

## CHEERS FOR BEER



CHEF JOSEPH STYKE

## Treat yourself to the flavor of New Orleans

Two weeks ago I was on vacation in Elk Rapids, just a little north of Traverse City, visiting relatives, fishing, reading, and eating a lot.

I didn't have to cook once. It was Tuesday, late afternoon, and I was hanging out at the Traverse Brewing Co. with the owners - brewers Jack Archibale, John Edstrom, and assistant brewer Chaz Stallman doing exhaustive testing of a number of beers that I brought up, and their own product line, when the question of dinner came up. Since my better half was out with her mother, I was on my own.

Jack told me about a new restaurant in Elk Rapids called Pearl's New Orleans Kitchen that he brews a pale ale for. Jack said he thought I'd really enjoy the food and ale, and enjoy it I did.

Executive Chef Mary Palmer gave me the recipes for Crawfish Cakes and Shrimp Creole to share. At the restaurant they serve the Crawfish Cakes with a Smoked Tomato Broth, but that could be a little daunting for home cooks, so I included a Roasted Orange Pepper Garlic Tarragon Mayonnaise.

I made these recipes when I got back home, and served them with Jack's Old Mission Lighthouse Ale and Manitou Amber Ale, which complemented the dishes just as fine as the Pale Ale.

There's plenty of great weather left for going up north, and if you are in the Traverse City area, visit the Traverse Brewing Co., which is about 15 miles out of Traverse in Williamsburg; Elk Rapids is north on 31; and Pearl's is at 617 Ames Road, almost one mile east of U.S. 31 in Elk Rapids.

### ROASTED ORANGE PEPPER MAYO

- 1 large orange bell pepper, roasted, peeled and seeded
- 2 medium cloves of roasted garlic
- 1 1/2 cups mayonnaise
- 1 teaspoon fresh tarragon, finely minced

Salt and pepper to taste

Place the pepper and garlic in a blender or food processor, and process until smooth. Add to mayo, then add tarragon. Mix well and place in a covered container and refrigerate overnight.

### CRAWFISH CAKES

- 1/2 cup butter
- 1/4 cup green onions, thinly sliced
- 2 tablespoons green bell pepper, small dice
- 2 tablespoons red bell pepper, small dice
- 1 tablespoon minced garlic
- 1 pound crawfish tails, roughly chopped
- 2 tablespoons Creole Seasoning
- 1/2 teaspoon salt
- 1 tablespoon Worcestershire sauce
- 1 teaspoon Tabasco sauce
- 1/2 cup Parmesan cheese
- 2 eggs
- 1 cup bread crumbs

Melt butter in large sauté pan, add onions, peppers, and garlic. Sauté lightly, eat aside.

In large mixing bowl, combine vegetables, crawfish tails, seasonings, cheese, eggs and bread crumbs.

Puffen mixture into 3 ounce patties, and coat with bread crumbs. Fry on wax paper covered tray. Sauté crawfish cakes in canola oil until golden brown, place on serving plate. Serves 4.

### CREOLE SAUCE

- 1/4 cup butter
- 1 cup onions, medium dice
- 1 green pepper, medium dice
- 2 stalks celery, sliced

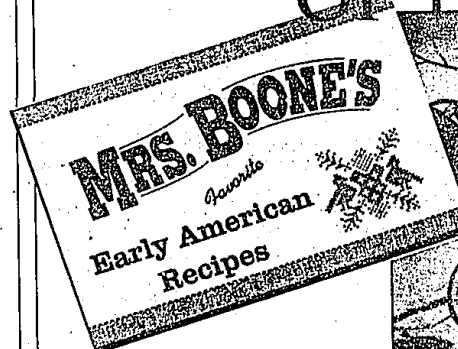
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## LOOKING AHEAD

