

MONDAY, OCTOBER 18, 1993

# TASTE

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## TASTE BUDS



CHEF LARRY JONES

### Be adventuresome, please guests with pate

**P**ates sound exotic and beyond the reach of the home cook. They are simply a mixture of sausage, spices, herbs and other ingredients that are usually baked in a terrine, earthenware dish or other mold.

Sausages, on the other hand, are stuffed into a casing, and cooked or cured.

Once you understand the basic rules, you can take liberties with just about any pate recipe and have fun creating your own concoctions.

Pates are not at all that difficult to make. They are wonderful for parties because they taste better when made a day or two ahead of time. Most basic pates are made with pork, veal and/or chicken liver.

Anyone who hunts, or has access to exotic game birds like duck, pheasant and quail can also easily prepare pate. In addition to the main meat, organ or fowl, most pates are made with a classic French blend of herbs and spices dubbed *quatre epices*.

*Quatre epices* is a combination of five spices usually ground together. Classic cooks use a mortar and pestle to hand grind these spices into a pungent mélange. But busy cooks can use one of those small "mini-chop" food processors with good results. There's nothing wrong with good old elbow grease, but when you have an appliance that can do the same with the push of a button, why not, I ask?

#### QUATRE EPICES

- 1/2 cup white peppercorns
- 1 ounce crystallized ginger
- 1 ounce fresh nutmeg
- 1/2 ounce whole cloves
- 1/2 ounce fresh cinnamon

Combine all ingredients in a mortar and grind to a smooth blend with the pestle, or place ingredients in a mini-chop food processor and pulse on/off until ground to a fine powder.

Store in a tightly closed jar. Makes about 7 ounces. Although many European countries have produced characteristic pates, the unrivaled queen of the traditional mixtures is France's astronomically costly *pate de foie gras*.

Made of goose liver and marinated in Cognac and flavored with truffles, this pate is out of the home cook's reach.

The chief component is liver of geese force-fed by hand until the liver has grown to one-fourth of the bird's total weight.

Fortunately, American law now forbids force-feeding, and if you can afford the Cognac and truffles, good chicken liver is an acceptable substitute.

To make a good pate, you need proper tools. A meat grinder offers the best choice for a good grind, but a food processor, run cool and on in rapid intervals, will suffice. The terrine or baking dish can be specifically designed just for pates, and made of everything from earthenware to porcelain. Your's truly can count on one hand the number of times I've made pate, and when I did, a good, sturdy, heavy duty bread pan worked just fine.

For optimum results the pate should be baked covered, and when made with excessive amounts of fat, and/or slab bacon, should be covered with foil and weighted down with a double-wrapped foil covered brick. Don't be concerned about your guests questioning the bread pan or brick as they are used only in the baking process and the pate is generally unmolested onto a plate for serving.

Great pates are made with Cognac. Unfortunately, I disagree with the French on this point, and have gotten excellent results with a bottle of E&J brandy. If the recipe you have or will be using calls for truffles, those exotic little fungi snuffed out of the ground by pigs, give the pigs a break, and allow your wallet a rest and substitute 1/2 cup pistachio nuts for each truffle. Truffles are available at all fine food shops and most gourmet stores but be prepared for sticker shock. I like to finely grind a few pistachio nuts into the meat blend, and then sprinkle some whole pistachio nuts throughout the mixture just before pouring it into the pan to be baked. The only other secret to a good pate is to remember to bake it in a hot water bath. Make sure the water comes at least half way up the sides of the pate pan for optimum results. You can also bake a pate in a puff pastry crust (en croûte) but the juiciness that is extracted during the baking process usually makes for a soggy crust.

Get adventuresome some cool fall weekend. If you've never made sausage or pate before, don't be afraid to give it a try.

See Larry Jones' family-tested recipes inside. To leave a message for Chef Larry, dial 953-2047 on a touch-tone phone, then mailbox number 1896.

## LOOKING AHEAD

### What to watch for in Taste next week:

- Peppers are hot! Turn up the heat in foods with peppers, but handle them with care. Joan Boram tells you how.
- This month's Recipe Makeover features a brunch quiche with only 3.9 grams of fat per serving.



