

Taste

WINE ■ RECIPES ■ SPECIALTIES



Give Thanks

A culinary approach to artisan breads. B4

www.observerandeccentric.com

Side dish

Shopping Tip

Snacks are a good way to get the nutrients you need. Gail Posner, a registered dietitian at Healthy Ways Nutrition Counseling in West Bloomfield, recommends SunSweet Cherry Essence Dried Plums and GenSoy Protein Bar. "Most of my clients fall short of consuming 5-9 servings of fruit and vegetables per day," she said. "I often suggest dried fruit as a convenient source of soluble fiber, vitamins and minerals. These delicious flavored dried plums from SunSweet are a good source of Vitamin A and antioxidants. Four plums contain only 70 calories. Fight your next snack attack with a GenSoy Protein Bar. The bars contain 14 grams of protein with 220 calories. They're a wonderful high protein snack, or add a piece of fruit for lunch on the run."

Chili cookoff

Calling all chiliheads - the Great Lakes Regional Chili Cook-off, salsa competition, and Harley-Davidson Motorcycle ride-in bike show is Sunday, Oct. 13 in downtown Plymouth. Cooks check in at 7:30 a.m., bike show starts at 11 a.m. Bobby Lewis & The Crocker Jack Band perform noon to 5 p.m. and there will be line dancing and children's activities too. Sample red and green chili beginning at 3 p.m. and find out who won the contest at 5 p.m. Interested cooks can call Annette Horn, (734) 455-8838 for details.

Chef Fest 2002

Support homebound seniors by attending the "Spice for Life" Chef Fest 2002, 6-9 p.m. Thursday, Sept. 26 in the Cobo Conference/Exhibition Center Riverview Ballroom in downtown Detroit. The event will feature chefs from some of southeast Michigan's finest restaurants, entertainment, celebrity judges, Martini Bar, coffee station and other surprises. Proceeds from the special black tie event benefit the Detroit Area Agency on Aging's Detroit Meals on Wheels program. Chef Keith Farnie of is one of the celebrity judges. Tickets are \$75 per person, call (313) 446-4444 for more information.

Kitchen love

Engaged couples who want to put a little spice in their relationship can get a free brochure of "Little Love Potions" recipes and a set of two French White ramekins just by registering for CorningWare. Featured recipes include "Melt Your Heart Melted Chocolate Cake," and "Fondue Just for Two." A new survey says couples who cook together at least three times a week are more satisfied with their relationships than couples who cook together less often. The survey of recently married and engaged couples also identified a number of relationship benefits to cooking together - "we talk more" (30 percent), "laugh more" (19 percent), "work more as a team" (18 percent), and "are more relaxed" (13 percent). For complete details on the "Little Love Potions" gift with registry, visit www.corningware.com/ride

Popular food author comes to teach

The art of



Easy Cooking

BY LANA NIWI

STAFF WRITER

Mark Bittman travels the globe, to big cities and small, looking for easy meals that are hip and accessible.

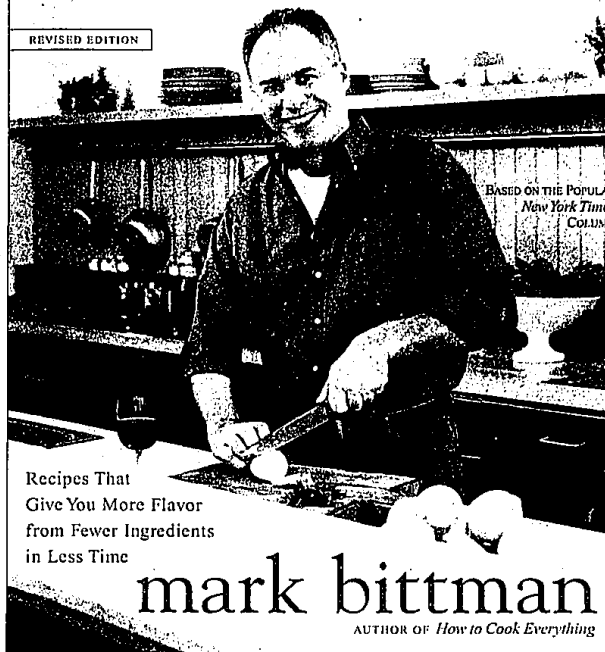
The author of the best-selling cookbook "How to Cook Everything" (Macmillan, copyright 1998) has been honored by Julia Child, touted by Martha Stewart and recognized by numerous culinary publications including the International Culinary Review.

