

FAMIE

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who gathers no moss (he uses cilantro instead), and he even has a dog named Basil.

Keith Famie, a Farmington Hills native and now a Novi resident, has just completed his second cookbook, *You Really Haven't Eaten The Food Until You've Eaten The Food*, (with Chris Kassel, Clarkson/Potter Publishers, N.Y., \$32.50).

Released on May 13, the 256-page book was researched and written during Famie's travels over the last 18 months to tape his show for the Food Network, *Keith Famie's Adventures*. The book features international cuisines of six nations and American fare from three large U.S. cities.

FOREIGN FOODS

For Famie, the book — and of course the television show — reflect his philosophy of learning about a country by seeing how the locals live and eat locally available foods.

"One of the first things I always do is visit a market," Famie said. "A market tells you everything about people, how they grow produce, their lifestyles and how they live. When you visit a market on a Sunday morning, it tells you a story."

And Famie has many to tell. He makes a triumphant return to the Outback to sample Hunter Valley Emu with Red Wine Marinade and Chayote.

We sail to Born-Born for

BOOK SIGNINGS

Chef Keith Famie's new book, *You Really Haven't Eaten The Food Until You've Eaten The Food*, will be available for purchase at the following locations: Famie and Shawn Loving, chef and owner of Loving Spoonful, present a six-course "World of Flavors" dinner at 6:30 p.m., Thursday, June 5, at the Loving Spoonful Restaurant, 21925 Golf Pointe Blvd., Farmington Hills. \$45 per person. Call (248) 489-9400 for more information.

At Intermezzo Restaurant in Detroit, Famie and chef Ricky Hass from Intermezzo present a special VIP after-work cocktail party 5-7 p.m. Friday, June 6, with tastes from Famie's new book. Cash bar. RSVPs required. Call (313) 961-7708 for information.

Polynesian Chicken Drumettes, Florida for Sauce Boss Gumbo and key lime pie, then we fly to Quebec for Lac St. Jean Meat Pie, and Seattle for Crab and Corn Blanche.

Of course, there's a chapter devoted to Michigan. Au Jus, Sable River Trout in a Pouch and Medallions of Venison with Wild Ramp Risotto and Demi-Glace, and Cousin Jack's Pasties.

Famie can't pick a favorite location. "They're all good

places," Famie said. "Memphis is a blast, Seattle is culturally diverse with its large Pan-Asian population and the seafood is hard to beat."

"In Key West you'll find the most fantastic panache with elder vinegar and beer." That recipe is courtesy of Richard Hatch, owner of Blue Heaven.

"Then there's the Kachumbari from Kenya with the somewhat unusual touch of cilantro to a mix of cabbage, carrots, onions, red chile and tomatoes. 'It's just a simple way to make cole slaw,' Famie said. 'It's just really refreshing.'"

Famie said he likes to put recipes in the book for dishes he and the television crew enjoy. And at one glance through the cookbook, it appears that the recipes are uncomplicated.

"The thing I like to hear from people is that (the recipe) was easy to make," Famie said. "I'm not suggesting that those cookbooks that have recipes that have seven or eight steps aren't good books — they are. These steps are required for those recipes."

But Famie's recipes are not only delicious, they're fun, he added.

LOCAL FLAVORS FEATURED

Famie has 20 pages and nine recipes devoted to Michigan. Michigan's morals get national attention for that, but the fungus, but Famie also enlightens us to the world of wild mushrooms and how the fall season is a better time to enjoy them. "There are so many mushrooms that are out there in the fall, but it is important that

you are with someone who knows them," Famie said.

Then there are ramps, which are wild leeks that also grow in the fall in northern Michigan in wet areas and near river banks.

"They're small, but they are really sweet," Famie said.

Famie's book isn't without characters, either. There's Captain Tony from Key West, immortalized in Jimmy Buffett's *Last Mango in Paris* and now in Famie's book. There's mushroom aficionado Royal Olsen and Kenyan chef Joseph Omoro, and Quebec chef Jean Sirois, C.J. Cadia's first master chef and host of a popular television show.

The book doesn't pull punches, either, nor gloats over the desperate conditions of other nations. Jamaica has "some of the most friendly people, but they have a tough life," Famie said. Then there is a sobering trip to Kibera, Kenya's largest ghetto.

