



taste buds

**chef Larry Janes**

## Treats for good ghouls

Don't ever let it be said that you have to be a kid to enjoy Halloween.

Granted, my days of trick or treating disappeared many moons ago along with electric crepe makers and hot dog cookers, but I still enjoy the rituals involved with my kids.

Halloween can be a very inventive time in the kitchen for anyone who dares to still enjoy the banging of cauldrons and the humming of microwaves.

**TAKE SOMETHING** as simple as soup and transform it into a simmering vat of warmth and heartiness, especially on a chilly All Hallows eve, and the kitchen cook can warm the hearts and souls of even the scariest of goblins.

A Halloween treat that has been the staple of the Janes gang trick-or-treat table consists of a hollowed-out pumpkin filled with a tummy-warming chili.

Witches salad consisting of a pear half decorated with shredded carrot hair, raisin eyes and a banana-tipped nose always brings a bewitching laugh to whoever dares enter the dining room.

**HOMEMADE BREADSTICKS** shaped into magic wands with the help of a star-shaped cookie cutter changes simple refrigerator crescent rolls into magical treats.

Top it all off with steaming cider stirred with cinnamon stick fingers, and the kids are sure to say, "Wow!"

Dinner with the family on Halloween should be a fun time to gather together to rehash the rules about who goes where and on what streets and to remind the little goblins of basic street safety.

**OUR HORRENDOUS** Halloween dinner not only filled the kids tummies with something nutritious (especially before the onslaught of all that sugar) but it offered us a chance to show that mealtime can be a creative time.

Even simple dishes such as macaroni and cheese can take on new names like "chopped veins."

Last Halloween, my kids asked why we don't "get crazy" like this with our dinner more often.

**WHY? PROBABLY** because we burden ourselves with the thoughts of just getting dinner out on the table. For many kitchen wizards, this is a feat by itself, but you've gotta admit that occasionally it can be fun to get flamboyant and creative and make a dinner that everyone will surely remember.

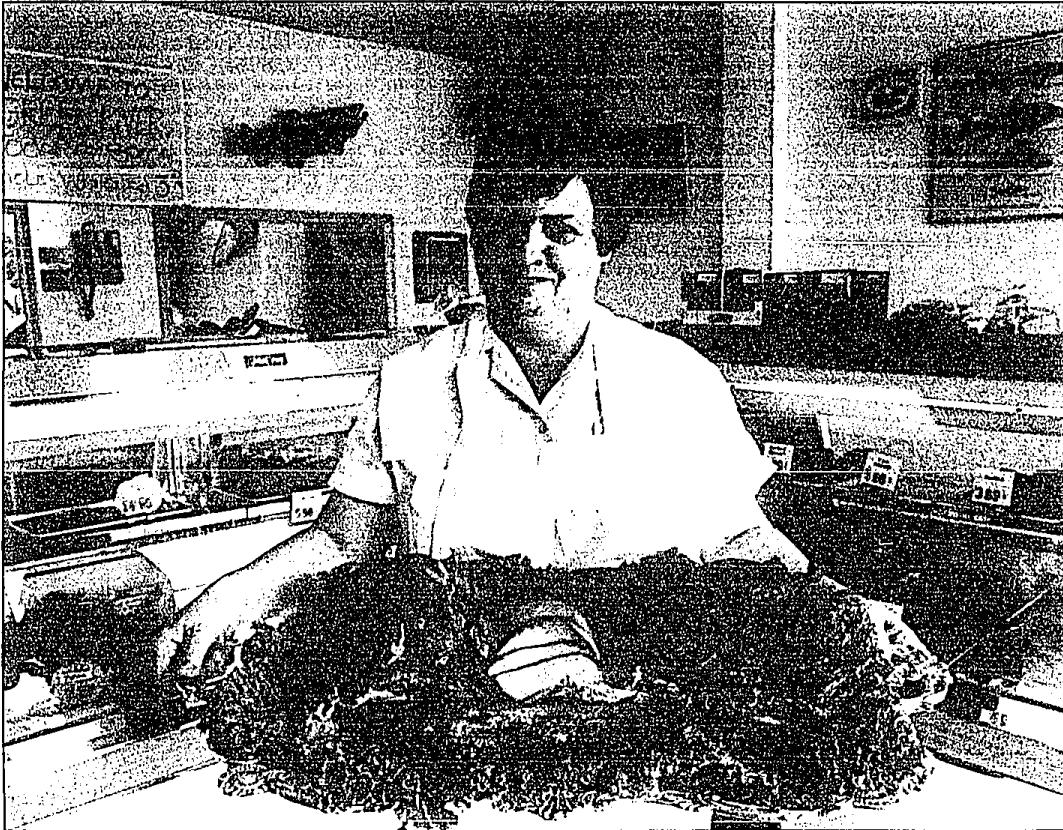
Even today's two-income families can get into the spirit of the season.

