

# The Observer

## TASTE

INSIDE:  
Blueberry recipes  
Vegetarian dishes

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### TASTE BUDS



CHEF LARRY JAMES

## Adopt a vegetarian lifestyle for health

**A**lbert Einstein, Sir Isaac Newton, Percy Bysshe Shelley and George Bernard Shaw all had one thing in common: all were vegetarians. You can add entertainers Paul and Linda McCartney, sports figures Martina Navratilova and Billy Jean King, and two or three days out of the week, you can even include yours truly. In fact, vegetarians have been around for hundreds of years — Ovid, Plutarch, even Plato were all vegetarians. More than 12 million Americans have adopted a vegetarian lifestyle for reasons that include better health, a better environment and defending the rights of animals. Many people, however, are afraid to make this lifestyle change because they believe that a vegetarian diet cannot provide adequate protein, iron or calcium, or that they will spend their lives eating nothing but vegetables.

### Great cookbook

In their latest book "The Vegetarian Times Vegetarian Beginners Guide" (copyright, 1996, MacMillan Books, \$12.95), the authors themselves argue about what exactly it is that makes one a "vegetarian."

Webster's describes the adjective "vegetarian" as in "vegetarian diet" as "consisting wholly of vegetables." We know this is wrong. Being a vegetarian, write the authors, "means many different things to many different people."

The book never really elaborates, but instead provides vital, up-to-date information about why a vegetarian diet is one of the best choices you can make for everyone and everything that surrounds you. Short on recipes, but loaded with information, the "Vegetarian Times Vegetarian Beginner's Guide" should be a must read for anyone contemplating this lifestyle change.

If you're looking for more of an in-depth recipe collection with sidebars about food preparation tips, you might be interested in picking up a copy of "The Occasional Vegetarian" by Karen Lee (copyright 1995, Warner Books, \$24.95). This book provides useful advice on everything from stocking the pantry to shopping efficiently, organizing your kitchen, planning menus and preparing meals. Each page has "professional secrets" that are cooking related and very helpful to a beginner. Unfortunately, Lee takes her book "everything you need to become the occasional vegetarian," in my opinion, the book needs to place a little more emphasis on nutritionally balanced combinations rather than just good sounding recipes.

Suffering from pretty much the same malady as "The Occasional Vegetarian," the Vegetarian author of "The Bold Vegetarian" (copyright 1995, Harper Perennial Publishers, \$16) offers an assortment of over 150 innovative international vegetarian recipes. This book is nothing but recipes, recipes and more recipes, and you'll find it somewhat mind boggling if you have never before tasted hazelnut "Vegetarian tofu," or have any idea what sambal-pek is (an Indonesian ground chili paste).

If I was indeed anticipating a change over to veganism, I would, without a doubt, procure a copy of Steven Raichlen's "High Flavor Low Fat Vegetarian Cooking" (copyright, 1995 Viking Books, \$24.95). Coupled with the "Vegetarian Times Beginner's Guide," Raichlen's book offers outstanding recipes, nutritional information, meal-order sources, ingredient guide, metric guides and a very generous breakdown of recipes like pasta dishes, vegetable dishes, grain dishes, bean, soy, sandwiches, etc. Unlike many other vegetarian cookbooks, Raichlen's book does not rely on high fat dairy products for flavor. The author claims that the use of intense flavors and spices, in addition to savvy cooking techniques, can make low fat vegetarian cooking a delight to eat.

### Meatless meals

I'll be the first to admit that you'll see donkeys fly before yours truly ever decides to give up a perfectly cooked steak or properly roasted game bird. But in the meantime, I do try and attempt a somewhat healthful lifestyle. About three times a week, I make meals with beans, legumes, soy products and pasta. Funny thing though, when I do cook vegan, it doesn't "fit" me as doing something drastic. I live a good bowl of black bean soup (made with a vegetable base instead of a ham base) and during the summer, dinner frequently consists of some fresh cooked pasta tossed with a handful of fresh basil, some chopped fresh tomatoes and a sprinkling of olive oil.

