

MONDAY, SEPTEMBER 5, 1994

TASTE

B

TASTE BUDS



LARRY JONES

Reader recipe requests crop up during harvest

It's clear from the number of calls I've been receiving that cooking hasn't taken a backseat to summer vacations. Norm Hodgson of Garden City, who has three blueberry bushes abundantly producing in his garden, is looking for a great blueberry muffin recipe. This recipe hails from Momma's recipe box, and her footnote claims "Don't change a thing, you can't improve them." Here's the recipe Norm.

BLUEBERRY MUFFINS

Butter for greasing muffin tins
1 cup sugar or 5 tablespoons powdered milk
2 tablespoons baking powder
1 teaspoon salt
2 large eggs
1/2 cup vegetable oil
1 1/4 cups water
3/4 cups all purpose flour
2 cups fresh blueberries

Preheat oven to 400 degrees. Butter 24 muffin tins. Combine sugar, powdered milk, baking powder and salt in a large bowl. Mix well. Add the eggs and the vegetable oil. Stir in 1/3 cup water and mix well. Mix in the flour and combine well. Add the remaining 1/2 cup water and mix well. Stir in the blueberries. Spoon equal amounts of batter into the prepared muffin tins and bake at 400 degrees for 16 minutes. Best when served warm. Makes 24.
■ Anne Sullivan of West Bloomfield wanted the recipe for Crab Cheesecake that ran in my column in May, 1990. I had to dig out the old Apple computer to retrieve the recipe Ann, but I am pleased to repeat it.

CHEESECAKE

5 tablespoons butter, divided
1/2 cup fine bread crumbs, toasted
1 cup fresh grated Swiss (Gruyere) cheese (divided)
1 teaspoon minced dill (1/2 teaspoon dried)
1 medium onion, minced
2 pounds cream cheese, room temperature
4 eggs
1/2 cup half and half
1/4 teaspoon salt
1/2 pound (8 ounces) flaked crabmeat

Butter a 9-inch springform pan with 1 1/2 tablespoons butter. Combine bread crumbs with 1/4 cup grated Swiss cheese and dill. Sprinkle over buttered pan, turning to coat. Refrigerate pan until ready to use. Melt three tablespoons remaining butter in a skillet and saute onion until tender. Set aside.
Combine cream cheese with eggs, half and half, 1/2 cup Swiss cheese and salt and mix well. Stir in onion mixture. Fold in crabmeat. Pour in prepared springform pan and place the pan in a roaster pan and add hot water to come 1/2 way up the side of the pan. Bake at 325 degrees for 1 hour and 20 minutes. Turn oven off, allow cheesecake to sit in oven with door ajar for 1 hour.
Cool to room temperature before serving. Makes 6-8 servings.
Chef's suggestion: Make a pesto sauce with basil, Parmesan cheese, olive oil and garlic and add to cream cheese while substituting Parmesan cheese for the Swiss cheese. Sprinkle with 1/4 cup pine nuts and bake as directed.
■ An anonymous reader wanted to know where she could find salt-risen bread. I made a few phone calls, and located fresh salt-risen bread at a great little bakery with locations in downtown Plymouth and Rochester. The Breadwinner Bakery stocks salt-risen bread in addition to a multitude of other great breads. They are at 448 Forest in Plymouth, (1-313-459-1017), and 818 Main in Rochester (1-510-852-1280).
■ Bill Breaier of Livonia wanted to know if he could turn the Roma tomatoes growing in his garden into sun dried tomatoes with a food dehydrator.
You see you can Bill, and the finished product will be just as good. I recommend slicing the tomatoes

See HARVEST, 2B

LOOKING AHEAD

What to watch for in Taste next week:

- Scale the new food pyramid to make healthy food choices
- 30th Anniversary of Southern's makes good taste: good looking appetizers



MICHAEL DEER LITERARY CONSULTANT

Quick dinner: Fifteen-Minute Beef Barbecue is made with beef round tip steaks and just three other ingredients. Total preparation and cooking time for this meal pleaser is only 15 minutes.

Order dinner with shoes on at the diner

The hard-working women who served up hearty meals every day in the diners of America in the 1940s had their own quaint way of describing dishes. Here are some you might try at home. Information supplied by Henry Ford Museum & Greenfield Village.

