

CHEERS FOR BEER



CHEF JOSEPH STYKE

Toast spring with salmon, Belgian beer

Since I work at a seafood restaurant I thought it was about time to share a seafood recipe. This stuffed salmon fillet can be baked in the oven, or on a covered grill with indirect heat.

Every market I have been to of late has really nice wild field greens, also called "spring mix" for sale. It's a blend of baby greens - spinach, romaine, red leaf, red oak and Frisee. These greens have a slightly wild bitter flavor that tastes great with a tangy tarragon-Dijon vinaigrette.

Serve this entree with a beer from Belgium. Some of the most interesting, awesome, complex beers come from Belgium. Saison Dupont is a Saison Style Farm House ale from French Flanders and southern Belgium. It has a dense creamy head, very crisp and refreshing with a tart, fruity, clean hop finish. It's a great beer to enjoy after working in the fields all day. It comes in a champagne size bottle that's perfect for two. Pour it very carefully down the side of a glass otherwise you will get a glass of foam that will not go away. It's a very happy beer.

Saison Dupont can be purchased locally at Wine Barrel Plus in Livonia and Merchant's Warehouse in Dearborn and Royal Oak.

TARRAGON-DIJON VINAIGRETTE

- 1 cup olive oil
- 1/2 cup tarragon vinegar, or (use white wine vinegar, and 4 more tablespoons fresh chopped tarragon)
- 2 cloves roasted garlic
- 1 small shallot, peeled
- 3 tablespoons fresh tarragon, chopped
- 4 tablespoons Dijon mustard
- Salt and pepper to taste

Place all ingredients in a blender and blend 1 minute.

Toss vinaigrette with your favorite mix of salad greens and toppings. I like spring mix topped with diced red peppers, mushrooms and onions.

Already roasted peppers and garlic are available at specialty food stores including the Plymouth Marketplace and Vic's Market.

Roasting peppers is easy on the grill. Rub peppers lightly with olive oil, put whole peppers on grill, turning as skin blackens. Put blackened red peppers in a paper bag or bowl covered with plastic wrap. Let peppers sweat for 15 minutes. The skin will then peel off. Remove seeds, and chop for salad or other use.

To have some for later, julienne peppers and toss with olive oil. Store in the refrigerator for up to 3 days.

To roast garlic: Cut top off garlic bulb. Rub with olive oil. Wrap in foil, put on grill over indirect heat (off to the side). Grill for about 20 minutes. Store roasted garlic in the refrigerator in olive oil. Squeeze garlic out of bulbs. It spreads like butter.

SALMON FILLET WITH A SPINACH GOAT CHEESE STUFFING

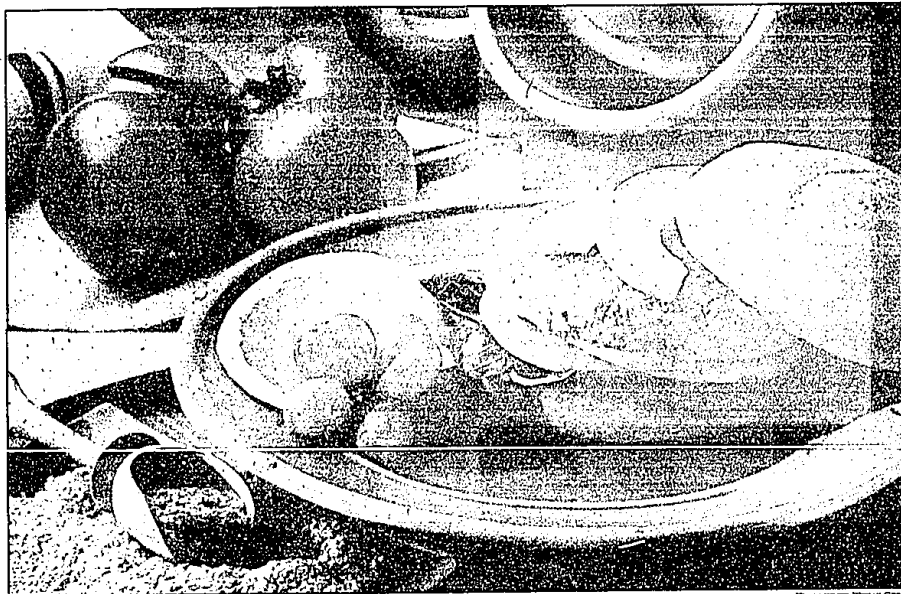
- 2 center cut salmon fillets about 10 ounces each
 - 1 (10 ounce) bag spinach, triple wash it to get rid of all the grit
 - 1 1/2 mini legs of herb goat cheese
 - 4 cloves roasted garlic
 - 5 tablespoons fresh basil, chopped
 - Salt and pepper to taste
 - 4 tablespoons diced roasted peppers (optional)
 - Olive oil to brush salmon
- Preheat oven to 350°F.
- To make the stuffing: Place spinach in a microwave bowl and cover with plastic wrap. Cook on high for 2 1/2 minutes. Add cold water to cool.