Chef Larry James is a free-lance writer. He welcomes your calls and comments. To leave a message for him, dial (313) 953-2047 on a touch-tone phone, mailbox 1886.

• See recipes inside.

### LOOKING AHEAD

What to watch for in Taste next week:

■ Chef Larry James answers reader requests.



Making ice cream: Shaun Hanlon stirs ingredients to make Vicky's Homemade Ice Cream as Vicki Ellis (left to right), Erin Ellis, Sarah Ellis, Alyson Fisher and Katie Fisher watch.

## HERE'S THE SCOOP ON PREMIUM ICE CREAM

STORY BY KEELY WYGONIK • STAFF WRITER

**N**o one has ever been credited for inventing ice cream, it evolved from flavored ices that were popular with nobility in the fourth century B.C. Ice cream is hard to resist any time of year but especially during the summer. Is it any wonder Congress declared July National Ice Cream Month in 1984 in recognition of its reputation as the "perfect dessert and snack food."

Husband and wife Rick and Judy Shatter are carrying on the delicious tradition started by Vicky Arnold-Meloche at Vicky's Homemade Ice Cream in Redford. People have been known to travel from as far away as Ohio for a scoop of Vicky's ice cream.

"We have recipes for up to 75 flavors, and we're always inventing new ones," said Rick. "We always have 40 available. We use all natural ingredients — farm-fresh cream, whole nuts and fresh fruit purees."

Vicky's has flavors you've never heard of — Turtle, made with fudge, caramel and pecans like the candy. Smores, which will remind you of the Smores you made at camp — marshmallows, graham crackers and chocolate, and Moosestracks, a tasty combination of peanut butter cups and fudge. They also offer vanilla, butter pecan, chocolate, and every kid's favorite — Big Mac.

"We could make broccoli ice cream if we wanted to," said Vicky. "Some of the flavors were suggested by customers." Her advice to anyone making ice cream is to be inventive.

Americans began making ice cream at home in 1786 when a freezer with rotary paddles was invented — this kept the product smooth while freezing. After a short time, the market was flooded with similar inventions. Jacob Fussell, a milk dealer, pioneered the manufacturing of ice cream and opened the first whole-sale ice cream company in Washington, D.C. in

1851. He added a Baltimore factory in 1856.

During the late 1890s, in response to religious criticism for eating those "sinfully" rich ice cream sodas on Sundays, ice cream merchants left out the carbonated water, because soda could not be sold on Sunday, and invented the ice cream "Sunday." Ice cream was served with syrup instead of soda. To remove any connection with the Sabbath, the spelling was later changed to "sundae."

The first ice cream cone was served at the 1904 St. Louis World's Fair. A dish was needed for serving ice cream, so a wafer-like waffle was rolled in the shape of a cone and filled with ice cream. It was an instant hit! The Eskimo Pie was invented in 1921, the Good Humor Bar in 1923, and soft-serve ice cream in 1939.

Some of the very best premium brands of ice cream are made in Michigan. Stroh's, which began making ice cream in 1919 as a result of Prohibition, is celebrating its 77th anniversary this year. Currently it produces over four million gallons of Stroh's, Mooney's and Nafziger's premium ice cream annually.

Guernsey Farms and Dairy in Northville has been operating since 1940. Guernsey Dairy has won many awards for its products over the last 56 years in business.

Melody Farms, Inc. was founded in 1950, when Tom George and his two sons, Sharkey and Michael, started their own dairy distribution company in Detroit. The company has grown and expanded since then to become the largest privately owned dairy and beverage distribution company in Michigan and northern Ohio. Based in Livonia, Melody Farms, Inc. started making ice cream in 1976, and has developed over 60 flavors. In 1990, Melody Farms created Prestige super premium ice cream and yogurt. Some of Prestige Ice Cream's flavors include: Vanilla Bean, White

Chocolate Raspberry Fudge, Espresso Fudge Pie, Mocha Almond Fudge, and Heath Candy Crunch.

