

CHEERS FOR BEER



CHEF JOSEPH STYKE

Roast a ham and think of summertime

How about the weather this month — jeez. What I like to do on snowy days off is bake or make beer. Tommy Stewer was over a couple of weeks ago, and we were making a really nice porter. While playing cribbage as the mashing was going on, we started to reminisce about summers past when he asked me if I remembered the big pig roasts we used to do.

As I counted up my double run and fifteens, a slow smile spread across my face. We kept playing, and I kept thinking about those pig roasts. I looked at Tommy, and told him, "be over next week. We'll have that roe beer, and I'll have a surprise snack for you when we get done."

Now, I can't cook whole pigs in my oven, but I can buy a fresh ham from my local meat market. It's a great pair with porter, and I always made some buttermilk bread for the pig roasts too.

There are still a few family run meat markets left, and it is worth your time and effort to find one near you, and check it out. They will order a fresh ham for you, no problem. I have gotten fresh hams from four different meat markets near my house with a one week wait.

Porter

Now, a little bit about porfer. In the early 1700s in England, there were basically three kinds of beer — small, a strong pale ale, and a strong brown ale that were brewed to be strong and high hopped to preserve the beer from spoilage. The beers were often mixed and called "three threads." It became a favorite of the market porters of east London.

In 1722, Ralph Harrowed brewed a beer in his pub to taste like the mix. He called it entire, but everybody called it porter after the porters who made it their beer. Eventually, the style died out, and only as recently as 1978 was it revived.

In 1982 one of my favorite British breweries, Samuel Smith, the old brewery, introduced their renowned "laddy" porter. It was malty, and chocolaty with some fruit in the finish. It was truly a world class beer.

In the U.S. there are three that I like — Black Hook Porter and Grants Perfect Porter from Washington State, and Sierra Nevada Porter from Chico, Calif. Sierra and Black Hook are classic American porters that are nutty with a slightly dry finish, while the Grants are closer to an English style porter, not as dry as American but not as malty and fruity finish as an English.

British style ham

Since the beer is a British one, the ham is cooked in the British style with the rind in place. A fresh ham should be cooked about 20 minutes a pound, or until a meat thermometer inserted into the thickest part of the roast, without touching the bone, reads 165°F.

Scottish buttermilk bread is kind of like Irish soda bread, but a little richer. Mrs. Fogarty, bless her heart, turned me on to Scottish buttermilk bread many years ago.

A mustard sauce for the ham is nice. Mix your favorite mustard and a little mayo, and there you are. My favorite mustards are the whole grain country style ones.

Make the ham, and think of summer, and the great leftover sandwiches you will have.

Chef Joseph Styke is sous chef at the Water Club Seafood Grill in Plymouth, and an award-winning home brewer. Look for his column on the last Sunday of the month in Taste. See recipes inside.

LOOKING AHEAD

What to watch for in Taste next week:

- What's cooking at Schoolcraft College
- "Slow But Sure," how Sandra Dalka Frysky lost 170 pounds

Ostrich

THE RED MEAT THAT ISN'T

BY ELEANOR & RAY HEALD
SPECIAL WRITERS

Certified as poultry by the United States Department of Agriculture, ostrich, because of its robust flavor, is referred to as meat. In Michigan, it is the New Age red meat and available at all Kroger stores.

Ostrich began appearing on America's elite restaurant menus about five years ago. About then, we tasted it for the first time in Seattle. Ostrich has come down in price since then due to more efficient farming, processing and marketing.

With the texture of steak, ostrich is the best of both worlds — satisfying flavor with one-third the fat and less than half the cholesterol of beef. It offers the high nutrition of skinless chicken or turkey breast, but it doesn't taste like either.

If your eating preferences tend toward no or less red meat in your diet, don't stick your head in the sand like the flightless, graceless ostrich — give it a try.

Nutrition expert's opinion

Diane Reynolds, a registered dietitian who works for Kroger in Michigan, said the serving portion for ostrich is 3 ounces or the size of a deck of cards. "In addition to low fat and cholesterol, another bonus of ostrich is no shrinkage," she noted.

"If you need 3 ounces of cooked beef for a recipe, you need to start with 4 ounces due to shrinkage. This is true for most red meats."

"Ostrich is poultry that functions in eating like a red meat. It's a guilt-free meat-like food. Another advantage is that it cooks safely to pink or medium in one-third the time of red meat or pork."

