

Judy Antishin and Barb Dermody

Masters of the culinary arts find joy in sharing

By Lorraine McClish
staff writer

"Bananas won't go soft in a salad if they are thick-sliced."
"Even if you are using teflon pans, butter them for extra flavor when baking bread and muffins."
"Garlic saags when it is fresh. If it bends it's too old to use."
"Try using your prettiest tray instead of a bowl when serving salads. Spread out your bed of greens, then decorate artistically with your tomatoes, rings of onions and green pepper."

The tips are from Judy Antishin and Barb Dermody, masters of the culinary arts who are luring cooks and would-be cooks into Farmington Community Center in increasing numbers for tasting sessions, demonstrations, classes and workshops.

When the two teamed up for their fourth annual Easter brunch, the gourmets followed their tried and true format of showing how it's done with running commentary. They followed this up by directing the serving for the guests, then passing out take-home recipes.

"That they chose to serve an international brunch this time around was in keeping with their travels and their studies.

In Antishin's words, "I don't think there's a spot on earth that one or the other of us hasn't picked up a recipe from."

NEITHER OF the cooks have secrets, nor secret recipes. And they both say as if in one voice, they are eager to share what they know.
"I pass out recipes freely," Ms. An-

From Barb Dermody's kitchen

Barb Dermody calls frittata "the Italians' answer to getting rid of the leftovers."
"As most of her recipes, it is a basic top, or one that is to be used as a guide with the cook using his or her imagination, or in this case, the leftovers.

FRITTATA
Shredded ham slices (or sausage)
2 Tbsp. butter or margarine
1/2 cup vegetables (of your choice)
1/2 cup cooked rice (or noodles, macaroni or spaghetti)
1/2 lb. sliced mushrooms (if desired)
1 medium onion, chopped
6 eggs



Barb Dermody whips up batch after batch of frittata, the Italian main course served for the Easter Brunch. The creative ways offered in the prepara-

tion said, "because I seldom use a recipe twice and never in a class or workshop or demonstration. I'm always looking for that something new."
"Most of my recipes are basics so students can experiment on their own," Dermody said. "My goal is creating the incentive to cook. Passing out recipes is secondary. It's the get-up-and-go that's important."

Dermody gives classes for men only, classes for children and one called "What's New in Cooking."
Her offerings in the demonstration department this spring are "Party Entertaining," which emphasizes creative display of food, and "It Hasta be Pasta" which tells how to make pasta at home without a machine.

Antishin will stick to her demonstrations this season, with a gourmet dinner, a lunch of "super salads" and a gourmet luncheon.

Antishin's "Easy and Elegant" appetizers is a standing favorite that has had to be repeated several times during a season to accommodate the overflow of those who wanted reservations.

And in June she adds a newcomer to the center's roster, "Buffet Entertaining," that emphasizes, she says, "exquisite entertaining meals for parties of all sizes."

WHEN Dermody was growing up, the responsibility of cooking the family meals fell to her, but she never thought of it as a chore.

She lists that early experience with her work as a secondary school teacher and extensive travel with her husband and children. Then she says, "Put them all together and voila, a cooking teacher."

Because she thinks of herself primarily as a teacher, she says, "The idea is to share with the people who come to my class. I pick up great ideas and suggestions from them the same as I pick up recipes and cook books in the travel. How can a teacher have secrets?"

Her travels have been throughout the U.S., Canada, Europe and North Africa, where the interest and love for the ethnic and gourmet cooking grew and continues to grow.

Whenever possible, students in her

1/2 cup Parmesan cheese
1 clove garlic, minced (if desired)
1/2 tsp. dried basil
1/4 tsp. dried marjoram
salt and pepper to taste
1/2 cup grated mozzarella cheese

Melt butter or margarine in a skillet. Add vegetables, mushrooms and onions. Sauté until onion is transparent. Remove from heat. Add rice (leftovers from the Chinese take-out restaurant will do fine).