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LOOKING AHEAD

What to watch for in Taste next week:

- Focus on Wine
- Living Better Sensibly



Quick dinner: When you're looking for something quick and heart-healthy to serve for dinner, Sassy Salmon Burgers fit the bill. Salmon and wheat germ in the "burgers" as well as the accompanying avocado and spinach, are all good sources of vitamin E.

Salmon

Swim up stream with heart-healthy burgers

While many of us are exercising more and watching the fat in our diets, there's still work to be done. Heart disease remains the number one chronic disease in the United States, resulting in more than 1.5 million heart attacks and 600,000 fatalities each year.

The good news is that adopting a heart-healthy eating plan does not mean sacrificing flavor or variety. There is an increasing abundance of healthy food choices at the grocery store and growing acceptance of lower-fat cooking methods. Also, ongoing research indicates that by including certain nutrients, like vitamin E and other antioxidants, in the foods we eat we can actually lower the risk of heart disease.

Some of the best sources of vitamin E are monounsaturated and unsaturated vegetable oils, nuts, seeds, oil-based dressings, certain varieties of seafood and wheat germ. Studies show that including

vitamin E-rich foods daily in moderate amounts will add a heart-healthy nutrition boost without resulting in an overdose of fat. All of these vitamin E-rich foods contain little or no saturated fat or cholesterol.

According to a report recently published in the "Journal of the American Medical Association," men who ate fish at least once a week had half the risk of sudden cardiac death as those who ate fish less than once a month. Research has not yet pinpointed whether it is the seafood that conveys the health benefits directly, or whether they are the result of the healthy habits associated with fish eaters, including eating less meat.

Recent research suggests that by eating fish we may benefit our heart in ways completely unrelated to cholesterol. Fish is high in omega-3 fatty acids, which seems to protect against blood clotting

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SASSY SALMON BURGERS

- 1 (14 3/4 ounce) can salmon, drained, skin and bones removed
- 1 cup toasted wheat germ, divided
- 1/3 cup sliced green onions
- 3 egg whites, divided
- 4 tablespoons water, divided
- 2 tablespoons fat-free mayonnaise
- 1/2 teaspoon salt
- 1/4 to 1/2 teaspoon hot pepper sauce
- 1 tablespoon canola oil
- 5 whole wheat hamburger buns
- 1 medium ripe avocado, peeled and sliced
- 1 medium tomato, sliced
- 1 cup spinach leaves

Nutrition information - 1/5 of recipe

- Calories: 390
- Calories from Fat: 150
- Total Fat: 17g
- Saturated Fat: 3g
- Cholesterol: 30mg
- Sodium: 930mg
- Carbohydrates: 37g
- Dietary Fiber: 7g
- Protein: 26g

Also provides 25 percent of the Recommended Daily Value of Vitamin E.

In medium bowl, combine salmon, 1/2 cup wheat germ and green onions. In small bowl, beat together 2 egg whites, 2 tablespoons water, mayonnaise, salt and hot pepper sauce; add to salmon mixture, mixing well. Shape into 5 patties about 1-inch thick.