Reynolds, the mother of a 6-year-old, acknowledges that her son likes ostrich and she uses the ground version in spaghetti sauce.

Ostrich facts

An ostrich is the biggest bird extant, standing about 7- to 8-feet tall and weighing an average of 250 pounds. It is herbivorous, feeding on commercially manufactured alfalfa pellets or grass, just like cattle.

Ostriches destined for food are an organically-farmed product, without growth hormones or antibiotics.

Ostriches require 2-1/2 pounds of feed for every pound of weight gain. When compared to the 8 pounds of feed necessary for a beef cow to gain a pound of meat, ostriches rank high in the environmentally conscious use of the world's limited food resources.

They are processed for food between 10 and 16 months of age and yield about 70 pounds of meat. The remainder of the bird provides leather and feathers for highly



ORGANIC FOODS, INC.

Quick dinner: Caribbean-Seasoned Ostrich Steak can be prepared as a complete dinner in 15 minutes.

prized dusters.

Packaging

Kroger is selling pre-packaged ostrich meat from Organic Foods, Inc., based in Little Rock, Ark. Packages are, on average, about half a pound, but we found some in the case a little larger, yet all under one pound.

Organic Foods Vice President Kyle Santor noted that ground ostrich meat at \$3.99 per pound is priced similarly to nearly fat-free

ground turkey. And let's be honest, ground turkey, while a healthy alternative, is bland. Remove the fat from traditional meat and you've removed the taste. Not so with ostrich.

Marinated ostrich steaks either Italian seasoned or Caribbean are \$7.99 per pound. Buy Black Angus beef already marinated and it's the same price. Marinated ostrich steak comes two to a package. If

Please see OSTRICH, B2

SPECIES	FAT GRAMS	CALORIES (KCAL)
Ostrich	3.0	142
Chicken	7.4	190
Turkey	5.0	170
Beef	9.3	211
Pork	9.7	212
Veal	6.6	196
Duck	11.2	201

When you're feeling left out in the end zone, serve this fruity salad

BY KEELY WYGONIK
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If you're beginning to feel like a football widow, you'll enjoy this story and recipe from Karen Fichter of Plymouth. Her recipe to share, Ann's Cranberry Jell-O salad, is a favorite that brings back happy memories of her dear friend Ann.

"She was my next door neighbor when we lived in Green Bay, Wis., for the four years my husband coached for the Green Bay Packers football team," wrote Fichter via e-mail. "Ann was the type of unfettered warm woman who would show up at my door in the morning for a chat — without makeup, wearing her comfy robe with the worn elbows and carrying her cup of coffee."

"When my husband was in training camp or working seven days a week, or until late at night during the season, she and her husband would have me over for popcorn. Our bedroom windows faced each other and for a long time after we moved, she found herself, upon retiring at night, still looking to see if my bedroom lights were on."

"She died of cancer several years ago, only in her 50s. This recipe is a delicious connection to her."

Fichter isn't a big fan of Jell-O molds, but says this one is irresistible. It has a deep, sweet and tangy flavor. She usually serves Ann's Cranberry Jell-O on Thanksgiving and Christmas, but there's no reason why you couldn't serve it on Valentine's Day.

Made with raspberry Jell-O, burgundy wine, cranberry sauce, crushed pineapple and sour cream, Ann's Cranberry Jell-O is a festive salad to serve anytime you feel like celebrating.

ANN'S CRANBERRY JELL-O

- 6 ounce package of raspberry Jell-O
- 2 cups boiling water
- 1/2 cup of burgundy wine
- 1 can (16 ounces) whole cranberry sauce
- 1 cup crushed pineapple, drained
- 1/2 cup sour cream

Dissolve Jell-O in boiling water. Blend the sour cream with the burgundy wine — either in a blender or with a whisk. This gets the sour cream blended in

smoothly and avoids tiny lumps.

Mix all the ingredients together and blend well. Pour into a 6-7 cup Jell-O mold and chill until firm.

Everyone has a good recipe to share. Send us yours, and if it's chosen to be featured in Taste on the last Sunday of the month, we'll send you a cookbook and apron along with our thanks.

Please print or type your recipes, and include can and package sizes. Send recipes for consideration, along with a daytime phone number, to: Keely Wygonik, Taste Editor, Observer & Eccentric Newspapers, Inc., 36251 Schoolcraft, Livonia, MI 48150. E-mail recipes to wygonik@oe.homecomm.net or fax (734) 591-7279.

