

MONDAY, AUGUST 14, 1995

TASTE

TASTE BUDDS



CHEF LARRY JONES

Reader wants to get started on sourdough

Juliette May of Troy called to request a recipe for sourdough starter. Making starter is a two-step process. First, you need to create the base starter. Then you need to feed it for a few days. Rye flour is one of the best starters to make because rye flour is highly responsive to the fermentation process. Here's the basic recipe. Regular all purpose flour can be used, but organic stone ground is preferable.

RYE SOURDOUGH STARTER

1/2 cup water (spring or bottled is best)
2/3 cup rye flour
1 teaspoon dry yeast

In a tall 2-3 quart plastic container with a tight-fitting lid, stir together the water, flour and yeast. Scrape down the sides with a rubber spatula. Cover tightly and place in a moderate (74-84 degree) room for 24 hours. Do not stir with anything metal. On days 2, 3 and 4, stir in 1/2 cup of water and 2/3 cup of flour on each day. Stir with a wooden spoon or rubber spatula until well mixed. After the fourth day, the basic starter will be ready to use.

If not using starter immediately, refrigerate for up to three days. If you wish to continue, add 1/2 cup water and 2/3 cup flour every three days. Makes 6-7 cups starter.

Recipe from "Bread Alone" by Daniel Leader and Judith Blahnik, copyright 1993, Morrow Publishers, \$25.

■ An anonymous reader called requesting information on how to take a basic baked recipe and make it in a different size.

If you begin with a muffin recipe, it can easily be made into loaves or bundts. Decrease the temperature of all loaf or cake recipes to 350 degrees F. Decrease the liquid (water or milk) by 1/4 for making muffins in a loaf pan. You will also have to increase the cooking time significantly. For best results use a cake tester or long wooden toothpick or skewer to test for doneness.

For a bundt pan, you can easily double a standard recipe for 12 muffins, and of course, cooking time varies. For best results, the bundt should be tested for doneness in the same fashion mentioned above. Be careful; if a recipe calls for preparation in an 8-inch square pan, and you decide to make it in a 9 by 13-inch pan, the resulting product will be dried, crisp, and possibly burnt.

■ Bob DeMarco of Southfield needs a basic vanilla ice cream recipe. It can't get much more basic than this Bob. Stir in fresh vanilla just before the churning stops, if desired.

BASIC VANILLA ICE CREAM IN A CHURN

4 cups heavy cream, divided
3/4 cup sugar
Pinch salt
1 1/2 teaspoons vanilla (or the seeds scraped from a 2-inch piece of vanilla bean)

Scald, but do not boil, 1 cup of heavy cream. Remove from the heat and stir in, until dissolved, sugar and salt. Chill. Stir in vanilla and add remaining 3 cups of heavy cream.

Pour into a churn and freeze according to manufacturer's directions. Makes about 6 cups, approximately 9 - 1/2 cup servings.

Chef's secret: a few drops of rose water, some crushed peppermint stick or chocolate are great additions.

■ Eastern Market is blooming with the freshest produce Michigan has to offer on Saturday mornings in Detroit. I was shocked to learn that many folks think the recent fire at Gristle Central Market destroyed the entire Eastern Market area. This is far from the truth. A fire destroyed the Gristle Central Market, but Rocky Peanut Company, J.R. Hirt, Raphael Spice, Tim McCarthy's Wine Shop, Al's Poultry, and a host of other businesses in the market area are still open. The shops are open Monday through Saturday. Eastern Market is at Mack and I-375 in Detroit. For information on my Saturday Eastern Market tours, call Kitchen Glamour (313) 537-1300.

See Larry Jones' family-tested recipes inside. Chef Larry is a free-lance writer for the Observer & Eccentric Newspapers. To leave a voice mail message for him dial (313) 653-3047 on a touch-tone phone, then mailbox number 1886.

LOOKING AHEAD

What to watch for in Taste next week:

■ August is the perfect month to experiment with lobster.

■ Bogarde Winery is 100 years young.



Porch entertaining: Bob and Betty Ryan share a sundown supper with friends on their porch in Plymouth. The menu includes chicken, carrot and potato salad, and fresh strawberries.

SIMPLE PORCH SUPPER SUMMERTIME JOY

BY DEBBIE ALOGLUND • SPECIAL EDITED



Summertime, when the cooking is easy. At least it should be, especially if you want to spend less time in the kitchen and more time on your porch.

Betty and Bob Ryan of Plymouth know there's something special about a big, old-fashioned front porch and a summer breeze that makes food taste better. Their new front porch, completed in June, has become their favorite place for morning coffee and casual entertaining.

"It's also great to watch thunder and lightning storms from," said Betty. The Ryans, busy parents of 11 and 13 year old girls, like to keep their get-togethers with friends simple. When asked her idea of the perfect porch supper to serve guests, Betty said "I'd probably make hot and sexy potato salad and a fresh fruit salad. I'd stick to something like cold chicken drumsticks. Finger food."

