

## taste buds

**chef Larry Janes**



## Muscles can get workout

Notlin' says lovin' like somethin' from the oven — and when we find ourselves right smack dab in the throes of winter, spending an afternoon making homemade bread not only pleases the palate, it also fills the house with an aroma that signals warmth.

The manual labor involved strengthens the muscles as well as the mind.

Frustrations over credit card bills, the recession and the Middle East take a back seat, if only for a short time, while the hands feel the softness and pliability of the dough.

The hour or so intended for rising can be spent making a homemade soup or just curling up with a good book.

Better yet, take the opportunity to stretch out on the sofa, envelop yourself in the cuddly afghan Aunt Reggie sent last Christmas and just close your eyes for an hour's worth of personal reflection and relaxation.

All the while, the bread becomes more aromatic and full.

**BREADMAKING IS** being lifted to new heights.

A trip to virtually any grocery store unfolds a breadbasket full of wheats, ryes, sourdoughs, seven grains, oatmeal, bran and interestingly shaped baguettes.

Even the baking section has reduced the amount of plain all-purpose flour and has expanded to include whole grains, regular and quick-rise yeasts and even an occasional jar of sourdough starter.

**KITCHEN AID MIXERS** are considered the Cuisinarts of the breadmaking group, but on this cold wintry day, the electrical wizard will remain in the cellar, leaving the hands and muscles to do the work.

All-purpose flour is the most widely used flour. It contains a special protein called gluten, the structure builder of bread.

When mixed with liquid and then kneaded, the gluten will stretch and give elasticity to the dough by trapping bubbles of gas formed by the yeast.

Some flours, such as rye and whole wheat, lack sufficient gluten and should be used in combination with all-purpose flour. Self-rising flour, which already contains leavening and salt, is not recommended for yeast breads.

**BUT WITH** all due respect to the flour, it is the yeast that will transform a bowl of dough into a pillar of subtlety, lightness and great taste.

Yeast is a live plant that releases a gas that makes the dough rise. Unfortunately, for the inexperienced breadmaker, it is also very finicky. Too much heat likes the yeast. Too much cold will stunt its growth.

Unless you have a temperate index finger like Momma, who can discern the temperature of water with simply a feel, an instant-read thermometer is a safe bet.

**A FEW** simple tips to remember for optimum results include the use of glass or darkened metal breadpans for well-browned crusts. These shiny stainless pans will suffice, but the crust will be lighter and more tender.

Also, the top of each pan should be level with or slightly above the middle of the oven for best baking results. Stagger the pans so they do not touch the sides of the oven or other pans.

Probably the most important suggestion of all is to remember to remove the bread from the pans immediately and place on wire racks away from a draft to cool.

Of course, when the Janes Gang gets together to make bread, it seldom has an opportunity to cool.

As Momma did and still does, the loaf is marked with a sign of the cross before slicing and then broken by hand and dipped into a stick of butter that has been left out of the fridge to soften just for that occasion.



DOUGLAS SUSALIA

Tom and Carol Bozadzis of Farmington Hills, who both studied at the Cordon Bleu in Paris, prepare Beef Tenderloin in Aspic.

## Cuisine a la Cordon Bleu

By Janice Brunson  
special writer

**I**N 1990, ANASTASIOS "Tasso" Bozadzis of Farmington Hills realized a dream come true when, after thousands of hours of effort and some \$24,000 in cost, he was awarded a coveted Grand Diplome from Le Cordon Bleu Ecole de Cuisine et de Patisserie in Paris, perhaps the most notable academy of cuisine in the world.

In 1991, Bozadzis, a chemical engineer trained at Wayne State University, hopes to

realize a second and equally impressive goal.

With wife Carol, he plans to make cuisine a full-time endeavor, launching an unusual business concept — an outlet for gourmet cuisine-to-go, named Tasso's Cuisine Nouvelle.

"I loved cooking and baking from a very young age. I can remember helping my mother fry potatoes when I was 6. I've spent 27 years as an engineer. I'm taking a different direction entirely. It's a very good change," Tasso said.

