

GOLDEN GOURMET



MICHAEL TROMBLEY

Here are quick cooking tips to sauces, potatoes

Part of training to become a professional chef or cook is learning the "tricks of the trade."

In every kitchen I have ever worked, there has always been some different way of doing something. To become successful as a chef, it is important to learn as many of these tricks as possible. Solving the mysteries of a kitchen has always fascinated me. Often these methods cut the preparation time or improve the taste or presentation.

Tenderizing

One neat trick that quickly comes to mind is the use of cling wrap to tenderize meat. We use it to pound meats and fish thinly. You may want to try this if grilling rib eye, New York strip or top round steaks. It's also great for pounding veal for scaloppini. Place a sheet under and over meat and pound evenly with a flat surface, such as the smooth side of a meat mallet or a flat bottom pot or pan.

Marvelous mashed potatoes

Making perfect mashed potatoes is an art that many people never seem to master. The secret is to cut the potatoes evenly into 2-inch cubes, place in cold water to bring to a boil and then simmer. Cool through and strain well.

While still warm, add cream or half-and-half, warm butter, salt and pepper. Mash well, but not too long or it will make the potatoes starch. The key is uniform cuts for the potatoes and simmer rather than boil.

Super sauces

Producing good sauces and gravies also eludes many cooks, but once you solve the mystery of making a good roux, you can produce great gravy every time!

When making a sauce, before thickening always taste and reduce (or boil down) if not flavorful enough. To thicken, add a roux, which is a cooked paste made of flour and butter. Mix the flour and water together to make a paste and then cook at a simmer, stirring continuously. The longer you cook the roux, the more flavorful it will become and deeper in color.

When your roux is ready, slowly whip it into your sauce. The key points are to add the roux slowly to the sauce so as not to over-thicken. Then, continue cooking at a low heat for about 1/2 hour, so that no starch will be left. Strain before serving.

Using oil sprays

In the old days, using a pastry brush was customary to oil meats and spread butter on sliced croutons. We are now moving to spraying oil out of clean spray bottles to make an even coating and also not to create bacterial growth on pastry brushes that may sit at room temperature for hours.

Stick-free cooking

Here is a remedy for the age-old problem of food sticking to oil pans or even on your barbecue grill. I have seen so many beautiful pieces of fish mangled and ripped apart by so many people. I have to admit that I myself may have done this, but only once. There is an easy fix, provided you aren't using a non-stick pan: pre-heat and pre-oil — this is the ticket.

Do you want to brown a chicken breast in a skillet? Turn heat on medium-high for a few minutes, place oil in the pan and wait until oil crackles when you drop a few droplets of water. Then place the chicken in, being careful not to overfill the pan. This is the other key to the success of a great meal.

Do not put too much in the pan. Overloading will cool your pan and make your food stick. As for the grill, whether charcoal or gas, heat until the grates are hot.

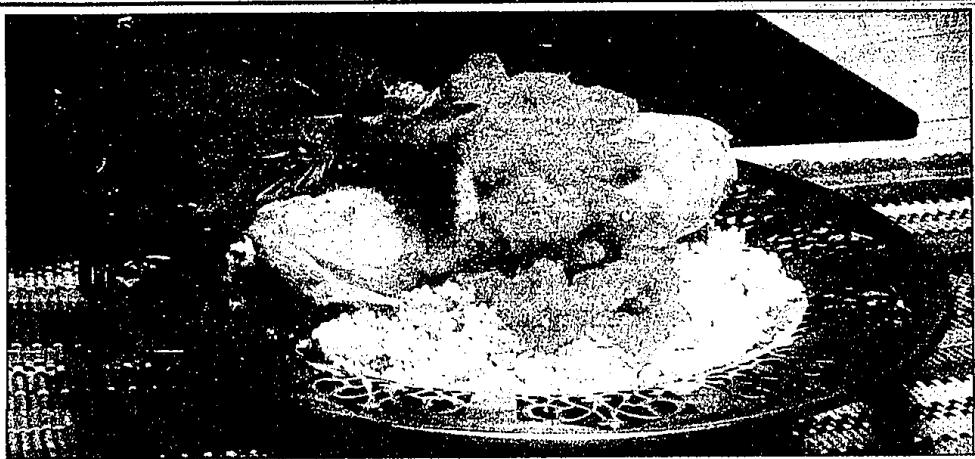
Scrap all the old particles away

Please see TROMBLEY, D2

LOOKING AHEAD

What to watch for in Taste next week:

- A Taste of History
- Discover Fennel



AMERICAN INSTITUTE FOR CANCER RESEARCH

Rosh Hashana: For this holiday, eating sweets is symbolically important. The mellow sweetness of honey this Moroccan chicken dish contains is nicely complimented by the acid in an abundance of tomatoes. For the recipe, see inside Taste.



Rosh Hashana

begins Jewish holidays

Sounding the shofar

The shofar is a ram's horn which is blown somewhat like a trumpet. One of the most important observances of this holiday is hearing the sounding of the shofar in the synagogue.

No work is permitted on Rosh Hashana. Much of the day is spent in synagogue, where the regular daily liturgy is somewhat expanded. In fact, there is a special prayerbook called the machzor used for Rosh Hashana and Yom Kippur. Some of the extra liturgical changes for these holidays are another popular observance during this holiday is eating apples dipped in honey, a symbol of the wish for a sweet new year.

