

Espresso from page 1B

espresso," said Patasalis while demonstrating how to use the Gaggia espresso machine.

"I usually begin by running hot water through the machine."

Read your instruction manual before you make your first cup of espresso. Patasalis said it is important to warm the equipment such as the filter basket, as well as the cups used for serving to achieve a properly brewed espresso.

It's equally important to measure the coffee precisely as recommended — 1 level scoop per cup — and to tamp the grounds lightly to level them off. Don't press the grounds into the filter basket. If you tamp the grounds too hard, the water won't evenly filter through the coffee grounds, and this will result in a bitter cup of coffee.

After brewing the coffee, Patasalis added about 5 ounces of cold, low-fat milk into a chilled pitcher.

"Insert the frothing nozzle only 1/4 inch below the surface of the milk while rotating the pitcher during the process," said Patasalis.

"Be careful not to allow the milk to boil because the amount of froth will be reduced."

At that point, Patasalis poured about 2 ounces of hot milk into the brewed espresso and then spooned a bit of the froth on top.

If you continue to brew additional espresso there's no need to warm the equipment again; just discard the grounds quickly and refill the filter basket with fresh coffee.

The discarded grounds should easily flip out of the filter holder in a solid cake. If not, this is an indication that the coffee was not ground properly or there's a problem with the brewing water temperature or something is obstructing the flow of hot water.

"There's an aura of mystery around drinking a cup of cappuccino," said Chip Drotos of Bloomfield Hills. Although he has only been making cappuccino at home since December, Drotos said he realizes that "one must have a commitment to making cappuccino. It's a ritual which adds to the mystique of drinking it."

"My first introduction to cappuccino was in Montreal about five or six years ago, when a friend said, 'Let's go out for a cup of coffee,'" Drotos said. "But going out for a cup of cappuccino is more than going out for a cup of coffee; it's like an event."

Tom Isala of Ann Arbor-based wholesale Coffee Express has been in the coffee bean roasting business for the past 11 years. He knows perfection when he tastes it.

"In order to make perfect cappuccino you need to first make perfect espresso coffee," he said. Espresso coffee can be made with espresso roasted beans or any dark roast coffee bean. Isala recommends French roast.

"Not all French roast coffee is the same; it varies from roaster to roaster," said Isala. He recommends using the freshest coffee available. Store the ground coffee in the freezer to retain freshness. The maximum freezer shelf life is about three weeks.

The most important thing to look for when brewing espresso is

"creama" — the light foamy extraction which "encrusts the top of your espresso serving."

Bernard N. Mariano calls it "the heart and soul of true espresso," in his book "In Search of the Espresso Secret, Crema" (Tetra International, 1991). Crema is evidence that everything was "in sync" from the temperature of the water (about 192 to 198 degrees) to the right grind of coffee.

Once you achieve "creama" you've achieved the perfect cup of espresso.

Mariano's book is available at all Kitchen Glamour stores — Redford, West Bloomfield, Rochester, and Novi.

Tom Isala's Coffee Express beans can be purchased at Ye Old Wine Shop in Rochester; The Wine Castle in Livonia; The Merchant of Vino in Birmingham, Southfield, and Troy and Saucers N' Tosses in Bloomfield.

It's also available by the cup at Sweet Loreline's Restaurant in Southfield and La Luna Cafe in Birmingham.

See recipes inside.

Brew cafe-quality cup of cappuccino

See related story on Taste front.

There is not a lot of science involved in making a coffee drink at home. Most recipes, when you can find one, are written to make one cup.

Here are the Basic Cappuccino Proportions to make a 5-6 ounce cup — 1/2 brewed espresso, 1/2 hot low fat milk, 1/4 froth from the steamed milk.

**CAPPUCCINO KAHILUA**  
To make one 5-6 ounce cup  
2 1/2 ounces brewed espresso  
1 teaspoon Kahilua  
3 ounces low fat milk  
1/4 cup whipped cream  
1 teaspoon chocolate shavings

Into a warmed 6-ounce cup, pour hot coffee and Kahilua. Add hot milk and top with a dollop of whipped cream. Sprinkle with chocolate shavings.

Memorable stew cooked in cast iron

See Larry Jones' column on Taste front.

**MOMMA'S BEEF STEW WITH RED WINE**

4-5 pounds top round of beef  
4 tablespoons oil  
3 carrots, pared and cut into chunks  
2 medium onions, cut into chunks  
2 cloves garlic, smashed  
2 cups dry red wine  
bouquet garni (peppercorns, bay leaf, thyme and parsley wrapped and tied in cheesecloth)  
1 pound salt pork

If desired, you can have beef rolled and tied by the butcher. If not, cut the beef into large chunks and heat the oil and add the salt pork, beef, carrots, onions and garlic.

