ISLANDS FROM PAGE BI

want island-theme food in an action-packed atmosphere. The fast-paced indoor/out-door bar/restaurant is unli the small independently-owned eateries that have a laid-back atmosphere similar to the coastal restaurants that occupy island fishing

that occupy island fishing villages.
Bahama Breeze, headquarters in Florida through
Darden Restaurants, is a big, bustling, tropical sensation busting, tropical sensation where upon arrival guests are given large bright-red flashing beepers to inform them of an eventual available table. It's not rare to wait 35 minutes for a table on a week-plabt. In waiting research in utes for a table on a weeknight. In waiting, guests sip
op frothy, fruit drinks in the
patio-style bar that's usuallystanding-room only and listen to live Reggae or steel
drum music. Like all chains,
the menu at both locations in
Michigan are the same.

EXCITING FOOD

Curried or encrusted seafood, fried plantain, oxtail soup, stewed vegetables,

beans-nuts-and-rice and jerked dishes are the desire. In mainstream supermarkets, boxed rice is seasoned with

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harmisterian sensoned with Caribbean spices and fruits. Plantain, a fruit from the banana family, is found in almost any produce section. Island food may not be quick to prepare at home, but the bold flavors seem worth the wait. Spley, sometimes fruity and relatively inexpensive, Caribbean food is about rice and beans; sensoned or stewed everything and everything seriously fresh. Jannaican-born owner of Bev's Kitchen, Beverley Taylor-Glaza, is a former teacher turned restaurant owner who says the demand for Caribbean food is highest in the summer.

in the summer.
"Jerk chicken, jerk vegeta-"Jerk chicken, Jerk vegetn-bles, Jerk pork, curried shrimp, curried goat, stewed goat and oxtail, we have all Jamaican foods, Taylor-Glaza said. We also have rice and peas, vegetable fritters, plan-tain chips and fried plantain." The rapid success of Bahama Breeze hasn't hurt Bev's Caribbean Kitchen; which has enjoyed a relaxed and loyal following since the 1990s. And as more:

Michiganders head to the islands on holidays each yea, Bey's Kitchen receives increased requests to cater tropical-themed dinner par-ties at residential dwellings it can cater to 250 people, seven days a week. Customers want real Caribbean food to

want real Carlibbean food to accompany their reggae music, tikki torches and island-theme drinks at their hosted outdoor parties. Plantain is an island favorite. Bahama Breeze also offers them in salads and seasoned with chicken, peppers and cheese as an island "nacho." Bev's Kitchen keeps the recipe island-original. "We have food from the Bahamas, Jamaica, Puerto Rico, St. Bartt's and the Dominican Republic," said

Balanas, Jamues, Terros
Balanas, Jamues, Terros
Rico, St. Bartts and the
Dominican Republic," said
Rick Hopkins, general manager of the Livonia Bahama
Brecze. The best sellers are
the saine at both that Bahama
Brecze spot and the Troy
location: Coconut Prawns —
Jump shrimp in a coconut
batter with a citrus-mustard
dipping sauce. Number two is
Jamaican grilled chicken
wings and island pizzas. The
most in-demand Bahama
Brecze beer is Aruba-Red
brewed by Anheuser-Busch in

the states, not in Aruba,
Bahama's vegetarian entrecalled Martinique angel hair
pasta, has an Italian influence
and contains olive oil, basil and tomatoes. At Bev's
Kitchen the vegetarian choices are curried and jerked
choices as well as side dishes.

Bev's creates and sells bagged plantain chips — imagine a crunchy banana chip less greasy than potato chips. Plantain can be fried, mashed like notatoes or chips. Plantisin can be fried, mashed ike potatose or sweetened as a dessert. It also carries its own version of jerk seasoning, a spley process where meats and vegetables are seasoned in a way to preserve food. It was originally created in Jamaica. Jerked food is usually meat, but Taylor-Glaza also offers vegetables in the same style. Lively atmospheres at Bahama Breeze; charming atmospheres of independent diners and the rising popularity of Reggae, Soca and Caribbean music means island food isn't going away soon.

soon.
After all, who wouldn't enjoy a food from the islands of sunshine?

