

MONDAY, JULY 18, 1994

TASTE BUDS



CHEF LARRY JAMES

Swedish popovers and other reader requests

The warm weather hasn't kept people out of the kitchen. In June I received more than 60 calls from readers seeking answers to questions, copies of recipes from previous issues, and hard-to-find recipes.

Marilyn Began of Southfield searched high and low for a recipe that uses an ebleskiver pan she recently acquired. This recipe came from my friend Jean, who loves to make ebleskivers, those indescribably delicious Swedish popovers.

EBLESKIVERS

- 1/4 cup butter, melted
- 3 eggs, separated
- 1 cup whole milk
- 2 tablespoons sugar
- 1 1/2 cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground cardamom
- Butter to grease pan
- Optional fillings: Apple sauce, jam or powdered sugar for sprinkling on top

In a large bowl, blend together butter, egg yolks, milk and sugar. In a medium bowl, combine dry ingredients. Stir into egg yolk mixture. Beat egg whites until stiff and gently fold into batter mixture. Heat ebleskiver pan at medium low heat until a drop of water sizzles when applied.

Spoon 1/4 teaspoon of batter into each cup. Drop 1 rounded tablespoon of batter into each cup and cook over medium low heat for 1 minute. Turn ebleskivers over gently using a skewer or basting needle and cook one additional minute. Remove from pan and fill with fillings of your choice. Makes about 2 1/2 dozen ebleskivers.

In the spring, Martha of Redford requested a recipe for Hawaiian Bread. We received three different recipes from helpful readers. The best one came from Paula Maske of Huntington Woods, who sent along a copy of a recipe reprinted many moons ago in "Sunset" magazine.

PORTUGUESE SWEET BREAD
(HAWAIIAN BREAD)

- 1/4 cup instant mashed potatoes (granules or powder)
- 1/4 cup boiling water
- 1/4 cup sugar
- 1/4 cup instant non-fat dry milk powder
- 1/4 cup butter or margarine
- 2 packages active dry yeast
- 1/4 cup warm water (about 110 degrees F.)
- 4 1/2 to 5 cups all purpose flour
- 3 eggs
- 1 teaspoon salt
- 1/4 teaspoon vanilla
- 1/4 teaspoon lemon flavoring
- 1 egg, beaten

In a small pan, beat instant potatoes into boiling water. Stir in the sugar, dry milk and the butter. Allow to cool to about 110 degrees F. Meanwhile, in a large bowl of an electric mixer, dissolve the yeast in the warm water. Blend into cooled potato mixture. Add 2 cups flour and beat to blend. Stir in the eggs, salt, vanilla and lemon flavoring until thoroughly blended. Then beat in 1/2 cups more flour.

With a heavy mixer or by hand, mix in more flour to make a stiff dough, about 1 to 1 1/2 cups. Turn onto a floured board and knead 5 to 10 minutes or until smooth and satiny, adding more flour as needed. Turn dough over in a lightly greased bowl, cover and allow to rise in a warm place until doubled, about 1 hour. Punch down, allowing to rest 10 minutes.

Divide dough in half. Shape each half into a flattened round, about 8 inches across in a greased 9-inch pie pan. Cover lightly and allow to rise until almost doubled for about 35 to 45 minutes. Brush with beaten egg and sprinkle with a bit of sugar if desired. Bake at 350 degrees F for 25 to 30 minutes. Cool on racks. Makes 2 loaves.

Mrs. Kohl of Livonia wanted to know why her potato salad gets runny. She uses Miracle Whip, just like Momma does, along with mustard, celery, onions, cheese and other seasonings. Momma said to mix the potato salad after the potatoes are thoroughly cool and refrigerated.

Mixing the salad when the potatoes are still warm thins the salad dressing. I hope this works.

See more reader-requested recipes inside. To leave a message for Chef Larry, dial 933-2047 on a touch-tone phone, then mailbox number 1888. Be sure to leave your full name, hometown.

LOOKING AHEAD

What to watch for in Taste next week:

- No-bake desserts are child's play.
- Laura Letobar cuts the fat in Mexican Stew from 24 fat grams to 6.

Discover your Pasta-bilities



Pasta: Capellini Pomodoro, created by The Olive Garden Italian Restaurant, features angel hair pasta, fresh tomatoes, and freshly grated Parmesan cheese seasoned with basil and olive oil.

Pasta offers the perfect dinner solution for hot summer nights. Pasta can be served cold with vegetables in a hearty salad with, or tossed with a sauce of lightly sauteed garden-fresh tomatoes, basil and garlic.

BY BARBARA WILSON
SPECIAL WRITER

With more than 130 shapes to choose from, and fresh vegetables ripening in gardens, it's time to experiment with pasta salads and entrees.

