

Culinary salon starts Sunday

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William D. Ford Vocational Technology Center in Westland, as well as chefs from Southfield, Livonia, Plymouth, Bloomfield Hills, Birmingham, Farmington Hills and Troy will participate in this year's event.

A culinary salon is a competition for chefs where food is artfully displayed and judged for its creativity, appearance and the skill involved in making it. Sponsored by the Michigan Restaurant Association and the

Michigan Chefs de Cuisine Association, the Hospitality Industry Culinary Art Salon is the largest and most prestigious culinary competition in the Midwest. The food displayed is made of edible products, the culinary art is meant to be viewed, not eaten. Visiting a culinary salon competition is comparable to visiting an art gallery, only the medium is food instead of paint and canvas. As a preservative, a clear acrylic gelatin is applied in layers to many of the exhibits, sealing them from the air and

preventing discoloration.

MORE THAN 10,000 people are expected during the two-day exhibition. Carved ice and tallow centerpieces, decorated cakes, hams, fish and other food items were popular attractions for the public last year.

Entries in the student salon will compete for prestigious Angie awards, the "Oscar" of the event. The salon also provides an opportunity for students of the culinary arts to display their talents to many members of the Michigan food-ser-

vice industry, who will view the exhibits.

Professional chefs compete in an American Culinary Federation approved salon, judged separately from the students. In addition to vying for gold, silver and bronze medals, they receive points that go toward recognized chef certification.

The culinary salon will be held in Cobo Conference Center B and is open to the public. Winners of the Angie awards and the Culinary Federation medals will be announced Sunday.

Breakfast recipes that are easy and fast

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ing. Serves 6-8. (Note: Pie may be baked day before and reheated in conventional or microwave oven.)

BACON PINWHEELS

12 slices white bread, crusts removed
6 oz. cream cheese with chives
1/4 lb. bacon

Preheat oven to 350°. Spread bread slices with cream cheese, thinning with a little milk if necessary. Roll bread slices into rolls, wrapping each with a slice of bacon. Skewer with toothpick and cut into bite-size pieces. Bake 15 minutes or until bacon is crisp, turning often. Yields 24 pieces (May be prepared in advance for baking).

*Recipe courtesy of "The Book of

Great Breakfasts and Brunches" by Terence Americo, 1983, CSI Publishing Company, Inc.

MOCK EGGS BENEDICT

4 poached eggs
2 english muffins
1 can (2 1/2 oz.) deviled ham

MUSHROOM SAUCE

1 can (10 oz.) condensed cream of mushroom soup
1 can (3 oz.) drained mushroom pieces
1 tsp. sherry

Spread cut sides of muffins with deviled ham. Broil 3-4 minutes. Remove from broiler and top with eggs. Cover with hot mushroom sauce. Serve immediately. Makes 4 servings.

The 'art' of cooking

Area students prepare for upcoming food show

For those of us involved in the culinary arts world, both professionals and students alike, the beginning of spring in the Detroit area means thinking about food day and night in conjunction with the 14th annual Culinary Arts Salon at Cobo Hall.

Although most professionals are up to their elbows in food every day, while students prepare food by day and study food by night, food shows give everyone a chance to show off their creative ingenuity. These beautiful, painstaking displays are an education for everyone.

Although your attention will be focused on the Saturday, March 28, 8 p.m. deadline for all culinary entries, planning for the show begins many months in advance.

As the chef/instructor for the grade 7-12 class for cold buffet work at Washtenaw Community College in Ann Arbor, I began showing pictures of past food shows and talking about the different types of displays when the semester began in January. By February, I was able to interest four students into taking the culinary challenge. More than 50 students from Oakland Community College also will participate in the salon.

Students will exhibit in several different categories, including hors d'oeuvres and the classical category of galantine, mousses or pate. One student plans to show off a salt

dough figurine of a bride and groom on a platter with various canapes and tea sandwiches, while another will do a Japanese presentation of sushi and seafood. A baked seafood pate and a chicken galantine platter will be the centerpiece. These beautiful displays are planned by other students.