WHAT IS JERK?

Jerk food, described by Bahama Breeze general manager Rick Hopkins, is indigenous to Jamaica. Jerk is to islanders what BBO is to Americans, Hopkins said, Jerk is a seasoning combination that helps preserve tood (while seasoning it) and usually consists of scallions, thyme, allspice berries, scotch bonnett hot peopers and garlic, Bey's Caribbean Kitchen in Ann Arbor makes and sells their own jerk special seasoning.

Choose a good plantain Bev's Caribbean Kitchen owner is Jamaican born Beverley Taylor-Glaza. To fry a good plantain, choose one that has deep orange skin with a little bit of black. If the skin is green, as found in most supermarkets. it's not ripe enough and will be

difficult to neel, Let rinen, Once the skin is orange, or at least deep yellow, the fruit is sweeter. Plantain, by the way, is in the banana family.

What's popular in the islands? Jerk, jerk and more jerk: Jerk, chicken, jerk veggles, jerk pork or goat or beef. Key Lime pie – Sure Key West is part of the U.S., but it has a laid-back Caribbean flair. Plantain: Slice and deep fry in oil as it's done in Jamaica or St. Lucia: or add tots of salt for a South American flair like the Colombians do. Mash with sour cream as done in the Dominican Republic in a dish called Mangu. Curry: Curried shrimp, curried goat. Popular on most islands Rice and neas: A nonular Jamaican and Cuban staple.

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14925 MIDDLEBELT LIVONIA • 734-524-1000 oth of Five Mile he west side) bornmarket, com (on the we STEORI ARKET We reserve the right to limit quantities. Prices good through July 31, 2002

Bahama Breeze: 19600 Haggerty Road, Livonia 48152. (734) 542-0891. Also 539 E. Big Beaver Road, Troy 48083. (248) 528-1674. Opens during the week at 4 p.m. and noon on weekends. Live music seven days a week. Expect a wait on weeknights and weekend evenings. Extensive island imported beer

menus. Extensive island frozen drink menus. Most popular dishes: Coconut prawns. Jamaican grilled chicken wings, fried plantain with real chicken flavor. Vegetarian meals: One pasta dish.

Bey's Caribbean Kitchen: 1232 Packard, Ann Arbor 48104, (734) 741-5252, Hours: Tues,-Sat, 11:30 a.m.-9 p.m. Authentic Caribbean food created by Jamaican native Beverley Taylor-Glaza who also caters her food seven days a

WHERE TO FIND CARIBBEAN FOOD

week for up to 250 people.
Friendly-island attitude at this small cafe that features curried shrimp, curried goat, ierk chicken, beef and even island ierk vegetables. She also has vegetarian fried plantain, Caribbean rice and peas and vegetable fritters.

Other restaurants with a Caribbean flair:

Shuck's Oyster Bar: 45108 Cass Ave., Utica 48317. (586) 323-6009. Seafood: Shrimp, salmon, oysters and more in a warn and quaint atmosphere.

Volcano Grill: 25333 W. 12 Mile in the Star Southfield cinema complex. (248) 372-0100. While the food is more south-of-the-border, the atmosphere has a fun exaggerated Caribbean atmosphere.

CARIBBEAN RECIPES

CURRY GOAT

4 lbs. goal with bones, sawed into 2 inch pieces 2 large yellow onions 2 medium potatoes 4 lbs. curry powder 1 lsp. thyme 1/2 tsp. altspice ves garlic, peeled and crushed 3 cloves garic, peeled and crushed 4 fbs. frying oil 4 cups water salt and freshly ground black pep-per to taste

soll of the rest process and a second product the goal with 1/2 the curry product. Neel and chop the potators into 1-finch chunks; peel and chop the orders that the other the orders into 1/2 inch chunks. Heat a large frying pan and brown the meat, in small batches, in the oil. Hace the browned goal in a 10 to 12 quart stave-lap easserole and add the vegetables from the marinade, pan drippings, remaining spices and 4 cupe water; cover and simmer until lender, about 3 hours or so. Uncover the pot for the last hour re so in order to thicken the sauce Uncover the pot for the last hour or so in order to thicken the sauce a bit. Add salt and pepper to taste.

