

## GOLDEN GOURMET



MICHAEL TROMBLEY

### Here are quick cooking tips to sauces, potatoes

**P**art 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 starchy. 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 flavor is 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 oils out of clean spray bottles to make an even coating and also so 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 your 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 trick.

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.

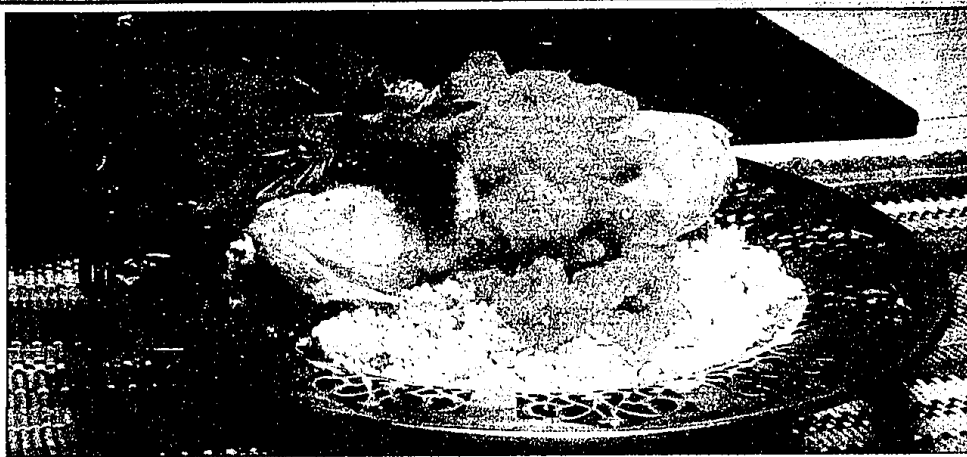
Scrape all the old particles away

Please see TROMBLEY, D2

## LOOKING AHEAD

What to watch for in Taste next week:

- A Taste of History
- Discover Fennel



**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

**N**orene Gilletz, author of kosher cookbooks *Second Helpings Please* and *Mexican/Yummy*, admitted recently that Jewish cooking can be a challenge to cook healthy, while restricting certain ingredients.

"You learn to be more creative," Gilletz said. For example, her pesto uses less oil, substituting tomato juice for some of the liquid. A tip for roasted chicken: season underneath the skin. After roasting time, remove the skin before eating. Another tip: use Idaho potatoes for latkes "because they have the perfect starch content. New potatoes are great for potato salad."

"Use my recipes as a springboard and experiment a little bit," she suggests.

#### Holidays begin

With Rosh Hashana, or the Jewish New Year coming up on Tuesday, about 100 members of the Sisterhood of Adat Shalom Synagogue in Farmington Hills recently got into the holiday spirit at the 2nd annual Hiddur Mitzvah.

Setting the tone for the day was Lynn Scheele Nevins, wife of Rabbi Daniel Nevins, with an explanation of the 10-day period between Rosh Hashana and Yom Kippur, or Day of Atonement.

"We're called upon for extra introspection," she said about the traditional period of repentance. "To turn away from sin and toward righteousness."

In Hebrew, Rosh Hashana means, literally, "head of the year" or "first of the year." Rosh Hashana is commonly known as the Jewish New Year. This name is somewhat deceptive, because Rosh Hashana is considered one of the holiest days of the year. For most Americans, mention New Year's Day and they think of parties and football.

But there is one important similarity between the Jewish New Year and the American one: Many Americans use the New Year as a time to make resolutions. Likewise, the Jewish New Year is a time to begin introspection, looking back at the mistakes of the past year and planning changes for the new year.

The name "Rosh Hashana" is not used in the Bible to discuss this holiday. The Bible refers to the holiday as Yom Ha-Zikkaron (the day of remembrance) or Yom Teruah (the day of the sounding of the shofar).

#### 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 because of the extensive liturgical changes for these holidays.

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 Tishri.

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 night-fall 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 (8 or 9 a.m.) and continue until about 3 p.m. People then usually go home for

Please see HOLIDAYS, D2

#### CHALLAH

- 1/2 cup sugar
- 2 envelopes dry yeast
- 1 tablespoon salt
- 3 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 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 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



TRUE BREW

DEAN JONES

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 Michi-

gan, the leaves change from summer green to brilliant fall crimson and gold 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, bravura, music and parade 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 carries on for a full two weeks - the last week of September and the first week of October. That's a lot 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 Kohlrunden, 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. Eton 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