



## taste buds

chef Larry Janes

## Indian cuisine hot trend

Frequently, I get asked, "What's the hottest food trend to hit the metropolitan area?" Last year, it was Thai and Vietnamese cuisine. The year before that, Tex-Mex and Dim Sum were the hot properties. So what's the latest rage coming into 1992? Indian cuisine!

The basic art of Indian cuisine lies in the careful blending of different spices to yield subtle variations in flavors. Curries form the mainstay of the Indian cuisine.

A curry is basically a casserole of fish, shellfish, poultry or vegetables cooked in a sauce, the flavor of which is created by the combination of flavors of the spices added during the cooking.

The origin of curries can be traced back many centuries. When there was no means of keeping perishable foods fresh, meat, fish and poultry rapidly acquired an unpleasant taint in the hot, humid Indian climate. Spices were added to disguise the distasteful flavor of the main ingredient.

Generally the hotter the local climate, the greater problem of food preservation, and the hotter the curry.

BEFORE WE go any further, if you don't already know, there is no one spice called curry. It is a blend of various ingredients that together form the flavor of "curry" as we northerners know it today.

Regional differences in religion, culture and local produce have also influenced eating habits, yielding an intriguing diversity of exotic, tasty dishes.

The hottest curries come from southern India. Most of the inhabitants of this part of the country are Hindus, who never eat beef but sometimes eat other meat and fish. Vegetable dishes often form the main course of their meals and many of the spicy vegetable curries and recipes for stuffed subergines and samosas originate from this region.

Traditionally, the cooler north is associated with colder curries. The Muslim community is found mainly in the north and also around Bombay. Muslims will generally eat beef and lamb but never pork. Meat dishes such as keema pimento, kofta curry, seekh kababs, and roghan gosh originally came from northern India.

WHEN SERVING an Indian meal, aim to select a variety of dishes that complement each other in texture and flavor. Samosas and prawn pulis may be served as appetizers. Main course dishes should be served with a selection of sambals or side dishes.

For entertaining, choose several main-course dishes based on a variety of main ingredients, and with different amounts and combinations of spices. Freshly cooked chappatis, puris and pappadoms are delicious accompaniments.

Complete the meal with a refreshingly cool finale such as gulab jamun or jalebis. The creams and cardamoms used in desserts and in some main courses actually have a cooling effect on the sometimes incendiary flavor of the curry. Most curry bought in stores and spice racks tend to lack the true complimentary flavors of both intense heat and sweetness.

SHOULD YOU want to make a curry that brings tears, increase the amount of chili pepper seeds. For a sweeter flavor, the addition of coriander or garmma masala (found in most import spice stores) will surely improve the brew.

Cream and plain yogurt are frequently used in major curry dishes, not just to counteract the intensity of the heat from the curry but to add a subtle sweetness as well as thickness.

For more on the subject, pick up Madhur Jaffrey's introduction to Indian cuisine.



Mary Jo LaBeau (left) and Krista McCredie show their colors on a tailgate picnic.

SHARON LAMIEUX staff photographer

# Let's talk tailgating

## Planning a pregame parking lot party

By Jennifer Hill  
special writer

**SATURDAY IS** Sweetest Day, but if your honey's idea of togetherness is going to a football game, don't cry foul — get in the spirit with a tailgate picnic.

Romance will be in the air Saturday as Michigan State University and the University of Michigan celebrate their homecomings.

Visiting alumni will stroll down memory lane, reminiscing about college days and attend special events like the Spartan Spectacular, 7:30 p.m., Oct. 19 at the Breslin Student Events Center (call 1-800-988-BRES for information) and the "Go Blue" brunch at the University of Michigan Ann Arbor (call 763-9738 for information).

HELEN DYKE, of Farmington Hills, president of the Oakland County Alumni Club, doesn't wait for homecoming to reminisce. Every weekend, they tailgate with eight couples, all of them college roommates, who stuck together.

"It's fun to tailgate, it's part of our routine," said Dyke. "We all bring a different dish. It's like a buffet. Someone brings a meat dish, salad, the wine, dessert, etc. We have a table that's covered with cloth, sometimes we even have flowers." To make it a truly Spartan event, Dyke said they go to the Michigan State University dairy store on campus, which is open Saturdays, and

buy cheese and ice cream that's made by students. Occasionally, the Michigan State Alumni band will surprise the tailgaters, adding to the festive atmosphere.

When the game is over, Dyke and her friends "hit the bookstores" and munch on leftovers while waiting for the traffic to clear.

THE HUSBANDS in Jeanette Schumacher's U. of M. tailgate group, buy the women mum corsages for the homecoming game. This year, because it's homecoming, and Sweetest Day, the men are going the whole nine yards — corsages with yellow baby sweetheart roses and blue ribbons.

"For the last eight years, we've been tailgating with a group of 14, that grows to 20 or 25," said Schumacher. Of Westland, who is director of alumni relations at the University of Michigan-Dearborn.

"For homecoming, we're making stuffed turkeys. We'll bring them to the picnic hot, someone will bring a potato dish, vegetable, dessert, etc. After the game, we'll have turkey sandwiches."

Schumacher's group often does themed tailgate picnics — lasagna for an Italian tailgate, stuffed cabbage for Polish, bratwurst for Ger-

man.

"WE ALWAYS have one tailgate party with stone soup. Someone brings a pot of beef or chicken stock, everyone brings something to add to the broth to make it soup like different kinds of vegetables," said Schumacher.

