

## taste buds

chef Larry Janes

## Pressure cooking fast fun

O.K., I'll admit it. I'm a gadget freak. Sitting down in the fruit cellar is a melange of crazy culinary gadgets that do everything from infusing to freezing. Remember the hamburger makers of the late '70s? I've got two. Doughnut makers? I can make more varieties than Dunkin' Donuts. I have spiral cutters that can turn a cucumber into a two-foot Slinky.

In addition to crockpots, I've got clay cookers specially designed for roasts and for fish. There are Belgian waffles, rectangular waffles, round waffles, even a waffle maker for making waffle-type cones.

After receiving an advance copy of "The Joys of Pressure Cooking," Tola Patsalis' newest cookbook, I even went out and purchased a newfangled pressure cooker after failing to locate a rubber ring for Momma's old Presto pressure cooker. But rest assured that this is one gadget that won't find itself relegated to the bowels of the fruit cellar.

COOKBOOKS CROSS my desk faster than a Cuisinart shredding cheese, but never before has paging through a cookbook prompted me to go out and immediately purchase a new gadget. Last week for dinner, the Janes Gang scoffed down baked potatoes, made in eight minutes; Momma's barbecue beef that normally takes four hours to cook, made in less than an hour; a fabulous French onion soup with homemade beef stock, made in 30 minutes; and hummus, made with dried chick peas in 15 minutes. All these were done in my new T-Fal safety Pressure Cooker.

If you remember pressure cookers from yesteryear, there's a good chance that with them comes a story or two detailing either an explosion, a second-degree steam burn or a tale of how dinner was thrown out because a lid could not be removed, as a vacuum had formed inside the pot. Newer model pressure cookers have risen to new heights, almost threatening to show that food can be prepared with more intense flavors, up to 70 percent faster with more nutrients.

Tola Patsalis, cooking school director for the Kitchen Glamour stores, could be what one would call a pressure cooker addict. Her book is chock-full of great recipes and how-to tips for using this redesigned culinary miracle. In addition to recipes like bouillabaisse and Chicken Normandy, the book also reigns superior for the more intrepid cook, with recipes for cooking basic rice, stocks, chili, classic chicken stew with dumplings and even sloppy joes, all using the pressure cooker.

But what would prompt a woman of Tola Patsalis' character, one who is surrounded with French knives, stockpots, pastry bags and copper zabaglione pans, to author a book about a lowly old grandma-used device? Patsalis headlines the cooking school, which frequently features the likes of Jacques Pepin and Giuliano Buglialli, not to mention a force of other local culinary professionals. She manages three stores with husband, Chris, son Harry and daughter Julie.

This Renaissance woman was looking for nutritious and flavorful meals to place on the family dinner table, after a 12-hour day at the shop, with minimal effort and time consumption. Voilà! Along comes a pressure cooker, and seeing the need for a good book to help novices like me, she finds the time to put it all together in 250 pages heralding "The Joys of Pressure Cooking."

Never before has this writer been excited about something so old. If you are into pressure cooking, or want to experiment with the pressure cooker, this is one book the family will thank you for. You will want to eat the pages.

## Keep cozy with Yule Log

## Family always uses recipe from Austria

By Larry Janes  
special writer

HOLIDAYS in the Janes Gang home just wouldn't be complete without the traditional log cake, otherwise known as a Buche de Noel or Baumstamm Cake. As familiar on the table as the sliced contents of an Ocean Spray cranberry sauce can, this luscious creation has always been the centerpiece of our dessert table. But the cake's heritage goes far beyond its calorie-laden nutmeg batter and artery-hardening frosting.

To call this dessert a simple cake would be like calling a 35-year-old car. Steeped in European folklore, the creation of this cake brings with it many tales.

The term "Buche de Noel" is French. "Buche" translates into "log," while the "Noel" denotes "Christmas." It didn't take long for this holiday tradition to go beyond territorial borders, because research indicates the Germans have a similar cake dubbed "Baumstamm," also meaning "log."