Famie describes Kibera as "an unfathomably grotesque huddle of squatter shacks with a population density of a half million per square mile. Gargantuan trash heaps are everywhere."

"Time has stopped for them," Famie said. "They are very disconnected from the rest of the world. For them, life starts and life ends here, and life goes on." Much of their lives evolved around their cattle as they carried spears to use on lions to stop them from attacking the cattle, generally all the natives had as a possession.

Famie said he was in the Masa Mara region of Kenya on Sept. 11, 2001, when he learned of the terrorist attack

and had to tell a crew member that the towers had been hit. The crew member's mother had been in the tower and would never be found. Famie had to break the news to her of the attack.

What happened later was touching, Famie said. "When the people of Masa Mara learned of the tragedy, they would give up 40 to 50 cattle (to donate)," Famie said. "They have a ritual of life that is unidentifiable to us."

He and associate producer Matt Prestad, who is also a former sous chef at Les Auteurs, talked about how they were separated and Prestad was led down a dark alley in Nairobi, which was unnerving.

"The alley had all kinds of debris, pieces of flesh and bone from animals, and homeless people, and the guide led us down the alley, but then he got a phone call that the others were back where we were, so we turned around," Prestad said.

A BUSY SUMMER

But Famie and his crew truly enjoy travelling, discovering the great seafood of Seattle, the barbecue joints of Memphis and classic dishes of Mexico. He's finished 32 shows of *Keith Famie's Adventures* on Food Network, he has a show on France planned to air in about three months, and another will air on Aug. 10 on Greece.

This summer he plans to tape stories about American immigrants, including pieces on Jimmy Panagopoulos, owner of Parthenon in Grosse Pointe, and Bill Damavoleto, a developer from

Crete, in a program called *Rags to Riches* expected to air at a later date on WDIV.

Famie also expects to tape *An Adventure Chef's Road Trip*, with help from Prestad and associate producer Kerry Brennan, who is the daughter of chef Kevin Brennan. He'll appear on *The Early Show*, and will travel to Orlando, Chicago, Philadelphia, Columbus and Los Angeles to promote his cookbook before the end of the year. Several appearances on Detroit radio stations are planned for this week.

He's also developed a line of spices, including an African Durban Spice.

So what's next for Famie? "There's that 'R' word again," Famie said, responding to an inquiry about opening a restaurant. "I have an idea that I occasionally pull out and look at, and I might at the right place and the right time, but I enjoy traveling."

"I am cooking a lot. I just was at the Novi Expo Center, and will go to Universal Studios. But with a restaurant, you have to make the commitment to be there. I'm getting so much enjoyment from what I'm doing right now, it is hard to make that commitment."

Just ask Famie about his travels and he'll sum it up with something universally loved — locally grown produce. Talk to him about the markets in Nairobi, Seattle or Hanoi. He shows a videotape of a market in Hanoi, smiles and remembers the flavors of the place.

"It's great going to the market," Famie said. "It's just fun."

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Why not try grilling fruit this summer?

It's the opening of the grilling season and in most people's minds that means slabs of red meat. But health-conscious outdoor chefs can lighten their menus by grilling fruits and vegetables as well as or instead of — burgers and chops.

A skewer of hot, juicy, flavorful grilled vegetables or a fresh fruit kebab will be welcome at any backyard barbecue.

For a vegetable grill, use two inch cubes of unpeeled eggplant; 1/2-inch carrot

slices; small, thin-skinned potatoes (two inches in diameter); one-inch zucchini slices; whole, large mushrooms; red or green bell peppers, seeded and cut into one-inch squares, and onion, cut in wedges.

Before grilling, parboil some of the vegetables in boiling water until just tender—crisp, three minutes for eggplant, six minutes for carrots and 20 minutes for potatoes.

Marinate the vegetables for at least two hours in a combination of canola oil and white

wine vinegar (approximately three parts oil to one part vinegar), minced garlic, Dijon mustard, dry basil, oregano, marjoram, rosemary and pepper or other herbs of your choice.

Drain and reserve the marinade. Thread the vegetables on sturdy metal skewers and place on a grill lightly sprayed with cooking oil, four to six inches above hot coals. Cook, turning often and basting with the reserved marinade for 10 to 15 minutes or until tender.

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