Jews celebrate Yom Kippur, on Thursday Sept. 27 this year, which is probably the most important holiday of the Jewish year. Many Jews who do not observe any other Jewish custom will refrain from work, fast and/or attend synagogue services on this day. Yom Kippur occurs on the 10th day of Nisan.

The name "Yom Kippur" means "Day of Atonement." It is a day set aside to "afflict the soul," to atone for the sins of the past year.

Yom Kippur is a complete Sabbath; no work can be performed on that day. It is well-known that Jews are supposed to refrain from eating and drinking, even water, on Yom Kippur. It is a complete, 25-hour fast beginning before sunset on the evening before Yom Kippur and ending after nightfall on the day of Yom Kippur.

The Talmud also specifies additional restrictions that are less well-known: washing and bathing, anointing one's body, wearing leather shoes and engaging in sexual relations are all prohibited on Yom Kippur.

Children under the age of nine and women in childbirth (from the time labor begins until three days after birth) are not permitted to fast, even if they want to. Older children and women from the third to the seventh day after childbirth are permitted to fast, but are permitted to break the fast if they feel the need to do so.

Most of the holiday is spent in the synagogue, in prayer. In Orthodox synagogues, services begin early in the morning (5 or 9 a.m.) and continue until about 3 p.m. People then usually go home for the sounding of the shofar.

Please see HOLIDAYS, D2

CHALLAH

1/2 cup sugar
2 envelopes dry yeast
1 tablespoon salt
1 3/4 cups warm water
4 eggs, room temperature
1/2 cup (1 stick) unsalted butter or margarine, melted and cooled
6 to 7 cups unbleached all-purpose flour or bread flour
1 egg, beaten with 2 tablespoons milk or cream (glaze)
Poppy seeds or sesame seeds

Combine sugar, yeast and salt in large bowl. Whisk in water, eggs and butter. Add 3 cups flour and whisk until smooth, about 3 minutes. Using a wooden spoon, mix in enough remaining flour, 1/2 cup at a time, to form soft dough. Knead on floured surface until dough is satiny, about 10 minutes, kneading more if flour is sticky.

Grease large bowl. Add dough, turning to coat entire surface. Cover bowl with towel. Let it rise in a warm, draft-free area until doubled, about 1 1/4 hours.

Grease large baking sheet. Gently knead dough on lightly floured surface until deflated. For large loaf: Cut off 1/3 of the dough. Cover both pieces with a towel and let them rest for 10 minutes to relax the gluten. Divide the larger piece of dough into 3 pieces. Roll each into a 14-inch rope. Braid together, working from the middle to the ends. Pinch the ends together. Place on prepared pan, tucking the ends under. Cut the remaining dough into 3 pieces. Roll each into a 9-inch rope. Braid together. Set a smaller braid atop larger. Cover with waxed paper or towel. Let rise in a warm, draft-free area until doubled, about 45 minutes.

Please see RECIPES, D2

German tradition grows, extends to Wisconsin



DEAN JONES

Many of us know the history of Oktoberfest, which began in Munich, Germany with The Royal Wedding celebration of Prince Ludwig on October 12, 1810.

But few of us know how Oktoberfest came to be an annual celebration here in America.

The first Oktoberfest

in the U.S. was held October 13-15, 1961, in LaCrosse, Wisconsin. It originally stemmed from the G. Heileman Brewing Companies discussions of an annual festival to promote their own beer. Two malt house workers of German descent suggested an Oktoberfest celebration.

The idea was quickly accepted due to the fact that October is the time for color. Just as in our fine state of Michigan.

gan, the leaves change from summer green to brilliant fall crimson and golds in early October (or sooner). A celebration in October would be the perfect way of marking the end of the harvest season in preparation for winter.

Everyone at Heileman agreed that an Oktoberfest celebration was the perfect venue to promote the brewery. It soon became apparent by the growing size of the festival there would be much more to do than their brewery could handle alone. The idea was presented to the LaCrosse Chamber of Commerce and was quickly adopted as a complete civic enterprise to promote the town of LaCrosse itself.

Some of the primary objectives in making Oktoberfest a community-wide celebration were to promote local pride in LaCrosse, involve large numbers of people in the area, and to break even financially, while remaining a non-profit organization. The almost unbelievable growth of the LaCrosse festival

since that first year has been astounding.

LaCrosse eventually adopted this celebration as a holiday for the community.

In 1962 the name Oktoberfest, USA was listed and registered as a trademark by the City of LaCrosse. For over 40 years this celebration of beer, bratwurst, music and parades has made LaCrosse, Wisconsin's Oktoberfest the finest in the nation.

Here in the U.S., we now celebrate Oktoberfest for the entire first week of October, but back in Germany, the Oktoberfest celebration carried on for a full two weeks — the last week of September and the first week of October. This is the true spirit of celebrating.

It never ceases to amaze me the historic and economic impact breweries have made here in our fine country. So the next time you're out for a relaxing evening, stop by your local brew pub as a way of supporting your community. It just may put our town

back on the map.

Here's a terrific German appetizer, also called Kohlrabi salad, that goes great with a fresh, malty Oktoberfest lager. You will not be disappointed.

As always, never trust a skinny Brewmaster.

Dean Jones is Brewmaster at the Big Rock Chop House, located at 245 S. Elton in Birmingham.

ROULADEN RATS

1 1/2 pounds top round steak
1 onion, chopped
1 pinch of salt
1 pinch of ground black pepper
2 teaspoons prepared mustard
6 leaves cabbage
1 tablespoon butter
2 cups water

Please see JONES, D2