Preheat oven to 350 degrees. Butter a 9-inch pie plate.
Combine eggs, cheese and seasonings. Stir in vegetable mixture. Turn



tion of frittata are the hallmark of her cooking philosophy. Spring salad, served Mediterranean style for the center's



Judy Antishin gets help in the kitchen from many of the staff in Farmington Community Center but prefers to do much of the garnishing herself. Spring salad, served Mediterranean style for the center's

classes will get the historical and regional explanations for the cooking methods she teaches but making the class a fun experience is foremost.

"There are just not that many original recipes in the world," she says. "Just one tablespoon of something else; just one layer of cheese on top; just one new ingredient in a meatloaf and it's your very own."

"Take a pie crust and see how many combinations you can put into it," she suggests.

"A recipe is only a beginning. Be creative. Go home and do."

ANTISHIN thinks she was destined to be a gourmet cook.
She was born into an Irish family and remembers visits to a family farm as

one of her favorite childhood memories.
She also remembers "following my sense of smell into all the Italian and Polish kitchens in our neighborhood." From this, even at age 10 she was quite versed and sophisticated in discussing fish, fowl, meats and wines.

Marrying a Slovak added another dimension to her ethnic lore which kept growing as she and her husband traveled throughout the U.S., parts of Central and South America and most of the island nations.

Her formal study has come mostly from private or semiprivate sessions with renowned chefs and gourmets who were specialists in Chinese, French, Italian cooking and Novelle Cuisine.

She began teaching in 1968 "just to help raise funds for the center," she said, when her appetizers class became an instant success.

The format she used of demonstrating, giving tasting samples and passing out recipes has since made her a sought-out lecturer-demonstrator throughout the metropolitan area. It was also the starting point for invitations that have come which has made her a contributor to several widely distributed cookbooks.

BOTH WOMEN feel that if they transmit but one good idea to a student they feel a sense of success.

"If I give a special recipe, a shopping hint, cooking hint or shortcut, I've shared my joy of cooking," Antishin said.
Dermody adds that "beauty, elegance, balance and color are all as important as taste."

Inquiries and reservations for Dermody's and Antishin's sessions at Farmington Community Center's spring roster will be taken by calling the center, 477-8404.

From Judy Antishin's kitchen

Many of Judy Antishin's recipes contain wine or liqueurs.

She suggests that the cook use the type of wine or liqueur that is made in the same region as from where the recipe stems if at all possible.

She never uses cooking wine. "For the few cents more that a good light wine costs, it is worth it," she says. "But be sure the wine is a light one for cooking."

The recipe she gave out for sangria during the International Easter Brunch came from England. The recipe for baked apples came from Asturias, a province of northern Spain that is noted for its eating and cooking apples. Anise also comes from this province.

Staff photos by Randy Borst



Baked apples get their sprinkling of white wine from Ruby Raymond, who assisted in the kitchen for the international brunch. At her left is Judy Antishin's English-style sangria, and at her right, Barb Dermody's miniature loaves of baked bread filled with parsley, chives and thyme.

SANGRIA
1 bottle red wine
3 Tbsp. sugar
1 glass brandy
Juice of two lemons
1 10-oz. bottle of lemon-lime carbonated soda.
Bananas, apples, oranges

Slice bananas, apples and oranges into chunky pieces. Blend wine, sugar, brandy and lemon juice and pour over the fruit.
Mix at least two hours before serving. Add carbonated drink last. Serve very cold.

MANZANAS ASADAS
(baked apples)
4 large cooking apples of uniform size
1/2 cup sugar
1/4 cup butter
1/2 cup sweet white wine
2 egg whites
few drops anise
2 Tbsp. apricot jam

Wash and core apples. Place in buttered shallow baking dish. Sprinkle with sugar and add a pat of butter to each center of the apple. Pour wine over the apples and bake 350 degrees for 10 minutes.
Beat egg white and sugar. Add anise drop by drop until stiff peaks form. Take apples from oven and spread on jam. Top each apple with egg white. Sprinkle with more sugar and put back in oven for 10 minutes until the apples are tender and meringue is golden.