

CHEERS FOR BEER



CHEF JOSEPH STYKE

Belgian beer is just peachy

Last Sunday Michelle and I went to a barbecue at a friend's house and everyone brought a dish to pass.

We wanted to bring something different — it's summer, and we thought cold peach soup would be a winner. It's rich, refreshing, soothing and cooling on a hot day.

Then the question of what beer to serve with the soup came up. Michelle really does not like beer except for four or five kinds, and one of them is Lindemans Pêche or "peach," a lambic made with fresh peaches.

This stuff is awesome, and the perfect accompaniment for chilled peach soup. It makes a nice aperitif too. You can serve Lindemans Pêche in a champagne flute.

History

Lambics originated in the town of Lembeek on the River Zenne southwest of Brussels 500 years ago. There was a brewer's guild in Lembeek and it was an important brewing center in that part of Belgium. Today, the only brewery left in Lembeek is Boon's.

Lambics are made in the fall from September to March or April. The early spring and summer is for fermenting and aging. By royal decree, a lambic must be made with at least 30 percent raw wheat and the remainder malted barley, but some have been known to contain up to 60 percent wheat.

Mashing times of three hours are not unheard of and boils of two to five hours are not uncommon. The hops used seem to be whatever was handy or the best price. Lambic brewers use hops for their preservative value rather than flavor and aroma.

The hops are aged two to three years. Lambic brewers use three to four times more hops than conventional brewers, but because the hops are so old there really is no flavor or bitterness from them.

Fermentation

Now comes the interesting part. After the boil, the wort is pumped up to large shallow copper or steel vats in the attic to cool overnight. Windrows are left open to expose the wort

CHILLED PEACH SOUP

2 1/2 pounds ripe peaches, peeled and cut into chunks
1 cup heavy cream
1 cup half-and-half
1/2 teaspoon vanilla
1/8 cup sugar
Pinch of salt to taste

Drop peaches into boiling water for 15 seconds, and then plunge into ice water.

Peel and pit peaches and cut into chunks. Place them in a food processor with the sugar and puree until smooth.

Pour into a stainless steel or glass bowl. Add cream and half-and-half. Mix well. Add vanilla and salt. Chill for 5 hours or overnight. Makes a little over a quart.

to the right air so the wild yeasts of the region can attack the wort and start fermentation. There are more than 100 microorganisms at work in the valley. Two are named for the area — Lambicus and Bruxellensis.

After the ferment starts the wort is pumped into old wooden wine barrels about 250 liters in size. After the lambic is about 16 months old, fresh ripe peaches are added. The beer is allowed to sit on the fruit for 6 to 8 weeks while another fermentation

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LOOKING AHEAD

What to watch for in Taste next week:

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Shivers OF DELIGHT

Chilled soups offer cool comfort

By RENEE SKOGLUND
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What better way to cool your palate this summer than with a bowl of delicious cold soup. Don't shy away from these cool-as-a-cucumber delights. The choices are downright flirtatious, from tangy gazpacho to silky smooth honeydew-mint and luscious strawberry-banana.

"A lot of people are scared of cold soups until they try them, and then it awakens them to a whole new world," said chef Jeff Ice of the Clarkston Union, a popular restaurant in Clarkston.

Ice likes to make big batches of gazpacho in the summer. In addition to lots of chopped tomatoes, his gazpacho is chock full of cucumbers, onions and sweet peppers. A purist, Ice chops his veggies by hand to preserve their texture.

"You're looking for crispness when you make a cold soup, things that go snap when you chew them," he said.

When it comes to tomatoes, Ice favors the Roma. "It releases more juices and has a better color. In fact, I use only Romas in all my recipes."

While most gazpacho recipes call for vinegar, Ice prefers to use wine, a chili-rub or cabernet, and he doesn't add any olive oil. He also insists only fresh herbs will do since dry herbs do not soften and release their flavors as well in cold soups as they do in hot.

And if you're hesitant about using a hefty splash of Worcestershire sauce in your gazpacho, relax and splash away. Ice's recipe calls for one-fourth cup. "I recently made my gazpacho for a big catered party. They loved it."

Chef Steve Allen of Steve & Rocky's in Norvi grows his own melons in his Highland home garden. As soon as they're ripe, Allen will transform them into a wonderful honeydew-cantaloupe soup that includes pineapple or cranberry juice, Major Grey chutney, maybe a touch of grated fresh ginger and "a little bit of cayenne for a little bit of kick."

Secret

The secret to making excellent cold soups is choosing almost overly ripe fruit, said Allen. "The softer to the touch, the ripier it is and the more flavor you'll get."

Allen said people should experiment when making cold soups and adjust the spices to their taste.

"I was taught never to cook by numbers," he said. "If it's not right, we fix it." Like most cold soup-loving chefs, Allen personalizes his gazpacho. He adds blood green Spanish olives, chopped hard-boiled eggs and cumin. "Don't be afraid to spice things up, especially during the summer," he said.

"Spice wakes up your palate and tells you down faster."

