



taste buds
chef Larry Janes

To all the moms — thank-you

I would certainly be remiss in my duties as a food writer if I failed to give thanks to all those mothers who have lovingly taught me the wonders of the culinary arts.

If we are, as many philosophers have said, a product of our environment, then I am indeed a person who can appreciate food and the comfort it brings us all.

You've heard me talk about my momma, who to this day still enjoys her time in the markets and kitchen. Although more than 77 years young, this culinary maven continues to amaze me with her knowledge and ability to transform simple meat and potatoes into a hearty, satisfying platter of wholesomeness. For her willingness to share and answer my never ending questions, I will always give thanks.

BUT LONG before my mom ever brandished a cleaver in the kitchen, there were countless Janes women who, without a doubt, passed down their favorite tips and recipes that are still being enjoyed, not just by the Janes Gang, but you, my appreciative and faithful readers. The Janes Gang men might

excel in the more "manly" trades, but without the women offering substance, we never would have had the strength and good taste to carry on.

Momma was never a collector of cookbooks, relying instead on the sharing of recipes and secrets over tables at many a family baby shower, wedding or funeral. But ideas and recipes are born somewhere, many of which flowed from the pages of tomes that are essential to every modern-day kitchen.

For this reason, I would also like to thank the too-numerous-to-mention women who have offered us their talents by putting down the essentials in book form.

THANKS to the Betty Crocker, the Fanny Farmers and all the Julia Child clones who have assisted me when a questioning reader needed a recipe for cabbage soup, blueberry muffins or lasagne.

I would be sent to bed without dinner should I also fail to mention the many professional women and moms whose avocation it is to share knowledge and experience. Moms like Toulia Patsalis at Kitchen Glamour, Irene Cameron of the Michigan Dairy Council, Lois Thielke of the Cooperative Extension Service, and all those moms who are home economists, retailers, demonstrators, Kitchen Aid-

mixer representatives and every other mom who makes food their business. They are a font of never ending information, especially to one who processes information and relays it to readers like you.

Then there are the moms in the food service industry who make their daily living satisfying food shoppers. To the check-out cashiers, the deli workers who slice more baloney than what flows through these pages, the moms who bag the French fries and those who wrap the fish, a big thanks for smiling when you didn't feel like it, even when folks like me asked for just two slices of cheese or unknowingly offer expired coupons when the line is six customers deep.

A SPECIAL thanks to the moms who feed the sick and aged, knowing that they too might be in the same position as whom they serve, and still do it with dignity and good taste.

Take it from someone who has, at times, been dubbed "Mr. Mom," the thanks for moms who take good care of their kids. I'm referring to the moms who perform lunch duty and for those who are room mothers willing to teach a kindergarten how to break an egg to go along with the reading of "Green Eggs and Ham." You are the future moms who will be long remembered, much as how I feel about my mom right now. To all the moms who live or touch food and vice-versa — Happy Mothers Day.

See recipes inside.



Michelle Krebs Migaki and her daughter, Lauren, 4, make cupcakes for Lauren's class. Lauren enjoys one of the benefits of helping her mother cook — licking the spoon.

Kids learn by helping in kitchen

By Joan Boram
special writer

NOT LONG ago, The New York Times ran a feature describing the plight of men and women suffering from cultural dysfunctionality. Fast food, prepared food, working mothers (as opposed to house mothers?) and just plain inertia were blamed.

Relax. Here in the Midwest, mothers are still cooking, and children are still in the kitchen helping and learning.

Take Michelle Krebs Migaki and daughter, Lauren, 4. "As soon as Lauren could sit up, I put her in her high chair and gave her a bowl of flour to play with while I baked," said Migaki. "And when she could stand on a chair, she helped with the dishes."

"NOW, SHE'S so involved that when she doesn't feel like helping me, she'll say, 'I'll be good even if I don't help.' She can even crack an egg without getting shell-in the bowl."

"Families that cook together, have an appreciation for food, Lauren loves to try new foods, and is curious about their ingredients. Her father, Greg, is Asian-American and an excellent

cook, so she has learned to cut mushrooms for stir-fry, too."

Migaki, a freelance writer, has co-authored a book of recipes with restaurateur, Chuck Muer and is currently working on a cookbook that provides menus and recipes for gourmet clubs.

"I was the oldest of six children, and Christmas cookies were always a big thing at our house. I've always made tons of cookies for the holidays. Last year I didn't because our son, Tommy, was born Dec. 7, but all my friends made cookies for me, so I was twice-blessed."

Tommy is already sitting there watching Lauren and Greg or me cook together. He isn't quite old enough for a bowl of flour yet, but as soon as he can hold a cup, he'll be ready. And when he can stand on a chair, he'll help with the dishes."

LAUREN BRINGS home recipes from the Whitney Bloomfield Nursery and Daycare School, as well. One of her (and her father's) favorites is monkey bread, which the children bake for "Circus Week."