If your schedule barely finds time for a Domino's pizza, plan on doing something special for the ghosts and goblins upon their return from a chilly night of tricks and treats.

**PLAN AHEAD** for a nutritious snack of bubbly cheese fondue with celery lips and breadstick fingers.

Baked apples filled with frozen yogurt and a big black cauldron of warm cider will fill the dining room with smells that would surely turn the heads of any sugarladen cheerleader or robot.

Take the time to plan something nutritious and healthy now and with a little luck, you won't be awakened in the middle of the night with upset stomachs later. Bon Appetit!



STAFF PHOTO

Green River Specialty Foods of Royal Oak caters to customers hooked on meat and fish which have been soaked in a sweet brine and then hickory smoked for several hours.

## Hooked on smoked fish Call of the Wild

By Arlene Funke  
special writer

Maybe it's the call of the wild. Do you crave tender, moist chunks of smoked rainbow trout? Have you ever wanted to try smoked partridge, goose, pheasant or duck?

The Green River Specialty Foods of Royal Oak caters to customers who are hooked on meat and fish that have been soaked in a sweet brine and then hickory-smoked for several hours.

The shop, on North Woodward Avenue near Normandy, is a subsidiary of the well-known Green River Trout Farm of Mancelona, where 5,000 rainbow trout are harvested annually from spring-fed ponds. The store sells both fresh rainbow trout and trout smoked on the premises, as well as other smoked foods.

"The key is to start with good, clean water and fresh fish," said Frank Marra of Bloomfield Hills, a company vice president.

The Royal Oak store, which opened almost one year ago, obtains its rainbow trout from the Mancelona farm. The shop also smokes a variety of other fish, seafood and fowl such as turkey, quail and cornish hens. Many of the products come from Michigan sources.

"The only fresh fish we sell are the ones we raise on our farm," said Marra, 42, who bought into the business around 18 months ago. A retired president of a plastics tooling firm, Marra also is an international business consultant and board member of several corporations.

According to Marra, many customers are people who have developed a taste for trout or whitefish

while vacationing in northern Michigan.

The Green River Trout Farm, established almost 25 years ago, was for many years operated by the Weber family. The company has established a reputation for quality and consistency.

The farm is located below the headwaters of the spring-fed Green River north of Mancelona, not far from tourist-rich Petoskey and Charlevoix. Water from the river is diverted into several ponds, where rainbow trout are segregated according to size. The trout, which come from a hatchery in northern Michigan, are fed high-protein fish meal and remain in the ponds for around 18 months, Marra said.

"It's the largest trout pond in Michigan," Marra said. Visitors may fish from the ponds and are charged only for the fish they catch.

When a trout is between 8-12 ounces — the size preferred by

many restaurants — it is ready to be harvested. The company supplies such prestigious restaurants as the Tapawingo and Rowe Inn of northern Michigan, the Whitney in Detroit, Rik's in Birmingham and LesAuteurs in Royal Oak.