Betty's sexy potato salad recipe comes from Audubon, Pennsylvania, their former home state. Although it requires taking your stove out of its summer hibernation for 30 minutes, the results are worth it.

"It's warm and it's good," said Bob. "It's a real nice combination, not overly spicy."

Bob Fisher of Bloomfield Hills, an agricultural consultant, doesn't mind a little spice in the summer, especially when it comes from his garden. He likes it even better when his wife Marcy makes her famous Grilled Herb Chicken and serves it in their large, breezy screened in back porch.

It's all part of a porch lifestyle, according to Bob. "Sitting on the porch you see dirt, so you put in a garden. Marcy cooks from the garden, so she makes all kinds of recipes," he said.

Marcy, a writer of children's books, is creatively random about her choice of herbs. "Because I just go out in the garden, pick whatever herbs are there and throw them on the chicken," she said. "Sometimes I'll put basil, parsley or oregano." She uses the same herbs on salmon steaks with the same delicious results.

Because of Bob's profession, the Fishers are homebound in the summer. They don't mind, since they consider their porch the equivalent of a summer home. With four children, ages 9 to 16, plus family and friends who like to visit, there's always lots of activity, and lots of good food.

"A typical porch dinner would be gaspacho, grilled chicken with whatever herbs I have that night, and vegetables - eggplant, zucchini, summer squash or red peppers," said Marcy.

She suggests brushing the vegetables with teriyaki sauce and sprinkling them with a little kosher salt before grilling. And unless you don't mind losing a vegetable or two to the hot coals, always grill them on a non-stick tray. "Vegetables are done when they appear translucent," she said.

Roberta Granadier doesn't quite have a porch on the Birmingham home she shares with husband Bob and their three small children, ages nine months to five years. She has a Florida room. However, she does have a porch mentality when it comes to entertaining and loves serving guests in her backyard. Her specialty is desserts, and she likes them simple and fruity.

Of her blueberry tart recipe, she said "It's very homemade, delicious, not something you would find in a bakery or grocery store. It goes with anything or it's good by itself. I make it often, two a week in the summer. One for us and one to give away."

Granadier, who recently attended a porch desserts cooking class at the Community House in Birmingham, said her recipe is an heirloom. "It's a family recipe. It was published years ago in some Cleveland cookbook. It's my mom's. She's the best cook I know."

When asked if she had any plans of building a porch, perhaps one day giving her blueberry tart a proper summer home, Granadier said "Absolutely. My husband has high hopes for that Florida room. We have plans to change that room into something airy."

See recipes inside.

Made with pride in Michigan



Summer essence: Jabara Complements all natural vinegars are beautiful to look at.

Friendship blossoms with flavorful vinegars

BY BARBARA WILSON
STAFF WRITER

Barbara Klaserner and Julie Stumbaugh were ahead of the times 10 years ago when they started Jabara Complements, a line of fruit-flavored vinegars.

Now, flavored vinegars are very popular, even trendy, and their business is growing.

The two Milford women create and manufacture their products from a commercial kitchen in Walled Lake making Jabara another blossoming "Made in Michigan" food industry. To their line of vinegars, they have added marinades and sauces, dip mixes, seasonings and even barbecue sauces to offer a complete, flavorful complement to dinner tables.

"We feel we've been really guided by God in this effort," Klaserner said. "Neither of us really used vinegars much in cooking, but it just felt like a good thing to try."

The ladies met each other in a career orientation class. Both were in the middle of divorces and trying to get their lives on track. They gravitated to one another immediately and have been friends ever since.

"We were the only 'old' people in the class and we both liked to cook and had cooked for our families," Stumbaugh said. "We really didn't have a lot of other skills so we wanted to find something we felt comfortable with."

Klaserner and Stumbaugh have definitely found their niche here. Jabara vinegars are made with all natural ingredients, including a "goodly" helping of real wine.

"The vinegars you buy in the store don't really make use of wine," Stumbaugh said.

Beautiful to look at, the bottles are filled with the liquid vinegar as well as the fruit flavoring. The lemon lime vinaigrette has slices of lemon and lime and whole herb stems. The peach vinaigrette has slices of the fruit resting on the bottom of the bottle.

Attractively presented, the dressings are also tasty and versatile. Their best sellers, the lemon lime vinaigrette, peach wine vinaigrette and raspberry wine vinaigrette, are great on fresh greens, fruits and pastas. They also work as delicious marinades for ham, chicken, duck, beef and pork when mixed with a little oil.

When they decided to expand their business, they experimented with dried ingredients to create "rubs" for meats, poultry and fish, and mixes that could easily be made into dips for fruit, vegetables or crackers.

They purchase their ingredients locally and they are mixed and packaged in Walled Lake.

Their marinades are sold under the label Pepper Tree Square; and their newest effort, barbecue sauce, could be available soon under the label Road Kill Roy.

Currently Jabara Complements are sold at Vic's World Class Market in Novi and Beverly Hills. Papa Joe's in Rochester, Strawberry Hills in Farmington Hills and Jacobson's department stores.

See recipes inside.



Julie Stumbaugh (left) and Barbara Klaserner.