beer that is heavily hopped (usually twice more than regular) and is known in England as pale ale.

LAGER — The name of this type of beer is derived from the German word "lagern" which means to "store." A lager is light colored, mild tasting, mainly from the added storage in cool conditions.

MALT LIQUOR — American labeling regulations provide that brewed beer containing more than 5 percent alcohol cannot be called beer but must be designated as malt liquors.

PILSENER — Once, this name applied only to a highly regarded lager beer from Pilsen, Czechoslovakia. Now, it merely signifies that a certain product may bear a resemblance to the beer from Pilsen.

PORTER — This ale-like beverage got its name from London market porters who utilized several different brews by making them together.

STOUT — Some time ago, a demand arose in Great Britain for an "extra-stout" porter. Hence, this very dark and slightly bitter ale came to be brewed from dark malt.

SAKE — Many people call sake "rice wine" because it has an alcohol content of 18 percent, which is more comparable to that of a beer. It is brewed from a cereal beer because the starches in the rice must be converted to sugars before fermentation can take place. Many Japanese beers are surfacing as "poppo brews" with a slightly lower alcohol content and a sweeter taste.

Morel of the story is they're hard to find

By Larry Janes
special writer

LOOKING FOR the best place to hunt morel mushrooms this year? All across the state, morel maniacs are suggesting that you get a super-saver airline ticket to Washington or Oregon.

No, they are not trying to keep their hunting locations a secret, but once again, as for the last six years, hunting for the delectable fungi is

poor, mainly due to the light rainfall and late spring.

Anyone who knows me knows that my idea of picking mushrooms is sifting through a box at my local produce market. So, when it comes to writing a story on morels, I contacted some of the state's foremost morel hunters.

First off, and probably the most reliable, were good old Aunt Doris and Uncle Harold, who hail from a city west of Traverse called Cedar. A few years back, Aunt Doris took me, Aunt Phyllis and Cousin

Mike morel hunting, and after a few hours of wandering through the woods and being told, "We're not lost," we emerged with about five pounds of the delectable morels.

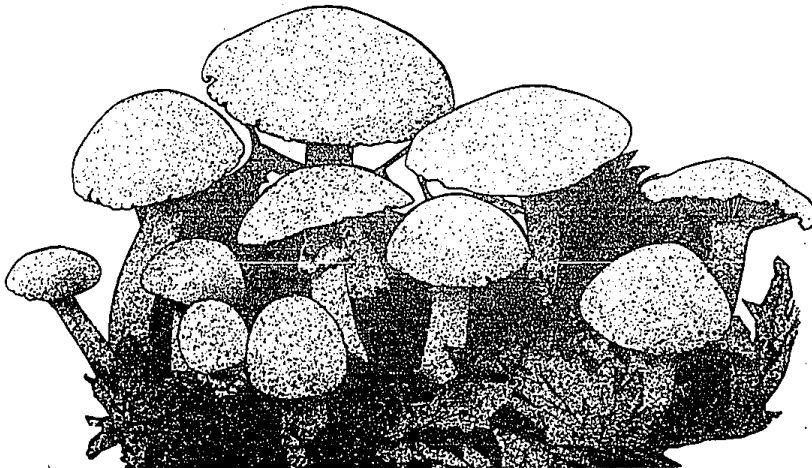
AUNT DORIS and Uncle Harold made no promise never to reveal the location, and all I remember is that it was near a cherry orchard (where we later "found" cherries) about five miles from Fritz Mountain in Cedar.

Numerous telephone calls and letters to Aunt Doris had her spotting

only an occasional morel and, in her own words, "If they're not out between April 15 and May 15, they're not going to show." Maybe next year, eh, Aunt Doris? (But I'll be up in the summer to "find" some more cherries, okay?)

My next source, who had a little better luck but not much, was Jim Lark, owner of the Lark restaurant in West Bloomfield. A call to Jim's hideaway in Petokey found that he had located 40 or so, mainly while

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Try favorite fungi in soup, or with pasta

CREAM OF MOREL MUSHROOM SOUP
(recipe from the Golden Mushroom, Southfield)

½ cup butter
½ cup chopped onions
½ cup flour
4 cups good chicken broth or stock
1 bay leaf
pinch salt
pinch nutmeg
2 teaspoons butter
½ pound fresh morel mushrooms (or domestic), chopped fine
1 egg yolk
½ cup whipping cream

Melt the butter in a heavy sauce-

pan. Add onions and cook slowly until onions are transparent. Add the flour and stir over low heat for 3 minutes. Add the chicken broth and the seasonings. Whisk until all lumps are dissolved. Bring to a boil, simmer slowly for 20 minutes, strain. Heat 1 tablespoon butter in a large skillet. Add morels. Cook over high heat until the morels turn grey, but do not brown. Add to soup and simmer 10 minutes. Just before serving, heat soup to a boil. In a separate bowl, mix egg yolk with the cream. Start adding hot soup, whisking steadily with a wire whisk. When half the soup is added, pour it all back into the remaining soup in the

saucepan. Do not boil. Serve immediately. Serves 4.

