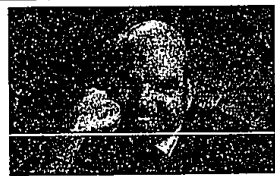


TASTE

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MONDAY, FEBRUARY 8, 1993

TASTE BUDS



CHEF LARRY JANES

Homemade yeast rolls melt in your mouth

Contrary to popular belief, it's very difficult to be a really good food writer, a good cook, and a good liar. You have to realize, in my business, tact is everything.

Of course I tell moments that I enjoyed her overcooked roast. It is also very difficult to say a soup is good when you know darned well it was made with bouillon cubes or that jarred soup base. I even had to nod in appreciation of the "homemade dinner rolls" my sister baked that everyone could tell came right from a "Poppin' Fresh" container. I am sure those rolls were one of the reasons God made butter.

My sister happens to be one of those people who allows yeast rolls to intimidate them. While I have attended gatherings that could have had the guests playing hockey with the rolls, there's really very little to be scared about when baking rolls.

Though any bread recipe can be baked as rolls, dinner rolls are usually enriched with some extra butter, eggs, sugar and sometimes sour cream and cheese.

Refrigerator rolls were originally devised to provide a week's worth of fresh rolls and bread from one batch of dough. The dough is held, covered and weighted to prevent rising in the refrigerator. It can be used as needed.

So a roll is a roll is a roll, you say? Basically, yes. In content, that is. Shape, however, is another story.

Parkerhouse rolls

One traditional shape is the Parkerhouse roll, named after Harvey D. Parker, owner of the well-known Boston hotel of the same name.

To make Parkerhouse rolls, roll once-risen dough on a lightly floured surface to about 1/4-inch thick. Cut into rounds using a biscuit or cookie cutter.

Yours truly thinks an old jelly glass with Wilma Flintstone on it works best, but they're hard to find.

Using a chopstick or the blunt end of a knife, make a deep indentation across the diameter of each roll and then fold one side over not even with the bottom. Brush with butter, allow to rise, then bake.

You know, after all the research I did for this article I was rather disappointed to learn that Harvey Parker got all this fame and adulation just because he folded his rolls a little different. I guess I expected more.

Cloverleaf roll

A cloverleaf roll is simply three small balls of dough cooked in a buttered muffin tin. Dip each 1-inch ball of dough into melted butter and place three balls in each muffin tin. Allow to rise and watch everyone go "oh, ah."

Now, fan-shaped rolls always impressed me. Even the ones in the grocery store always turned out perfect.

To this day, I never knew that all you did was roll out the dough to 1 1/2-inch thickness and then slice into 1-inch strips. Stack six layers deep and cut into 1 1/2 inch squares.

Stack on end in a buttered muffin tin, brush with butter and allow to rise for pull-apart rolls that will simply melt in your mouth.

Crescent rolls are especially attractive, and because they are so small and dainty, I feel like I could eat 12 and not notice any were gone. To make crescents, roll out the dough into 1/4-inch thickness, and cut with a sharp knife into triangular wedges.

Roll each wedge from the wide end — don't start at the point. Place on a backing sheet with the point underneath. Then bend ends toward each other to make a moon shape. Leave 2 inches between each and allow to rise.

Soft sided rolls, like the ones served in my favorite Chinese restaurant, are easily made in a cake or pie pan. Shape the dough into 2-inch balls, dip in melted butter, and place them, almost touching, in a buttered cake pan or pie tin.

Glazing rolls

The best yeast rolls are glazed with a simple brush of melted butter which gives a fine, soft finish.

If you are looking for a clear shine, beat one egg yolk with 1 tablespoon of water and brush before baking.

For a slightly darker glaze, brush one egg yolk with 2 tablespoons of cream.

So if you really want to do somebody who brings Poppin' Fresh rolls to a party a favor this year, send them this column with the recipes in a plain, unmarked envelope.

Better yet, include a few samples. Bon Appetit!

See recipes inside.

To leave a message for Chef Larry, dial 953-2047 on a touch-tone phone, then mailbox number 1886.

In the Pink! Fruity bubbly is lover's wine

■ Romance is in the air on Valentine's Day. Toast the one you love, and let them know how special they are with pink champagne.

