

# Award-winning chefs share secrets, favorite recipes

I'll never forget the thrill I felt when I shaved \$20 off a \$90 grocery bill with coupons. It was the most I ever saved.

How about you? What's the most you ever saved? Call me at 953-2105, 9 a.m. to 5 p.m. Monday through Friday, or leave a message on my Voice Mail, to participate in our Taste Series. It will start Monday, March 30, with recipes from the Depression and tips for preparing low cost healthy meals. On Monday, April 6, we'll look at ways to reduce your grocery bill.

Area award-winning chefs including Carolyn Haskins, Rick Halberg, Marcus Haigh, Peter Loren and Matthew Prentice, shared some of their secrets and favorite at the fourth annual Chef's Seminar at Schoolcraft College in Livonia on

Monday, March 9.

CAROLYN HASKINS, Executive Chef for the Townsend Hotel in Birmingham, had lots of good tips. She recommends using kosher salt and baking on parchment paper. It helps with cleanup.

"The secret to chopping garlic and shallots is to put a little salt on the board so they don't jump all over the board," she said. To keep the board from sliding, wet a towel and make a towel nest. Rest the board on top of the towel.

When she garnishes foods, Haskins always garnishes in odd numbers 1, 3 or 5 for example.

"Unless you make something really awful, if your recipe doesn't turn out, make it into something else. Be



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creative, use the recipes as a guide," said Haskins.

IF SOMETHING is too salty, add lemon juice said Elwin Greenwald of Elwin's Tu-Go in Royal Oak. When he kneads dough he uses the heel of his hand.

Gadgets like food processors save time in the kitchen, but Greenwald offers this advice, "always do a recipe the first time by hand so you'll

know how it's supposed to look."

Here is one of my favorite recipes from the seminar, garlic soup, which was prepared by Rick Halberg of H.L.K.'S in West Bloomfield. The recipe is for one gallon, you can reduce it for less. The soup is creamy, and very flavorful.

**GARLIC SOUP**  
(Yields about one gallon)  
6 ozs. unsalted butter

3 pounds coarsely chopped white onions  
70 to 90 cloves whole peeled garlic  
5 ozs. French bread (crust removed and diced)  
1 1/2 quarts chicken broth (detailed)  
1/2 gallon cream  
Sachet bag with one bay leaf, 10 sprigs of parsley, and six sprigs of thyme  
salt and pepper to taste

Melt butter in a five-quart pot and add onion and garlic, saute until lightly browned. Add chicken stock, bread and sachet bag. Bring to a boil and simmer for about one hour.

Remove sachet bag, puree and add cream. Season with salt and pepper. Adjust consistency, if necessary, with stock or cream and check seasoning. Garnish with crispy shallot

rings or chopped parsley.

See what's cooking at the International Builders, Home, Flower and Furniture Show through March 22 at Cobo Conference/Exhibition Center in Detroit.

SUSAN BAUR and students from Oakland Community College, a group from Troy Athens High School, and Skip Julius, chef of the Wagon Wheel in Troy will be among the 10 chefs preparing festive feasts. This is the first year cooking demonstrations will be offered at the show. Julius is coordinator of the cooking demonstrations.

Betty Crocker tip of the week: The flavor of one tablespoon of onion powder is equal to that of one large fresh onion.

## Cranbrook cookbook draws lots of interest

Many readers called to ask for more information about the newly published "Cranbrook Reflections" cookbook after reading the March 9 Winner Dinner column. Unfortunately, they were calling the wrong number. Our thanks to Mark Hanna at K-Mart Corp. who gave the correct phone number.

"Cranbrook Reflections," a culinary collection published by the Cranbrook House and Garden Auxiliary, is available locally at Hudson's, Cranbrook, bookstores and specialty shops. For more information, call

the Cranbrook House and Gardens Auxiliary, 645-3149.

Also, there was an error in the Bloomfield Winter Salad; it should have been 1/4 cup light vegetable oil, not 1/2 cup. The corrected recipe is below.

**BLOOMFIELD  
WINTER SALAD**  
(serves 6)

• Dressing:  
1/4 cup sugar  
1 teaspoon salt  
1 teaspoon paprika

1 teaspoon dry mustard  
1/2 teaspoon pepper  
1/4 cup fresh lemon juice  
1 teaspoon celery seed  
1 tablespoon diced onion  
1 large or 2 medium cloves of garlic  
2 tablespoons honey  
1/2 cup light vegetable oil  
Combine all ingredients in a blender and mix until smooth. Makes 1 1/2 cups of salad dressing. Extra dressing, stored in the refrigerator, keeps for weeks.  
• Salad:  
1 head romaine lettuce, washed,

dried, torn into pieces  
2 oranges, peeled and cut into sections without pith  
1 grapefruit, peeled and cut into sections without pith  
garlic salt, to taste  
salt and pepper, to taste  
1 red onion, peeled and thinly sliced  
1 ripe avocado, peeled and sliced  
Toss together romaine lettuce, oranges, and grapefruit. Sprinkle salad with a little garlic salt, salt and pepper. Toss with salad dressing. Arrange red onion rings and avocado wedges on top of salad.

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