

### taste buds

chef Larry Janes



## A letter about broccoli

An open letter to the President of the United States.

Dear Mr. President: As a food writer and avid "foodie," it is with a very heavy heart that I write to you today regarding your recent banning of broccoli on Air Force One.

Are you aware, sir, that some children think that the edible parts of broccoli (the flowering heads and stalk) resemble miniature trees. Apparently, the ancient Romans thought similarly because the name broccoli is derived from the Latin word "brachium," which means arm or branch. I can only hope that when you were discussing arms reductions, you were not referring to the third most popular vegetable in the world.

I am sure our allies in Europe would be disappointed knowing your feelings toward this vegetable, especially because broccoli developed from wild cabbage that was native to coastal Europe and then spread faster than glint-nost through the Near East and the Orient. In the 17th century, broccoli was labeled Italian asparagus, and it was the Italian immigrants who began planting the seeds of this luscious vegetable in the United States and helped popularize it here. If the Italians can do this for broccoli, imagine the clout they can carry at election time.

Spurning the basis for Big Boy's best cream-based soup, by banning broccoli, you have relegated millions of American dieters to rely solely on carrots and carrots on their relish trays. That alone is bad enough, but what about the millions of raddichio-and-sushi-eating Californians who grow and harvest more than 95 percent of the total U.S. production of broccoli?

DID YOU EVER stop to think that the planting of broccoli is a science in itself because its planting must be timed so that the vegetable will be ready for harvesting during cool weather? I would imagine your vegetable-headed chiefs-of-staff would have informed you that high temperatures are likely to spoil the crop by hastening the ripening and opening of the flowering heads.

This means that the early spring crop, which has already been planted for harvesting in mid-May, will probably end up as government surplus, frozen into rectangular-boxed shapes and buried in some underground deep-freeze till someone offers a pardon and lifts the ban on broccoli.

Although you have probably made millions of young children gloriously happy with the broccoli ban, I can only hope that the press corps will soon announce that you have replaced broccoli with something as nutritious, like spinach. I mean, do you think Mrs. Bush gets all that energy to swim laps in the White House pool by eating Twinkies?

Broccoli is loaded with calcium, phosphorus, potassium, vitamins A and C. As a matter of fact, one cup of cooked broccoli offers more Vitamin C than two oranges. I hasten to think what our new surgeon general would say if he knew that broccoli is rich in bioflavonoids which act along with Vitamin C to strengthen small blood vessels (capillaries) against breaking.

So please, Mr. President, reconsider your recent ban on broccoli.

On behalf of all of the soups, casseroles and stir-frys waiting to be adorned with the flowering vegetable, I wish you peace. For our sake, we can only hope you don't feel the same way about hot fudge sundaes.

Sincerely, Chef Larry Janes

See recipes, Page 2B.



JIM RIDER/staff photographer

Nick Malgieri demonstrated both French and Italian pastries recently at Kitchens Glamor at the Great Oaks Mall in Rochester Hills. He's known as a "teacher's teacher" because of his pastry-making skills.

## Pastry expertise

By Gail Rinchler special writer

IF THE NAME Nick Malgieri isn't familiar to you, just wait. It will be soon.

Formerly executive pastry chef at New York's Windows on the World restaurant, Malgieri is now pastry chef at Peter Kump's, New York Cooking School. This veteran New Yorker grew up in Newark, N.J. He is a graduate of the Culinary Institute of America, who also developed the baking curriculum for the New York Restaurant School.

He teaches classes across the country and has gained a reputation as the teacher's teacher. In the last two years, he authored two cookbooks, "Nick Malgieri's Perfect Pastries," Macmillan Publishing Co., 1989, and "Great Italian Desserts," to be published by Little, Brown & Co., autumn 1990.

He made a recent visit to Kitchens Glamor at Great Oaks Mall in Rochester Hills, where 20 students were fortunate enough to spend three evenings watching this master pastry chef teach his art.

It's not an everyday occurrence that a pastry chef of this caliber comes to town. Consequently, the Kitchens Glamor demonstration kitchen was filled to capacity with professional bakers, cooks, pastry chefs and nonprofessional bakers from all around Detroit.

Students like Ann Malberg of Southfield have attended all Malgieri's classes since he first began teaching at Kitchens Glamor a year and a half ago. She loves his classes because, "He explains well and teaches techniques that work well." Weber's Inn pastry chef Laurie Jorastad agrees. "His lectures are very clear, easy to understand and filled with lots of helpful hints," she said. Jorastad tried to enroll in his

classes last year, but they always booked up early.

DURING MALGIERI'S three-part lesson series, he demonstrated French pastry techniques the first two evenings, followed by Italian pastries the third night. For a bird's-eye view of his expertise, don't go away.

