

Knives from page D1

ning a steel shaft called a "tang" into a knife handle to counteract the weight of the blade. Generally speaking, a knife with a "tang" that runs the entire length of the knife handle has optimal balance and costs more to produce, thus purchase. Beyond construction, the cost of a knife is based on the type of steel used to make it. The three types used are carbon steel, stainless steel, which is the least expensive, and high carbon stainless, which is the most common. Enright prefers high carbon stainless and advises against buying knives with wood handles, given the material's propensity to trap bacteria.

Another misnomer about knives is that one sharpens them to keep them in tip-top shape. However, chefs never say, "I'm going to sharpen my knives" because that's not what they — or for that matter, we — do with that metal shaft that's been billed as a knife sharpener. The instrument is officially known as a "steel" and, for lack of a better

word, hones or straightens the blade of a knife. Chefs call the process "bringing up the edge."

"After cutting with a knife, the edge bends a little bit," Enright said. "So when you use a steel, you straighten that edge."

If that weren't confusing enough, there's the question of how often such maintenance is required. Chefs take a steel to work every day. The average at-home cook only needs to "bring up the edge" about three times a year, depending on the knife's use, Enright said.

When in doubt, ask yourself how hard you're working when cutting with a particular knife. If the knife seems to glide through ingredients, it doesn't need honing. If you find yourself pushing the blade through, however, it's time to do some straightening. Ultimately, a knife should make preparing food a more efficient process.

But ease and efficiency depend largely on knowledge of form and practice. While practice may not

be a problem, most recreational cooks don't know much about form.

Even first-year culinary students, who have professional experience working in a restaurant, are often unaware of how to properly use a knife and "have just been hacking away," Enright said.

That's why basic knife use is one of the first lessons given to culinary students at OCC. Besides affecting efficiency in preparing food, form affects moisture-retention in certain foods and consistency of shape, which ultimately impacts how evenly an ingredient is cooked in a dish.

Here are a few of the most basic, if not assumed, guides:

- Generally speaking, don't cut with food items in your hands (chefs peel potatoes, not in their hands, but by rotating them on a countertop).
- Tend to cut away from the body.
- Use your free hand as a positioning guide for both what



Taking cuts: Chef Kevin Enright, a culinary arts instructor at Oakland Community College in Farmington Hills, demonstrates (left to right) use of a paring knife to dice a shallot, a chef's knife to prepare an onion for dicing and a specialized knife called a slicer to make thin slices of eggplant.

you're cutting and the knife (the classic position for the guiding hand is fingertips tucked under slightly and holding the object to be cut, thumb held back from fingertips, and knife blade resting against the knuckles, which prevent the fingers from being cut).

Start slowly and carefully; adeptness with knives takes time and practice.

If you're interested in mastering knife use in the kitchen and learning specific culinary cuts — julienne and tourne are just two of many — Enright suggests referring to a cookbook with information on technique, such as those authored by Julia Child and Jacques Pepin. You also may want to invest in a culinary school text book like The Professional Chef or The Professional

Chef's Knife Kit. Both are available at large bookstores, says Enright.

Otherwise, just cook, cook, cook, he says. "If someone cooks frequently, they have to use a knife, right? You won't be chopping with your eyes closed, but nobody does that, hopefully. But you can be pretty close."

Wine from page D1

northern Rhone it stands alone. Mendocino Syrah makes a purplish, rich, intense wine with notes of blackberries, spice and black pepper. The 1999 Bonterra Syrah is smooth, full and warm in the mouth with ripe tannins that are not aggressive. Age this wine in the back seat of your car and by the time you get home it will be ready to drink.

Bonterra Syrah is blended with about 3 percent vignier, an ancient practice in the northern Rhone that helps bring out

the aromas of syrah and enhances a red wine that may have low acidity. When a winemaker works with healthy red grapes he can employ newer oak barrels without overpowering the wine.

Winemaker Bob Blue aged the lush and smooth Bonterra Syrah 14 months in French oak barrels of which 27 percent were new.

Try Bonterra Syrah with long cooked meats such as Osso Buco

(Italian style veal shanks), leg of lamb or grilled steaks. Pasta with a mélange of mushrooms brings out the wine's earthy notes. It's great with heartier cheeses and crusty French bread.

The Healds are Troy residents who write about wine, spirits, food, and dining for the Observer & Eccentric Newspapers. To leave them a voice mail message, dial (734) 953-2047, mailbox 18648.

CALENDAR

Send items for Taste calendar at least two weeks in advance of event to Ken Abramczyk, Taste Editor, Observer Newspapers, 36251 Schoolcraft, Livonia, MI 48150.

LEARN ABOUT COOKING
Outdoor Grilling & Entertaining, 5-10 p.m., Thursday and Friday, April 26-27, is offered as a continuing education class at Schoolcraft College in Livonia. Anyone interested in more information can call Schoolcraft College Continuing Education at (734) 462-4446.

M-FIT CLASSES
The M-Fit Culinary team of the M-Fit Community Health Promotion Division offers cooking classes, such as To Tell the Truth (About Weight Loss Plants and Fad Diets), 9-7:30 p.m., April 26, at the East Ann Arbor Health Center Demonstration Kitchen, 4260 Plymouth Road, Ann Arbor. Individual class fees are \$30, \$50 for a two-person fee, and \$80 for a series of three classes. Nutrition education class fees are \$20. Registration required. Register at www.mfitnutrition.com.