These and all other student categories, as well as professional categories, have been set up by the American Culinary Federation, the national association of cooks and chefs in the United States. The Culinary Art Salon at Cobo Hall is an approved ACF show and all judging is done in accordance with ACF guidelines.

As in the preparation for any competition, a lot of time is spent thinking — thinking about which category to enter, thinking about whether a specific display will fit the chosen category, thinking about garnishes, thinking about centerpieces, etc. My students are no different and every class day they will continue to think about different designs, different garnishes, even different categories after the registration deadline.

To help them narrow down their choices and visualize their display patterns, I had them measure their mirrors and then transfer their measurements to a large piece of paper. Next, they were asked to cut out pieces of construction paper that

Benita Wong is a certified working chef and the catering chef/manager at Oakland Community College in Farmington Hills. She is a graduate of the Culinary Institute of America, has a master's degree in Asian studies and a bachelor's degree in journalism. She also teaches culinary arts classes at Washtenaw Community College.



would approximate the size and shape of the items they would be making and to arrange and rearrange them on the large paper.

The week before the food show is to be spent making samples of everything they plan to exhibit, so they and I will agree on color, texture, size and compatibility with other items on the tray. The week of the food show, many hours will be spent after school making many of their food items so they can choose the best-looking ones for display. Of

course, I tell them, they are not home free until everything has survived the trip to Cobo Hall and has then been set up! Many a perfect display has been crushed or smashed enroute to a food show.

On Sunday, March 29, I hope that the students, along with their classmates will want to return to Cobo Hall for the awards ceremony and talk with the judges so they may understand why they received a certain score. This is one grade I won't be responsible for giving.

Relax yourself with a soothing tea break

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RICE TEA

cup where it has been known to predict the future.

God forbid, but if you MUST use tea bags, please do NOT squeeze the bag after steeping. Harsh tannins and acids are released by squeezing and can adversely affect the quality of tea.

So if your day is harried and you have been on the go, block off about 20 minutes for "high tea," preferably around 2 p.m. for a refreshing few minutes of pure solitude and enjoyment.

Wash and dry 1 cup of rice. In a heavy skillet over low heat, toast the rice grains till golden, stirring occasionally. Remove from heat, cool and store in an airtight container. To make a pot of tea, add 1 tsp. of the rice to 3 cups of boiling water and allow to steep for 10 minutes. Refreshing!

TEAHOUSE ORANGE TEA SOUP

2 quarts fresh orange juice
2 tsp. tea
1/2 tsp. ground cloves

Dash ginger, nutmeg and mace
1 whole cinnamon stick
2 tbsp. unflavored gelatin
1/4 cup cold water
2 cups pineapple juice
2 cups good sherry
2 cups mandarin orange segments

Bring to a boil 1 pint of orange juice; add tea and spices and simmer 15' minutes. Strain to remove tea leaves and allow to stand for 45 minutes before removing cinnamon stick. Soak gelatin in cold water; add to hot orange juice. Combine remaining ingredients and place in a glass or stainless steel container. Cover and refrigerate overnight.

FRIENDSHIP TEA

1 cup Tang (or orange flavored powdered breakfast drink)
1/2 envelope presweetened lemonade mix (Koolaid)
1 cup sugar
1/2 cup instant tea
1 tsp. ground cloves
1/4 tsp. ground allspice
1 tsp. cinnamon

Mix well and store in airtight container. Use 2 tsp. per cup of hot water.

MOROCCAN TEA

2 tsp. black tea
1/2 cup sugar
1 cup fresh spearmint leaves

Place all ingredients into a preheated teapot. Fill with hot water and allow to steep for 3 minutes. Stir gently but not too much.

Chief Larry James is a Michigan native and Livonia resident. A food enthusiast, he has worked at several area restaurants and is a graduate of the culinary arts program at Schoolcraft College.

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