

tastebuds  
chef Larry  
Jones

## Sat seeps into diet many ways

**D**ON'T procrastinate when the doctor gives the ultimatum "Cut out the salt." Just stop using it. Sounds easier said than done, eh?

Reducing or even eliminating salt from our daily routine can be as traumatic for some as quitting smoking is for others. We've all heard many times that the desire for salts is a learned one and luckily, came unlearned, but not without a major change in culinary habits.

While flying to Chicago last month to visit the National Restaurant Show, I sat next to a nutritionist who was commenting on the three-packets of salt she received with her luncheon tray consisting of a minuscule sandwich and about two tablespoons of potato salad. She commented on the three packets, served in addition to the salted peanuts and the high sodium tomato juice that accompanied her Bloody Mary.

I commented that she was beginning to sound like Euell Gibbons' daughter when she asked "How much salt do you use in one day?" I said under the seat, somewhere between my briefcase and duffle bag, trying to pretend that I didn't hear the question. She repeated it I sank a little further.

While the trays were being collected and I felt the landing gear being lowered, she suggested that the next time I spend a day in the kitchen, I cover everything first with a small sheet of waxed paper, then salt the dish as I would any other thing. OK, we shook on it, I forgat about it (as usual) and went on with my life.

Until yesterday. Now you have to understand that I seldom indulge in a big breakfast, mainly because in the past I have indulged too much on other things. It was a cool morning and I decided to make a small omelette. As I added the butter (salted) to the frypan and beat the eggs, my conscience resurfaced with the remembrance of that handshake and promise. It just so happened that I would be spending a great part of the day in the kitchen so, "let's experiment" was my response to my conscience.

Out came the waxed paper and an empty small yogurt container to hold the forbidden substance.

By the time breakfast was over, I realized not only the table salt that was on but decided to go one step further and include the individual serving amounts from the food I ate during the course of the day.

Add another 45 milligrams of sodium from the butter.

After doing the breakfast dishes, I made a batch of muffins from the blueberries that were beginning to soften in the fridge. And while the muffins were baking, I started a batch of tabouli. Oh, oh, better get out the old calculator. Heck, it wasn't even lunch yet and I had accumulated 125 milligrams in the processed food I use, already totalling more than 250 milligrams, more than what the USDA recommends that most adults need in ONE DAY!

What really surprised this writer was the amount of salt that I used to use while cooking pasta, (for my tuna noodle lunch salad) and the salt contained in the tortilla chips, cheese, salsa and condiments used for my dinner "Grande Nachos." Then I made some homemade noodles and sauce for this weekend's lasagne and by the time I had my usual bowl of unsweetened cereal before bed, tallied a whopping 4,300 milligrams of salt that I alone had consumed in just ONE DAY!

This total is from someone who also uses fresh (and dried) herbs and spices and thought he used less salt, including the salt-free substitutes available on the market. By the way, the Jones Gang does not have a salt shaker on the table.

So what can the average foodie do to help decrease salt consumption at home?

# MUSICAL FEASTS

## Fine music, cuisine on DSO menu

By Janice Brunson  
staff writer

A Midsummer Night's Feast is amid a setting of beautiful woods in an architectural wonder, complete with a royal throne from Africa and other works of art, all maintained under the benevolent gaze of a ferocious Ball mask meant to ward off evil spirits.

The event, billed as an evening of "an dinner memorable" by the Detroit Symphony Orchestra's League, promises a tasteful blend of fine music and fine cuisine hosted by Mary Jane and William "Bill" Bostwick of Bingham Farms.

The evening is one in a series of Musical Feasts II, the League's annual fund-raising festival of dining and musical entertainment from early spring to late summer in which area League members host select guests who have paid \$35 to \$200 each for the memorable experience. The events for the current season are sold out.

The Bostwicks will host 28 guests in their house which, according to a League teaser, is "a one-of-a-kind architectural gem" complete with collections of art, heirlooms and exotic souvenirs.

The brochure also describes Mary Jane as a lifelong gourmand.

"I WOULD RATHER say I have always enjoyed good cooking. The word gourmet is so broad," she said. Husband Bill said he also "enjoys good cooking" the result of "being married to her."

To plan the sumptuous meal, the couple is drawing on professional experience and world travels. Mary Jane is a retired professor of food science from Wayne State University. Bill, also retired, served 30 years as administrator and secretary to the Detroit Institute of Arts, a position that required extensive travel.

