

Attorney-cook shares knowledge of cuisine



Dr. Marshall Hershon listens to lobster talk from Fred Morganroth, instructor.

By ELSPETH BEIER

Some superb cooks are stingy and secretive about favorite recipes, but attorney Fred Morganroth isn't.

He even goes one step further and offers classes to his friends so they can add "gourmet cook" to their list of accomplishments.

Every Tuesday night for the next seven weeks, six men—all professionals in their own fields of law, medicine and dentistry—will explore Morganroth's cuisine. None of them has ever cooked before.

The Franklin resident, who has been jousting with beef roasts and delicately whipping egg whites since his teens, has planned a different kind of learning process.

"We are moving from one student's house to another, so that each man can familiarize himself with his own kitchen equipment. The Tuesday host also must do the total shopping for the group lesson," he said.

"HE CAN'T have any help from his wife or anyone else. The rules are that he must shop for every ingredient, alone," the chief cook said.

Morganroth, a partner in the Southfield firm of Ledom, Morganroth and Stern, recruited Dr. Marshall Hershon of West Bloomfield for the first "guest house" date where a complete dinner was prepared.

The other neophytes are Dr. Sheldon Stern of Franklin; Dr. Samuel Nagel, Southfield; Ron Lord, Orchard Lake; Dr. Warren Cowan, Oak Park; and Alan Krass, Birmingham.

The group leader, who has had the advanced and prestigious Cordon Bleu training, insists on every student doing every step of preparation and cooking as the evening progresses.

"If we have to cut up potatoes, everyone does it. We might waste a lot that way, but they are not going to learn much if they just stand around and watch," he said.

MORGANROTH ALSO HAS simplified the recipes so the beginner cooks readily can follow his French, Spanish and Italian adaptations. He insists they are all simple things to make.

Although he edits the Michigan chapter newsletter of the Confrerie de Chaine de Rotisseurs, a 700-year-old gourmet society headquartered in Paris, the attorney-cook also said people should not be frightened by exotic-sounding dishes.

The first meal prepared at Morganroth's began with onion soup gratinee and ended with Grand Marnier soufflé. Simple instructions go with each dish.

Calorie counters these men are not. Following is the main dish recipe for steak au poivre.

STEAK AU POIVRE

Filet mignon (New York sirloin also excellent) 1 inch thick
1/4 cup whole peppercorns (preferably green)
3 tablespoons butter
1 tablespoon oil
1/4 cup cognac
1/2 cup whipping cream

Technique: Crack peppercorns; press steaks on peppercorns. Heat butter and oil in skillet. Fry steaks over medium heat three to four minutes on each side. Remove steaks, discard grease, salt meat.

Return steaks to pan, pour over cognac and ignite, basting until the flame dies. Remove steaks. Pour cream into frying pan, scrape bottom with wooden spatula. Add one tablespoon cognac. Pour over steaks, serve at once.

Nor are they penny pinchers, as the soufflé recipe below testifies.

GRAND MARNIER SOUFFLE

1 1/4 cups scalded milk
1/2 cup sugar
4 egg yolks
5 egg whites
1/2 cup flour
Vanilla
1/4 cup Grand Marnier
Butter and flour mold.

Preheat oven to 475 degrees. Scald milk. Mix yolks and sugar lightly. Add flour and mix. Pour in a little milk to poach eggs; whisk. Add mixture to remaining milk. Boil two to three minutes, stirring constantly. Add vanilla and Grand Marnier.

Fold in stiffly beaten egg whites. Put in soufflé mold. Place in oven and after three minutes turn temperature to 425 degrees. Cook for 15 to 20 minutes or until tester comes out dry. Serve at once.

Bridge tea set June 5

"Springtime Bridge Tea," a benefit for the Monastery of the Blessed Sacrament, will be held Wednesday, beginning at 12:30 p.m. in J. L. Hudson's downtown 12th floor auditorium.

The monastery for cloistered Dominican nuns is located at 29575 Middlebelt Road, Farmington.

Reservations may be made by calling EL 6-5656.

Branches receive acclaim

Michigan Division Woman's National Farm and Garden Association held its spring council and annual meeting in Saginaw recently.

Officers named to head the 96-branch division include Mrs. Chester Wisniewski of Birmingham, recording secretary, and Mrs. Stewart Cram of Birmingham, corresponding secretary.

Among the winning branches which received acclaim at the annual awards luncheon were the Colony Green branch in Birmingham in the category of civic improvement; the Oakland Branch in Birmingham in the category of conservation.

Heritage and Cranbrook branches in Bloomfield Hills, Colony Green and Valley Woods branches in Birmingham and Bloomfield West branch in the category of education; Colony Green and Berkshire branches in Birmingham and Hickory Grove in Bloomfield Township, in the category of horticultural therapy; Oakland and Berkshire branches in Birmingham in the category of international cooperation; Oakland, Westchester and Foxcroft branches in Birmingham and Bloomfield West branch in the category of branch newsletter; Maplebrook, Colony Green and Maplewood branches in Birmingham, in the category of branch yearbooks.

Drive funds camperships

Sonny Eliot, Channel 4 TV weathercaster, is chairman for Metropolitan Society for Crippled Children's 1974 campership fund drive. The proceeds of the drive will enable 150 handicapped youngsters and teens in the tri-county to attend Camp Riverside, Detroit, this summer.

For the past 20 years, Metropolitan Society has sponsored a day camp session on a 16-acre site belonging to the Department of Parks and Recreation. The site is located on the Detroit River at the foot of Lenox Avenue. Sessions are held in the Kiwanis Clubhouse, Detroit Recreational Center for the Handicapped, also located on the site.

This year, Metropolitan Society is adding a resident camp to the regular Camp Riverside day sessions. Resident camp Premauca is located in the Irish Hills of Michigan near Jackson with a site featuring 145 wooded acres, an Olympic sized heated pool, a lake, cabins and a dining hall. The facility is the year round educational center of the Presbytery of Maunee Valley. Some 60 handicapped teens will spend a week this summer at Metropolitan Society's Camp Premauca.

Both camps feature athletics, crafts, nature studies, field trips as well as parties and picnics.

For information on sending a handicapped youngster or teen to camp, contact Miss Rice at Metropolitan Society for Crippled Children and Adults, 341-4900. Camp openings are still available.

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