



PHOTO COURTESY OF SCHOOLCRAFT COLLEGE

Schoolcraft College won the Central region in the American Culinary Federation's student culinary competition in the Baron Galand Knowledge Bowl and the Salon Hot Food competition. Pictured are (from left): Kevin Gawronski, Salon team coach and Schoolcraft instructor; Mark Butcher; Adam Kline; Kathryn Cllick; David Koshizawa; Brandon Taylor; Mark Donovan; Chris Misiak, coach of the Knowledge Bowl team and instructor; Rich Weinkauff; Bruce Konowalow, director of culinary arts at Schoolcraft; Pam Charney, Jeremiah Brown and Carolyn Atcheson. Butcher, Cllick, Weinkauff, Charney and Atcheson were members of the Knowledge Bowl team, while Kline, Koshizawa, Taylor, Donovan and Brown were members of the Salon team.

TEAM

FROM PAGE B1

Joliet (Ill.) Community College. "We had some of the hardest teams to compete against," Misiak said. Questions were pulled from several books: *On Cooking*, *Escoffier*, *Superior Management* and books on sanitation and nutrition.

"We actually created mock games," Misiak said.

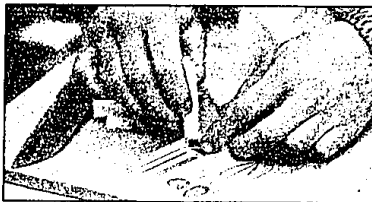
"We had (Schoolcraft) alumni come in and oppose us, and sometimes the alumni won, so it gave us a chance to be beat."

Misiak said the five team members worked as a team. "We had a team that contributed evenly, where other teams had only a captain that answered all the questions," Misiak said.

In fact, the team did so well and had such a large lead, they froze out the opponent and stopped ringing in for answers. "We had accumulated so many points that they could not catch us unless we answered the questions wrong," Misiak said.

ALMOST PERFECT

The Salon team won a gold medal, only 1 1/2 points short



PHOTOS BY JIM LANGFELD STAFF PHOTOGRAPHER

Adam Kline checks his potato cut called "Paysanne" which is to be 1/2-inch by 1/2-inch by 1/2-inch.



Two hand-fluted mushrooms sit in the bottom of a plastic cup.

of a perfect score.

"I think the fact that we went down there early (2 1/2 days), that we had time to get comfortable in a different environment," Gawronski said. "They had developed a nice comfort

level."

"They tweaked their dishes at the last minute, adding fresh peas to the seafood dish and created a baby farm greens dish. They did all the little nuances with simple elegance," Gawronski said. "They made it as fresh as they could and everything went out hot."

The dishes were so hot, the steam off the dishes rose into the judges' faces, Gawronski said.

That heat was retained through the ingenuity of the team members, as Donovan created a hot box, and Donovan and Koshizawa made a heat lamp for the dishes.

Gawronski and Decker received photos of the kitchen before the regional competition, so that the team could plan the kitchen setup accordingly.

The only glitch - if you could call it that - was the pecans were slightly overcooked, but the team took the scrapings off the pan, chopped them up and added them to the salad, Gawronski said.

Gawronski said the coaches and the team were ecstatic when the team won.

"Usually at every practice something goes wrong," Gawronski said. But the team did everything right that day, he added.

"I couldn't have asked for a more professional group as far as their demeanor and attitude," Gawronski said.

"They had a tremendous amount of confidence."

CALENDAR

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: Weight Watchers Center, Waterfall Plaza, 5651 Dixie Highway, Waterford, 7 p.m., Wednesday, May 28. The chicken recipe equates to four points per serving, per the Weight Watchers Winning Points program. Other recipes on the handout at the demonstrations include basmati rice and cucumber salad and oven-roasted lamb chops with gremolata. The demonstrations are free and the public is invited.

Community House classes

The Community House, 380 South Bates Street, in Birmingham hosts cooking classes this summer, including Summer Soups, instructed by Michelle Bonmarito, 7:30-9:30 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 Sausage.

Other classes include: 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 Hagerly, Livonia. You will also find further information at www.schoolcraft.edu, and then click on Continuing Education, CES

Schedule, then spring 2003. Jeff Gabriel, certified master chef, will teach fresh 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 2-5, 9 a.m.-3 p.m. For more information, call Continuing Education Services at (734) 462-4448.

Cooking classes: Valerie Wilson, "Macro Vols," 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 3054 Kader, 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) 264-2856 or visit www.macrovol.com for information.



AMERICAN INSTITUTE FOR CANCER RESEARCH

This Japanese pasta salad features soba noodles, shiitake mushrooms, salmon and green beans.