Actual recipes are similar, but folklore has it that the cake was invented when holiday revelers, traveling from home to home, would carry a log that was presented to each homeowner. The log, signifying the friendship between the visitors, was promptly thrown on the fireplace, to bring forth warm wishes for a happy holiday.

THE TRAVELERS undoubtedly tired of carrying around all those heavy logs, and the cake was created as a delicious substitute. Trad-

tion declares the cake must be rolled in the shape of a log, complete with frosting resembling the bark. Some purists go so far as to include erstatz "knots," shaped from the frosting, coupled with edible candy mushrooms made from a meringue piping. The sliced, log cake filled with chocolate resembles the rings so often seen when cutting logs.

Depending on whose cookbook or culinary magazine you choose for a recipe, the cake itself is made with an egg-enriched chocolate batter spread thinly in a jelly-roll-type cake pan and baked to just the right moment so that once cooled, a filling of chocolate, butter and more eggs could be spread upon it. Then, lightly rolled to resemble a log, it was covered with the same rich chocolate frosting.

Sure, there are other recipes that call for box-mixed chocolate batter and, if need be, you could even cheat a little by using a Betty Crocker chocolate frosting, but to quote my sister directly, "The cake and filling itself is rather simplistic, and when the recipe calls for unsalted butter and not packed butter, loosely measured units, for optimum results, don't cheat."

Personally speaking, I made the

recipe and found it fairly easy, with the majority of time spent on the actual rolling and frosting. Once presented on a platter or cake plate, the creation can be bedecked with festive holiday paraphernalia such as Pointsettia leaves or holiday greenery.

If the festive season finds you visiting friends and relatives, or if you're looking for a scrumptious holiday centerpiece that will be fondly remembered by all, this holiday cake can be just what Santa ordered.

## 2 versions of classic

BUCHE DE NOEL  
OR BAUMSTAMM CAKE

## Batter:

- 9 large eggs
- 1 cup plus 2 tablespoons granulated sugar
- 2 cups fresh ground nuts (walnuts or hazelnuts are best; loosely measured but not packed)
- ½ cup sifted flour

Separate eggs in two large bowls. Combine egg yolks with the sugar and beat on high speed of an electric mixer for 10 minutes, scraping bowl often. Add flour, a little at a time and continue beating for 5 minutes. In another bowl, using impeccably clean beaters, beat egg whites until they peak. Alternate the addition of the beaten whites and nuts into the yellow

batter, folding mixture in very carefully and slowly as not to reduce volume.

Spread batter onto an unsalted buttered, 11-by-15-inch jelly roll pan and level out batter as best you can. Bake in a preheated 325-degree oven until done. After 15 minutes, test for doneness with toothpick inserted in the center. If not completely cooked, check cake at 5-minute intervals. Remove from the oven and cool on wire rack for 5 minutes. Then gently remove and allow to cool completely on a flat surface while preparing the filling and frosting.

## Filling and Frosting:

- 4 large eggs
- 1½ cups granulated sugar
- 1 teaspoon vanilla
- 4 squares unsweetened baking chocolate
- ½ pound unsalted butter, room temperature

Combine eggs, sugar and vanilla in a double boiler, stirring constantly over medium heat. When mixture is hot, add chocolate (it will melt as you continue stirring) and continue cooking and stirring until thick, about 20 minutes. Allow to cool and then beat in room-temperature, softened, unsalted butter, scraping pan often. If mixture is too thin to spread, refrigerate for 30 minutes or until it gets more firm.

Apply frosting to the entire surface of the cake, about ¼-inch thick. Roll up a long side, as you would a jelly roll. Place cake carefully on serving dish and frost the entire cake including ends and sides. With a fork, make bark de-

signs resembling that of a log. Place cake in refrigerator and keep there until ready to serve. For best results when slicing, slice with a very sharp, thin knife that has been dipped in cold water, with excess water shaken off.

Holiday shopping, party planning and all the other extraneous holiday jobs got you calling "help"? If you think you don't have the time or effort to make the Buche De Noel in its regular state, how about trying this speedy version? Guaranteed to garner the same raving reviews as the complex recipe looks-wise, at least with minimal effort. Of course, set them side by side, and the regular recipe will win hands down.

