

# Cuisine and Duglass

## High school turning point in chef's career

By DUGLASS DUGLASS

It was nearly lunch time when a voice from the rear of my study hall yelled "Duglass!"

As I turned around, excusing myself from a daily conversation with friends, I could see the counselor motioning me with the sharp point of his finger, to remove myself from the present quarters and head for the library next door.

I knew that several eighth graders were coming for a high school indoctrination and he needed the extra space. I was somewhat put out that he chose me. However, being reared by parents who insisted on obedience, I left for the library immediately.

Clutching my school books close to my side as I entered the brightly lit room, I noticed that the ceiling was as high as a church. The large windows flanking the width of the room were squared off into small proportions, allowing the premature rays of a spring sun to flow through the rainbow-colored walls, making it less intimidating.

THE ELDERLY librarian had soft rose curls and lovely blue eyes that were a welcome sight as she removed her pince-nez in a friendly way when I entered the silent room.

Little did I know this lady would substantially whet my appetite for an education never before thought possible.

I liked her the moment we spoke.

When I mentioned my interest in cooking on a professional level, she replied, "The knowledge you are seeking cannot be found in our library, or any other. We at Cooley are unable to help you."

"BUT THERE is a remarkable person, more than just an ordinary man, who founded and runs a chef's school here in Detroit, in another section of town well into its value of years."



SANDER VANOCUR

"People call him Chef Herman Breithaupt."

I wish that I could remember her name, for setting a confused lad of 16 onto a road of sublime happiness. Thank you, madame librarian of Cooley High 1959.

Notwithstanding the family confrontations about the sudden changing of high school and the two-hour one-way bus ride—because they refused me permission to buy a car—I left my former high school and started for my new world in a strange part of town where people washed their sidewalks with soap and water.

In the midst of all the confusion on the first day of school and the boredom of waiting among a carousel of strange faces, I was becoming frightened.

JUST AS I was beginning to seriously plot an inconspicuous exodus, I saw between the thinning crowds of carnivorous students, a shirt man.

He had on a white jacket, protruded in a cheffike manner around the waist, and his salt and pepper hair was coiffed back austere. He walked toward me. I noticed that he had not changed at all since my interview with him the spring before.

"There is the boy with the million-dollar smile," he said as he took my boyish trembling hand and, in a gentle way, made me feel like a man. I knew then I belonged there.

Often I wonder, had he not come in that very instant what would have become of my life if I had followed through with my programmed escape?

Some kids need that very special handshake and the warming guidance that thousand of Chadsey-trained chefs received from a concerned pioneer of the first cooking school in Michigan, co-founder of the Council on Hotel Restaurants, life member of the Food Service Association, honorary member of

the chefs' 200 Club, honorary member of the American Academy of Chefs, recipient of the Order of the Golden Toga and honorary member of the faculty of the Hotel School, MSU—a dedicated kitchen Adonis, whom we call Father, Herman Breithaupt.

The following is a recipe from his collection:

### POTASSIUM BROTH

2 tablespoons vegetable salt (health food stores)  
3 large carrots, sliced thinly  
3 stalks of celery including the leaves

3 medium white onions diced  
1 small bunch root parsley (flat leaf)  
12 leaves freshly washed spinach  
1 pint canned tomatoes and their juices  
1 clove fresh garlic pressed to a pulp

1 tablespoon of Maggi seasoning  
3 tablespoons sweet butter  
1 box frozen asparagus points or 8 fresh-cut 4-inch long

1 cup canned okra  
In a large soup pot add the first four ingredients. Then add 4 quarts cold water. Bring to a sim-

mer slowly. Let this simmer for 15 minutes. Then add the remaining ingredients and continue to simmer, covered, for an additional 15 minutes or until vegetables are tender.

For additional nutrition, one may add barley that has been cooked separately. Or in the final

cooking process, add natural brown rice or thinly sliced Idaho potatoes unpeeled.

This is a health soup originally concocted by Gaylor Hauser and passed on to Herman Breithaupt during their friendship. (Duglass' column normally appears in the Monday paper)

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