Mix soba with lemon, soy and ginger

BY DANA JACOBI

CORRESPONDENT

Soba, the word for both the buckwheat grain from which the noodles are made, and the distinctive, thin, beige noodles themselves, is associated with Tokyo and northern Japan. In the U.S., as well as in Japan, you can find soba made entirely from buckwheat, though noodles made from a combination of buckwheat and wheat flour are more common.

JAPANESE PASTA SALAD

1 tablespoon sesame seeds
8 ounces shiitake mushrooms, stemmed and cut in 1/4-inch strips
1 package (10 ounces) frozen whole green beans, defrosted
1 cup flaked ginger or baked salmon, about 5 ounces (optional)
3-4 scallions, green part only, about 1/3 cup
7-8 ounces soba noodles, or 8 ounces whole-wheat linguini
2 tablespoons fresh lemon juice
2 tablespoons reduced-sodium soy sauce
1 teaspoon brown sugar
1 teaspoon grated ginger
1/4 teaspoon red pepper flakes, or to taste salt and freshly ground black pepper, to taste
1 tablespoon oyster sauce
1 teaspoon roasted sesame oil

Roast sesame seeds in small, dry skillet over medium heat until fragrant, 3-4 minutes, stirring constantly. Set aside. (This step can be done a day ahead.)

Coat nonstick skillet with cooking spray, and place over medium-high heat. Sauté shiitakes until tender and lightly browned, 6-7 minutes. Place mushrooms in large mixing bowl. Add beans, salmon, and scallions.

In large pot of boiling water, cook soba until it is still slightly hard in center, about 5 minutes. Pasta must be slightly underdone, or it becomes mushy. Immediately drain, rinse soba in cold water, and drain well.

If using linguini, follow package directions, cooking it al dente. Rinse drained pasta, as for soba. Place pasta in bowl with vegetables and salmon. In small bowl, whisk together lemon juice, soy sauce, sugar, ginger, pepper flakes, and black pepper.

Whisk in oyster sauce and sesame oil. Pour dressing over pasta and vegetables. Using two forks, gently toss pasta to coat lightly with dressing, leaving most of the other ingredients in bottom of bowl.

Arrange pasta on serving platter. Spoon green bean and mushroom mixture over pasta. Pour dressing remaining in bowl over salad. Sprinkle on sesame seeds. Serve within one hour, covering and refrigerating salad if not serving immediately. Serves 4 (Makes 7 cups with salmon)

WINE

FROM PAGE B1

and apply aromas with steely notes, like a French chablis. "This character," Millard noted, "is typical of Monterey area chardonnay. Where you might consider a sauvignon blanc for a good food match, try this crisp, food-friendly chardonnay with added mouthfeel dimensions."

■ 2000 Sterling Vintner's Collection Merlot delights first with aromas of red roses, cherries and red plums. It scores on the palate with a pleasant, candied fruit core.

■ 2001 Sterling Vintner's Collection Shiraz has deep, dark color with youthful purple edges. "We call the variety syrah," explained Millard, "but our winemaking method is distinctly Australian, so we've labeled it shiraz." A smoked bacon character complementing blueberries and currant

WINE PICKS

Among red wines, CABERNET SAUVIGNON continues to lead all other red varietals. Here's the assessment from our recent cab taste-off. **Awesome:** 1997 Torres Mas La Plana (\$50) offers black fruits, roasted coffee, fine tobacco aromas and flavors in a full, plump, rich, concentrated and layered rendition from Spain.

■ 1999 Sterling Vineyards Hapa Valley Reserve (\$94), Cellar it.
■ 2000 Penfold's Bin 389 Cabernet Shiraz (\$26). The 1999 vintage of this wine won a Double Gold at the Detroit International Wine Experience judging. The 2000 is better!

Delicious: 1999 Hess Collection (\$35), 2000 Chateau St. Jean Sonoma County (\$27) and in a decidedly Coonawarra style, 2000 Wynns Coonawarra Estate (\$15).

Wallet pleasers: 2001 Wolf Blass "Yellow Label" (\$14) and 2001 Healdsburg Vineyards (\$8) (NEV).

All wines mentioned are available in the metro Detroit area. If a retailer does not stock a specific wine, ask that it be ordered from the distributor.

notes makes this pleasant, full wine typically Oz in character.

■ 2001 Sterling Vintner's Collection Cabernet Sauvignon delivers a big bang for the buck with duck, blackberry aromas and flavors are enriched by attractive spice notes and solid finish.

The Healds are contributing editors for the internationally-respected *Quarterly Review of Wines* and Troy residents who write about wine, spirits, food and restaurants for the *Observer & Eccentric* Newspapers. To leave them a voice mail message, dial (734) 953-2047, mailbox 1864H.

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