Color and flavor

Chef Keith Matherly, who owns Adventures in Dining, a personalized chef service, and Martin's Butcher Block in Livonia with partner George Shier, adds cut fresh corn to his gazpacho "for color and flavor."

He also adds cumin and cayenne pepper. "I like my gazpacho hearty. It's almost a meal in itself. It's cool, refreshing and gives you good nutrition."

Matherly also makes a chilled cucumber soup seasoned with mint and dill. When selecting cucumbers, Matherly recommends avoiding the stubbier waxed cucumbers sold year-round; rather, buy the longer, thin-skinned English cucumbers. It has less water, denser meat and tastes better.

Consistency of cold pureed soups is important. Adding water may or may not be necessary during the puree process. "The soup needs to hold up a garnish," he said.

If you are a soup lover but don't have time to make your own, head to Zoup!



Difficult choices: Jeff Ice of the Clarkston Union offers his guests a choice between chunky gazpacho or smooth cucumber-dill. You can always take them both.



STAFF PHOTO BY ANN JACKSON

Soup satisfaction: Cold soup? Cool! Eric Ersher of Zoup! Fresh Soup Company in Southfield presents (left to right) Grilled Chicken Gazpacho, Strawberry-Banana and Chilled Tomato Basil with Shrimp.

Fresh Soup Company, 29177 Northwestern Highway in Southfield. It features 12 different soups daily but has a soup repertoire of 200. Zoup! offers two cold soups a day, including the popular Grilled Chicken Gazpacho.

"It is delicious. It has the grilled taste of the chicken and the fresh taste of cilantro," said Eric Ersher, managing partner.

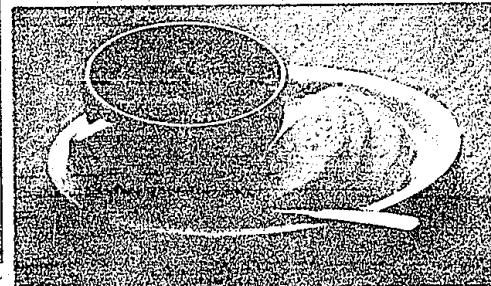
Zoup! soups are made fresh daily off-site at the restaurant's huge commercial kitchen near Eastern Market and delivered early every morning. Cold soups include a tart-tasting berry and Summer Avocado with chopped tomatoes.

Customers get to sample soups before selecting, and each order comes with a "big hunk" of sourdough or multi-grain bread, said Ersher.

Whether you decide to make your cold soup at home or dine out, all that's needed to complete your meal is some good bread and a light fruit dessert of fresh berries, cold plums or sliced peaches.

And, of course, a second bowl of cold soup.

See recipes inside.



Glorious gazpacho: It's hard to resist Chef Jeff Ice's Spanish veggie-packed cold tomato-based soup on a hot summer day.

New chef service eliminates messy kitchen

By RENEE SKOGLUND
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Don't feel like cooking tonight? No problem. Don't feel like cooking for ... like, the rest of your life? No problem, say the owners of "Adventures in Dining," a new personal chef service based in Livonia.

Chefs George Shier and Keith Matherly do the menu planning, food shopping, cooking, and packaging of delicious entrees such as Sweet Pepper Chicken and Polish Reuben Casserole for people who live alone or for families too busy to prepare a main meal.

"It's geared for singles, couples and working families of four or five. They just do not have time for things they need to do — sit down to a good meal. It's not an afterthought," said Matherly.

Prices are based on 20 dinners, which include a vegetable and a starch. The average price is \$200 for one person, \$275 for two people, and \$325 for a family of four. Discounts are given for referrals.

Matherly and Shier, who own Martin's Butcher Block & Deli on Farmington Road in Livonia, were looking for a new concept to showcase their culinary talents since they bought the deli 18 months ago.

"We wanted to find a good opportunity, something



STAFF PHOTO BY BRIAN MITCHELL

Leave the cooking to them: Chefs Keith Matherly (left), and George Shier of Adventures in Dining stand ready to deliver delicious entrees to your home.

that everybody wasn't doing," said Shier.

That opportunity came when Shier's father and Matherly's brother-in-law sent them copies of a *Wall Street Journal* article on personal chefs at the same time. Something clicked, and Adventures in Dining was born.

Unlike personal chefs, who cook in private homes, Shier and Matherly do not make a mess in their customers' kitchens. All the cooking is done in the commercial kitchen of Martin's Butcher Block. Entrees are neatly packed in microwavable and oven-proof containers and delivered direct to customers' homes, anywhere within the Detroit area.

This is no one-entree-fits-all kind of service. Shier and Matherly meet with customers to customize a two- to three-week menu that accommodates all kinds of dietary needs or preferences.

"If you're on a low-fat diet, there's a lot more than just salad," said Shier.

There's also variety.

"You would not see the same dish for six months. That way you don't get bored, and we don't get bored," said Matherly. Added Shier: "If someone wants sloppy joes, we don't have a problem. We're not

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