Cook over low heat for 15 minutes and when the fat begins to run from the salt pork and the onions begin to caramelize, pour in the red wine.

**BAKED CARMELIZED BROWN ONIONS**

6 medium onions, peeled  
3 tablespoons oil  
3 tablespoons butter  
2 tablespoons sugar  
salt and freshly ground pepper to taste

Peel onions; set aside. In the bottom of a heavy, cast iron frying pan, heat the oil and the butter over low heat. Add the whole onions. Sprinkle with sugar, salt and pepper and cook onions over medium-low heat until lightly browned and beginning to caramelize.

Cover and place cast iron skillet in a cold oven. Set oven temperature to 350 degrees and bake onions, covered for 45 minutes, turning once to ensure caramelization on all parts of the onion. Serves 6.

Cranbrook hosts Maple Syrup Festival

In a few short months birds will begin chirping, rivers will run and flowers will bloom. With the change of seasons comes an activity families have enjoyed for the past 19 years — Cranbrook's annual Maple Syrup Festival.

Cranbrook Institute of Science and the International House of Pancakes are again inviting guests to learn about maple sugaring at the Maple Syrup Festival

1-4 p.m. Saturdays and Sundays, March 13, 14, 20 and 21.

This year, visitors will be pleasantly surprised as they walk a 19-year-old maple trail featuring tree areas of the Cranbrook campus not often open to the public. The trail was laid after the construction of Cranbrook's Woodward Avenue entrance. Visitors can now get to the institute quickly

and easily by entering the campus directly from Woodward, between Long Lake and Lone Pine roads. The new address is 1221 North Woodward Avenue.

The tour begins with a 15-minute slide presentation, followed by a 40-minute guided tour through the sugarbush. Visitors will see sap drip from tapped maple trees and then watch it turn to syrup at the sugar hut.

The cost of the tour is included in the regular museum admission fee — \$5 for adults, \$4 for senior citizens and children ages 3-17. Visitors are encouraged to dress appropriately and wear comfortable shoes.

Here's a recipe to try:

**MAPLE APPLE CRUNCH**

8 to 10 graham crackers  
4 apples  
1/2 cup soft butter  
1/2 cup maple syrup

Place crackers on waxed paper and roll with a rolling pin, or crush in a blender. Mix butter thoroughly with crumbs. Slice apples. Butter casserole and place apples in bottom.

Pour maple syrup over apples. Sprinkle cracker mixture over top. Bake at 325 degrees F. for 25 minutes. Top with whipped cream or ice cream. Serves 6.

Cooking tips to use, share

Here are some cooking tips from Betty Crocker to use or share with a friend.

- Frozen bread can be stored up to a year. It will thaw best if left in the original wrapper, standing at room temperature for about three hours.
- Tomato-based sauces for pasta and casseroles have fewer calories and less fat than cream sauces.
- To prevent cupcakes from pulling away from the liners, fill papers as recipe directs. Second, make sure you don't overbake the cupcakes. Test them for doneness at the minimum time. Finally, take the cupcakes from the muffin pans immediately after baking so steam can't form and loosen liners. Cool cupcakes on wire racks.
- Pasta and noodles are an excellent source of complex carbohydrate and, when combined with small amounts of meats, poultry, dairy products or dried beans and peas, are an excellent source of protein.
- Radiators, shaped like car radiators, is a rustic little past perfect for salads. The delicate flavors of the salad dressing get caught in the ruffles, giving the salad lots of flavor in every bite.
- Dried pasta will keep indefinitely. Store it at room temperature in the original package. Fresh pasta is stored in the refrigerator and keeps for three to five days.

**COOKING CALENDAR**

To get your classes listed in this column, send items to be considered for publication to: Kathy Winkler, Taste Editor, The Observer & Eccentric, 36251 Schoolcraft Road, Livonia 48150.

■ **SCHOOLCRAFT COLLEGE**  
No Guilt Cafe, a course for people with special dietary needs who still want to enjoy delicious meals will be offered for three weeks 6:30-9:15 p.m. beginning Tuesday, March 30. Techniques and methods will be demonstrated with tastings at the end of each session. Recipes will be featured. The fee is \$100. To register call, 482-4448.

■ **KITCHEN GLAMOR**  
Nancy Bayer of Plymouth's Cozy Cafe/Gourmet Connection offers a tasteful collection of Hungarian Stew recipes 1 and 7 p.m. Tuesday, March 9 at Novi store, Wednesday, March 10 at Redford store, Thursday, March 11 at West Bloomfield store, and Friday, March 12 at Rochester store. There is a \$3 fee for this call. Michigan Chef series continues 12:30 p.m. Sunday, March 21 with Peter Loren of Opus 1 at the West Bloomfield store. To register, or for information, call 637-1800.

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