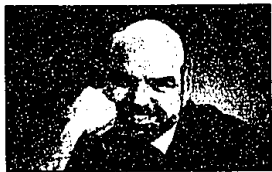


MONDAY, MAY 16, 1994

TASTE

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TASTE BUDS



CHEF LARRY JAMES

For best burgers use quality meat, hot grill

Because hamburgers symbolize the essence of American cooking, how to cook them is a matter of loving dispute based on minute distinctions. Should the perfect hamburger be fried, sauteed, broiled or grilled? The grand masters of cooking offer different points of view.

M.F.K. Fisher, Julia Child, Craig Claiborne and James Beard, with whisks and knives of talent far beyond those of this writer, wrote considerably about it in their tomes on food and cooking. They all agree the meat should be of good quality, the skillet should be very hot, and the flavor of the raw meat should be enhanced by a little something extra.

How they accomplished this "little something extra" is what makes friends of the James Gang usually request seconds when burgers are the expert of choice.

Expert opinions

M.F.K. Fisher's hamburger in her book "An Alphabet for Gourmets" is the most candidly personal, as it is the most outrageously French. She opts for a hamburger made from the best sirloin, "a la Mode de Moi-meme," seared (avoiding fried or sauteed) in a very hot skillet and sauced in red wine, butter, chopped fresh herbs and oyster sauce along with the pan juices.

Julia Child, whom I shared an engaging lunch with in San Francisco, serves up her hamburgers "a la Francaise" in which the hamburgers are more like large meatballs moistened with suet and marrow, seasoned with minced onion and herbs, held together by an egg and sauteed in butter and oil. She then would saute them in red wine, beef stock, and a bone marrow sauce and lemon juice. With all due respect to the Grand Dame, this sounds more like my meatloaf than hamburger.

Ever the internationalist, Claiborne, in his first New York Times Cookbook, gives us hamburgers "au Poivre" and burgers with dill, seared in a skillet and finished off with butter, Tabasco sauce, Worcestershire sauce and lemon juice. In his book "The Theory and Practice of Good Cooking," James Beard comes right out of the closet with "Sauteed Hamburgers," preferring them sauteed rather than broiled because they stay juicier longer. He preferred ground top round or ground chuck with 25 percent fat rather than sirloin, and sauteed in peanut oil rather than butter and/or oil.

Sticking with the other notables, Beard enjoyed saucing his burgers with pan juices ripened with red wine, cognac, pine nuts and pepper.

Survey

Since I can't seem to remember the last time I deglazed my Farnsworth fry pan with \$40 cognac after frying burgers, the James Gang conducted an unofficial survey on Mother's Day when all the great female cooks of the clan gathered to swap stories of the hard winter and gossip about cousins and relatives not in attendance.

The rules were simple. Burgers were fried and grilled. The ground beef was a choice of chuck, brisket, blend for 99 cents per pound, \$1.39 per pound ground chuck, and \$2.99 per pound ground sirloin from the best meat market in town. Each blend of burger was served simply dressed with salt and pepper or extravagantly decorated ala Julia Child with onions, herbs, eggs, suet and marrow. All burgers were cooked as the James women unanimously preferred: "with no signs of blood."

The runaway winners were those suggested by Julia that were laden with extra additives. The meat of choice was ground chuck. The cheap hamburger was dubbed "too greasy," while the expensive ground sirloin was labeled "too dry."

What was surprising, however, was the panel's choice for best cooking procedure. Again with a vote of 6 out of 10, the method of choice was grilling. The secret? Allow the grill to get real hot before you start cooking. As per all great cook suggestions, the meat is almost seared immediately with a firm, almost crusty coating and a juicy, tender, tasty inside. The burgers were never "amused" as most of us do to encourage fast cooking. The burgers were cooked with the lid "on" to encourage a good grilled flavor.

Lastly, but probably the most important, with all those matrons milling around, how could the burgers not come out great, especially on Mother's Day?

See Larry James' family-tested recipes inside. To leave a message for Chef Larry, dial 963-2047 on a touch-tone phone, then mailbox number 1866.

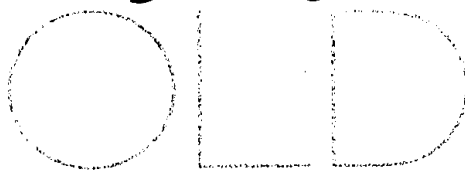
LOOKING AHEAD

What to watch for in Taste next week:

■ Fire up the grill! Grillmasters share recipes.

■ Laura Letcher cuts the fat in a fruity yogurt pie.

Growing



Healthfully



The child-bearing years are a special time for women. There is so much to think about and to do in preparation for the new baby. What you eat and how much weight you gain can be important to both you and your baby.