Melody Farms also offers frosty Fruit Coolers, Cracklin' Crunch Bars, A&W Root Beer Float Pops, launch-ready Red, White & Blue Bombers and low-fat Pudding Bars. This year, they also introduced no-fat Tropical Swirl Sherbert.

Ashby's Sterling Ice Cream is a family-owned and operated Michigan based company that manufactures premium ice cream. The company was founded by Tom and Frances Davis in 1946 and has grown from a small southeastern Michigan ice cream company to a nationally known company. Ashby's Sterling is a division of Tom Davis and Sons Dairy Co. of Oak Park. Tom Davis and Sons Dairy is celebrating its 50th anniversary this year. They recently won the "Best New Flavor" award for their English Cinnamon Crumb Cake Ice Cream at the National Ice Cream and Yogurt Retailers Association's annual convention in Las Vegas. The award marks the third year in a row Ashby's has won for one of its premium ice cream flavors. Previous winners include, Raspberry Chip Cheesecake, and Cherry Amaretto.

• See recipes inside

### Parlors

■ **Caldor Brothers Dairy**, 1020 Southfield Ave., Lincoln Park, (313) 381-8558. Open 11 a.m. to 10 p.m. Monday-Sunday.

■ **Guernsey Farms Dairy**, 21300 Novi Road, (between Eight and Nine Mile Roads), Northville, (810) 349-1466 open 8 a.m. to 10 p.m. Monday-Sunday.

■ **Ray's Ice Cream**, 4233 Coolidge (between 13 & 14 Mile Roads), Royal Oak, (810) 549-5256. Open 11 a.m. to 10 p.m. Monday-Sunday.

■ **Vicky's Homemade Ice Cream**, 26145 W. Six Mile Road, (between Beech Daly and Inkster) Redford (313) 531-7777. Open 11 a.m. to 10 p.m. Monday-Saturday; 3:10 p.m. Sunday. Also offer homemade chocolates and candies, light lunches — sandwiches, ground rounds, salads, soups, and chili.

### U-Pick Blueberries

**Livingson County**  
■ Hazen's Blueberry Farm, (517) 548-1841  
■ Spicer Orchards, (810) 632-7692  
**Washtenaw County**  
■ Blake's Orchard and Cold Mill, (810) 784-3343  
**St. Clair County**  
■ Bluebird Blueberry Farm, (810) 895-2248  
**Way County**  
■ Dugan's Blueberry Farm, (810) 897-3871  
**Washtenaw County**  
■ Blueberry Farm, (313) 773-9999

## Blueberries make summer appearance

BY MELANIE POLK  
SPECIAL WRITER

If there was any doubt that we've reached the heart of summer, it disappears at the peak of the blueberry season in July, which is National Blueberry Month. Farmers' markets and supermarket produce shelves overflow with beautiful powdery blueberries at the height of their flavor and nutrition. Michigan's u-pick blueberry season has just started, and will continue to mid-August.

Native to North America, blueberries are rich in vitamin C, potassium and dietary fiber. They were eaten by American Indians long before the Pilgrims landed. The United States and Canada are currently the largest producers of blueberries with an annual crop of 230 million pounds, totaling 95 percent of the world's sup-

ply. Michigan is the number one producing blueberry state with an annual harvest of 60 million pounds.

When choosing blueberries, keep in mind that color is a hallmark of quality and berries with a powdery light blue color are fresher and firmer than darker berries. After purchase, sort and discard any berries that show signs of mold or soft spots. Don't rinse blueberries until you are ready to use them or you'll remove the natural wax coating protecting the berries' freshness. If handled correctly, and stored covered and dry in the refrigerator, blueberries can last up to three weeks giving you plenty of time to try them in all of your favorite berry recipes.

Blueberries require little or no preparation

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