



taste buds

chef Larry Janes

Simplicity key to a happy New Year

It's the season for making resolutions. There is a reason for not putting dry gas in the car, there is a reason for having a cigarette. But this year, there is NO reason for not being able to keep these simple New Year's resolutions.

I think I have learned enough in past years not to make resolutions that I know I won't be able to keep. Instead, here is my list of New Year's resolutions I know I'll be able to follow through with:

First off, I am gonna resolve to lose weight. Last year, I said I would lose 25 pounds, but this year, I'm setting a more realistic goal — I'm gonna lose 5 pounds before Valentine's Day. The way I figure, I'll gain it back making candy anyway so things should even out in the long run.

Secondly, I resolve to purchase at least three laundry baskets and keep them under the basement steps so that I can be a little more organized while recycling. Glass in one, cans in another and plastic in the third. No more spending an hour sorting through a multi-purpose basket on Saturday mornings before seeing my friends at the recycling center.

Next in line, is a resolution that I made before my holiday shopping. I resolve to continue not buying battery-operated toys and stuff and instead, I bought myself a battery recharger and a slew of rechargeable batteries. All the old batteries are going to the recycling center for safe disposal and will not go into the trash.

I also am resolving to expand my cookbook library not just by purchasing what is on the New York Times Best Seller list, but to include some great selections put out by local charities, organizations and churches. These booklets are filled with family tried-and-true recipes that are sheer joy to prepare and eat.

This year's winners include the "Good Enough Cookbook" from the Farmington Community Center and the OCC Meadowbrook Theatre Guild's "Curtain Calls" cookbook. Both are filled with homemade recipes even Momma would give her top denture plate for. For more information on these two great locally produced gems, contact the Meadowbrook Theatre Guild of OCC or the Farmington Community Center. You won't be disappointed.

Cookbook fanatics will also enjoy MFK Fishers' re-release of her five book anthology. This five-book collection from a master writer and cooking authority will offer not just great recipes but also great reading enjoyment. Fisher, now in her golden years, has a way with words and her recipes and culinary style will live long after you and I have taken the big path to that 4-star restaurant in the sky.

This next one is a toughie. I resolve to try harder to clean up after myself in the kitchen. Last month when the O&E ran my feature article on holiday cookies, the kitchen was a disaster and it stayed that way till I paid to have it cleaned up. From now on, it will at least go into the dishwasher so I won't have to look at it. No more Petric dish creations from letting something sit in the sink too long.

Lastly, I resolve to not accept mediocre food when paying top-dollar prices in area restaurants. I'm not going to be belligerent about it, just take it away and bring me something better.

I truly hope 1990 heralds in a prosperous year for you and yours. If you too, are making a list of New Year's resolutions, I hope you keep them ample and attainable. Bon Appetit!

By Kathie Maple McBride
special writer

For many people, the idea of eating raw fish is hard to swallow. But sushi — the Japanese food often featuring fresh, raw tuna, flounder, salmon or other sea creatures — is changing more and more minds and entering more and more mouths.

The adventurous might try one piece at a party, then stop by a sushi bar and make a meal of it. They really know they are hooked when they try to make sushi at home, forgoing their own flavor combinations by hand.

For these inspired souls, Noble Fish in Clawson offers one-stop shopping and friendly advice. This fish market and Japanese grocery sells the ingredients, seasonings, and utensils to make sushi. An in-store sushi bar allows patrons to observe and learn from the chef's specialized techniques.

"WE GET A lot of people who want to make sushi at home," President of Noble Fish Jim Hewes said. "It's cheaper, and they like to do it."

Hewes is quick to educate first-time sushi consumers.

"Not all sushi is made with raw fish, which surprises people," he said. "When someone is trying sushi for the first time, we generally start them with our California roll, which has avocado, cooked imitation crab and cucumber, or a cooked crab or shrimp nigiri."

Nigiri is a form of sushi that uses vinegared rice as a base, with a piece of a Japanese-style omelette, cooked seafood or sashimi (raw fish) carefully placed on top.

"The Japanese have been making sushi for more than 500 years," Hewes said. "They know which kinds of fish are best raw. If there is any possibility of worms in the fish, they won't use it."

A WIDE VARIETY of sashimi are available at Noble Fish, packaged in recipe-ready portions. In addition to the tuna, flounder, salmon, shrimp and crab, the store sells an ever-changing menu of raw fish for sushi including yellow-tail, fluke, sea urchin, squid and giant clams.

Sashimi, caviar and cooked seafood for sushi fill one side of a refrigerated case. The other side displays such standards as salmon steaks, orange roughy, fillet of sole and bluefish.

"If a fish gets two to three days old, we'll sell it in steaks to be cooked," Hewes said, warning people not to buy raw fish for sushi in traditional grocery stores. Because consumers rarely know the day a fish was caught, supermarket purchases should be cooked to eliminate possible bacteria.