MORELS WITH PASTA IN A LIGHT HERBAL CREAM SAUCE

(from "Uncommon Fruits and Vegetables" by Elizabeth Schneider, Harper and Row, 1986)
½ cup light cream
¼ teaspoon dried tarragon
¼ teaspoon dried thyme
1 tablespoon finely minced shallot
dash salt
¼ pound fresh morel mushrooms (trimmed, sliced and cleaned)
¼ pound fresh linguine, tagliatelle

or fettuccine
fresh black pepper

Combine cream with tarragon, thyme, shallot and salt. Simmer uncovered until shallot is soft, about 5 minutes. Add morels to cream mixture. Cover and simmer until tender, about 10-15 minutes. Boil noodles in a large pot of salted water until tender. As the noodles are finishing, uncover morel mixture and boil for a few minutes, if necessary, to thicken slightly. Drain noodles and combine at once with the sauce. Season with salt and pepper and serve at once. Serves 2 generously as a main course or 4 smaller appetizers.

Le Peep: It's le place for le breakfast



At the first sign of le light, and the first thought of le breakfast, think Le Peep.

There you will find the lightest, fluffiest eggs, prepared in the most ingenious ways. A hot cup of coffee — "leaded" or "unleaded" — awaits. And bright morning light streams in from its second-level floor in the new Woodward Square building in downtown Birmingham.

No, it's not a French restaurant, in spite of its name and its menu offering Le Breakfast, Le Brunch and Le Lunch. Actually, Le Peep refers to the first sound from a chicken as it emerges from its egg. So, no wonder then, that you will find the freshest, yummiest egg dishes at this exciting new restaurant.

Like the Dawn Breaker (\$4.95) of scrambled eggs with fresh mushrooms, bacon, a sprinkling of chives

and plenty of cheese and diced tomatoes. It's just perfect for the person seeking something a little different — but familiar enough to be edible as early as 6:30 a.m.

FOR THE MORE adventurous, or those to whom 6:30 a.m. is well into the day, there's a version of eggs benedict which features chorizo sausage, salsa, cheddar and jack cheese, sour cream and chives — and is served with tortilla chips and salsa (\$5.50).

As you would expect, the restaurant serves every style you can think of, and with just about any ingredient: with smoked salmon and cream cheese, or with chicken, mushrooms, almonds and onions, or with seafood and snow crab.

Le Peep's panhandled dishes feature varied ingredients topped with two basted eggs and served with its own version of hash browns. Its "awesome" omelettes have standard versions — like the western — but also eye openers like a ham and cheese, which features smoked ham and Wisconsin white cheddar cheese (\$4.95).

With such an exciting array of egg dishes, it's almost difficult to think of Le Peep in terms of lunch entrees, yet lunchtime is its busiest time of the day and the menu is being expanded to accommodate customer requests for more soups and salads. Presently, it has an excellent "Fruit Splash" cold soup with a strawberry base and yogurt and cinnamon (\$3.95). The broccoli cheese and old-fashioned chicken soups are substantial and are served with apple slices,

fresh veggies and cheese strips.

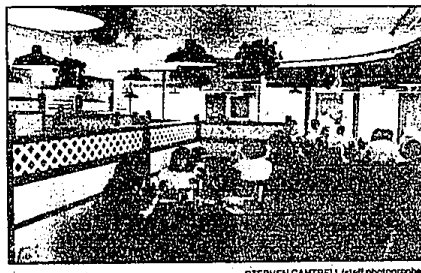
The open-face sandwiches, described as "knife 'n' fork" creations, are innovative too, such as the B.L.T. smothered in cheese (\$4.95) or the Le Egg Salad sandwich with deviled egg salad on a Kaiser roll (\$3.95).

AS IS FITTING in today's environment, Le Peep offers variations on traditional entrees for the health conscious, such as dump cakes (\$4.25), pancakes with honey-laced granola and alivered almonds, or trail cakes featuring (what else?) trail mix and apples. And you can choose a whole-grain English muffin as well as the original or raisin.

Being in the heart of Birmingham,

and being one of the only restaurants where guests can sit alongside large windows and view the city below, you might think Le Peep would be ultra-trendy, a yuppie haven in fact. Not so. This is one place where you will see families, business people, older couples, singles, about as varied a clientele as its treatment of eggs.

Once inside, you will do like everyone else, request a window seat — the beck with smoking versus non-smoking — unless you're conducting a business meeting, in which case a nice little corner section near the restaurant entrance will do quite nicely.



STEPHEN CANTRELL/Lett photograph

Birmingham restaurant Le Peep is open for breakfast, lunch and brunch.

Business meetings are common, incidentally. Even on Saturdays where we overheard one patron say he accomplishes more in Saturday morning meetings than almost any other time.

A morning patron can likely find street parking, but at lunchtime, unless you work or live within walking distance, you won't be so lucky. The parking structure on Penobscot Street is just a block away and inexpensive — 20 cents an hour.

CURRENTLY, the restaurant offers breakfast and lunch, but may expand to early evenings, using the same menu, says Dave Andrejko, director of Burmarr II, the parent company. While the Birmingham restaurant is one of two franchises currently in Michigan (one in Ann Arbor), the company will open one in West Bloomfield (Northwestern Highway and Orchard Lake Road area) soon and a fourth in Novi (near the Novi Hilton) later this summer. That means many more happy mornings for those of us who love good breakfasts. It's a dream come true.

Details: Le Peep, 355 S. Woodward in the Woodward Square Building, Birmingham. Phone: 258-0678. Hours: 6:30 a.m. to 2:30 p.m. Mondays-Fridays; 7 a.m. to 2:30 p.m. Saturdays-Sundays. No reservation, but larger groups may be accommodated most times.

Prices: \$2.95-\$6.25. MasterCard, Visa, American Express. Value: Wonderful breakfasts and lunches, but definitely a great breakfast place.