

# Burgers are a grilling staple

Besides the great taste, perhaps the beauty of the burger is its versatility.

"If you ask 10 people how they prefer their burger, you're likely to get 10 different answers," says Sara Reddington, director, Beef and Veal Culinary Center of the National Cattlemen's Beef Association (NCBA).

"From the beloved ketchup and mustard topped plain grilled burger, to feta cheese and olive tapenade on an oregano and garlic-seasoned burger, the good news is that it all tastes great," Reddington said.

With that in mind, Reddington and her staff created something new and different using summer's bounty of fresh ingredients. The result: Burgers with Red Relish & Herb Aioli - different, delicious and doable in 30 minutes.

First assemble the relish and aioli and refrigerate them while the burgers grill.

Roasted red peppers, red onion and fresh red tomato with a splash of red wine vinegar make up the piquant relish.

The savory aioli is simply a mayonnaise, garlic, fresh basil and Parmesan cheese mixture. To serve, spread crusty rolls with the aioli, top with a perfectly grilled burger, relish and shavings of Parmesan.

Reddington reminds us that making a perfect burger is so simple. Here's how it's done in the Culinary Center:

- Shape burgers with a light touch; don't press.
- Grill over medium temperature (whether using coals or gas).
- Grill burgers just to medium (160° F), until no longer pink in the center and juices show no pink color.
- Use an instant-read thermometer inserted horizontally into the center of the patty to check the temperature.
- Turn burgers with a spatula, without pressing or flattening, which can cause flavorful juices to escape.



Steak and potato salad is flavored on the grill with lemon and thyme.

### GARNISH

Sliced or shredded Parmesan cheese

Combine relish ingredients in medium bowl; cover and refrigerate until ready to use.

Combine aioli ingredients in another medium bowl; cover and refrigerate until ready to use.

Lightly shape ground beef into four 3/4-inch patties.

Place patties on grid over medium, ash-covered coals. Grill, uncovered, 13 to 15 minutes to center (160° F) doneness, until no longer pink in center and juices show no pink color; turning occasional.

Spread aioli on bottom of each bun; top with burger.

Spoon relish evenly over burgers; garnish each burger with Parmesan cheese pieces. Close sandwiches. Makes 4 servings.

Cook's tip: To thinly slice the Parmesan, use vegetable peeler to pull across the narrow side of cheese block.

**Nutrition information per serving:** 534 calories; 35 grams protein; 26 grams carbohydrate; 31 grams fat; 635 milligrams sodium; 110 milligrams cholesterol.

Recipe courtesy of the National Cattlemen's Beef Association.

## FOOD EVENTS

**Weight Watchers**  
Chef Tim Cirka will prepare balsamic chicken with mushrooms at cooking demonstrations during the month of May at the following Weight Watchers locations: Monday, May 19, Lathrup Village, 27040 Evergreen, 6 p.m.; Thursday, May 22, Weight Watchers Center, New Towne Plaza, 44734 Ford Road (near Kohls), 5:30 p.m. and 6:30 p.m.; Wednesday, May 28, Waterford, Weight Watchers Center, 9450 Waterford Village, 6:30-9:30 p.m.; Wednesday, May 28, She will instruct the preparation of Chilled Avocado Lime Soup with Crispy Tortillas and Borscht (Beet) Soup with Dill Yogurt Sauce and Spicy Garparcho.

For information and registration, call The Community House at 248-644-5832.

**Continuing education**  
Schoolcraft College's Department of Culinary Arts features continuing education classes at the new VistaTech Center at the college, 18600 Haggerty, Livonia.

You will also find further information at [www.schoolcraft.edu](http://www.schoolcraft.edu), and then click on Continuing Education, CES Schedule, then spring 2003.

Jeff Gabriel, certified master chef, will teach Artisan Bread Hands-On, 5-10 p.m., Monday, Thursday, May 19; Michele French and Fabulous Salads, 6-9 p.m., Thursday, June 5, and Quick Easy Meals, 9 a.m.-noon, Saturday, June 7. Gabriel also instructs Basic Cooking Techniques: Hands-On, Monday, Thursday, June 23, 9 a.m.-3 p.m.

For more information, call Continuing Education Services at (734) 462-4448.

**Cooking classes**  
Valerie Wilson, "Macro Val," offers healthy cooking classes. Picnic Foods 2003 will be taught 6-9 p.m. Wednesday, June 11. Fee is \$25. The class will be taught at 35516 Krauter, Apt. 3C in Garden City. Class includes recipes, step-by-step instruction, personal hands-on experience and a meal. Space is limited. Classes must be pre-paid. Call (734) 261-2856 or visit [www.macroval.com](http://www.macroval.com) for information.

Val also has scheduled a book signing 11 a.m.-3 p.m. Saturday, May 31, at Whole Foods Market, 1404 Walton Blvd., in Rochester Hills.

