

## taste buds

chef Larry  
JanesJuicy tips  
for grilling  
burgers

I love summer. I enjoy getting out of the kitchen and expanding my experiences on the grill. I like experimenting with grilled vegetables, ribs, chicken and fish — and, of course, the ever-popular hot dogs and burgers.

Last week, the Janes Gang gathered at the McLouth Steel Refractories Picnic with Mom and Dad and enjoyed juicy burgers, cooked to perfection over red-hot coals.

But what goes into making the best grilled burgers?

Ground beef is sold in every supermarket I have ever walked into. Does hamburger make the best hamburgers? Just how lean is lean? And which is the best choice? Ground chuck? Ground sirloin?

THE NAME "hamburger," or chopped or ground beef, means solely that this product is made from 100 percent beef. No water, binders or fillers may be added. It must contain at least 70 percent lean meat. But what about the other 30 percent, you ask? Fat, plain, pure and artery-hardening fat.

Many markets are getting into the habit of labeling their ground beef mixture by the percentage of fat within the mixture. The level of fat is not regulated by the USDA.

Most markets also designate which part of the animal the meat primarily comes from. Is ground chuck better than ground round?

THERE IS more than one "best" choice, depending on how you use ground beef. For strict fat-controlled diets, the leanest meat obviously has the least amount of fat.

But, since fat also gives flavor and moisture to meat, super-lean meat may easily become dry and crumbly, especially if overcooked.

Leaner ground beef makes great rare burgers, but if you like them a little more cooked, I suggest ground chuck.

I CAN vividly remember Momma going into the A&P in Wyandotte and searching through all the packages of stewing beef looking for the leanest one.

Then, and only then, would she hand the package to the butcher and direct him to "fresh grind" her some ground stewing beef. Old habits die hard. I still do that, even at my favorite butcher shop.

Even ground turkey and ground chicken can make decent burgers, with a little help.

RIGHT OFF the bat, you must know that these products are very lean and can use some additional fat, or at least a healthy slathering of oil, during the grilling process.

Also, be aware that both ground chicken and turkey are virtually tasteless, so they lend themselves to being mixed with herbs, spices and other additions that make flavorful burgers.

When I get in the mood to grill burgers, I light the coals and wait until I get a gray ash over all the coals (too hot cooks too fast).

THE JANES Gang kids like their burgers plain. Depending on my mood, I might stir in some chopped green chile peppers and a little taco seasoning for a South-of-the-border treat that can't be beat.

For an Oriental flavor, I might toss in some finely chopped water chestnuts and a slathering of hoisin or soy sauce.

A personal favorite is my famous "French" burgers, made into patties with a crumbling of bleu cheese, a little onion, some Dijon mustard and a sprinkling of tarragon. Talk about a flavorful burger!

See recipes inside.

## Warming up for the State Fair

Baker rises to  
to the top in  
yeast breadsBy Joan Boram  
special writer

AT 6:30 a.m., Aug. 18, Larry Galbraith began a gruelling 18-hour marathon. Like a top-seeded athlete pitted against the best in the field, he'd spent weeks getting ready for his annual ordeal.

Galbraith's gear had been ready for a week: 40 pounds of bread flour, a 2-pound bag of dried yeast, eggs, milk, sugar, spices, butter and dried fruits. New August potatoes from a favorite supplier at the Eastern Market were at hand. Larry Galbraith was warming up for the yeast breads competition at the Michigan State Fair!

"It's usually the hottest Sunday of the year," said Galbraith. "I enter 10 different categories. That means I have to turn out 10 perfect examples of yeast breads, rolls, and coffee cakes on Sunday, and deliver them to the fairgrounds for judging on Monday."

"I've worked out a schedule beforehand — there are 10 different rising times, and several different oven temperatures involved. But the schedule is subject to the weather."

"IN HOT, muggy weather the yeast works faster, and the dough tends to be stickier. Don't ever let anybody tell you that yeast baking is an exact science!"

Galbraith's love affair with yeast began in 1983, when he took a baking class through an adult education program. He was just "looking for something different to do."

"I had fooled around with frozen dough, and I figured there had to be a better way," he said.

"After I took the class, I started baking three or four nights a week. I gave it to neighbors, to co-workers at the New York Carpet World (Galbraith is manager, customer relations), to my three teenagers and their friends. It became a family tradition that I make pizza for Sunday dinner."

"I love yeast — I bake nothing but yeast breads. It takes time to understand yeast and flours: you don't get the feel for doughs overnight."

WHEN GALBRAITH isn't in active competition, he's a coach. In 1988, he began teaching bread-making in the Southfield adult education program.

The class is strictly hands-on, "says Galbraith. "There are six ovens available, so class size is limited to 12 people. There are six 3-1/2-hour sessions, and they begin baking the first night."