In shallow dish, place remaining 1/2 cup wheat germ. In second shallow dish, beat remaining egg white with remaining 2 tablespoons water until frothy. Dip salmon patties one at a time into wheat germ, then into egg white mixture, then again into wheat germ.

In nonstick skillet, heat canola oil. Cook patties over medium heat 3 to 4 minutes on each side or until golden brown and heated through. Serve patties on rolls with avocado, tomato and spinach. Serves 5.

- Recipe from Kretschmer Wheat Germ

Cranbrook culinary spectacle showcases local restaurants

Peter Paisley, owner of Local Color Brewing Company in Novi is one of the newest restaurants to participate in Cranbrook School's Le Gala de Cuisine on Sunday, May 3. The 20th annual event to benefit Cranbrook Schools offers a taste of specialties from more than 45 local restaurants, entertainment, and silent auction in a beautiful garden setting.

Le Gala has special meaning for Paisley because both of his sisters, Marcy and Bonnie graduated from Cranbrook Kingswood. It's also a way to introduce potential customers to his restaurant and brewery, which opened on Jan. 26.

Look for Local Color's table in the appetizer section. Matt Bronski, a graduate of Oakland Community College's Culinary Arts Department, and executive chef of Local Color, will be preparing spicy crawfish hash on potato pancakes. You'll also have an opportunity to sample some of Local Color's microbrews including Smooth Talker Pilsner, Tomboy Red, and Social Climber Light Lager.

"We've got a gang of Cranbrook Kingswood grads working here," said Paisley. Keri Fox of Birmingham is one them.

"In school you always had to work the event," said Fox who went to school with Paisley's sister Marcy. "It's a great fund-raiser for the school. It will be interesting to work on the other side, as a participant." Jeff Mulholland of Birmingham, also a Cranbrook Kingswood grad, is partners with Paisley's brother Charles, the distributors of Local Color beers.

Le Gala de Cuisine

What's Old-fashioned garden party with food, flowers, music and silent auction to benefit Cranbrook Schools and the Michigan Chefs de Cuisine Association. Over 45 area chefs and specialty food providers will showcase their culinary and artistic talents.

When: 3-6 p.m. Sunday, May 3
Where: Cranbrook Schools Quadrangle, 550 Lone Pine Road, Bloomfield Hills.

Tickets: \$125 (friend); \$150 (patron); \$200 (benefactor). Patron and benefactor tickets include valet parking, mementos and champagne reception 2-3 p.m. Guests may take a shuttle bus from Christ Church parking lot to the Quadrangle. For ticket information call (248) 851-5036. For general information, call (248) 645-3000.

"We're real pleased to help out a Cranbrook grad," said event chairwoman Glenna Coleman of West Bloomfield.

Event proceeds benefit Cranbrook's Upward Bound, a long-standing program that provides low-income, academically talented metro Detroit students with a solid educational foundation; scholarships for Cranbrook, and the Michigan Chefs de Cuisine Association.

This year an endowment fund - "The Bob Hoffman

Faculty Sabbatical" for Cranbrook faculty development and sabbatical education - has been initiated in honor of Cranbrook Kingswood Professor Bob Hoffman who has been with the school 48 years. Hoffman is also honorary chairman of the event.

What makes this event so special is that it was the first of its kind. Restaurants donate the food they prepare at Le Gala de Cuisine. Also featured are a variety of coffees and fine wines.

In the silent auction you can bid on trips to Napa Valley and New York City, cooking lessons at the Rattlesnake Club, and more.

Saxophonist George Benson will perform, and there will be continuous entertainment by Cranbrook Kingswood music and dance ensembles. Guests will receive a one-of-a-kind cookbook with recipes from participating chefs, and poster. The poster was designed by Cranbrook Kingswood senior Leslie Stem.

"We liked the design so much that we used it on our invitations and for the cookbook cover," said Coleman. Chefs will compete in a table decor contest to be judged by Cranbrook Academy of Art Director Gerhardt Knodel, Cranbrook Art Museum Director Greg Wittkop, and the Judge David Breck.

"We have a core of restaurants that return every year," said Coleman. "Some restaurants contact us to

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