- Drink decaffeinated and caffeine-free beverages.
- Avoid alcohol consumption both before conception and during pregnancy.
- Eating an extra 300 calories each day during your second and third trimesters will provide you with enough energy.
- Smaller meals and more frequent nutritious snacks may be better tolerated as the pregnancy advances.
- Head off osteoporosis by eating calcium-rich foods to lay down the largest amount of bone mass possible.



It seems as if most women are protected against coronary heart disease by estrogen which is plentiful from puberty to menopause. After menopause the heart disease incidence rises. One in three women have it by age 65 compared with 1 in 17 before age 50.

- Get your blood cholesterol level checked by your physician. It's a good indicator of coronary heart disease risk in women as it is in men.
- Start a sensible exercise program to strengthen your cardiovascular system and keep your weight in check.
- Eat the appropriate number of calories and follow an eating pattern that is low in total fat, saturated fat, and cholesterol and adequate in vitamins, minerals, fiber and protein.



Women over 65 are more likely than men to suffer a crippling or fatal heart attack. Adjust diet, exercise and other health habits to correspond with your own identified risk factors for disease.

- Women in their 30s generally have a one in 5,000 chance of developing breast cancer, while those in their 60s have a risk of one in 420. Obesity may increase breast cancer risk only after menopause. Consuming foods rich in vitamin A or beta carotene, such as carrots, squash and spinach, may help reduce breast cancer risk.
- One quarter of women 35 to 64 are at least 30 percent heavier than they should be. Obesity in women is also associated with increased risk of heart disease, high blood pressure, diabetes, and gall bladder disease.



Recent studies are showing that nutrition and lifestyle can play a major role in reducing a woman's risk of heart disease and osteoporosis. A low-fat diet that includes whole grains, vegetables and fruits will help you and your family stay healthy.

BY SANDRA DALKA-PRYBY
SPECIAL WRITER

There is no secret formula or magic pill for staying healthy. Good nutrition is the key, followed by a program of regular exercise.

Women need to eat well, especially at certain times of their lives such as during pregnancy, to lessen the effects of premenstrual syndrome, to avoid heart disease and osteoporosis.

A healthy diet includes lots of vegetables, low-fat meats and dairy products, some fruits, whole grains such as bread, cereal and pasta, said Kathleen Kinner, a registered dietitian who works at Henry Ford Hospital's West Bloomfield Center.

A nutritious diet with added milk or dairy products is extremely important for women during pregnancy, said Gale Cox, a registered dietitian and Health Program Coordinator for Botsford General Hospital in Farmington Hills. "The ideal diet for pregnant women should include iron from lean meats, dark green vegetables and whole grains."

"On the average, a woman should only gain 25 to 30 pounds during pregnancy," she said. "If a woman is overweight or underweight when she becomes pregnant, she should check with her doctor on recommended weight gain."

Pregnant women, and those who suffer from premenstrual syndrome should avoid caffeine and alcohol.

PMS is a complex set of symptoms, that includes nervous tension, irritability, headache, fatigue, depression, fluid retention, and food cravings that occur 10 to 14 days prior to menstruation and disappear when menstruation begins. Limiting sugar and salt intake can also provide relief from PMS symptoms.

"In many cases symptoms can also be lessened by eating small, frequent meals, that include fiber and protein instead of eating three large meals a day," said Linda DeVore, a registered dietitian at St. Mary Hospital in Livonia.

Too much stress can also affect your health. Stress is our body's reaction to change, said DeVore.

Every time we experience stress our bodies produce adrenaline to give us extra energy. Stress depletes nutrients which is why a nutritious

diet is of the utmost importance.

Limiting caffeine and alcohol, eating vitamin C rich foods including fruits and vegetables, especially citrus fruits, will give you fuel to cope better with stress. Make sure your diet also includes protein and complex carbohydrates which are found in lean meats, beans, whole grain breads, cereals and pasta. Your body uses more of these nutrients when it's under stress.

Exercise, as well as diet, is instrumental in the prevention and treatment of heart disease which, according to the American Heart Association, is the number one killer of women in the United States.

Women can reduce their risk of heart disease by eating a high fiber, low-fat diet, said Roxolana Karanec, registered dietitian at Henry Ford Hospital's Livonia Center.

A good diet, plus added calcium and vitamin D that is found in dairy products, is recommended for women throughout their lives to help them avoid osteoporosis when they are older. Of the 25 million Americans currently suffering from osteoporosis, most are women.

"Women achieve 80 to 90 percent of their bone mass between their teenage year and their early 30s," said Dr. Henry G. Bone, of Henry Ford Hospital's Bone and Mineral Division. "This is the reason that good nutrition is so important for women during these years. In fact, women of all ages need calcium and vitamin D to insure that they build and maintain strong bones."