Source: www.recipecoltage.com

ROASTED CUBAN BREAD 2 large vine ripe beefsteak toma-

10/4 cups Iomato marinade (see recipe below) 10/4 fresh bread 3/4 pound

6 tbs. garlic herb butter (see recipe below) 1/4 cup fresh grated Parmesan rhoesa

cheese 1/4 cup fresh basil leaves, sliced crosswise 1/8 inch 1 sprig fresh basil for garnish Preheat oven to 450 degrees Fabrenheit with rack in the middle

chattibbes

of the oven. Wash tomatoes and
remove the core, then cut is not
remove the core, then cut in 1/4
inch slices. Lay the slices in a glass
dish and pour the marinade over
them. Set aside while preparing
the bread. Slice bread lengthwise
with a serrated knife to reeate a
top and bottom. Spread half of
garlic herb butter on the cut surface of each half of the bread. Place
bread, cut side up, on a sheet pan.
Place in the oven for 3-4 minutes
until the bread is lightly toasted.
Remove from woen, Lift tomato
slices from the marinade and
drain. Lay slices, slightly overlapping, on the toasted bread. Sprin
de with Tarmason cheese. Return
to those of the control of the control
oven and transfer to cutting board.
Cut each half loaf, crosswise,

Cut each half loaf, crosswise, into 8 pieces. Sprinkle with sliced basil leaves and arrange on a warm serving platter. Garnish with a fresh sprig of basil.

Garlic Herb Butter to accompany bread

bread
4 bs. lightly safted gartic, softened
1 tsp. fresh gartic, minced
1 tbs. scalion, sliced V8-inch
2 tbs. extra virgin olive oil
1/2 tsp. fresh thyme leaves

Combine all ingredients in a small mixing bowl and mash with a fork until eventy blended. Can be made a day in advance and kept refrigerated.

Tomato Marinade
1/2 cup white wine vinegar
11bs. fresh lemon fuice
11bs. Dijon mustar
11bs. Tesh oregano leaves
11bs. brown sunar l tbs. brown sugar U4 cup fresh orange juice U4 cup extra virgin olive oil 1 tbs. fresh gartic, minced 1 tsp. fresh parsley, chopped 1/4 tsp. salt & black pepper, fresh ground

Combine all ingredients in a blender and process until thor-oughly blended. Can be made a day in advance and kept refriger ed.

CORN SOUFFLE FROM ECUADOR

2 cups kernel of fresh corn 1 cup of muenster cheese, cubed 4 tablespoon butter, cut into small pieces sall and pepper 5 eggs. well beaten butter

Combine the corn, cheese and butter in a blender or food proces-sor. Season to taste with salt and pepper and add the beaten eggs. Blend on high speed until the mix-ture is smooth. Pour into a but-tered soufflé dish and set the dish in a pan with hot water in a pre-heated 350 oven. Bake 1 hour or until s

Source: http://members.tripod.com

FRIED PLANTAIN

2 plantains 2 cups vegetable oil salt and pepper — to taste

sall and pepper "o laste". Peet plantains and cut into 2-inch rounds. Heat oil in a small saucepan until hot but not smoking. Drop the plantain into the oil of the saucepan until well browned, 2 to 3 minutes. Remove and circular stade, and use a rolling principal or fright gan to squash if flat into a circular shape. Return flattened plantain sections to the hot oil 3 or + at a time and cook until the

entire surface is golden brown, about 2 minutes. Remove, drain, and season with salt, if desired. Serve hot or at room temperature.

