

# Recipe for a chef includes culinary school

Continued from Page 1

their own, he said. "And it's getting more so as the years go by."

However, it is not yet to the point that European students regularly pursue culinary arts training in the U.S., he said.

In culinary competition, in fact, American food is proving to be 'haute stuff,' according to Zemke.

"The way it's been working now in the medal competition, in Europe, the Americans are winning," he said.

"In the culinary competition in Frankfurt, West Germany, the Americans won the medals last year," in two of three different areas. "We've been slowly moving up."

Brethaupt noted that the chefs profession itself has upgraded its image, with the in-

crease in certified and trained chefs.

"We've been working hard at that — by 'we' I mean the American Culinary Federation, the chefs' associations, — to get the image of the professional cook where it should be."

THE SCHOOLCRAFT culinary arts program is one of the first in the metropolitan Detroit area. It was opened by Brethaupt, who is retiring this year, in 1966. There is full enrollment, with a six-year waiting list of students.

Like OCC, Schoolcraft offers a two-year, four-semester program leading to an associate degree of applied science. Schoolcraft also offers a certificate of culinary proficiency.

And last year, based on a needs study, the

school started a two-year associates degree program in culinary management.

OCC started its culinary arts program in 1973. It now has the larger program, accommodating more students, and employing ten instructors to Schoolcraft's six.

Programs are also offered in food service management, and hotel/motel management.

AT BOTH SCHOOLS, students spend a large amount of time on "hands on" training in all aspects of food preparation, during which time students supplement theory of the hospitality industry with practical work experience.

At Schoolcraft, students operate the school's 'La Gastronomique' dining room, and prepare the food for all of the food ser-

vice handled at the college. They handle all the steps in the operation, from preparing the food to serving it to restaurant patrons.

Conditions in the industry are simulated, so the standard menu in the Schoolcraft cafeteria resembles that of a restaurant, with dishes such as Tenderloin a la Maiton, and assorted pastry cart desserts.

At OCC, students also prepare and serve the food for the college's dining room, the Ridgewood Cafe. However, a different menu is featured every day of the month. Recently, a selection of five daily entrees included Flounder Printaniere and Pork Cordon Bleu.

At OCC, students are also required to enter culinary arts competition at Cobo Hall every year; and students have the opportunity to be a chef's apprentice, under the supervision of an American Culinary Federation

Chef member.

Graduates do not have to worry about finding a job. Both schools say there are more jobs than people to fill them.

"Just go up and down the street and count how many restaurants there are," said Zemke. He adds that "you have the range from potwasher to manager - you don't have that in the trades."

"We put people out of school here and some are brilliant, and some average... but they all find jobs."

Ken Grant, 27, is a Schoolcraft student and aspiring pastry chef from Petoskey. While he was earning "good money" after working for many years at a restaurant up north, he said he believes the schooling will provide him with more knowledge and opportunity.

# Cook runs healthy business

Continued from Page 1

HINDA AND Joseph Brody of West Bloomfield also use Rymal's service.

"I just tell her to go ahead and plan the meals for me," Hinda Brody said. "It takes her a half hour to go shopping and plan the menus. She knows a lot better than I do."

"When you get somebody who knows how to cook they can do a

week's worth in four hours. Kathy can follow a recipe in seconds. It takes me all day."

Brody said she and her husband, who are 51 and 55, respectively, are following the Fatkin diet. For six months she tried to cook the meals herself but met with frustration and a tendency to cheat on the diet because the meals were bland and boring.

"I watch Kathy but I haven't learned a darn thing because I don't want to," she said. "If I didn't have my I'd have to do the cooking myself. I'd have no choice, but I would never get the flavor she does."

RYMAL, WHO is self-taught, charges \$20 per hour, plus food costs if she does the shopping. Food costs, she said, are fairly low, averaging

\$15 to \$30 per week, because of the type of unprepared food she buys.

"People are much more aware of health and exercise today and many have a more disposable income," she said. "I'm satisfied at being able to provide a valuable service for people."

"I feel really good about providing a whole, healthy meal for people, having the chance to be creative and make a living at it."

# Judging eateries up to individual

Continued from Page 1

Pasta is another item that frequently rates a "homemade" sign on the menu. Yes, "homemade" by this noodle factory just outside of town that produces three tons per week. I look for tell-tale signs of "convenience food" listings. Things like Chicken Cordon Bleu, stuffed flounder and "wing dings" are a sure sign of foods that are bought packaged, processed and ready to easily throw into a tub of old grease and "cooked till golden."

It's amazing what some people will settle for. Last but not least, if

the operation has a liquor license, I "check out" the wine list. Most good restaurants have adequate wine lists but it really frosts my glasses when a wine list in a "good" restaurant offers nothing or few choices in a modest price range. If I'm paying \$300 for a dinner, I might opt to order a \$60 bottle of wine but a meal at \$14 can be enjoyed with a \$10 bottle as well.

Getting back to a pet peeve about alcohol pricing, if your restaurateur is charging more than double the retail value for a wine, it's a sure rip-off. Remember folks, these guys are buying at wholesale.

# Prosciutto gets USDA approval stamp

AP — A certain type of uncooked Italian ham has been approved for import into the United States, the Agriculture Department said recently.

