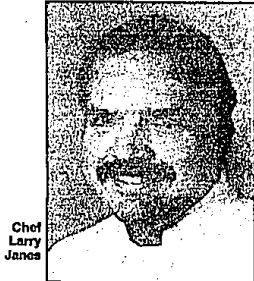


taste buds



Chef Larry Janes

Hot drinks hit the spot after winter day

Anytime of the year is a good time for a well mixed drink, but wintertime is particularly good for a well mixed hot drink.

Now we're not Hot Oatmeal here folks. Let's refer to these concoctions as apres-ski drinks that are sure to warm the heart as well as the soul. Of course, these drinks are not limited to the likes of Jean-Claude Killy and Suzie Chaffee (Olympic skiers). Let it be known that these drinks were enjoyed by the sedentary couch potato as well as the winter sportsman in our family.

A close relative who acknowledges the fact that she was not born with a spatula and whisk in her hand found these recipes delectable and easy to prepare. (This was after reminding her that if one can manage day after day to blend satisfactory amounts of cream and sugar into the morning coffee, one can manage these recipes.)

When preparing warm potables, be sure to measure all ingredients carefully. Try not to imitate those free pouring bartenders who trust the flick of a wrist and the tip in their pocket.

The subtle blend of flavors that make a warm mixed drink memorable results from a precise combination of ingredients. Use standard measures like teaspoons and jiggers, ounces, cups or liters. When multiplying quantities for party drinking, try and be as mathematically accurate as possible.

For the best in concoctions, use the very freshest of ingredients. A freshly squeezed orange will have triple the effect and taste from a quart of pre-concentrated flavored water that was sitting in your freezer for one month.

The surviving half jug of wine left over from the holidays will not have the flavor and kick of a just opened bottle! Unless a recipe advises to the contrary, don't slice fruit until just before serving. Oxidation will detract from the taste you so painstakingly tried to achieve!

You don't have to use premium wines and liquors because blending overpowers the subtleties that give premium brands their characteristic qualities.

Serve the drink in a suitable glass, cup or mug and be sure that it is sparkling clean, free from any soap or dishwasher residue. A preheated cup is a real treat. If you have a microwave and microwaveable cups, wrap them in a damp bath towel and place in a microwave on high power for 1 minute. Watch out the towel will be hot!

Let's face it folks, a hot sangria just doesn't make it in a plastic Care Bears' mug.

Heat your ingredients very carefully. Slow heating will give your flavors time to marry, but boiling will drive away the flavor and will leave a "burnt" aftertaste. Boiling also causes the alcohol to evaporate; the result being a punchless punch! Ah, W.C. Fields would have been proud! A word to the wise, after imbibing, stay off the roads and slopes. Drinking and driving don't mix.

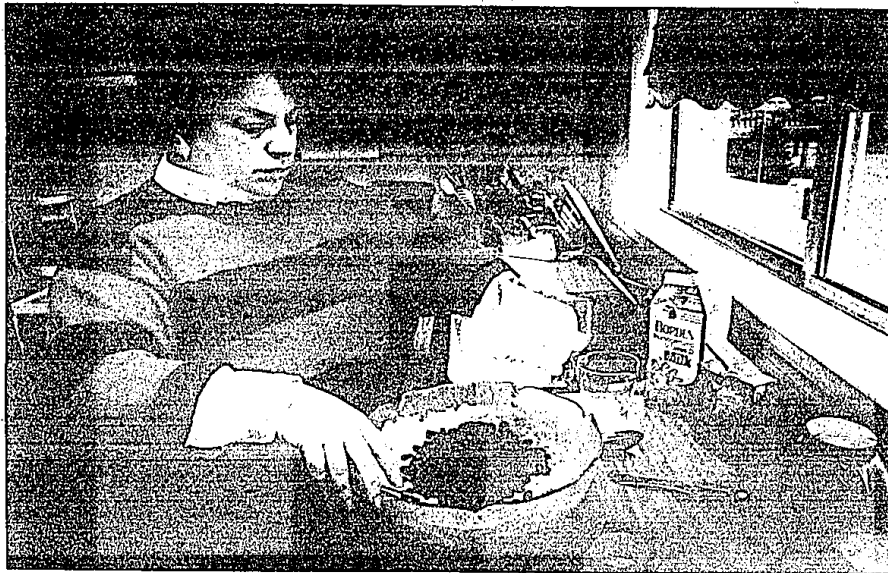
GLUHWINE

Bavarian tradition had this wine being made in a crock and then, just before serving, a red-hot poker would be inserted into the mixture. The poker, in addition to heating the wine, made it luminous, thus the name Gluhwein or "glowing wine." If you don't have a poker, heat slowly in a saucepan or over a candle.

1 quart red, white or rose wine
1/4 cup sugar
1/4 tsp. cinnamon
1/4 tsp. allspice
1/4 tsp. cloves
1/2 tsp. freshly grated nutmeg

Combine all ingredients in a saucepan and heat gently. Stir until sugar dissolves. Serve in preheated mugs.