A tailgate picnic can be as elegant or simple as you want it to be. Mary Jo LaBeau tailgated at U-M with her husband, Ray, attended night school to earn a degree in business administration.

"We had a van with a refrigerator," said LaBeau. "It's crazy, everyone has school flags on their cars. A lot of people bring little barbecues and cook out."

Tailgate pros recommend submarine sandwiches, carryout chicken, or salads like Giardiniera, an Italian-style vegetable salad available at grocery stores. For a simple tailgate, fill a wicker basket with fruit, cheese, a crusty loaf of French bread, and nice bottle of wine.

Everything should be ready to pack the morning of the game. Cider can be mulled with cinnamon sticks, cloves and lemon zest with a touch of brown sugar and poured in a thermos just before leaving.

NO MATTER what you are serving, whether it is simple fare or elaborate, presentation is what makes tailgate picnics special. Colored leaves, gourds and pumpkins on a white table cloth add fall flair to any picnic.

Some vegetables make perfect serving dishes. Mini pumpkins, seeded and prebaked for 20 minutes at 350 degrees, are wonderful bowls to serve soups or salads in.

Stuff hollowed tomatoes or green peppers, cut in half and seeded with a salad you make, or buy from a gourmet take-out shop like the Market Place at J.L. Hudson's, Merchant of Vines in Birmingham and Troy, or Joe's Italian Bakery & Deli in Livonia.

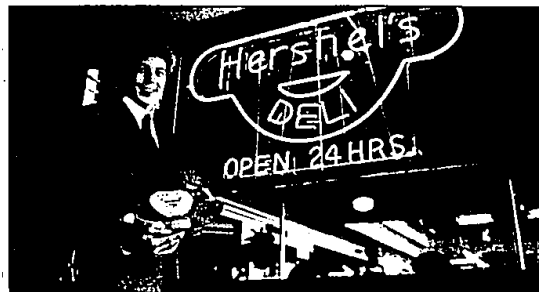
Tie ribbons in your team's colors around napkins. Use a tablecloth in your team's color, with paper plates to match — maize tablecloth and blue plates for U. of M. fans, green tablecloth and white paper plates for MSU fans. Carnations and candles in team colors complete the setting.

Planning to surprise your sweetie with a gift? If her colors are U-M's blue and gold, she'll love jewelry with blue sapphires and diamonds. If she's an MSU alumna, green emeralds and diamonds will be treasured. Wrap gifts in team colors.

**Simply Elegant Tailgate Menu**  
Bread sticks  
Fruit and cheese  
Giardiniera  
Savory Italian Pie  
Hudson Valley Apple Crumb Bars  
Mulled Apple Cider  
*Recipes inside*

*No matter what you are serving, whether it is simple fare or elaborate, presentation is what makes tailgate picnics special.*

## Delivering baskets of sweet treats is his Specialty!



Al Glasby delivers sweet treats with a message.

JIM HUBBARD photographer

By Keely Wygonik  
staff writer

It sounds old fashioned, but according to Al Glasby of bakery baskets by Specialty!, the quickest way to a man's heart is through his stomach.

A music major at Wayne State University and father of three, Glasby, 30, said he was looking for something he could do part-time. His goal is to be an instrumental music teacher. He also plays electric bass and has been in a lot of bands.

"I was pleased she thought of me, but it was weird. I got teased," he said. After thinking about it for a while, Glasby said he realized there were a lot of women looking for something special to send to men and businesses looking for ways to thank clients.

A music major at Wayne State University and father of three, Glasby, 30, said he was looking for something he could do part-time. His goal is to be an instrumental music teacher. He also plays electric bass and has been in a lot of bands.

"I came up with so many ideas my wife, Kim, doesn't want to hear about them anymore," he said.

Kim listened to this idea and even agreed to take phone orders. Specialty!, founded in February 1991 on Valentine's Day, has been bringing smiles to people ever since.

EACH WICKER basket is filled with an assortment of goodies — a small cake with a personalized message, double-size brownies, king-sized muffins, big chocolate chip and

peanut butter cookies that are baked fresh daily at Hershey's Deli & Hot Bakery in Troy.

"The small message on the cake makes it personal, but a man can share the basket with his co-workers, and not be embarrassed. I dress the cakes up for all occasions — Sweetest Day, Mother's Day, Father's Day and Birthdays. We've sent a lot of baskets to colleges

during final exam week." One of the more unusual messages requested for a cake was — "I love you signed your moose face." Glasby said some women have sent baskets to their husbands to let them know they're going to be a father.

Tim Crispey, who lives in Rochester and works in Farmington Hills, received a basket from his fiancée.

"It was a good idea, I certainly liked it. I enjoyed the basket," said Crispey.

BASKETS ARE hand delivered in the morning anywhere within 200 miles of Troy. Cost ranges from \$29.95 for a minibasket consisting of a cake, one brownie, one muffin and two cookies, to \$34.99 for a large basket. The regular basket with a cake, two brownies, two muffins, cinnamon bun, two chocolate chip cookies, three peanut butter cookies, and an assortment of other cookies costs \$39.95.

Prices include delivery and special requests can be accommodated. To place an order call 1-800-822-5683, which translates to 1-800-822-LOVE, anytime.

Glasby said business has been good, and he's been getting repeat orders. "We've been really busy, especially the last couple of weeks," said Kim.

"When you deliver a basket and see their face and how happy they are, it makes you happy," added Glasby.