Italians consider cold pasta to be an appetizer. In this country we have come to accept it as a healthful and filling meal that requires little work.

A good pasta salad or entree made with freshly picked, lightly sauteed vegetables, and hearty bread will satisfy the biggest appetite. Because dinner's a snap to make, you'll still have time to enjoy

outdoor activities with your family. The shape of pasta you choose will depend on the dressing. Frank Chimento, owner of Chimento's Italian Market on Plymouth Road in Livonia, says a lighter dressing is best complemented by a curved pasta or one with a hole in it. This will help the dressing cling to the pasta.

A pasta with ridges will also work well with tomato and oil-based pasta sauces or dressings, he said.

A heavier cream-based sauce can handle a straight pasta.

Specialty shapes are available, too. Chimento said he can order heart-shaped, flag-shaped and

Christmas tree pastas, just to name a few.

Flavored pastas add extra flair to the appearance and taste of a pasta salad. Mama Mucci's in Plymouth specializes in vegetable and herb pastas.

Frank Mucci said pastas such as their sweet basil give cooks a head start on their salad, allowing them more time to experiment with vegetable add-ons and dressings.

Mama Mucci's will also be introducing a spicy red pepper pasta that has already received rave reviews at some local restaurants.

While a hot sauce is sometimes able to handle a mushy pasta, pasta served cold must be cooked just right. Mucci said to buy only pastas made of 100-percent durum wheat or semolina. These will hold up best for salads.

You should add one pound of pasta per four quarts of boiling water and not try to cook too much at

one time.

"Pasta should be added to rapidly boiling water and should be tasted during cooking to make sure it is done," Mucci said. Pasta continues to cook even after it is taken off the heat so it is important to place it in a strainer and cover with cold water right away to stop the cooking process.

Mucci recommends putting a little salt in the water to keep the pasta from sticking and to toss pasta with a little canola oil after it is drained. The old tale about adding a little oil to the boiling water is malarky, according to Mucci because the two liquids never mix.

The possibilities for pasta salad dressings are endless. Oil-based dressings are the most popular. Chimento says to use extra virgin olive oil because a smaller amount will be needed to cover the salad.

See PASTA, 2B

Chalk Hill produces flavor-dynamic wines

Focus on Wine



ELLERSON & RAY HEAD

turn around wine quality in a short period of time at a winery that, before his winemaking tenure, was making relatively undistinguished wines.

We're even more impressed today and want you to know the whole story about some of the most flavor-dynamic wines being made on California's North Coast.

Chalk Hill Winery, the only estate winery in the Chalk Hill appellation, is not a new kid on the block. Grapes have been growing (and wine has been made) on the property since the mid-1970s. After each visit to the winery during the 1980s, we'd leave with the belief that such a seemingly perfect steep hillside location with impeccably manicured vineyards should be making exceptional wine. But it was not.

It all came together in 1990, when proprietor Fred Furch hired Dave Ramey as winemaker. Ramey came armed with experience at Simi Winery and Matanzas Creek and fresh from a stint working in Bordeaux for the Moueix family at Chateau Petrus. His penchant for experimenting and curiosity for French winemaking techniques

have paid off in some handsomely crafted wines showcasing complexity and character.

Ever the experimenter when it comes to winemaking, Ramey is not averse to using every winemaking tool available in the creation of each bottling.

"These tools can only be used with ripe fruit," he said. "Excellent vineyard techniques are essential to ensure quality. At Chalk Hill's 260 acres of estate vineyards with elevations ranging from 200 to 600 feet, I choose chardonnay fruit from a variety of clones and sites with a multiplicity of exposures and soil types."

Once in the winery, Ramey utilizes vineyard blends, wild yeast, different barrel makers, barrel fermentation, malolactic fermentation and extended aging on yeast lees to make a more complex chardonnay. A proponent of wild yeast, Ramey quickly moved in this direction and has not used cultured yeast since 1991.

"I'm not ashamed to be straightforward about the fact that I use analyses of white Burgundies as a model in Chalk Hill's chardonnay production," he said. "Natural yeast fermentation consumes an overt buttery character of malolactic fermentation in chardonnay and makes the wine's flavors more balanced - more like a fine white Burgundy."



CHALK HILL WINERY

Winemaker Dave Ramey, winemaker at Chalk Hill Winery, among one of his favorite winemaking tools - French-coopered barrels.

Sauvignon blanc, the other white from Chalk Hill, has benefited from many "chardonnay cellar techniques." It is barrel fermented, in Bordeaux-coopered barrels, with natural, wild yeasts and

See WINE, 2B