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Baking muffins is easy, says Pam Salba. The Farmington Hills woman has made her hobby into a successful business.

photo by RANDY BOORST/staff photographer

Modern muffins: blueberries plus

By Sharon Dargay
Staff writer

Pumpkin... chocolate chocolate chip... capuchino chip...

"Muffins are as American as apple pie. You can dress them up or dress them down — it depends on what your family wants."

Succini... blueberry bran... rhubarb strudel...

"You can serve them with jam, or butter, or anything or by themselves. You can pick them up and go. They're a meal. They're breakfast. You can put them in a lunch box."

Cheddar cheese... applesauce...

"They're not iced. They're not sweet. They freeze beautifully, so you can make a batch and not eat them all."

Peanut butter... cranberry not...

"We have the basic muffin recipe and then throw in whatever you'd like."

It doesn't take much prompting to get Pam Salba started on her favorite breakfast-snack-dessert-hors d'oeuvres food.

The Farmington Hills woman, who bakes several dozen muffins for restaurants in Wayne and Oakland counties every week, could give a whole new meaning to the phrase "thirty-one flavors."

And if Salba hasn't convinced you to grease up those muffin tins by now, you're probably

the kind of cook who uses a recipe to boil water. But take heart. Muffins are eccosay to make.

"ANYONE CAN" make a muffin. If you want something to make with your kids that doesn't take two hours — like cookies, rolling and pressing them out — make a batch of muffins. You can pick up muffin recipes anywhere.

And muffins are popping up everywhere — from lunch counters to restaurants to doughnut stores.

At Richards & Reiss, a Birmingham deli that caters to the breakfast and lunch crowd, muffins outsell filled croissants.

Manager Colleen Houlihan says muffins, a kind of portable quick bread, sell well because "they're self-contained and not sticky."

Lois Thieleke, home economist for Oakland County Cooperative Extension adds that muffins have become the fashionable way for nutrition-conscious eaters to include fibre in their diets.

"Croissants are 80 percent fat. Muffins have less fat and sugar than other things. That's one reason why we're going back to muffins. You don't want to put wheat germ on

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photo by RANDY BOORST/staff photographer

Today's muffins are no longer restricted to blueberry. Ranging from chocolate chip to cheese, they can be eaten as a snack or a meal.

Detroit offers master chef's program

By Wayne Peel
Staff writer

Chef Jeffrey Baldwin of Detroit's elegant Whitney Restaurant doesn't mind if people look over his shoulders while he's preparing a house specialty.

For the time being, he's encouraging it.

Baldwin is one of several Detroit-area chefs opening their kitchens to onlookers during a "Grand Master Chefs of Detroit" program sponsored by the San Francisco-based Grand Master Chefs of America.

For a fee slightly greater than dinner for two at their restaurants, Baldwin and five other local chefs will show students a delicacy or two they can whip up at home.

Mary Mandich and Elwin Greenwald of Van Dyke Place at The Whitney, Milos Chelka of The Golden Mushroom, Keith Famie of Chez Rafael and The Money Tree's Edward Janos are also scheduled to participate.

Baldwin said he doesn't mind unveiling some of his culinary tricks. "I don't mind showing them my secrets," he said. "I would hope they could reproduce a meal like this at home." (For starters, Baldwin offered the recipes reproduced below.)

Students will learn how to prepare main courses ranging from baked salmon trout to marinated shrimp and chicken breast and dessert delicacies ranging from Michigan apple bake to chocolate hot dog with almond pastry fries and raspberry sauce.

Similar classes have been offered

in Boston, Chicago, Los Angeles, New York and San Francisco.

While it doesn't yet share those cities' reputation as culinary centers, chefs say Detroit's reputation is on the upswing.

"I would say Detroit palates are becoming better educated," Mandich said.

Added Greenwald: "We're doing things now that we couldn't have gotten away with in the past."

Detroit's master chefs are comparatively young.

Baldwin and Greenwald are in their late 20s, Mandich in her early 30s.

Many grew up in the Detroit area.

Baldwin, an Orchard Lake native, became the first chef at Van Dyke Place in 1981 and is also the Whitney's first chef.

Greenwald, a Detroit native studied and worked in France and Switzerland before returning to the Detroit area last year.

Mandich, also a Detroit native, is a self-taught chef who formerly worked at The Money Tree.

Famie, European-trained, served his apprenticeship with Chef Duglass at the Great Dane in Farmington Hills.

Chelka has twice won gold medals at the World Culinary Olympics, including a "gold medal with distinction" for a perfect score. He has been executive chef at The Golden Mushroom since 1976.

Janos, served at the Detroit Plaza Hotel, London Chop House, Lochmoor Country Club and Village Club since.

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photo by ART EMANUELLE/staff photographer

Chef Jeffrey Baldwin displays an example of some of the dishes to be taught at Detroit's Grand Master

Chef cooking program. Baldwin is the executive chef at The Whitney and an Orchard Lake resident.