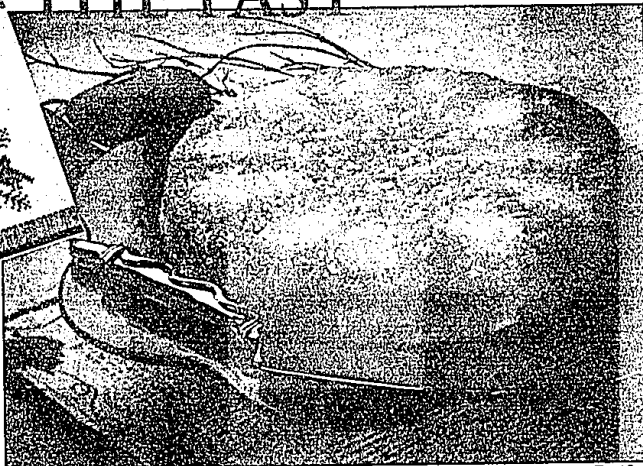
What to watch for in Taste next week:

- Home Sense
- A Taste of the Golden Mushroom

# FOR A PINCH OF THE PAST



**Classic dessert:** The season's finest fresh pears star in *Gingered Pear Upside Down Cake*. This updated classic boasts the nut-like flavor and crunchy texture of wheat germ, both in the cake and ginger-flavored glaze.



KEELY/STOCKER WIKIAT GERM

## Peek into Mrs. Boone's kitchen

"Mrs. Boone's" oven didn't have a thermostat, and when she measured ingredients, if she did it all, she'd use a teaspoon, or a "pinch" of this and "some" of that.

"Cooking has become a science, in the old days it used to be an art defined by each cook," said Ron Monchak of Rochester Hills, publisher of "Mrs. Boone's Favorite Early American Recipes," (Momentum Books LTD, compiled by Franklin Fox \$16.95).

"Mrs. Boone's" first book, "Mrs. Boone's Wild Game Cookbook," inspired the second.

"We found some interesting old, old recipes, and discovered they differed considerably from recipes today," said Monchak, who owns Troy-based Momentum Books. "We take all this modern cuisine for granted."

While researching "Mrs. Boone's Wild Game Cookbook," Monchak said they discovered some wonderful recipes, and ideas about cooking that weren't found anywhere.

"We thought it would be fun to recreate these recipes," said Monchak. "It's enjoyable to read. You don't have to be a cook."

The recipes were submitted by friends, neighbors, and relatives. Monchak found some of them in one of his mother's old cookbooks. He also

scoured used bookstores for out-of-print cookbooks.

"My mother, Rose, cooks all the time," he said. "She's 85 years old, and takes it more for granted. She had an old 19th century cookbook that was out of print for 100 years."

Possum, squirrel and pigeon probably aren't your idea of what's for dinner tonight, but you'll find these recipes in "Mrs. Boone's Favorite Early American Recipes."

"Mrs. Boone," doesn't exist, she's a fictional character, kind of like Betty Crocker. If you wanted to know something about cooking squirrel, Daniel Boone's mother is someone you'd trust for advice, hence the name - Mrs. Boone.

The 176 page paperback cookbook brings to life recipes from a bygone era when cooks judged the temperature of her wood burning oven by "opening the oven door and quickly waving a hand through it, or by sprinkling a little dry flour inside. If the flour turned dark, the oven was considered too hot and allowed to cool."

They didn't have timers then, and a good cook knew how to tell if something was done by "color, smell, or gently probing with a fork or toothpick."

"Mrs. Boone" shares recipes, and historical tidbits in her book. For instance, did you know John-

ny Cake, a basic cornbread, "was taken on the trail and originally called journey cake?"

Brown Betty is one of the oldest but good desserts featured in the cookbook. Old-time desserts are never out of style.

According to a list of trends by "Bon Appetit" topping the list of "Must Have Desserts," are upside-down cakes, cobblers and crisps.

Upside-down cake originated in the 1900s using newly-available canned pineapple and maraschino cherries.

Celebrating its 11th year, Momentum Books Ltd. is a general book publisher. "We take a great deal of pleasure in doing these books because they're different," said Monchak.

Momentum Books also published "The Ultimate Lark," by local restaurateur Jim Lark, and "The Simply Great Cookbook," and "The Simply Great II Cookbook," featuring recipes from the chefs and staffs of Chuck Muer restaurants.

This spring, look for "Heart to Heart," a cookbook written by Jeffrey Leeds, who changed the way he eats after receiving a heart transplant.

