

'Haute cuisine' cook cuts calories, time

By MARGARET MILLER

What comes to mind when someone uses the term "haute cuisine"?

The French chef's ultimate in cooking skill?

The best of ingredients, the most complicated of recipes, the most subtle of flavors?

Rich food and a lot of it, served in many courses?

Hours and hours in the kitchen?

Right on some counts, says Paris-born Madeleine Kamman, who not only cooks in the manner French but teaches how to do it and writes about it.

But not necessarily right on all of them in these days of calorie-counting and faster-paced living, she emphasized in a recent visit to Redford Township.

TO PROVE HER POINT, she prepared an elegant gourmet meal in an hour and a half before a crowd that gathered in the Kitchen Glamour store on Grand River.

But she brought a lot of her secret with her—cooking studies in covered bottles for the lamb and scallops courses she prepared.

"This is 'la cuisine nouvelle,'" said Mrs. Kamman. "You do the food that is just as beautiful, but you do not spend so much time."

"All you need is stock, and all that you need to make fine stock is to boil water. But the quality of food is absolutely not to be compared when you do."

MRS. KAMMAN, who heads Modern Gourmet, an elite cooking school in Boston, and has authored several books on French cooking, chose for

her demonstration three recipes from her yet-to-be-published book, "When Women Cook."

She prepared Selle D'agneau comme a doi de Bretagne (crown roast of lamb), along with Coquilles St. Jacques Normande a l'ancienne (a dish of scallops) and Fraises Printemps, an elegant combination of strawberries and cream.

With these, in a gourmet meal served these days in France, would be a salad course and a cheese tray, Mrs. Kamman said. She didn't include these in her demonstration in the interest of simplification.

Serving both meat and fish courses in an elegant dinner—"that's the French way," this cook said. "Portions are very small, and very rich, and they go with two vegetables," she added.

She also said the strawberry dessert indicates the more modern trend to lighter meals.

"This is cream, very lightly-flavored with pistachio, with strawberries piled on top flavored with a raspberry puree. The French now are eating more of the fruits for dessert—not so many of the rich cakes and eclairs."

THE NEW BOOK on women's cooking in France, Mrs. Kamman said, grows out of her belief that "too much is said about the great chefs of France—not enough about their mothers and grandmothers who have been doing this simple cooking for many generations."

"The recipes I give in this book," she added, "are from the women in my own family. Not that they have written down these recipes, but I have learned from them a great deal that I

know about cooking, and I can remember how a dish tastes and then write down the recipe."

The recipes in her heritage, Mrs. Kamman said, come from all over France, Normandy, Brittany, Touraine, Alsace, Savoy.

TWO EARLIER BOOKS, "The Making of a Cook" and "Dinner against the clock," bear out this cook's philosophy about her art.

"Some people are born cooks," she said. "They look at a refrigerator and start to prepare a meal. They know how to use what they have available."

"For others, the art must be taught, and it can be taught so they can prepare the food as beautiful as the one who is a born cook."

"In my school, I concentrate a great deal on techniques, and then on basic proportions. When you are thoroughly grounded in these, you can cook well without recipes. Although I would like people to buy my books, I really want my students to cook without them."

A BIRMINGHAM COOK who has studied under Mrs. Kamman both in Boston and in France seconded her description of her training.

"She really concentrates on techniques and she has taught me an amazing amount," said Mrs. Geri Rinschler, who helped make arrangements for Mrs. Kamman's visit to Kitchen Glamour.

"And she cooks by far the best food I ever have eaten."

Mrs. Rinschler teaches a cuisine workshop of her own in the Penbrook School in Birmingham under the district's adult education program.

"This kind of cooking really is an art, and Madeleine is the finest artist I know."



Geri Rinschler looks on as French cook Madeleine Kamman prepares crown roast of lamb

Color coding's out

Consider new approach in selecting table wine

By CRAIG REYNOLDS

Almost all wines go with almost all foods.

Now that the basic rule of reds with red meats and whites with poultry and fish has been thrown out and everyone is again swash in the hundreds upon hundreds of available wines, perhaps a more meaningful standard for the selection of table wine can be developed.

Table wine must first be differentiated from beverages served apart from a meal. Appetizers and after-dinner drinks generally stand on their own with hardy, distinct and sometimes dominant characters. Just as a rambunctious guest may disrupt a gathering, so a sherry or a port or any cordial can drown even a robust meal.

This differentiation leaves just a few hundred wines to confuse the casual entertainer.

GREAT ENTERTAINING demands a budget to match; a memorable meal with superior wine easily runs to \$15 a person at home, or astronomical cost at a restaurant. On some occasions the expenditure is warranted, but most of the time, and particularly in these times, simplicity is the usual policy.

This pares the list of choices to a couple hundred wines commonly available in this area, and the fun begins.

There are two types of people: Those who usually prefer red wines and those who tend to whites. The reasons behind these preferences are as obscure as a winemaker's debate. It's simply a fact of life to be lived with, like height and complexion.

The fact also makes the choice of table wine easier. Reds and whites are both serviceable with most dishes. Proselytizing for the other color can be done at a more convenient time, with a more convincing argument dressed in a more commanding, and incidentally, more expensive label.

ACCOMMODATION supplies the key word for casual wine selection. The stuff in the bottle is not meant to be the main course, unless something is very much wrong with the cook or, indeed, with those seated at table.

To enhance rather than complement the meal, choosing wine which supports and assists the dominant food is suggested. If a dinner consists of several courses with several wines, then the standard progression from easy-going appetizers to substantial main course capped by fulfilling dessert should be followed.

In any case, a wine can be selected for wholehearted agreement with the central character of the food. Describe the dish and you've described the wine. Light or rich, delicate, mellow or robust apply to the plate as well as the label.

It would be a disservice to suggest outright a few labels at the expense of neglecting hundreds of others. Half the joy in discovering good wines is exploring the myriad of tastes harvested, pressed and fermented in the great vineyards throughout the world. The other half comes by introducing friends to these discoveries.

SEVERAL METHODS of orderly exploration exist. One might concentrate for a time on wines of a specific region, as a few weeks with Bordeaux, then on to Tuscany, a stay with Portugal and a leap to California. At this point, scribbles could be advised for those who prefer keeping at home and within means.

California as well as New York produces a large number of very good wines with unwavering consistency. While New York's vines are indigenous to the continent, providing distinctively American wines like Catawba, the grapes of the California vines grow from European stalks

grafted to American roots. A quick and cheap introduction to general descriptions of wines is at hand in domestic bottles.

ARMED WITH some vocabulary, the consumer can step into any of this area's wine shops and search out a trustworthy clerk as guide to the adventure of foreign wines.

Trustworthiness shows in a merchant who expresses his own preferences but can lead the buyer to specific labels which will satisfy a specifically described taste. After all, a good salesman wishes to please the customer in order to get more business.

Fast introductions to large selections of wine can be made through tastings parties, occasionally sponsored by large stores or by several universities.

In any case, a notebook is in order to record reactions and preferences.

This becomes a handy reference for future shopping.

AS ENJOYMENT, consumption and knowledge increase, one can ultimately embark on new adventures. The building of a personal wine cellar and perhaps the serving of a great dinner.

Whatever direction is chosen, be it Chateau Latour 1959 with chateaubriand or Passano 1975 with spaghetti, only two things need be kept in mind, your palate and your pocketbook.

Bon appetit

'Godspell'

TRYING TO SAVE the people is Dennis Bailey in his role as Jesus in the U. of D. - Marygrove production of "Godspell." Besides playing the lead role, Bailey also served as assistant choreographer for the production.



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