They are also members of longstanding in the Michigan chapter of Le Chaine des Rotisseurs, a wine and food society first founded in France in 1248 and revived anew following World War II.

**MIDSUMMER'S MENU** is decidedly French, revealing the Bostwicks' fondness for the country and its language. *Quenelles de Fruits de Mer* or oysters, *Gigot d'Agneau* and *Roulette aux Epinards* or boned leg



STEPHEN CANTRELL/staff photographer

Mary Jane Bostwick displays some of the dishes planned for an upcoming Musical Feast to benefit the Detroit Symphony Orchestra. Guests

will dine on seafood dumpling, leg of lamb and an assortment of desserts.

of lamb, stuffed with spinach, wild rice and mushrooms, and *Les Deserts Assortis* are among the offerings.

The meal has been planned in detail well ahead of time. It includes how d'oeuvres served outdoors, the quenelle served buffet style, the entire served tableside with vegetables of the season and salad, topped with a medley of desserts following a performance by the Detroit Symphony's brass trio.

The key to success, Mary Jane

Bostwick said, "is early planning and organization, lots of organization."

**FAVORED BOSTWICK** recipes hail from various sources.

Mary Jane Bostwick oftentimes "adjusts" existing recipes "because most are derivatives anyway. A stew in each country is simply a stew by another name," she said, illustrating the point: beef burgundy from France, Hungarian goulash and beef stroganoff from Russia.

The smoked salmon roll, one of a

variety of hot and cold hors d'oeuvres, has been adjusted from the expected roll to a fish mold. The rolled leg of lamb, traditionally seasoned according to Greek tastes, has been transformed into a roulade of garlic, rosemary, thyme and onion, the result "of my own idea because I like Greek seasoning."

Recipes also include old favorites that are tried and true. The Coffee House Coronet, one of four desserts for the evening (the others are chocolate torte, lemon yogurt cheesecake

and strawberry cake) is a recipe from Maxim's in Paris, acquired approximately 20 years ago.

**RECIPES ALSO** call for last-minute improvisation. The lamb entree includes a pair of vegetables, a car-

**Mary Jane Bostwick offers some recipes on Page 2B**

rot flan and green vegetables as yet undecided.

"It depends on what I find in season."

Fresh greens for the salad, with a dressing of chevre goat cheese and yogurt, will also be bought the day of the meal, unless Bill Bostwick is able to sow and harvest a new crop between now and then.

"It's a sad thing, our (present) garden greens will be gone" by the scheduled date of Aug. 5.

*Torte de Chocolat*, a rich, creamy recipe culled from the New York Times some years back, has been redubbed for the affair to *Torte de Chocolat Debussy* in honor of the 19th century Impressionist composer.

**THE EVENING'S** fare is formally announced in menus designed by Bill Bostwick, depicting festive scenes from woodblock prints of dining from antiquity to the early 20th century. A quote from Escoffier, "Good cuisine is the basis of true happiness," adorns each menu.

The musical theme is also carried out in floral arrangements, contributed by Parmenter Florist in Birmingham, and table decor, each named after a musical term or a great musician or composer.

Guests will be seated in the living-dining room and studio of the architecturally unusual home. The two areas flow one into the other, broken only by an open, second-story library that overlooks both the living and studio areas.

**THE SYMPHONY'S** brass trio will be positioned here while performing after dinner and before dessert is served.

The home, a wonder of woods, glass, textures and objets d'art, was designed and built by son Christopher Bostwick.

To complement the meal, a champagne from Domaine Chandon, a white Burgundy called *La Foret*, a muscadet from *Sevre-Et-Malois*, a red Burgundy from *Chateau Loudoune* and a dessert chardonnay from *Chateau St. Jean* will be served. The spirits are compliments of Viviano Wine Importers in Royal Oak.

## Home cookin' amid steel and glass

You won't find Mary Ann's Kitchen in Troy by the sign out front. There isn't one.

But if you're partial to fresh and "different" salads, homemade soups, and baked-from-scratch desserts, you'll find it. Especially if you're tired of the same old sandwiches for lunch.

The Troy breakfast-and-lunch restaurant is tucked quietly into the imposing Liberty Center ("glass wall of Troy") building at Big Beaver and Livernois. A nice little cafeteria-style restaurant reminiscent of the little cafes once familiar in downtown Detroit office buildings.