Rose (row-zay) or pink champagnes are not new. The House of Veuve Clicquot is historically acknowledged as the first to have produced a pink champagne in 1777. In the past, popularity of pink champagne has ebbed and flowed with each generation. Recently, this has not proven true. It's in to stay.

Pink champagne is in vogue, as much for its distinctive color as for its superior match with food. Colors range from pale onion skin to salmon or copper color, and on to cherry red. This bubbly which is fruity, with more robust flavors and more tannin than golden bottlings, works well with appetizers, hearty entrees, fruit desserts and rich, tangy cheeses.

The major portion of rose champagne is consumed by the French and the English. Roughly 3 to 4 percent of all champagne imports to the United States are rose. Although quantities are small, virtually every well-known champagne house has one, and many have two. Some houses produce rose champagne only in vintage years.

Fact and fancy

In an earlier time, the pink color became associated with frivolity and even a symbol of wild and dissolute living. To us, pink champagne is a lover's wine and Valentine's Day is the perfect time to share it with the love of your life.

Dine at a table with a pink tablecloth, pink flowers and pink candles. Prepare or order a lobster entree and end the meal with strawberries or a red berry tart.

According to one legend, rose



CHAMPAGNE HOUSE VEUVE CLICQUOT

Valentine toast: Veuve Clicquot's 1985 Rose Reserve is a full-flavored pink champagne.

FOCUS ON WINE



ELEANOR & RAY HEALD

champagne was created for an important wedding when the bride requested a wine to match the satin slippers and long dresses chosen for her bridesmaids. Another popular version relates that pink champagne was blended to honor the coronation of a young queen. It was loved by the Victorians and Edwardians. In the 19th century, pink champagne was commonly named oeil de peridix (eye of the partridge) for its distinctive color, distinguishing it from its golden-colored relative.

Most likely, pink champagne was an accident of nature during an unusually sunny and warm growing season in the Champagne district. That year, the red champagne grapes, pinot noir and pinot meunier, had darker pigmentation. During pressing, this color entered the

juice and a pink tinge resulted in the wine.

Thinking pink

Rose champagne is difficult to produce. By French law, three methods are permitted, two of them risky and requiring skillful winemaking practices.

The older, more difficult method, allows the skins of pinot noir grapes to remain in contact with the juice after pressing. The second method employs the addition of a portion of still red pinot noir wine from the villages of Bouzy of Ambonnay to the blend prior to the second fermentation in the bottle.

The third and least desirable practice in terms of a lasting pink color, adds a small amount of red pinot noir wine to the bottle before it is corked.

Because color results are unpredictable, producers make rose champagne less frequently than they do golden bottlings. Since quantities are limited and greater production care is required, rose champagne is more expensive than the golden. You can expect to pay between \$40 and \$95 for these special bottlings.

RECOMMENDATIONS:

- ▶ 1988 Louis Roederer Brut Rose is toasty with hints of raspberries and cherries. It's light, delicate, finesseful and delicious.
- ▶ Non-vintage Taittinger Cuvee Prestige Rose is highlighted by pinot noir cherry fruit and toasty, bread-dough aromas. It's delicate and finesseful on the palate with hints of vanilla in the finish.
- ▶ 1988 Perrier-Jouet Fleur de Champagne Rose showcases rich pinot noir cherry-like fruit and fullness. Older vintages of this wine are excellent with roast lamb.
- ▶ 1985 G. H. Mumm Brut Rose Millésime sports a heady mousse with rich, full flavors and lengthy aftertaste.
- ▶ 1985 Pol Roger Rose shows its early attractiveness with a bright copper color. Aromas of pinot noir cherry fruit are accented by sourdough bread and vanilla. A generous mouthfeel completes a superlative, ageable rendition.
- ▶ 1985 Veuve Clicquot-Ponsardin Rose Reserve offers full aromas and flavors. Its spicy, toasty, bread-dough and rich fruit notes make it a lush, generous wine to accompany a broad spectrum of foods.
- ▶ 1986 Taittinger Comtes de Champagne Rose is an amazing harmony of rich fruit and sourdough toast aromas. While big and full on the palate, it finishes superbly elegant.