In just three hours, Chef Malgieri prepared six desserts, which were a combination of rustic and sophisticated delicacies from both Northern and Southern Italy. At the end of the class, he presented cannoli alla Siciliana — pastry tubes filled with sweetened ricotta; tiramisu — a classic layered custard dessert made with spongecake and mascarpone cheese; zuccotto toscana — a Florentine chocolate hazelnut dome cream-filled cake, two regional cookies — zalei, a Venetian cornmeal biscuit filled with raisins and paste nouve, and large, almond biscuits filled with candied citron, cinnamon and chocolate — and, lastly, pizza rustica alla genovese — a savory cheese pie layered with Italian dried sausage.

As Malgieri began his demonstration, each recipe was prefaced with historical background on its origin. His charming anecdotes and comprehensive descriptions of the regional dishes are based on numerous gastronomic travels through Italy during the last three years. Over the last 16 years, he has been dedicated to discovering authentic Italian regional recipes.

While preparing the tiramisu, Malgieri told the class, "This is a dessert of fairly recent origin and is most often made in the home." All sorts of versions of this dish are made but are generally found throughout Treviso near Venice. The filling is made from equal parts of zabaglione, an egg custard, and mas-

carpone, an Italian cream cheese, which can be found in Italian markets on Detroit's east side and on Erie Street in Windsor, Ontario, as well as in gourmet shops.

INCLUDED ALONG with the tiramisu recipe (see Page 2B) is a recipe for zalei. These cornmeal biscuits have a most unusual texture and are very popular in Venice. Malgieri likes to add ½ cup of shelled pistachios or ½ cup of pine nuts to the dough for an even more unusual texture. This is a cookie like no other.

The pane di spagna is a typical Italian spongecake, which probably originated in Naples, Malgieri said. It's a very fine-grained cake, due to the addition of cornstarch. He added that in Italy potato starch would be used, but cornstarch gives the same results. This recipe is quite versatile and also can be used to prepare lady fingers or to make a roulade.

When the demonstration was over, Malgieri and his assistants passed around samples of each of the desserts. As the students tasted these luscious, mouth-watering treats, many of them commented they were impressed with the diversity of Italy's dessert menu. Malgieri explained that Italians are parochial about their desserts and pastries such as stroganella — flat, clamshell-shaped delights filled with ricotta cheese and semolina — only found near Naples. Also many of them are traditional and only served as part of a holiday festival. Pizza rustica is only served at Easter and on Shrove Tuesday before Lent.

All the Italian desserts prepared in this demonstration class are included in his forthcoming book, "Great Italian Desserts."



## Something different at Hogan's

John Malloy wasn't there. But seemingly everyone else who subscribes to his "dress for success" theory was. It was lunch at Hogan's restaurant in Troy. A mass of gray suits, white shirts, foulard print ties, impeccably styled hair.

But this sea of businessmen and women have more in common than style. They know Hogan's is a place where you can get relief from the mundane sandwich/salad selections. A family-run operation, Hogan's injects a little life and variety into its menu.

The two Hogan's restaurants in Bloomfield Township and Troy are owned by Richard and Joan Bohenek of West Bloomfield. The executive chef and general manager for both is their son-in-law, Tom McGlone, who often can be seen scurrying around the restaurant with a set of keys jangling from his pocket as he helps seat customers and makes sure orders are taken and delivered promptly.

McGlone's previous experience in California is responsible for the menu's more contemporary influence. Hogan's has been serving spaghetti (sun dried tomato) sauce for several years before it became popular all over, McGlone says. Currently on the menu is a very good pasta sugolone, where you can choose to have either shrimp or chicken sauteed with the vegetables and mushrooms.

WHILE WE'RE not prepared to concede that Hogan's is on the leading edge, we can see that it is striving to be so. The regular menu has several innovative items featured along with sandwiches and burgers. It is supplemented with two to three specials daily, including entrees of fish, lamb and/or game. The soups are out of this world — an indication that the restaurant takes care and pride in more than just the main entrees.

At lunch one day, we tried a chicken dish in which strips of chicken were stir fried with red and green peppers and served with a mango sauce. The entree was delicious. It was served with a good rice pilaf and an abundance of stir fried vegetables, mostly squashes and carrots that were a little too chunky and hard.

Fish dishes are among the specialties — a fact that is not-so-subtly advertised as you walk in the door and are confronted with a counter filled with huge fish and fish fillets. We were pleased with the orange roughly "orange," a regular item offered for lunch and dinner. The fish was very fresh, from New Zealand according to the menu, and was sauteed in orange juice and herbs.

An entree quiche we tried on another visit wasn't as interesting. The quiche itself was appropriately light and filled with strips of vegetables and steak, but the crust was soggy and it was covered with an overpowering brown mushroom sauce. While some may enjoy this combination, we thought the sauce detracted from the quiche.

The business crowd seems to dominate at lunchtime, but evenings are more casual, particularly on the weekend when couples come for a good dinner or stop by after a movie for appetizers and drinks. Hogan's tasty nacho potato skins with a pitcher of margaritas provide the perfect ending to a casual night out at the movies.

Hogan's, 1555 E. Maple at I-75, Troy, 689-6300, and 6450 Telegraph, Bloomfield Township, 626-1800.



STEPHEN CANTRELL/staff photographer Favorite dishes, photographed at Hogan's in Bloomfield Township.