He's making a rare Michigan appearance at Marshall Field's at Somerset Collection in Troy on Thursday, Sept. 19 to host a limited-seating reception. He will present a cooking demonstration with his favorite hors d'oeuvres and sign copies of his latest best-selling book "The Minimalist Cooks At Home" (Broadway Books, copyright 2002, \$26) - based on his weekly New York Times column titled "The Minimalist."

"The hobbyist enjoys the process of cooking," Bittman said during a telephone interview from his New York home. "My goal as the 'Minimalist' is for people who cook frequently,

the minimalist cooks at home

REVISED EDITION



Recipes That Give You More Flavor from Fewer Ingredients in Less Time

mark bittman

AUTHOR OF *How to Cook Everything*

THE MINIMALIST COOKS AT MARSHALL FIELD'S

Who: Mark Bittman, New York Times food writer and award-winning author of "How to Cook Everything," and "The Minimalist Cooks at Home."

What: Reception will feature some of Bittman's favorite hors d'oeuvres and a cooking demonstration.

When: 5:30-7 p.m. Thursday, Sept. 19 in the J.L. Hudson Cafe

Where: Marshall Field's Marketplace Fair at the Somerset Collection in Troy on Big Beaver at Coolidge

Reservations: Are required, but there is no charge, call (248) 443-6322.

and who want decent food at their table that's made easily, rather than eating out or grabbing fast food."

Bittman's a casual, light-hearted personality who's eager to share his cooking knowledge. In "The Minimalist Cooks at Home" he streamlines 100 recipes. Each dish is accompanied with "keys of success" and "tips with minimal effort" plus recommendations for wine pairings.

His easy ideas have gained him fans across America. He's a writer for GQ magazine, Gourmet and Travel-Holiday plus a regular guest on the "Today" show, NPR, and CBS's "The Early Show."

His popularity and philosophy share the same roots in that he is not a chef. In the 1980s that was a disadvantage as the trend was difficult,

PLEASE SEE EASY COOKING, B3

Award-winning food writer Mark Bittman will sign copies of his newest book "The Minimalist Cooks At Home" at an exclusive Marshall Field's event in Somerset Collection on Sept. 19. Pasta with fresh tomatoes (above left inset) is one of the easiest and quickest dishes in the book. It takes a mere 30 minutes to cook.

Big Boys

Artist Thomas Jacobs stands next to the stalin-glass mosaic Big Boy that he created for the restaurant chain. The statue is on display at Cranbrook Art Museum in Bloomfield Hills. To find out more, please see Page B5.



Create a stir around the campfire

I remember sleeping under a blanket of stars at our favorite camping spot in Ludington. Hot dogs on a stick, s'mores - my dad called these campfire treats Girl Scout specials or paratrooper plouts for my brother.

Although I did enjoy many aspects of our yearly northern pilgrimage, food was not one of the top 10 highlights. I had a change of heart in my twenties after the arrival of my daughter, and we've been camping ever since. Being a chef I have made it part of our family ritual to share flavorful, fun cooking ideas while seated around our campfire.

Consider heading out to the woods armed with a few new



2 Unique
Kelli Lewton

tricks and pieces of equipment to help make your next campfire

EQUIPMENT

A metal grid is a must for barbecuing over open flames. It's OK to use an oven grate, just be sure to bring bricks, or look for rocks to raise and stabilize the grid over heat source.

Those metal flat baskets with long handles are perfect for roasting fish, poultry, vegetables and many cuts of meat, like flank steak, over embers.

A cast iron pan is one of the most tried and true pieces of outdoor cookware. It is the only cookware you can set directly on soft coals or embers without damaging the pan or to your food.

A Dutch oven is without a doubt the Cadillac of camping cookware. Just about anything from pineapple upside down cake to lasagna can be prepared in a Dutch oven.

Metal skewers are a must for everything from hot dogs to

PLEASE SEE LEWTON, B3

Are there cobwebs on your cultural calendar?

Turn to today's ARTS section. Get Inspired with Ideas for some worthwhile things to do.