In addition to sashimi, fish, and seafood, Noble Fish offers the other key ingredients for sushi: rice, seaweed and special seasonings.

Japanese rice has a very short grain and a chewy, slightly sticky texture which allows it to be formed into numerous sushi shapes.

ALSO, NOBLE FISH customers can buy cooked sushi rice to make "instant" sushi.

Rolled sushi requires nori, the Japanese term for seaweed, to create its wrapper. One form calls for a sheet of toasted seaweed, covered with a layer of sushi rice and an assortment of vegetables or seafood. Using a bamboo rolling mat (sude), the nori is rolled around the filling to form a cylinder, then sliced into bite-size pieces.

Both the sude and nori can be purchased at Noble Fish. Special



Owner of Noble Fish Jim Hewes shows some of the sushi served in his grocery.

Making sushi dishes

SUSHI RICE

Place 2 cups short-grained raw rice in a deep bowl and barely cover with cold water. Swirl rice to rise well and drain off water. Re-fill bowl with cold water and repeat until water runs clear. Place washed rice in a bowl or saucepan with 2 cups cold water and let soak for 15 to 20 minutes until the rice changes color to white. Transfer the rice into a colander and drain off water completely for 10 to 15 minutes. Combine the drained rice and 2 cups water in a heavy metal

pot which has a tight-fitting lid. With the lid on, bring contents of pot to a vigorous boil over high heat. Then reduce heat to medium and cook 5-6 minutes, until the water is absorbed. After this, do not remove the cover until you are ready to use the rice. Reduce heat to very low, and continue to cook 10 to 12 minutes. Remove from heat and allow to stand for 15 to 20 minutes. Makes 6 cups cooked rice.

While the rice is cooking, make vinegar seasoning. Combine ¼ cup rice vinegar, 1 tablespoon sugar,

and 1-1/4 teaspoons salt in a small enamel saucepan. Place over very low heat, stirring slowly until sugar is dissolved. Cook to lukewarm, without letting it boil, then set aside.

When the rice is ready, transfer it from the pan with a wooden spatula (wet before using) into a large flat-bottom bowl (untreated wood is preferred to absorb excess moisture, but you can use a plastic bowl instead. Do not use a metal bowl.) Run your wooden spatula

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Cooking service makes house calls

By Anne R. Lehmann
special writer

MASS PRODUCED frozen entrees, move over. A new concept in home cooking was born in the past July with the creation of Nina Schneyer's "Your Home, My Cooking."

As this self-explanatory name for a business suggests, people are being offered the unique services of a cook who provides wholesome, flavorful home-cooked foods. Schneyer, a respected cooking instructor, caterer and seasoned cook who has studied with James Beard and Michael James, will come to your home with a basketful of equipment and ingredients to whip up whatever your heart desires.

Schneyer said, "I make the kind of foods you would make yourself if you had the time and inclination."

The idea was developed when Schneyer was brainstorming with a Brazilian friend who said this kind of service is common in her native country.

"Busy families, new mothers, al-

ing patients really need help in putting together meals," Schneyer said. She also said that although she sometimes accepts catering jobs, her primary goal in getting into the food preparation business was to get the family back to the dining room table.

"I'LL NEVER FORGET my son telling me that his favorite part of each meal was the warmth and conversation. If the cooking is done there's more time for that," Schneyer said.

This 54-year-old mother of four is married to a physician who appreciates a good meal, and consequently, Schneyer spent a lot of time in the kitchen experimenting.

When her kids were young she would get together with a friend each week to develop recipes with the intention of publishing a cookbook. Although the book never materialized, her growing interest in cooking prompted her to take classes with professional chefs.

She recalls the time she spent with James Beard in New York. "It was a week of learning to cook whatever I

wanted and together we struggled to create an apple pie I had thought about a great deal. After many failed attempts, he told me to give up," she said.

Schneyer's specialty apple pie fi-

nally was realized when she joined a recipe crust from one cookbook with a filling from another volume.

SCHNEYER'S REPERTOIRE includes many recipes from the hun-



Nina Schneyer displays a meal prepared in her customer's kitchen.

dreeds of cookbooks found all over her home. "One good recipe from a cookbook makes it a worthwhile investment," she said. Some of her favorites include French Onion Soup, hearty beef stew and apple pie.

So home much with a meal by this avid cook set you back? Her fee is \$40 an hour. At first glance, that may seem a hefty price for a meal that can take several hours to prepare, but not when you consider she coordinates things so that every hour is packed with cooking activity.

For example, she said she will prepare a soup or stew that requires a few hours to cook first. While that simmers, meat might be marinating, bread dough rising and spinach strudel being assembled.

"Many things are going on at once," Schneyer said, "and ordering large quantities makes things even more economical. If I make several dozen muffins, or a large batch of soup for the freezer, things actually turn out to be very reasonably priced."

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