Call Nicole Goyarts at (734) 975-4387, Ext. 238 to register by phone. Other classes offered 6-8 p.m. Wednesdays, unless otherwise indicated, include: Sharpen Up Your Knife Skills, May 9; Magnificent Marinades, May 16, and in the Herb Garden, May 23. **DAILY DEMONSTRATIONS**
Busch's Food Store offers daily cooking demonstrations, recipes and cooking tips between 4 and 7 p.m. at the following locations: Grand River and Drake in Farmington Hills, Five Mile and Sheldon in Plymouth Township and Six Mile and Newburgh in Livonia.

The Eccentric

NEWSPAPERS

Features Survey

Tell us what you think!

1. Which one of our newspapers do you read (check one)

<input type="checkbox"/> Southfield	<input type="checkbox"/> Troy
<input type="checkbox"/> Rochester	<input type="checkbox"/> Lake Orion
<input type="checkbox"/> Clarkston	<input type="checkbox"/> Waterford
<input type="checkbox"/> West Bloomfield	<input type="checkbox"/> Oxford
<input type="checkbox"/> Birmingham-Bloomfield	

2) How often do you read the features sections? (please check one for each section)

	Always	Sometimes	Never
At Home	_____	_____	_____
Arts & Leisure	_____	_____	_____
Entertainment	_____	_____	_____
Malls & Mainstreets	_____	_____	_____
HomeTown Life	_____	_____	_____
Taste	_____	_____	_____
Special Sections (Wed, Gift guide, etc.)	_____	_____	_____

3) What do you like and/or dislike about the following sections?

At Home _____

Arts & Leisure _____

Entertainment _____

Malls & Mainstreets _____

Suburban Life _____

Taste _____

Special Sections (Wed, Gift guide, etc.) _____

4) What kinds of features stories do we provide that you can't get anywhere else?

5) What types of feature stories are you interested in reading about (examples: profiles, Q&A, in-depth features, trends, how-to, calendar listings)

6) Please look at the following list of columnists and tell us how often you read them. (Always, Sometimes, Never)

NAME	A	S	N	NAME	A	S	N
HOMETOWN LIFE SECTION							
Joe Gagnon • Appliance Doctor				Sally Gerak • Suburban Accents			
Brad Davis • About Animals				Karen Water • Relationship Realities			
Mary Figley • Garden Spot				Anita Taylor • Relationship Realities			
Michael & Tracy Jaffe • Ask the Vets				Renee Mahler • On Aging			
Diana Koenig • Domestic Planner				Lana Mini • One World, Many Beliefs			
Lisa Luckow-Healy • Celebrating Family				Focus on Theology			
Corinne Morbach • Breathes Easy				Kathy Zimmerman • Big Day Q & A			
Leslie Magier • Focus on Photography				MALLS & MAINSTREETS SECTION			
ARTS SECTION							
Allan Rbein • Landscapes				Mary Anne Toccaloni • Discovering Beauty			
Travel Page				Karen Daskal • Ready to West			
Book Reviews				Nicole Stafford • Shop Talk			
TASTE SECTION							
The Healds • Focus on Wine				Sandy Jarakas • Where Can I Find			
Randy Freet • Hall to the Chef				ENTERTAINMENT SECTION			
Ruth M. Johnston • Inspiring Ideas				Dining Out			
Dean Jones • Brew Taste				Stephanie Casola • Street Scene			
Bill Lewton • 2 Unique				Anne Delisi • Backstage Pass			

We would be interested in knowing the following information about you. By completing this and returning it by May 9 you'll be entered to win tickets to Second City-Detroit.

NAME _____ (male or female)

AGE _____ ADDRESS _____

PHONE(Day) _____ PHONE(Eve.) _____

Thank you for your time. Please return this survey by May 9 to: Joe Bauman, Managing Editor, The Eccentric Newspapers, 305 E. Maple, Birmingham, MI 48009. If you prefer, fax your survey to (248)644-1314. Any comments can be sent via e-mail to: baumanj@oehomecomm.net

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for scholarships. Restaurants will be donating food and staff to serve the food.

Levinson did not know what the restaurants were preparing yet for the event.

Last year guests enjoyed several dishes, including cold smoked chicken en salsa, mussel salad with smoked scallops and roasted pork loin and eggplant relish and ginger barbecue sauce.

Do you have a story idea for the Taste section? Pass it on to Taste Editor Ken Abramczyk at (734) 953-2112 or write the Observer Newspapers, 36251 Schoolcraft, Livonia MI 48150.

BIA Remodelors Council presents...

Meet The Experts At The

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of

Remodeling

A panel of experts will tell you what you need to know about major and minor remodeling for kitchens, home additions, baths and financing.

Ask the experts:

Moderator: Michael Gordon - Molisev Gordon Associates, Inc.

- Eric Brakke - Remodelors Council Chairperson
- Fred I. Capaldi - Capaldi Building Company
- Mike Harris - Harris Group Construction
- Charleen Hill - Cornish Zack Hill & Associates
- Tom Kellett - Kellett Construction
- Sam Kreis - Kreis Financial Services
- John Maloney - Boa Construction
- John Newmyer - Newmyer Distinctive Remodeling

Bring A Picture Of Your Home And Get Ideas For A Whole New Look!

DATE: Wednesday, May 2, 2001

TIME: 6:00 p.m. Registration & Table Tops
7:00 - 9:00 p.m. Program

LOCATION: Bloomfield Township Library
1099 Lone Pine Road, Bloomfield Hills
(southeast corner of Lone Pine/
17 Mile Road at Telegraph Road)

COST: FREE

Sponsored By:

- Bloomfield Township Library
- Architectural Products, Inc.
- H.J. Oldenkamp
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