The meat, Parma ham or prosciutto, was previously denied entry because of the possibility of introducing foreign animal diseases, officials said. But an Italian consortium of Parma ham producers has developed processing procedures strict

enough to prevent the entry of such diseases.

Karen Darling, deputy assistant secretary for marketing and inspection services, said the procedures were tested by "USDA scientists and it was found that 'the hams cannot introduce any of the diseases that concern us.'"

Federal rules require that individual processing plants first be inspected and approved by the USDA

before beginning to process uncooked ham for export to the United States. The minimum processing and curing time for prosciutto entering

the U.S. market is 400 days.

The decision was effective immediately, she said.

**MID-WEEK SPECIAL - Save 30% on**



- Families
- Children
- Mom 'n Baby
- Couples
- College Grads
- Communion
- Confirmations
- Glamour
- Pets

Savings apply when photographed on a Tuesday, Wednesday or Thursday before 5:30 p.m.

**focal point**

Call for a brochure 478-1113  
Offer expires June 18, 1987  
33317 Grand River • Downtown Farmington • Est. 1973

**This Week's Specials**  
April 25, 1987

**Chicken Pot Pies**  
4 for \$3.25

**Pasties!** Tues. & Wed.  
Beef, Chicken or Pizza  
Only \$2.35 for 3 (Reg. \$2.65)

**Ackroyd's**  
SCOTTISH BAKEHOUSE  
REDFORD BIRMINGHAM  
27546 Five Mile Road 300 Hamilton Row  
532-1181 545-5375

**25% OFF HEARTWORM TESTING OR VACCINATIONS WITH A PROFESSIONAL GROOMING BY CHERLY**  
Offer good thru April 30, 1987

**WEST BLOOMFIELD VETERINARY HOSPITAL**  
2870 Orchard Lake Road  
Between Middlebelt & Cass  
Keego Harbor



J. Watkins, D.V.M.  
A. Byron, D.V.M.  
H.D. Ullmer, D.V.M.  
681-6030

**ORCHARD RIDGE FARM MARKET**  
12 MILE AT FARMINGTON RD. IN THE CROWLEY CENTER 553-3470

California HEAD LETTUCE 49¢ HEAD

California CARROTS 69¢ 3 LB. BAG

California STRAWBERRIES 79¢ LB.

Sized Idaho POTATOES 28¢ LB.

Washed SPINACH 69¢ 10 OZ. PKG.

Fresh GREEN CABBAGE 19¢ LB.

Fresh ALFALFA SPROUTS 49¢ Pkg.

**THE HIGHEST QUALITY PRODUCE**

Prices Subject to Change Due to Availability

Dairy Fresh MOZZARELLA CHEESE \$1.79 LB. CHUNK STYLE

Hoffman HARD SALAMI \$3.19 LB. SLICED

Dairy Fresh COLBY LONGHORN-CHEESE \$1.59 LB. CHUNK STYLE

Borden's Elite ICE CREAM \$1.99 1/2 GAL.

Country Pride COTTAGE CHEESE 99¢ 24 OZ.

**Always the BEST for Less!!**  
WE HAVE THE RIGHT TO LIMIT QUANTITY  
SALE ENDS APRIL 25th

**GROCERY**

- NORTHERN BATHROOM TISSUE 4 roll pk. 99¢
- HEINZ KETCHUP Squeeze Bottle 1.69 28 oz.
- KRAFT MAYONNAISE 1.39 32 oz. jar
- 1/2% LOFAT MILK Plastic Gallon 1.49
- 7-UP 12 pk. cans, reg. or diet 2.99
- LENDER'S FROZEN BAGELS 69¢ 6 pk.
- MINUTEMAID FROZEN LEMONADE (pink or white) 69¢ 12 oz. can
- CHAMBOARD JELLY Imported from France 2.99 asst. flavors 13 oz.
- KELLOGG'S CORN FLAKES 1.39 18 oz. box
- COLOMBO YOGURT asst. flavors 2/1.00 8 oz.
- BALL PARK HOT DOGS 1.39 1 lb. pk.
- ROUND HILL CABERNET SAUVIGNON, FUME BLANC, CHARDONNAY 1.89 1.5 ll.

**MEAT**

- U.S.D.A. Prime GROUND ROUND 1.79 lb.
- Market Square's Own STUFFED PORK CHOPS 1.99 lb.
- Market Square's Own HOMEMADE ITALIAN SAUSAGE 1.79 lb.
- REMEMBER EVERY SATURDAY Whole Prime N.Y. STRIPS 3.39 lb.

**DELI**

- OSCAR MAYER COTTO SALAMI 2.99 lb.
- MUENSTER CHEESE Chunk or sliced to order 1.99 lb.
- Market Square's Own FRESH CHICKEN SALAD 3.99 lb.

**PRODUCE**

- CHIQUITA BANANAS 1.00 4 lbs.
- GREEN ONIONS 5/1.00
- CALIFORNIA ORANGES 12/99¢ 10' ea.

Prices Good April 20-April 26

**Market Square**  
of Birmingham  
1964 SOUTHFIELD • CORNER OF 14 MILE & SOUTHFIELD  
644-4641  
WINE & LIQUOR • GOURMET DELI • PRIME MEATS

HOURS: Mon. - Sat. 9-10 • Sun. 10-6