The business, Carol said, will not be your

typical run-of-the-mill cuisine outlet. "It will be authentic gourmet," she said, enclosing Tom's roasted stuffed duck artfully reconstructed, life-sized roses of tomato or beet, and charlotte russe or cream gelatin molded with decorative fruits and lady fingers.

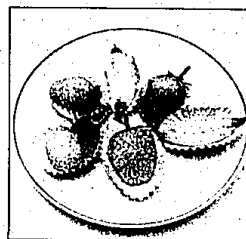
Each creation will be "decorated and presented, authentic displays of artistic food," Tasso said. Food also will be prepared with an eye toward health, in keeping with American preference. In recipes calling for cream or eggs, Tom normally

halves amounts to appeal to the American palate.

"I ACTUALLY THOUGHT I knew everything. Midway through, I realized there is still more to learn," Tasso said of the five three-month courses he completed at the Cordon Bleu academy.

Studying 12 hours a day, six days a week, he mastered basic, intermediate and superior cuisine and basic and advanced patisserie in record time. He also studied

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Handmade marzipan in the shape of fruit.



Gateau de Foie Blonds (chicken-liver pate).



Salade Russe with potatoes, green peas, turnips, green beans and homemade mayonnaise. Party start time is on clock face.

## A cheer for Franco's Cafe: Italian food to remember

At a time when

the opening of yet another Italian restaurant could elicit a yawn,

Giolando Franco

has opened a place in Troy worth cheering about.

Franco's Cafe

features wonderful spaghetti with meat sauce, terrific Sicilian treatments of such things as scrod or steak, excellent veal dishes and pizza that will spoil your

taste for any other. It's good enough to make Franco's a regular haunt.

In fact, the cafe would qualify as a great neighborhood gathering place if it weren't so difficult to establish a

"neighborhood" along busy Rochester Road. In the corner of a strip center, the restaurant is small, tastefully decorated, friendly, and accommodating beyond a doubt. It's not unusual to see the chef whisk a curious



guest into his tidy kitchen where he will talk endlessly about the proper way to take veal off the bone or how to make his favorite dessert — cannoli.

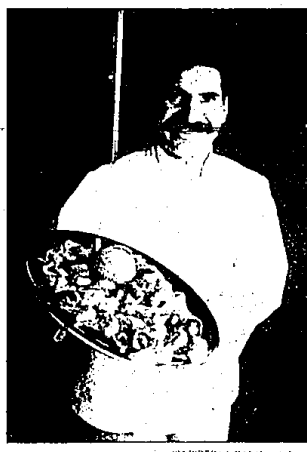
**JUST TASTING** his food convinces you his enthusiasm is real. Franco's sauces have the body and flavor that suggest the freshest of ingredients and the extraordinary patience of a chef who is unwilling to hasten the cooking because the meat sauce isn't highly seasoned, the taste of fresh, ripe tomatoes shines through. The alfredo sauce tastes of butter, cream and cheese — not of flour.

Likewise for soups. It seems that wherever we have had really superb soups, a memorable meal followed. That's true here. We've been at Franco's often enough to try two soups from the regular menu — the minestrone and the tortellini in broth, and two specials — a lobster

bisque, and a cream of sorrel. All were excellent, especially the sorrel which included small wedges of potatoes and scallions.

The entrees were equally satisfying. Not enough can be said about the pastas because the sauces are so good. The veal parmigiana is very good, again because of the freshness of the ingredients, in this case the veal. The dinner menu offers a wide variety of pastas, plus vegetarian dishes, steak, seafood and chicken entrees. Included is a reasonable children's menu of hot dogs, chicken tenders, spaghetti and hamburgers for \$2.50 to \$3.95.

On the lunch menu is an especially good Sicilian scrod entree in which the fish is rolled in seasoned bread crumbs and gently cooked. Accompanying that entree was a medley of sautéed vegetables, including green beans, cauliflower and carrots — all



Chef Franco with assortment of traditional Italian appetizers, plus new item called arancini with Italian risotto.

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JIM HENDERSON photographer