

MONDAY, NOVEMBER 1, 1993

# TASTE

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## TASTE BUDS



CHEF LARRY JAMES

### Doctor canned broth to make homey soup

This has been a week to beat all weeks. Between getting the Joneses ready for Halloween, speaking engagements, cooking classes and orthodontic visits, I still found time to clean gutters, rake leaves, winterize the trailer and figure out the nutritional program on my computer.

My brain was zapped, my body weak, and the cupboard bare. We ate boiled hot dogs, instant rice and canned corn for dinner.

This morning we ran out of coffee. Seldom have I ever thrown an overcoat over wrinkled pajamas and headed for the store, but I needed caffeine to complete a list of things that had to be done.

I don't know what came over me. Maybe it was the lack of caffeine, maybe it was my sore back from raking leaves, but fate led me to the appliance. Pausing for a moment, I thought soup would be a nurturing addition to dinner.

Closing my eyes for a moment, I took a deep breath and reminisced about smells that permeate the house when I make soup.

There could be no homemade soup today because of everything that had to be accomplished. While pushing the shopping cart, I almost ran into one of those annoying stacks of cans protruding in the aisle.

My local grocer was running a promotion on canned chicken stock, and I came pretty close to knocking the whole thing down.

Pausing for a second, my mind immediately transformed me back to Wyandotte, circa 1902. It was like I was standing there in the shadows, like a ghost, observing my mother make her much acclaimed noodle soup. But were my eyes deceiving me?

Here was the doyenne of homemade food, the Mrs. Smith of Pies, and June Cleaver of mashed potatoes, holding a jumbo can of chicken broth.

With her hair in a tightly rolled bun, she came to look good for tonight's novena at church, I watched as she poured two jumbo cans of broth into her Farberware Dutch oven.

She took a wooden match from her apron pocket and lit the burner, turning the knob so that fire was almost jumping up the sides of the pot. She opened up the spice cabinet and added a pinch of salt and plucked three tin cans from the shelf.

The first was pepper, pure and ground. In 1902 I don't think anyone used a pepper mill did they? The second was a half handful of dried parsley and the third held a strange scented, muted green dried leaf that would later be identified as just "bay."

In they went, with a wink at the diagnosis, while my daughter was still in the hospital. I attended the required classes to learn how to balance food and insulin to keep the diabetes under control," said Nordloh. "I discovered that some foods, especially those containing high fats and sugars, were poi-



STAFF PHOTOS BY GUY WARRICK



Birthday cake: Catherine Nordloh and her mother Ann put the finishing touches on Catherine's birthday cake. The angel food cake with low-fat frozen chocolate yogurt, topped with Dream Whip, is the family's traditional birthday cake. Ann acquired the recipe after learning her daughter had diabetes. It has become a family favorite.

## DIABETIC REACTION

families make diet changes for health of it



There's no such thing as a diabetic diet. Cooking for a person with diabetes just means preparing nutritious foods - the type of meals everyone should be eating. Meet some families who have made some healthy adjustments to keep diabetes under control.

BY SANDRA DALKA-PRYSEY  
SPECIAL WRITER

When Ann Nordloh of Beverly Hills learned her 8-year-old daughter Catherine had diabetes, she was devastated. She not only worried about how this disease would change her daughter's life, but she was concerned how the rest of the family - her husband and three sons - would adjust to a new way of eating.

"Immediately after the diagnosis, while my daughter was still in the hospital, I attended the required classes to learn how to balance food and insulin to keep the diabetes under control," said Nordloh. "I discovered that some foods, especially those containing high fats and sugars, were poi-

son to Catherine's system, and that I would have to change my way of cooking. I learned that I could no longer turn to canned, boxed and fast foods - all staples of a busy homemaker. According to Ann, her first trip to the grocery store after completing the classes was a nightmare. "I had to read everything to see if the item contained sugar, salt and/or a high amount of fat," she said. "It took three hours to shop for groceries for a week, compared to my normal 15 minutes. I taught my 8-year-old son Michael how to read the words 'palm oil' so he could help me."

