

taste  
budschef Larry  
Janes

## VIVA LE CREPE

Salads  
are all  
in one

Having just returned from a three-day culinary trek to the National Restaurant Show in Chicago, one of the summer trends that was evident is chowing down on the "self-contained salad."

With summer on our doorstep, one of the last places I want to be is at the sink washing, drying and chilling salad bowls. Every late at the NRA show featured salads stuffed into pita breads, croissants, tortillas, fruit and assorted vegetables.

Nature has supplied the cool cook with an assortment of edible containers that make the salad fillings beam with pride. Avocados on the half shell are delicious edible bowls — the perfect shape and color combinations to set off a variety of fillings. Underneath it all is the velvety smooth edible container that can be carried in the hand or neatly placed on any kind of plate.

The artichoke, however, would appear at first glance, if not downright inhospitable, certainly less than gracious for use as a self-contained salad. Don't be put off by those prickly tips on the outer leaves — just snip them off with scissors.

The uncooked artichoke presents a definite problem, but after a gentle steaming or baking, the leaves can be pulled apart to remove the fuzzy "choke," and an assortment of salad goodies can easily be stuffed with minimal fuss and muss.

NOT TO BE OUTDONE in the salad container wars are the crunchy bowls that can be made easily in your own kitchen. Large corn or flour tortillas, brushed first with any kind of butter, oil or margarine, then draped over a small ovenproof crock, can be baked into the perfect shape for stuffing in about seven minutes in a medium-range oven.

Even the new waffle cones are getting into the swing of things by omitting the sugar or sweetener in the batter. Immediately after being pulled from a steaming waffle iron, the cones can be twisted into conical shapes or, again, can be left to "dry" over small bowls that will make great edible containers. Ditto for crepe shells.

If you are looking for a more sturdy "edible" container for dishes containing more liquids (such as tabbouleh, potato salad or risi bisi), large tomatoes, previously scooped out, can be stuffed with a rigorous assortment of cool summer salads.

Yours truly, who makes it a point to attend all the Janes gang family outings to enjoy Mamma's delectable potato salad, has scooped out day-old baked potatoes and crisped the skins in the oven by brushing with a little melted butter. Serve potato and macaroni salads in these nifty little potato boats.

Something that requires a little advance work, preparation and the correct utensils can utilize extra, cooked pasta and rice. There are neat gadgets, available at great gourmet shops, called "birds nest makers" that resemble one wire basket inside the other.

THE BASKETS separate and can be filled with either cooked rice, pasta or assorted Chinese noodles, then deep fried. When the baskets are separated, you have a unique edible basket that looks equally as attractive on a dinner plate or backyard barbecue dish.

Edible salad bowls are definitely de rigueur for the host or hostess looking for a classy alternative to the standard salad plate. They can be filled with just about anything and can be used in virtually any circumstance. Be daring and try it for yourself.



Crepes or waffles are paired with yogurt and a variety of toppings for specialties at TCBY. Shelly Drumhall, manager of the TCBY at Waffles and Ro-

chester roads in Troy, makes a Deluxe Belgian Waffle. The waffles are made fresh; crepes are frozen.

A French  
import is  
translated

By Mary Rodrigue  
staff writer

While a cooking student at LaVarenne in Paris, Tom Foydel remembers crepes as simple food, as French as doughnuts are American.

"It's funny what happens to food when it crosses the Atlantic," said Foydel, chef at the Money Tree, a popular French restaurant in downtown Detroit.

"In France, crepes are cheap and quick, served with just a slice of ham or an egg. They're bigger — about 14 inches in diameter — and take up the whole dinner plate.

"Here in the U.S. we fold them into little tubes so the sauce doesn't leak out. We fill them with sauce and the meat doesn't dry out. We do large numbers at a time here."

Foydel is a crepe purist. He believes the diner should taste the crepe and savor it, instead of considering it a mere wrapping for a rich, calorie-laden concoction.

One of his favorite dessert memories from France is a simple buckwheat crepe spread with chestnut puree.

"The crepe is light in flavor (and) should be eaten for the crepe and not the stuffing. The simpler the better. To put a heavy filling turns it into a heavy package. It loses integrity."

THE MONEY TREE has a few main-course crepe dishes, filled with chicken, turkey or shrimp. They're made right in the kitchen, not bought wholesale.

Although the Money Tree has no dessert crepes on its menu, Foydel enjoys whipping up a batch at home. He serves them modestly, perhaps sprinkled with a little powdered sugar.

