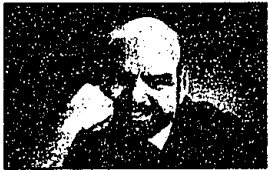


MONDAY, APRIL 11, 1994

TASTE

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TASTE BUDDS



CHEF LARRY JANES

Pesto! Chilled soup among reader requests

Spring must be in the air! Everyone it seems is dusting off fry pans, cleaning up grills and searching for exotic ingredients to cook up a spring shower of tastes. John Mattlehorn of Birmingham called and told me about a friend in LA who sent him a tiny jar of red pesto sauce for Christmas. He's looked everywhere for a recipe. Fresh basil is the fundamental ingredient in true pesto, but sun-dried tomatoes gives this pesto an untraditional color and rich flavor. Toss it over some hot pasta!

RED PESTO SAUCE

- 1/2 cup (1 ounce) chopped, drained, oil packed sun-dried tomatoes
- 1 cup fresh basil leaves
- 3 cloves garlic
- 1/2 cup fresh grated Parmesan cheese
- 1/2 cup olive oil
- 1/2 cup extra-virgin olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon fresh ground pepper

In a food processor or blender, chop the tomatoes with the basil, garlic, Parmesan cheese, pine nuts and 1/4 cup olive oil for 10 seconds. With the motor running, add the remaining oil, salt and pepper. Stop and scrape down the bowl. Process until smooth. Makes 1 1/2 cups.

Bob and Sophia Ryman of Garden City requested a recipe for chilled plum soup from Three Village Inn in Stony Brook, which they visited last summer on a journey through upstate New York. When yours truly gets requests like these,

I drop the restaurant's personal note and sometimes the request is honored. Well Bob and Sophia, running a recipe for chilled plum soup in the middle of January didn't sound quite right so now that spring has poked its head through the door, you'll be enjoying this soup all summer long!

PLUM SOUP

- Two (16 ounce) cans red plums in syrup, pitted and cut into small pieces
- 1/2 cup sugar
- 1/2 cup cornstarch
- 1/2 teaspoon white pepper
- dash salt
- 1/2 cup heavy cream
- 1/2 cup dry red wine
- 1 tablespoon cornstarch
- 2 tablespoons fresh lemon juice
- 1 teaspoon fresh ground lemon zest
- 1/2 cup sour cream
- 1/2 cup heavy cream
- 1/2 cup fresh ground cinnamon for garnish

In a large saucepan, combine the plums with their syrup, the sugar, cinnamon stick, pepper, salt and 1 cup water. Bring to a boil, stirring. Reduce heat, cover and simmer temperature and stir in heavy cream. Meanwhile, in a small bowl, combine the wine with the cornstarch and set aside. Stir into the plum mixture and gently bring to a simmer.

Add the lemon juice and the lemon zest and remove from the heat. In another small bowl, whisk together 1 cup of the sour cream and the brandy. Whisk 1/2 cup of the plum mixture into the sour cream mixture, then return it all to the plum mixture. Allow the soup to cool and chill, covered for at least 4 hours. Ladle the soup into small serving bowls. Top each serving with a small dollop of sour cream and a sprinkling of fresh ground cinnamon. Makes 6 cups.

Dave Kettles of Farmington who enjoys fishing and frequently returns home with pails of panfish like bass, bluegill, smelt and small perch was looking for a basic coating mix that will taste good on all the fish he pan fries and bakes.

Well I immediately called Momma who suggests that you first rinse the small fillets under cold water, shake off the excess water and roll lightly in flour. (Momma says this keeps the coating on better during cooking). Then dip the fillets in a beaten egg wash and roll in coating mix. Cook in an equal amount of butter and oil (about 1 tablespoon each) over medium heat for 3 minutes on each side.

See more reader-requested recipes inside. To leave a voice mail message for Chef Larry, dial 953-2047

LOOKING AHEAD

What to watch for in Taste next week:
Take vacation from the Slim and the summer.
Gewurztraminer is the perfect wine to celebrate the coming of spring.

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Chefs in training



STAFF PHOTOS BY BILL BARKER

Serving customers: Tirrell West hurries to serve coffee to customers during the lunchtime rush at Salem Rock Cafe at Plymouth Salem High School.