"Without good nutrition, women can deplete their bone mass, which can lead to osteoporosis."

Instead of pop, Dr. Bone recommends that teenagers and young women drink milk. "Some studies have shown that the phosphorus in carbonated products such as pop, help deplete the body's bone mass," he said.

The message to all women, said Susan Calvert Finn, past president of the American Dietetic Association, is that diseases "are more preventable than most women may believe, and existing research shows that nutrition and lifestyle can play a major role in their prevention."

See recipes inside.

Turning 50 motivates mom to change lifestyle

BY SANDRA DALKA-PRYBY
SPECIAL WRITER

In November, I'll celebrate my 50th birthday with my husband Tom, and children, Andy, 16, Libby, 13, and Emily, 11. By then I'll be well on my way to achieving a healthier lifestyle with the help of "Family Circle" magazine.

Approaching the big "50" was scary because I was 150 pounds overweight, smoking two packs of cigarettes a day, and not exercising. I was afraid I wasn't going to live to see my children grow up.

I shared my concern with "Family Circle" and they are helping

me achieve my goal. I've given up smoking, changed the way I eat, and started a regular exercise program.

The magazine has provided me the services of a nutritionist, Muriel Wagner of Southfield, who has developed a low-fat, high carbohydrate food plan for me of approximately 1,800 calories.

My exercise needs are met daily thanks to the Beverly Hills Racquet Club. The club has provided me with a trainer and the use of all its facilities. I'm walking two miles a day, and work out three times a week on the weight machines.

I've lost over 30 pounds, and have decreased my body fat and cholesterol. It hasn't been easy. Having pneumonia set me back a little, but I got back on my plan in January. I know I have a distance to go, but I am going to succeed.

I'll keep you posted on my progress.

Editor's note: Sandra Dalka-Pryby lives in Birmingham. She recently appeared on the Maury Povich Show to explain why she is determined to lose weight, and will be featured in the June 7 issue of "Family Circle" magazine.



Sandra Dalka-Pryby

Quality is traditional at Champagne Deutz

FOCUS ON WINE



ELEANOR & RAY HEAD

"Deutz is well aware of its lagging brand image," contends Champagne Deutz National Director of Sales and Marketing Marc Laderriere. "If a business per-

son wants to impress clients at a dinner or if a young person is attempting to make an impression with a date, what will they order? Chances are, money is no object in such cases and Moet & Chandon's Dom Perignon will be the champagne of choice."

Laderriere is not deriding the competition nor questioning the quality of Dom Perignon, he's out to show the American public that the small, family-owned Champagne Deutz produces wines of equivalent quality to the more prestigious and well-known bubbles of Moet & Chandon and other renowned champagne houses. In all honesty, we had not tasted Champagne Deutz in some time, but we walked away impressed from a recent tasting with Laderriere. Indeed, there's a new breath of life at Champagne Deutz!

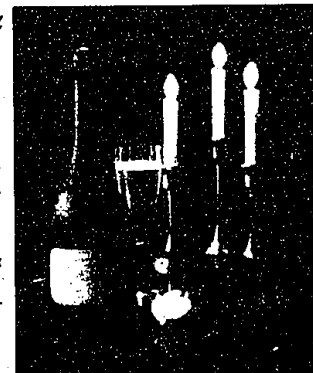
In a capsule, Deutz is a very small house annually producing only 85,000 cases of high quality champagne. It's not a recognized brand, yet it's sold in every Michelin-starred restaurant in France. It will provide a new avenue into champagne for you.

What ensures Deutz quality? Deutz has a history and tradition of quality extending back to its founding in 1838 by William Deutz and Pierre Geldermann. Since 1972, it has been under the managing direction of Andre Callier, a man dedicated to the production of quality champagne who personally supervises every step of the winemaking process from grape selection to creation of the cuvee (blend).

I aim to increase the specialization of Deutz wines toward that segment of the public searching for real quality in a world that is increasingly mundane," Lallier said. "In order for champagne to uphold and regain its position in the world market, the Grands Marques houses must continue to adhere to ever-increasing measures of quality."

At Deutz, only the free-run juice and a small portion of the first pressing are used, vintage wines are strictly made from the first pressing. Traditionally, a Champagne Deutz cuvee is blended from 30 to 35 base wines including small lots and some older reserve wines originating from 90 acres of house-owned vineyards. Wines

See WWW, 2B



Champagne Deutz

Crown Jewel: The crown jewel of Champagne Deutz is Cuvee William Deutz. The currently available 1985 bottling is stunning.