"Cooking helps develop math concepts

through measuring, and science concepts, such as the change in Jello from a liquid to a solid because of cold," said Whitney Bloomfield's principal, Faye Dow.

"The experience with textures and colors helps build knowledge about taste and smell, and for pre-reading groups it helps build vocabulary. Most parents love the idea of their children cooking. We send home recipes of anything the children cook in the hope of encouraging child-parent involvement."

When there are 11 children in a family, everybody does KIP. That's the philosophy of Livonia resident Mary Ellen Erickson, who just happens to be the mother of 11 children.

"The four oldest are boys: Leif, 19, Kirk, 18; Dean, 16; and Aaron, 14," said Erickson. "The oldest girl, Leah, 12, would rather care for the younger children than help in the kitchen. The boys start helping in the kitchen when they're learning simple fractions, and they know what a half cup means. About that age, 12, or so, they're old enough to be trusted in the kitchen."

"They help stir things, cut meat, peel vegetables and mash potatoes. We make almost everything from scratch, except for a couple of cake mixes. The first recipe they make is for

brownies, and then they graduate to cakes. One of their favorites is for black-bottom cupcakes, a recipe they found in Bon Appetit."

SIX YEARS ago, Erickson broke her arm, and the boys had to do all the cooking for a while. "But I supervised. On the whole, they enjoyed cooking, but cleaning up is a part of cooking, too, and they're not as thorough at that as I'd like."

If there is a radical change in attitude, it's that cooking isn't as gender-specific as it once was. At Kitchen Glamour, for example, they're about to launch a whole new series of "men-only" cooking classes, conducted by Observer & Eccentric food columnist/Chef Larry Janes.

"We've had so many requests from men that we just had to offer these classes," said Kitchen Glamour education director Tula Pettsalis. "Chef Larry will start out in September with basic procedures like measuring, browning and boiling, and subsequent classes will build on those skills. We expect these classes to be very popular."

See recipes inside.

Mom, daughter cooking healthy

By Keely Wygonik
staff writer



Sharon Massellink and her daughter, Denise Keegan, are quickly proving healthy foods can taste good.

Business is bustling at their newly opened cafe, Dawson and D'arcy, (pronounced Dar-say) at 225 E. Maple in downtown Birmingham, open 7 a.m. to 5:30 p.m. Monday through Wednesday, 7 a.m. to 8:30 p.m. Thursday and Friday; 8 a.m. to 5:30 p.m. Saturday; and 8 a.m. to 4 p.m. Sunday.

"Dawson was my grandmother's name, and D'arcy is my first daughter's middle name," said Massellink who used to work at Lafayette Clinic in Detroit as a psychologist.

"I listen to people all the time. I was in a health food store and heard people talking about how oat bran lowers cholesterol. I started playing with an oat bran muffin recipe and learned there was a market for it. I had no intention of doing this, I liked being a psychologist."

She took a year's leave of absence from her job and never went back. Four years ago she opened Muffins and More, Inc. on Eaton Street in

Birmingham. That success led to her opening the cafe with Denise.

They offer fresh-from-the-oven muffins, cookies, bread, homemade sandwiches like chicken and tuna salad, two or three daily specials, homemade soup, freshly squeezed orange, apple, carrot, and celery juice and 24 flavors of gourmet coffee.

"They roast their own turkey and chickens for sandwiches, and use fresh, in-season fruits and vegetables. White bean chili, vegetarian chili and mushroom barley soup are popular items. Customers can eat in at one of the white wrought iron tables or carryout."

"We offer a healthy alternative for lunch," said Keegan who painted the bright yellow interior. "We would like to do dinners and Sunday brunches some day."

How did you teach your children how to cook?

"I encouraged all three children to help in the kitchen. Denise was very creative. I put her in charge of salads, and said see what you can create."

Who does the cooking at your house? Now that her children are grown, Massellink eats out a lot. "I've always loved to cook," said Keegan who has two children, Melanie, 20, and Haley, 1. "My husband and I cook. He's starting to be more creative."

What's a normal dinner at your house? Keegan and her family are vegetarians. Dinner at their house might consist of a quick stir-fry of fresh vegetables, served over brown rice or pasta, with fresh fruit.

Favorite herb or spice. Keegan likes garlic, her mother likes thyme and rosemary.

What is the secret to your harmonious relationship? "Denise and I are very much alike," said Massellink. "We have a good understanding, and we're very open to what the other is doing, and to criticism. A good hug helps, too."

Denise agrees that communication and affection are the two reasons

she and her mother work so well together.

Healthy tip. "Reduce fat intake," said Massellink. "Meat can't continue to be the main focus of the meal," said Keegan. "Use more grains like the brown rice, whole wheat pasta, more vegetables."

See recipe inside.



STEVE CANTRELL/STAFF PHOTOGRAPHER

Mother and daughter Denise Keegan (left) and Sharon Massellink offer tasty and nutritious muffins, cookies and luncheon items at their new cafe, Dawson and D'arcy.

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