"You can buy a dessert crepe on the streets of Paris for the equivalent of \$1, usually spread with jam or Grand Marnier."

Foydel said crepes aren't hard to make at home, but a key to success is letting the batter rest for at least an hour so that moisture can expand the flour.

"You must have the proper consistency," he said. "The batter has to be thin enough to spread in the pan. If it's too thick, add a few drops of milk."

"You need a good pan, one of those with Teflon coating or a seasoned pan. If the first couple don't work, just give them to the dog and try again. They're great to do with kids. It's almost like making pancakes."

JOHN CHURCH, executive chef of Miesel-Syko, a Canton food distributor, agrees crepes are easy to make at home but, "A volume situation is a pain in the talside."

That's why dozens of food-serving businesses, from restaurants to hospitals to country clubs, buy crepes pre-manufactured from companies like Miesel-Syko.

"Crepes are considered more upscale," Church said. "There is an aura surrounding them — they're French. The average homemaker doesn't make them. You could take the same creamed chicken over a biscuit and put it in a crepe and get an extra \$1.95 for it."

Miesel-Syko sells other crepe-family foods, like Belgian waffles and blintzes.

"They're definitely popular brunch foods," Church said. You don't have to serve Belgian waffles with strawberries and whipped cream. I serve an open-face Reuben sandwich on a Belgian waffle. Just put your imagination to work."

BELGIAN WAFFLES and crepes are popular menu items at TCBY, a fast-growing national retail chain specializing in frozen yogurt.

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## There's 'gold' in those soybean fields

By Wendy Rubin  
special writer

They call it the "Gold That Grows." Soybeans represent Michigan's 11th largest crop and are known to have more than 1,000 uses, with more being discovered each year.

Soybeans are a fantastic source of protein and are used in products like tofu, soy sauce, and flours for baking muffins, breads and other goods. One tiny unprocessed soybean contains more than 40 percent protein.

Through different kinds of processing, soybeans are made into bran, flour, meal, oil and tofu. Soybean meal, for example, contains as much as 50 percent protein.

ALTHOUGH SOYBEANS have been around for approximately 4,000 years, the product didn't arrive in the United States until the late 19th century when farmers used soybean meal as feed for cattle.

"Soybeans are the world's best-kept secret," said Don Korte, president of the Michigan Soybean Association.

Korte, whose family has been farming in Canton since 1925, credits Henry Ford — who wanted farmers to become primary customers for his Model T — with developing the soybean industry in Michigan.

Ford opened a soybean research plant at the Edison Institute and there discovered that soybeans can be used instead of petroleum in paint. Even today, research in this area continues, as new applications for soybean-based paint and inks are being developed.

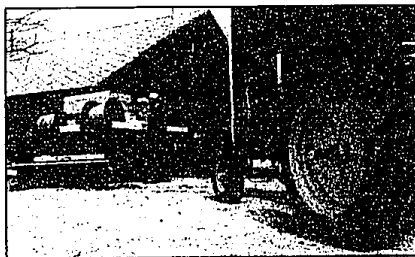
Currently, the United States ranks first in world production of soybeans. But that stronghold is being threatened by countries like South America and China who are producing and exporting at cheaper prices.

"Soybean production has decreased 15 percent in the United States," Korte said. He attributes the decrease not

only to lost market share to foreign countries but to government subsidizing, lack of promotion and the use of saturated oils like palm and coconut.

KORTE KNOWS the problems of decreased production well. The farm his parents started is currently a subdivision in Canton.

In fact, from the Korte back door,



BILL DRESLER/staff photographer

Don Korte of Canton, president of the Michigan Soybean Association, plants soybeans at his farm east of Manchester in Washtenaw County. He has planted mostly wheat on his Canton farm.

on what used to be their soybean field, now sits a new home a mere 1,000 feet away. Soybean acreage in Wayne County has decreased from 20,000 acres to today's 7,000 acres.

"(U.S.) soybean meal exports are down 24 percent and soybean oil exports have dropped 55 percent," Korte said. "We are producing at only 60 percent of our capacity."

SO, SOYBEAN farmers and producers have mounted a campaign to increase usage of soybean products in the United States and abroad. They are adding new international markets and supporting research to develop new uses.

One new market is Japan, where shrimp farmers are replacing fish meal with soybean meal. The result: shrimp that reproduce faster, taste less fishy and are less expensive.

Attention is being shifted toward the oil extracted from soybeans because it is a poly-unsaturated vegetable oil. Poly-unsaturated oils and fats do not contain cholesterol.

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