- With shoes on - Order to go
- Adam and Eve - bacon and eggs
- On a raft - on toast
- Dog food - corned beef hash
- Mistreat two - scramble two eggs
- Saddle blankets - pancakes
- Sinkers and suds - doughnut and coffee
- Vermont - maple syrup
- Bossy in a bowl - beef stew
- Clean up the kitchen - hash
- Liberty cabbage - sauerkraut
- Moo - "Slab of moo, let 'em chew it" rare steak
- Torch it - well done, "slab of moo, torch it"
- One, two, three and splash - today's meat special with potatoes, bread and gravy
- Stars and stripes - ham and beans
- Betty Lee - tea
- Cow juice - milk
- Varnish remover - strong coffee
- Olive and take - dessert cake
- In a snowstorm - with lots of whipped cream
- Shikany - gelatin dessert
- White cow - vanilla milk shake
- George Eddy - customer who does not tip

Busy families work at making dinner

■ Today's busy families enjoy spending time together around the dinner table, but they don't have a lot of time to cook.

BY BARBARA WILSON
SPECIAL WRITER

I'm sure bean sprouts were around in the 1950s, but I don't think many housewives incorporated them into their dinners.

When we consider the traditional family meal, a picture of mom and dad, and the kids sitting around a table together eating meat loaf, mashed potatoes and green beans comes to mind. Dad came home from work at 5:30 p.m., and within 20 minutes, mom had dinner on the table.

This is the memory most adults today have of a traditional family meal.

Red meat and starchy casseroles were not evil then, and anything made with Campbell's soup was considered tops, according to Donna Braden, a curator at Greenfield Village in Dearborn, who has researched American food trends.

"There wasn't much research during the 1950s about food and health, so Americans really served a lot of fatty meals," Braden said. "Women were caught up in the new conveniences of the day. They bought canned and frozen vegetables."

See DINNER, 2B

Explore the southern French region of Provence

Focus on Wine



LYNDSEY & THE HUSBAND

Peter Mayle is responsible for popularizing the southern French region of Provence in his book "A Year in Provence," and the television series of the same name. During summer months, many Americans stroll the Cours Mirabeau and sip Pastis (an anise-flavored spirit) in the bistros along this tree-lined avenue in Aix-en-Provence.
Spicy, Provencal cuisine is influenced by Italian and Catalan traditions. Cured black and green olives are familiar appetizers while local mediterranean specialties include lamb, ratatouille, bouillabaisse, aioli, tomatoes, figs, asparagus, sausages, apricots, Cavallon melons, callisons (almond candy) and pizza au feu du bois (cooked in a wood-burning oven).
The best local wines are the red and rose made of Mediterranean varietals such as syrah, mourvedre, cinsault, grenache and grenache. These are very few quality white wines. The most popular summer wines are well-chilled roses that span the color spectrum from pale salmon-copper to bright pink.
Provence extends north from the Mediterranean Sea to Montserrat and east from Nimes to Toulon. Aix-en-Provence is centrally located and pleasant day trips of 60 miles or less and a half hour in any direction take one to some of the best wine regions of southern France.

The Mediterranean is a 45-minute trip on the autoroute. A morning visit to the fish market at the Vieux Port of Marseille is picturesque, and if one's stay includes mediterranean, the authentic Bouillabaisse Marseillaise at Restaurant Michel along the sea does not get much better. A drive east along the Mediterranean brings one to Cassis, a most beautiful port where the mountains extend to the sea.

Two very good Provence wine-producers are nearby, Clos Ste. Magdeleine in Cassis and Domaine Tempier in Le Plan du Castellot near Bandol. Clos Ste. Magdeleine is worth a visit just for the view of the property sandwiched between the mountains and the sea. Owner Francois Zack makes one of the few good white wines in Provence. The 1992 Clos Ste. Magdeleine Blanc boasts pineapple and tangerine fruit with good body and depth. The 1993 Rose is pale pink-salmon and particularly flavorful with a long finish. Zack recommends the white with spicy Asian cuisine and the Rose with bouillabaisse.
Domaine Tempier is east of Cassis, exiting the autoroute at Le Castellot. Many Americans visit Tempier because of the Peyraud family's gracious hospitality. Jean-Marie Peyraud has inherited the winemaking responsibilities from his father Lucien, and makes the best red and rose wines of Bandol. The fantastic flavors of blackberry, spice, and tobacco can be explained by the minimum of 50 percent mourvedre in the blend, a law for the appellation that Lucien helped write.
A trip to St-Remy-de-Provence and Les Baux-

See WINE, 2B



There's still some warm weather left at the end of summer, and time to try some outstanding white wine values from Washington State's Hogue Cellars, all from the 1993 vintage and priced at \$6. They are:

1993 Dry Chenin Blanc, regular Chenin Blanc (off-dry), Dry Johannisberg Riesling, and Johannisberg Riesling, slightly sweeter at 1.53 percent residual sugar.

Additional Best Buys:

1993 Santa Rita 120 Chardonnay (\$6.50)
1991 Cypress Cabernet Sauvignon (\$7.75)
1993 Barton & Guestier Merlot (\$6)
1992 Villa Mount Eden Zinfandel (\$8)