CARIBBEAN LOBSTER STEW WITH SPICY FRITTERS

I tablespoon olive oil I pound chorizo sausage, sliced 2 cups onions, julienne

8 cups lobster, shrimp or fish stock 12 whole cloves of garlic, peeled 2 green chilies, sliced into thin

rings
3 cups roughly chopped assorted
oreens, such as collards, mustards, turnip, Swiss chard, dandelion, beet greens or spinach
2 cups chopped tomatoes
3 oranges, juiced
2 spin or Maine lobsters, cut in half
Sait

Crushed red pepper Ilakes
V2 cup coconut milk
2 lablespoons finely chopped fresh
cilantro feaves 1 recipe of spicy fritters

l recipe red pepper mayonnaise

I tecipe red pepper mayonnaise
In a large pot, with a lid, over
In calcium heat, add the 1 tablespoon
of olive oil. When the oil is hot,
add the sausage and onions. Sauté
for 2 minutes. Stir in the stock,
garlic, and chilles, bring to a boil.
Reduce the heat and simmer for
60 minutes. Add the greens, tomatoes, orange juice and lobster
halves. Season with salt and
crashed red pepper. Simmer for 30
minutes. Stir in the occount milk
and cilantro. To serve, place the
lobster halves in the center of each,
shallow bowl. Spoon the broth
over each lobster. Garnish with
fritters and a drizzle of the mayonnaise.

WINE

FROM PAGE BI

Today, some gnarled and twisted vines date back to the first settlements of the 1840s, when hard-working German peasant farmers and artisan, middle-class English settlers, planted cut-tings they brought from

Europe. Barossa shiraz is a wine conceived in the 19th century and brought to fulfillment in the 20th. Wine lovers in in the 20th. Wine lovers in the 21st century are reaping many rewards. Given the Australian government's policy of paying growers to pull out red grape vines due to a grape excess some 20 years ago, it is a marvel that there are still great old blocks of Shiraz throughout Australia, St. Hallet's Old Block Shiraz escaped the

vine pull of the 1970s, and has made the winery a star.

ST. HALLETT WINES

ST. HALLETT WINES

2001 Poacher's Blend
\$10 is a chenin blane, semilon and sauvignon blane
blend. Troplend, lime and citrus notes enhance a refreshing summertime white wine.

2001 Gamekcepers
Shiraz \$11 is made for early
enjoyment. It has a rich finish and velvety texture, highgishting bright aromas of
plums and blackpepper
spice. Exceptional value.

1999 Cabernet
Sauvignon \$19 sports ripe
red and black fruits, smoky
oak, hints of vanilla and
dried orange peel. Rich and
dried orange peel. Rich and
dried orange peel now or
aged another five years.

2000 Faith Shiraz \$19
was aged 18 months in
American oak harrels. The

broad palate is accented by spice, cherry and chocolate

spice, enerty and encountering in 1998 Blackwell Shiraz \$25, named after winermake \$125, named after winermake Stuart Blackwell, is sourced from 60-year-old vineyards with low yields and show-cases concentrated blackeur rant and plum fruit, coffee and cocoa with a plush finish.

n. ■ 1998 Old Block Shiraz

\$40 from a great vintage, impresses with intense ripe berry, plum, dark choco-late, fine tobacco and attrac-

tive spice characters.
It's a bargain compared to many wines at twice the price. The Healds are Troy residents who

write about wine, spirits, food, restaurants for the Observer & Eccentric Newspapers. To leave them a voice mail message, dial (734) 953-2047, mallbox 1864#.

WINE PICKS

■ In Australia, shiraz is frequently blended with cabernet sauvignon. The 1999 Rosemount Estate Mountain Blue Shiraz Cabernet \$50 is a worthy example. ■ From California, the 1999 Tablas Creek Vineyard Reserve Cuvee \$35 is an excellent blend of four varietals with southern Rhone origin – mourvedre, grenache, syrah and councise. ■ DNA work at the University of

California Davis indicates that the grapes zinfandel, primitivo and crijenak kastelanski (originating on Croatia's Dalmatian coast) are genetically linked. Share that tidbit as you drink these delicious zins: 2000 Robert Mondayi. Napa Valley \$21, 2000 White Oak. Alexander Valley \$24 or 2000 Chaleau Souverain Dry Creek Valley \$15.