LUNCHTIME RUSH



These days the best table and biggest dining bargain in town can be found in high school and vocational school culinary arts restaurants. From waiting on tables to preparing lunch these students are eager to please.

By RENEE BROGLUND
SPECIAL WRITER

"Good afternoon. Would you like a booth or a table today?"

These words greet scores of discriminating diners on a daily basis at the Salem Rock Cafe, the Alpha Room, and Cafe Marquette, three of the area's best kept restaurant secrets.

But don't look for these great little eateries on your local Main Street. Instead, you'll find them tucked into corners of Plymouth Salem High School in Canton, Oakland Technical Center Southwest Campus in Wixom,

and the William D. Ford Voc/Tech Center in Westland. They are the showcases for the schools' culinary arts programs.

Culinary arts programs offer rigorous and inclusive training for students planning to enter the food industry in any capacity, from waiting on tables to preparing five-star pastry presentations. Students are rotated through a series of disciplines within the two- to four-semester programs: bakery, hot foods, cold foods, pastry, dish room and dining room. Combine this training with a generous amount of communications

skills and you have graduates in demand by the finest restaurants.

But as any prospective chef worth his or her salt soon learns, a great dining experience begins with the basics.

"Water is the enemy of greens," Carrie Gary, culinary arts instructor at Plymouth Salem High School, warns her students on the morning I drop by her busy kitchen. Blomish-free hearts of Romaine lettuce lie in front of her on a spotless chrome counter. She points to the tender leaves and says, "They'll rust, they'll get limp, they'll turn brown."

Things just don't turn color in Gary's kitchen unless they're meant to. Scrupulous attention is paid to preparation. Gary, an



Filling orders: Stephanie Fill fills lunch orders for student waitpersons to deliver to tables.

See LUNCHTIME, 2B

Teen coaxes parents to eat their veggies

By KIRBY WYONIK
STAFF WRITER



Some parents get a little concerned when their children come home from school and announce that they've "become vegetarians." When Whitney Cure, an eighth grader at Covington Middle School in Birmingham, decided to switch to a vegetarian menu about six months ago, her parents Michael and Joanne supported it.

"I've practically turned them into vegetarians," said Whitney.

"Her being a vegetarian has made us all more health conscious," said Michael Cure. "We usually eat the same things. It's more economical and better for you."

His day begins at 7:10 a.m. when he takes Whitney to school. Then he drives to his office in Southfield and works until it's time to pick Whitney up. On the way home they'll stop at Merchant of Vino, Strawberry Hill or Vie's for produce or fresh pasta.

"We use things of the day," said Cure. "We're spontaneous. Baking is a daily thing for us." Whitney has an idea: "We'll have a vegetable 'I'm always interested in what my dad's going to make, and in how I can help him," said Whitney.

The offered recipe they created together is quick and delicious. The only hard part was

making the cheese," said Whitney. "If you cook it too long it will clump together."

For color and flavor, the Cures like to toss a few grapes into their salads with mixed greens, carrots, tomatoes and other fresh vegetables.

Joanne is a flight attendant for United Airlines and alternates monthly between domestic and international flights.

The Cures also enjoy traveling together and seeking out recipes in the many places they visit. This past Christmas they traveled to Korea.

Michael Cure is advertising sales manager for Insight Magazine a national weekly.

We met after he responded to my request for "his specialty" recipes as part of the "Mrs. Doubtfire" movie promotion in December.

"I started to develop my appreciation for cooking while I worked for meals as a cook at the Alpha Gamma Delta Sorority House on the campus of Michigan State University," said Michael Cure. "I also cooked in the Army Reserves, but Joanne did the cooking after we got married. She's a very good cook. I started cooking again when it became necessary."

Like many families where both parents work, the Cures are constantly juggling schedules. It isn't easy, but for the Cures, the rewards are great.

"Enjoy your children," said Michael Cure. "Cooking together is a way to share the day's



JIM JACKSON/STAFF PHOTOGRAPHER

Vegetarian dinner: Michael Cure and his daughter Whitney worked together to create pasta shells with bell peppers.

See SUPER, 2B