## SPEEDY BUCHE DE NOEL

- 1 box Betty Crocker Super Moist Devil's Food Cake Mix
- 1½ cups milk
- ½ cup vegetable oil
- 3 eggs
- 1 cup finely chopped nuts (walnuts or hazelnuts)
- 2 containers Betty Crocker double chocolate frosting

Combine mix with milk, oil and eggs. Blend on low speed for 30 seconds. Then beat on medium speed for 2 minutes. Stir in nuts. Pour a little more than half the batter into a greased 15-by-10-inch jelly roll pan and tap lightly to spread. Then bake at 350 degrees for 20-25 minutes or until a

Please turn to Page 2

## After 118 years, they're still baking bread

By Arlene Funke  
special writer

It was 1872 when German immigrant Anton Burghardt began selling his crusty sourdough rye bread in Detroit.

Down through the generations, family members carried on the baking tradition. They carefully guarded the recipe's "secret formula," which Anton Burghardt brought from Germany where he had been a baker's apprentice.

Today, Burghardt's Bakery is still going strong, with a plant and retail bakery in Livonia. Bob Burghardt, great-grandson of the founder, runs the 118-year-old family business.

"I started working at the bakery when I came back from Vietnam," said Burghardt, 47, of Northville. "I'm the fourth generation."

"Everything happened so fast," he recalled. "My dad had a heart attack. I was the only one available to keep the business going. After I got into it, I felt the tradition was still there."

## Burghardt's stock-in-trade is the sourdough rye, a hearty bread with no preservatives, oil, fats or sugar.

Throughout the years, the company has prospered by catering to the tastes of people who relish hearty rye breads and Old World pumpernickels. Among the most loyal customers are people from German, Slovak and Polish backgrounds, Burghardt said.

"It's a hard-crusted bread," he said. "It's different from ordinary bread. People who lived in Germany say this is the closest they can find here."

Burghardt learned to bake bread from his father, Robert. The elder Burghardt and a brother, Joseph, operated the bakery for many years. Both now are deceased. In 1970 Bob Burghardt moved the business in Livonia.

The sourdough rye, which lasts for several days if refrigerated, is versatile. Smear on butter and savor the slightly sour, chewy taste. Peanut

butter is a simple, tasty accompaniment.

Or go all out with a stack of sliced ham, topped with sweet onion and sliced with hot mustard.

Around 4,000 loaves are baked each week. Most are sold through major supermarkets and independent groceries in areas with a large demand for European-style breads.

Burghardt also targets his market by advertising in the Detroit Abend Post, a German-language newspaper.

THE SOURDOUGH RYE is sold unsliced. It is wrapped in plastic and packed in a brown paper bag. The price ranges from around \$1.50 for a one-pound loaf to around \$2.50 for a two-pounder.

Burghardt's Livonia shop also sells a variety of other breads, including pumpernickel, French, white, wheat and cinnamon raisin.

During the holiday season Burghardt sells traditional German cookies called spritzbrot and pfefferkuchen. Both are flavored with anise, which has a subtle licorice overtone.

Both cookies are baked by outside vendors and available only at the Seven Mile Road shop.

"A little old man makes the spritzbrot," Burghardt said. "The pfefferkuchen cookies are made in Canada."

The pfefferkuchen has a soft, fresh texture and a delicate anise flavor.

It is covered with fluffy powdered sugar. The spritzbrot is stamped with quaint, old-fashioned designs. Both sell for \$3.99 per pound, which yields 24 to 30 cookies.

Burghardt also sells stollen, a yeast-based Christmas coffee cake studded with candied fruits. This, too, is baked elsewhere.

Burghardt's Bakery is at 33309 Seven Mile Road, just east of Farmington Road. Hours are 9 a.m. to 5 p.m. Tuesday-Friday and 8 a.m. to 4 p.m. Saturday. Closed Sunday and Monday. Phone 477-7153.



Andy Smith (left), Bob Burghardt and Rob Kempler carry on the tradition at Burghardt's Bakery in Livonia.