It's actually the second of Mary Ann Pereny's ventures. Her first kitchen is two years old on Woodward south of Mary Lake Road in Bloomfield Hills. The Bloomfield menu extends through dimmer time with a limited but innovative selection of meals. Both sites offer carry-out and catering.

And both offer a sparkling clean, airy environment with an art-deco-like black and white interior which is signed by Pereny herself. Great spots for quick, refreshingly good meals.

The lunch menu is diverse enough to keep you coming back — which is probably why Mary Ann Pereny doesn't need a sign out front to keep her Troy operation bustling.

The chicken tarragon salad is our favorite. It's not your average bland mayo-and-chicken dish. This one has grapes for sweetness, celery and walnuts for crunch and tarragon for flavor. You can choose the salad (\$3.25), a whole (\$9.95) or half (\$2.75)



sandwich — or buy it by the pound \$6.

Other refreshingly different salads include the potato salad nicolise, made with marinated redskins, tuna, tomatoes, green beans, olives and eggs; the shrimp seazoodle salad, with artichoke hearts and a wonderful dill dressing; and the pasta primavera, with fresh veggies and an herb vinaigrette.

If you tire of salads, there's always a selection of specials, including a quiche. A recent special of shrimp fettuccine was a bargain at \$4.25, lots of little shrimp, fresh noodles and a nice white sauce.

For those who prefer sandwiches, there is the popular "citrus honey-marinated" grilled chicken breast (\$4.50) which is served on a toasted sesame bun and is accompanied by a delicious — tangy dill mustard sauce. This sandwich is terrific, and we found the chicken to be fresh, tender and minus any unpleasant bony surprises, if you know what we mean.

Mary Ann's homemade muffins, cookies, and carrot cake are reason

enough to stop in. The carrot cake is wonderfully moist and topped with a creamier-than-cream cheese icing, and can be purchased by the slice (\$3) or the cake (\$22.50). As with everything else, the desserts are free of preservatives — though not of calories.

The breakfast menu is sparse, but has basic egg dishes, including "big bad wolf" omelettes in which you can choose to have egg whites only. The real breakfast treats are the baked goods, like the sinfully delicious caramel pecan rolls or the fruit muffins.

The Bloomfield restaurant switches from cafeteria to a service format at 5 p.m. The evening menu has seven entrees, including a fresh fish or seafood of the day. A popular item is Mary Ann's fried chicken (\$5.95), served with macaroni and cheese and braised cabbage.

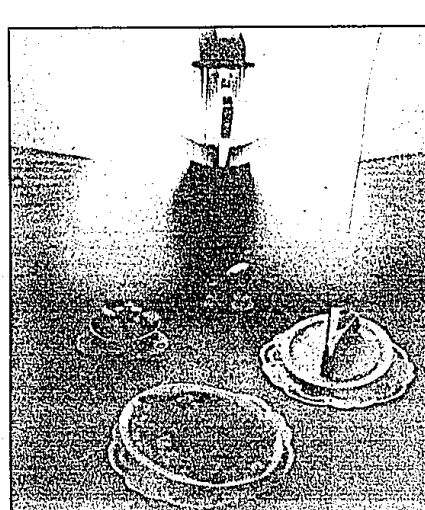
Whatever you do, don't miss out. This is one place you can return to time and again for a good, inexpensive meal — complete with friendly service and light, cheery atmosphere.

Details: Mary Ann's Kitchen, 100 West Big Beaver, Troy, 680-1886; 2711 North Woodward, Avenue, Bloomfield Hills, 332-0058. Dining, carry-out, catering.

Hours: Troy, Monday-Friday, 7:30 a.m. to 5 p.m.; Bloomfield Hills, Monday-Saturday 7 a.m. to 9 p.m. (with dinner served Tuesday-Saturday).

Prices: Breakfast \$1.25 to \$3.50. Lunch, \$3.25 to \$4.75. Dinner (Bloomfield only) \$6 to \$7.75. Cash and personal checks only.

Value: Terrific and diverse menu, reasonably priced.



JIM RIDER/staff photographer

Unusual salads are one of the drawing cards of Mary Ann's Kitchen, a homey cafe amidst the hustle and bustle of Troy's business district.