Service tips

Always serve champagne well chilled. Place the bottle in a bucket filled with half ice and half cold water for about 30 minutes.

Use caution when opening the bottle. Remove the wire cage with the bottle facing away from you. Using a towel, slowly rotate the bottle while easing the cork from the neck, releasing it with a soft sigh, not a loud pop.

Serve in flutes or tulip-shaped glasses. A tall, slender glass allows the refined bottles to rise without disappearing quickly. Six glasses per bottle is a generous pour.

"Give the sustenance and fuel that true passion requires," Casanova said. Nothing does it better than harmonizing rose champagne with the proper foods. For starters, canapés called amuse bouche (mouth pleasers) in French are always delicious and festive.

Pink smoked salmon and Boursin cheese spread on heart-shaped bread make attractive finger sandwiches. St. Andre cheese with fresh strawberries is colorful. Individual Barquettes au Boursin (boat-shaped tartlets) are unique and easily prepared.

See PINK, 2B

Job demands keep dancer on her toes

WINNER DINNER



BETSY BRETHER

Dinner and dancing is a regular routine with this week's Winner Dinner Winner, Deborah Chase-Cargill of Westland.

A ballet teacher for over 20 years, Chase-Cargill has 125 students that she takes through their paces every week. Job demands have kept her on her toes in more ways than one.

She begins teaching in the afternoon and continues until 9 p.m. four days a week. To accommodate her teaching schedule, Chase-Cargill prepares and freezes the upcoming week's meals on the weekend. That way they are ready to be reheated and eaten by her husband and two sons.

Chase-Cargill and her family are vegetarians, and she openly admits she takes a lot of pleasure in feeding her family. After-school snacks include fresh cut-up fruit skewered with toothpicks, low-fat crackers or popcorn in lieu of pop, candy or junk food. Her sons' favorite dinner is this week's featured menu. It is easy to make, tasty and low in fat.

Chase-Cargill began studying ballet when she was 7 years old. She shares her passion for dancing with



ART EMANUELE/STAFF PHOTOGRAPHER

Healthy dinner: Deborah Chase-Cargill cooks her spinach crepes in muffin tins, and serves them with orzo salad and fresh fruit salad.

others outside the classroom by choreographing many plays and musicals for local high school and theater groups. She keeps physically fit by regular aerobic workouts, hour-long walks, and eating a low-fat diet.

OBSERVER & ECCENTRIC

Winner Dinner Recipes



SPINACH CREPES

Filling:
10 ounces frozen chopped spinach (thawed and well drained)
1 four ounce can mushrooms (or 1/2 cup fresh)
2/3 cup fat free mayonnaise
3 eggs or 3/4 cup Egg Beaters
3 tablespoons flour

Crepes:
3 eggs (or 3/4 cup Egg Beaters)
1 cup low fat milk
2/3 cup flour (unbleached or whole wheat)
1/2 teaspoon salt

Mix filling ingredients together in a bowl. Mix crepe ingredients together in another bowl. Four crepe mixture into a hot lightly oiled fry pan to make a 4-inch pancake. Place lightly browned crepe over a muffin tin hole (sprayed with non-stick spray) and spoon enough filling to fill level with top of muffin tin. Bake at 350 degrees for 25 minutes. Makes 12 crepes.

You can prepare a double batch and freeze 12 for another meal. They can also be cooked, frozen and then heated in the microwave.

ORZO SALAD

8 ounces orzo (tiny rice-shaped pasta), cooked according to package instructions
1 medium tomato, diced
1 bunch scallions, green part only, chopped
3 ounces feta cheese, crumbled
1/4 cup olive oil
2 tablespoons lemon juice
2 tablespoons fresh dill, finely chopped
1/4 cup chopped green pepper
1/2 cucumber, (seeds removed) chopped
pinch of salt and freshly ground pepper to taste

Combine orzo, vegetables and feta cheese in a medium bowl. Whisk together remaining ingredients in a small bowl. Toss with orzo mixture.

For dessert, serve a fruit salad. Mix together any combination of available fruits. If desired, top with a little low-fat vanilla yogurt.