Ken Weber developed the sweet, molasses-based soak and slow-smoking technique that gives Green River smoked products their distinctive taste. The Webers are no longer affiliated with the business.

The Royal Oak shop is redolent with the aroma of hickory flavor which emanates from the computer-controlled smoking oven. Food processor Jim Sheldon, 21, of Ferndale, was trained in the Weber method.

The technique calls for the meat or fish to be soaked overnight in sweet brine. Once it goes into the oven it is smoked for several hours, with temperature and humidity carefully controlled to ensure tend.

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## Bagelmania: not just breakfast food

By Katie Mapie McBride  
special writer

The word is out. There's more to bagels than cream cheese. Traditionally considered a breakfast bread, bagels have come out of the oven and onto the table for lunch, dinner and anytime in between.

"We get a lot of traffic in the afternoon," said Corrie Schmidt, owner of The Bagel Factory in Southfield. "People take them home for dinner. For example, we have a garlic bagel that goes well with spaghetti, and people use them instead of bread."

Bagels are big business in the Detroit area today, with numerous shops selling thousands of dozens each week. Metropolitan bageleries have been baking bagels for nearly 70 years, but the history of the hard roll goes back to the 1600s.

According to legend, the original bagel took shape as a gesture of appreciation by a Jewish baker in Vienna, Austria. The baker thanked the King of Poland for fending off Turkish invaders into Austria by making him a special hard roll in the shape of a "beugal," a riding stirrup. The roll represented the king's favorite

sport, and gave the bagel its characteristic shape.

BAGELS WERE a big hit in Poland and Russia, where they were said to bring good fortune and have magical powers. Jewish immigrants brought them to the United States, forming the Bagel Bakers Local No. 338 in New York by 1915.

In these days, bagel baking was back-breaking work for the 300 craftsmen who labored in 36 union shops in New York City and New Jersey. They typically worked in three-man teams, earning about 19 cents each for a box of 84 bagels.

The rolls became easier and more profitable to produce when bagel-making machines were introduced in the early 1960s. However, the art of making bagels remains an exacting practice.

"We have a supervisor that uses his expertise to talk new bakers through the process," Schmidt said. "It's a trial-and-error process at first, so our bakers are supervised for the first month."

The uniquely chewy texture of bagels results from "kettling," or boiling the circles of dough before they are baked. The boiling gives

bagels their shiny crust and since some of the water is absorbed into the roll, the interior is tender and chewy.

While all bagels share the trademark texture, they come in a num-

ber of flavors. Traditional plain bagels now share shelf space with egg, salt, onion, cinnamon-raisin, pumpernickel, rye, whole wheat, garlic, cheese, blueberry and even oatbran varieties.



JERRY ZOLYNSKY/AMF photograph

JoAnn Schmidt of the Bagel Factory in Southfield says people stop by for more than just breakfast bagels. Garlic bagels, for example, are a great dinner accompaniment to spaghetti.

IN ADDITION to the 15 kinds of bagels offered by The New York Bagel Baking Co. at locations in Ferndale, West Bloomfield Township, Oak Park and Southfield, co-owner Howard Goldsmith said they even offer "teething bagels" — small bagels that babies can teethe on.

For children and adults alike, Goldsmith said bagels are a "good snack food — they're an individual piece of bread and easy to eat."

Bagels are a healthy alternative to chips or sweet snacks, and a better breakfast choice than doughnuts or Danish.

"Doughnuts are laden with oils, cholesterol and sugar," Goldsmith said. "Bagels are becoming more popular with people who are conscious of what they're putting into their bodies."

While bagels have a small amount of sugar and salt to activate the yeast, they have no preservatives, no cholesterol, and, except for the egg variety, no cholesterol. One-half of a bagel averages 40 calories, about the same as a slice of white bread.

Perhaps because of today's health-

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