# Baker loves craft of artisan bread-making

My driver sped through the streets of Paris at break-neck speed, as I pleaded with him. "Please, I have to catch my flight back to the States," I said.

"Don't worry. I get you to the airport on time. But first you must see my uzuzere boulangerie," said Basil Kamir, bread-baker extraordinaire.



Give Thanks  
Gerald Mathes

It was then that I understood the full meaning of his philosophy: "Bread is not just a business, it's an obsession!"

For Basil, it began when he saw bulldozers clearing a section of his beloved Paris in the 1960s. A narrow building remained intact amongst the rubble and he discovered that inside was an exquisite bakery-mosaic floor, frescoes on the walls, a beautiful chandelier, cut glass, gold leaf, marble, and the original centuries-old brick ovens. He was captivated. And the obsession began. He bought the building simply to save it from destruction.

But he had little idea how to do with it. Basil was in the music business and knew nothing about baking bread. So, he set about researching how it was made, hundreds of years before. He spent untold hours in bread museums and resolved to reinstate Old World methods.

Before long, the bakery was brought back to life and magnificent loaves filled the shelves. And people came. How they came! They lined the streets for several blocks to enter the tiny bakery.

Was it Basil's obsession? Maybe. Or, more accurately, a passionate tour de force.

I've found this is a characteristic of the great artisan bakers I've met in this country, too.

Michael London constructed a beautiful test bakery on the grounds of his farm house in New York State.

Already a master baker, he still loved experimenting. When I was with him he took a huge 10 pound Pain de Campagne and cut off a hunk of a slice. It tasted fresh and full of flavor.

"I baked it a week ago," he said. Incredulous, I peppered him with questions which he patiently answered-explaining his belief in flour milled from

wheat which had been harvested at just the perfect stage of the moon's orbit.

Obsession or a passionate tour de force?

Perhaps both.

It was similar to what led Daniel Leader to build his "Bread Alone" bakery in the Catskill Mountains of New York, also in the '60s.

He not only imported a master French oven builder to assemble the two ovens, he even imported the bricks from France!

And he traveled to the Dakotas to select the wheat before it was harvested and sent to the miller. He walked field after field with the farmer to make sure he got what he needed to make great bread.

Obsession? Maybe. But I think it was more a great love for his craft.

That's how I believe successful artisan bakeries are motivated today.

It's easy to coalesce the bread-making process down to eight hours, but how much better the result is when time is viewed as an ally and not as something to cut, to save money.

Steadfastly, the best artisan bakeries use naturally fermented starters, instead of commercial yeast.

And then they allow the dough to ferment for some 17-20 hours, in a cold environment, so that wonderfully complex flavors have the time to develop.

At the Give Thanks Bakery, we give thanks for the opportunity to pursue this time-honored course.

Why? Well, if ever Basil Kamir comes to visit us from Paris, we would hope for his greatest compliment-"Zat eez zeh work zat eez truly worth-while!"

Gerald Mathes is the owner of Give Thanks Bakery in Rochester. Visit the bakery's Web site at [www.givethanksbakery.com](http://www.givethanksbakery.com) or call (248) 601-1542.

- BURGERS WITH RED RELISH & HERB AIOLI**
- 1 1/2 pounds ground beef
  - 4 crusty French rolls, split
- RELISH**
- 1/4 cup diced tomato
  - 2 tablespoons jarred roasted red peppers, rinsed, drained and minced
  - 2 tablespoons finely chopped red onion
  - 2 teaspoons red wine vinegar
- AIOLI**
- 1/3 cup mayonnaise
  - 2 tablespoons shredded Parmesan cheese
  - 2 tablespoons finely chopped fresh basil
  - 2 large cloves garlic, minced

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## Students can help raise hunger awareness

Thursday, June 5, is National Hunger Awareness Day. To raise awareness of and donations to help end hunger in America, the Food Bank of Oakland County (FBOC) is targeting Oakland County schools and businesses for participation in its Bring a Friend a Lunch project.

This service-learning project asks Oakland County students and teachers to pack an extra paper bag on June 5, containing either money for a lunch or a lunch comprised of non-perishable food items.

Those schools that join

FBOC in their effort receive a handout with additional activities families can do to help feed hungry neighbors in Oakland County.

Workers are asked to forgo the lunch cart or restaurant for the day and donate the money they would have spent to those that are struggling to make ends meet. This true power lunch will directly energize the programs at the FBOC that serve the community. Every dollar a business or employee contributes buys several meals for friends at FBOC.

Those interested in participating in the Bring a Friend a Lunch project can contact the Food Bank of Oakland County at (248) 332-1473. All money and food items collected will provide meals for children and families served by the FBOC.

Nearly 14 percent of the clients with children said that their children were hungry at least once during the previous 12 months (but they could not afford more food).

More than half of client households have at least one member younger under 18 years old.

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For more information, please call (248) 291-1235

MENTORED BY BRANDEIS UNIVERSITY NATIONAL WOMEN'S COMMITTEE - DETROIT CHAPTER