"Mrs. Boone's Favorite Early American Recipes," at your favorite book store, or call Momentum Books (248) 829-3666.

See recipes inside.

## Potato soup, spinach calzones are favorites

BY KEELY WYGONIK  
STAFF WRITER

Growing up in Hamtramck during the Great Depression, Steven Benche of Troy remembers the Potato Soup his mother made.

"This is an old recipe," he said. "It is meatless, tasty and easy to make, especially when the potatoes are new and the parsley is fresh from the garden."

Benche and his wife Cassie have two children, and will celebrate their 58th wedding anniversary on Monday.

"I like to cook," said Benche who retired in 1975 from Chrysler Corp. where he worked as a bookkeeper. "When my wife doesn't feel like cooking, I do."

Next month Benche will celebrate his 54th birthday. "I still get around," he said. Soups are Benche's specialty; he also makes a good meatloaf too. Besides cooking he enjoys growing tomatoes and cucumbers in his garden.

### Cheese makes the difference

Spicy is good, but most don't think it's yucky and slimy. Shirley Elul of Redford discovered a way to make it more appetizing to her three girls

ages 18, 14 and 8.

She combines the spinach with cheese to make Spinach Calzones, which have become a family favorite. "In addition, I have adapted the recipe to be pretty easy for working moms," she said. "I used to use fresh spinach and make my own dough, then I switched to frozen white bread dough, now I use refrigerated biscuit dough."

Elul and her husband Gary own Phoenix Installation in Livonia. "We install built-in appliances for major retail chains," she said. Shirley has always worked to help their family business, but since 1996 she's been working 40 hours a week leaving less time for cooking.

"I try to cook ahead," she said explaining how she finds time to prepare home cooked meals for her family. "I plan meals for the week on Sunday, and do my grocery shopping after the sale papers come out on Tuesday."

The Spinach Calzones could be made ahead of time and reheated for dinner. Shirley serves them with tomato sauce.

"For my daughter's confirmation I served them as a side dish," she said. "I put the calzones in a basket and served hot tomato sauce on the side."

- 3 tablespoons all-purpose flour
- 3 tablespoons chopped fresh parsley

In a large kettle, sauté onion in butter for 3 minutes. Add potatoes, water, celery leaves, salt, pepper, paprika and tomato sauce; bring to a boil.

Reduce heat, cover and simmer for 30 minutes or until potatoes are just tender, stirring occasionally.

In a small skillet, combine oil and flour until smooth. Cook over medium heat, stirring constantly, until mixture is golden brown. Carefully stir into hot soup. Add parsley. Cook, stirring occasionally for 5 minutes, or until smooth and soup thickens. Yield 12 servings.

Served with a tossed green salad, Spinach Calzones, is a quick, no-fuss dinner for families on the go. If you prefer fresh spinach instead of canned, buy a bag, cut off the stems, and steam until limp. Squeeze out excess moisture.

"Instead of biscuits you could use phyllo dough for a flakier crust," she said. "I like Hungry Jack Biscuits, but any brand will do."

### SPINACH CALZONES

- 1 (14 ounce) can spinach, drained well and squeezed dry by hand to remove as much water as possible
- 1 1/2 cups low-fat ricotta cheese
- 1/2 cup grated Parmesan cheese
- 1 1/2 cups shredded mozzarella cheese
- 4 cans refrigerated biscuits

Mix spinach and cheeses together in mixing bowl. If you think the mixture is too green for your kids, you may want to add more mozzarella cheese.

Put about 3 tablespoons filling in center of biscuit and put with another biscuit. Seal edges well.

Place calzones on greased cooking sheet. Bake at 325°F for 20-25 minutes or until light brown. Top with spaghetti sauce and serve warm. Makes 20 calzones.

Everyone knows the best recipes are ones you share. Send your "Favorite Recipe to Share" to Keely Wygonik, Taste Editor, Observer & Eccentric Newspapers, Inc., 36251 Schoolcraft, Livonia, MI 48150. Fax recipe to (734) 691-7279, or e-mail kwygonik@eo.homecomm.net

If your recipe is chosen to be featured, you'll receive an apron, and cookbook.

Look for Recipe to Share in Taste on the third Sunday of the month.