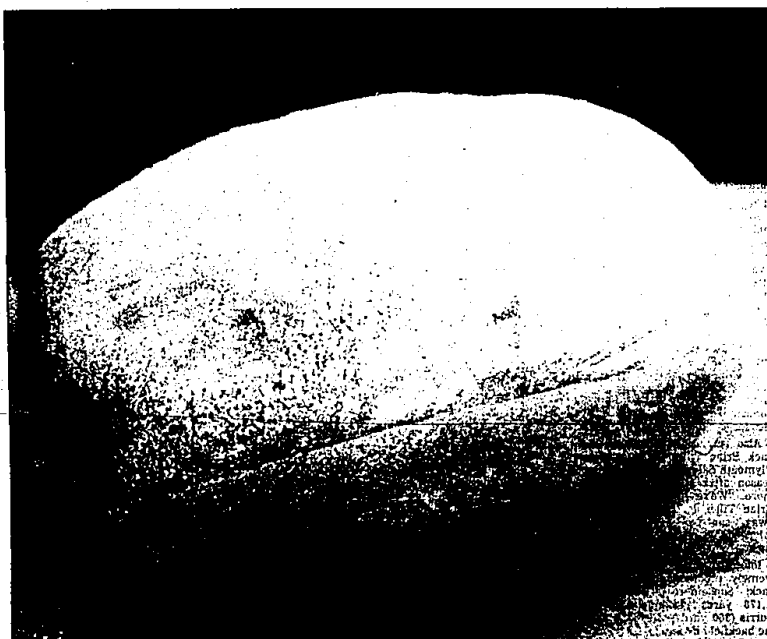
"We start with a basic white bread, and the second week I show them how to make a classic braided egg bread. By week three, they're getting pretty good, so we make potato bread and English muffin bread."

"Week four, we make coffee cake; weeks five and six are usually determined by the time of year. The class has a vote. If it's a fall class, we concentrate on the upcoming holidays, for spring we make Easter breads."

"And, somewhere along the line, we make rolls. Everybody who has ever taken my class has wanted to learn how to make rolls."

GALBRAITH GLADLY shares all of his knowledge and techniques with his classes. "One of the hardest things for beginners to recognize is when dough has been over- or under-floured. They'll add as much flour as the recipe calls for, whether the dough needs it or not."

"I tell them that if the dough has cracks in it, it's over-floured. Just run it under the tap for a second to add a little moisture."



Old-Fashioned Potato Bread, baked by Larry Galbraith of Southfield was a first prize winner at the Michigan State Fair 1988 through 1990.

"If you cut the dough in half, and press your finger against the cut side, your finger should pull away without sticking. If your finger sticks, the dough needs more flour."

But Galbraith doesn't just abandon his students after six weeks. They have his home phone number and are free to call him if they get stuck in the middle of a recipe.

"Our phone rings off the wall Thanksgiving and Christmas mornings. It's 'Help Mr. G, my bread won't rise. What am I doing wrong?'"

"MR. G." walks them through the steps until he's found the problem, and then he goes back to his own holiday baking.

"One day, I spent almost two hours on the phone with a student, and I just couldn't spot what he was doing wrong. Finally, he told me he was trying to raise the dough in a microwave oven."

"Yeast won't grow in a microwave because there's no air circulation!"

Galbraith's children coaxed him to enter the Michigan State Fair competition in 1985. First time out, he won five ribbons for 8 entries.

"I felt pretty good when I picked up the ribbons. Then I found out there were 1,400 entries, and I felt even better!"

In 1989, his 10 entries earned nine ribbons. Altogether, since 1985, Galbraith has earned 47 ribbons.

But he's never won a first for white bread. "Last year, I thought it was perfect. But I only won a second. This year it's going to win!"

See recipes inside.



Larry Galbraith presents fresh from the oven potato bread (left) and dinner rolls.

Chocolate fantasy  
Sweet Dreams offers royal treatsBy Keely Wygonik  
staff writer

Michel Daher (left) and his brother Sam show some of the cakes available at the newly opened Sweet Dreams Pastries & Ice Cream shop in Livonia.

learned pastry-making from his brother.

Some specialties are Charlotte, which Michel is holding in the photo on the left, a cake made with strawberry, vanilla and chocolate ice cream, covered with slices of Swiss cake roll, and strawberry glaze; Fort Apache, shown in the foreground, a cake made with a chocolate brownie, vanilla ice cream, surrounded by hazelnut biscuits, and Chocolate Fantasia, chocolate cake with chocolate and raspberry filling topped with a white chocolate rose.

Whether it's for a special celebration or dinner, these edible works of art will draw rave reviews from your family and friends, especially those who can't ever get enough chocolate.

Sweet Dreams offers 12 flavors of cakes and cheese cakes, seven varieties of ice cream cake and eight ice cream flavors.

"We really have good experience and do fancy, fancy cakes. A fancy cake is hard to make, I like the challenge," said his brother Sam, 25, who

topped with chocolate ganache, a glaze made with cream, butter and chocolate and hazelnuts.

Sam says this cake is for chocolate — a layer of chocolate brownie, chocolate ganache, chocolate chiffon and chocolate mousse, topped with chocolate buttercream frosting.

FOR SMALL appetites, there are eclairs, individual cakes, bite-sized brownies and cream puffs filled with vanilla, raspberry and lemon-mousse.

"I come here almost every day," said Bashar Alshar of Livonia. "I like the ice cream. There's nothing artificial in it. It's very high quality and carefully made. It's excellent. I also like the chocolate raspberry cake, it's light and moist."

For something different, try Astoria. "It's like vanilla, only richer, more creamy and flavored with special spice," said Michel.

Hours are Monday through Sunday, 9 a.m. to 11 p.m. Sweet Dreams is sandwiched between Foley's Uniforms and Egghead Software in the Middlebelt Plaza, 18762 Middlebelt, Livonia, 476-6665.