## SMOKE OUT

**Smoking:** Dr. Howard Hamerink stirs up charred apple, cherry and hickory woods to fire up the smokehouse behind his Aunt Josephine's garage in Romulus. The family's homemade, smoked Italian and Polish sausage is a holiday treat.

STAFF PHOTOS BY BILL BRESLER



## Families share sausage-making secrets

■ Homemade sausage is the stuff memories are made of. Making sausage isn't as difficult as you might think. Three families share tips.

BY LARRY JONES  
SPECIAL WRITER



It's time to hoist storm windows, rake leaves and put the garden to bed for the winter. It's also sausage-making season for folks like Dr. Howard Hamerink, an established dentist in Plymouth.

Making a batch of homemade sausage isn't as difficult as you might think.

Hamerink finds time between crowns and cleanings to join his Aunt Josephine Molenda of Romulus for an enjoyable weekend making sausage. Over one weekend they'll mix up 60 pounds of Italian and Polish sausage in Molenda's kitchen.

Hamerink and Aunt Josephine make sausage twice a year — usually the first weekend in November and the week before Easter. Most of it is distributed among family and friends during holidays.

Hamerink learned his sausage-making secrets from his grandfather, and Aunt Josephine's late

See FAMILIES, 2B

## Traffic Jam taps into dairy-brewed beer

### FOCUS ON WINE



ELEANOR & RAY HEALD

Half of Michigan's breweries are at Canfield and Second in the shadow of Wayne State University. You read that correctly, OK, here's the skinny.

If you discount Stroh Brewery which today, although fully licensed, is not operating commercially, then Michigan has only four breweries, but two are in Detroit at Canfield and Second.

Selling kegs only since the end of May 1992, is The Detroit and Mackinac Brewery, brainchild of creative restaurateurs Ben Edwards and Richard Vincent who've operated the Traffic Jam and Snug Restaurant at Canfield and Second since summer 1965. East-side attorney, turned brewmaster, Tom Burns is turning out 60 kegs weekly. It is sold in about 100 restaurant/bar locations in metro Detroit and as far north as The Grand Hotel on Mackinac Island.

The second microbrewery at the Canfield and Second location is Michigan's first Brewpub, selling its ales on draft at the Traffic Jam, known affectionately by its patrons as TJs. On Dec. 18, 1992, after many years of discussion in the state legislature, Michigan became the last Midwest state to enact a brewpub law.

Edwards, a home brewer all his adult life, planned for this day for many years. In the early 1980s on a trip to Europe, he learned about a common practice in Belgium. For centuries, monks brewed beer and made cheese with the same equipment at one location. In 1988, Edwards licensed The Midtown Dairy and made his first commercial cheeses. Today, he makes about 20 different varieties that are sold only in the restaurant or the on-



BILL HANSEN

**Brewmaster:** Traffic Jam's Ben Edwards makes dairy-brewed beer. He also makes cheese, following a tradition set by monks who, for centuries, brewed beer and made cheese with the same equipment at one location.

premise Take-Away Cafe counter. These cheeses are delicious and bargain priced between \$1.50 and \$4.50 per pound.

For two years running, Edwards has claimed the Grand Prize at the Michigan State Fair for his cheese. This year, it was for Svecia, better known as butter cheese. He also won blue ribbons in four out of five categories.

After brewpubs became legal in Michigan, Edwards applied for the necessary inspections and licensing. That's right, the cheesemaker put on his brewmaster's hat and began making America's only dairy-brewed beer. This year, tappers began dispensing at TJs in July.

Current brews include Aitbier, Autumn Amber Ale and Gold Rush Ale. "But these will change," said Vincent. "The whole idea of a Brewpub beer

list revolves around the brewmaster."

Ben has plans to make Red Eye, an alcoholic Ginger Beer, hard cider, a smoked beer, and for the holidays, a Christmas Ale.

"Anybody who's into brewing and doesn't make a Christmas Ale is out to lunch," said Edwards. "At TJs, we never make the same bread, so why would we make the same beer?"

It also appears that Edwards will make the champagne of bottled beers. He recently purchased 560 champagne bottles from winemaker Larry Mawby and plans to produce a bottle conditioned beer that will be available about November 1. And what will he name it? "We're still working on that," Vincent said.

See TRAFFIC JAM, 2B