That was six years ago, and now everyone in the Nordloh household has adjusted to Catherine's required food plan. "We all are eating healthy and well," Nordloh said.

"Many of the recipes I acquired specifically for Catherine have become favorites of the whole family. One in particular, an angel food cake with low-fat frozen yogurt, is our traditional birthday cake. I would have never imagined that I would have children who would choose low-fat yogurt over chocolate."

Kathy Koval of Southfield and her family of six is also eating healthy, in part, because of her husband Mike's diabetes. "When we first learned about my husband's diabetes six years ago, I thought all of us would have to eat a bland, boring diet since I didn't want to cook two different meals a night," she said. "Amazingly, the children never noticed a difference because the food choices my husband was allowed were similar to what we had been eating. About the only difference was that we began to eat more of the healthier foods."

"Also, in the beginning I felt that I needed to wear measuring cups on my belt. All I ever did was measure and

weigh, measure and weigh. Now I can eyeball proportions so cooking for my husband's special needs is no longer a big deal."

According to Koval, another change was that her food bill went up \$70 to \$80 a week. "I have to buy the better cuts of meat to assure that they are lower in fat," she said. Tracy Keller of Farmington Hills agrees that cooking for a person with diabetes just means preparing healthy meals - the type of meals everyone should be eating. "And it means eating on a regular schedule at set times to keep sugar levels in check."

"There's no such thing as a diabetic diet with special diabetic food. It's just the proper selection of healthy foods," she said. Tracy should know! Both she and her husband, Bill, were diagnosed with diabetes at the age of 3. The couple met at the American Diabetes Association, Michigan Affiliate summer camp when both were 16.

See DIABETIC, 2B



## Partners cater to customer requests

BY KEELY WYGONIK  
STAFF WRITER

Working hard, listening to customers, and providing a quality product at a fair price, are reasons 2 Unique catering and event planning, owned and operated by chefs Vera Ambrose and Kelli Lewton is successful.

Call it coincidence or just luck, but this is a partnership made in heaven. They even share the same birthday, one year apart.

Graduates of Schoolcraft College's culinary arts program in Livonia, Ambrose and Lewton believe it's important to give something back to your community.

They participate in numerous charity events, and recently worked on a cookbook "Women Cook For A Cause," to benefit the Schoolcraft College Women's Resource Center Scholarship Fund. The cookbook was published in conjunction with a benefit dinner held on Oct. 24, but copies are still available.

Two of the 50 distinctive recipes in the cookbook are theirs, and Lewton helped them with chefs Mary Brady and Denise Caudry. Lewton and Brady also styled the photos in the book. "Women Cook For A Cause," is available for \$19.95, plus \$3 shipping from: Women's Resource Center, Schoolcraft College, 18600 Haggerty Road, Livonia, MI 48126-2696. For information, call 462-4443.

Ambrose and Lewton formed 2 Unique in Bloomfield Hills three years ago. For two months they didn't have a name, then someone suggested 2 Unique.

"Our name says a lot, we're unique, we go the extra mile for the customer," said Ambrose. "We take care of everything - food, decorations, linen,



DAN DEAN/STAFF PHOTOGRAPHER

plate, and chair rentals, so that you can be a guest at your party. Each day we try to be better. We deal with people one-on-one, we're hands-on owners, we're committed to what we do."

They've catered parties for 10 to 5,000 people. One of them is always on site to make sure things go as planned. They can be reached anytime at 642-5240.

The women were introduced to each other by Chef Richard Bonson who retired from Schoolcraft's culinary arts program last year, and

something clicked. Ambrose and Lewton said they always knew they wanted to work in the culinary arts field, dreamed of owning a business, but the paths they took to get to where they are today are quite different.

Ambrose, 30, grew up in Bloomfield Hills and earned a degree in hotel restaurant and institutional management from Michigan State University.

See PARTNERS, 2B

## LOOKING AHEAD

What to watch for in Taste next week:

■ After-school activities are in full swing, and the holidays are just around the corner, take comfort in foods that will warm your soul.

■ Organized cooks are already baking for the holidays. Start your ovens, and find out how to freeze cookies and baked goods.