

Student chefs stir up recipes with flair and flavor

See related story on Taste front.

ORANGE ROUGHY ROULADE

4 orange roughy filets
1 salmon filet, cut into 1-inch cubes
2 teaspoons coriander, ground
1/2 teaspoon fresh minced garlic
1/2 teaspoon white pepper
2 tablespoons good whiskey (Jim Beam, Cutty Sark, Jack Daniels)
4 medium shrimp, peeled, deveined and coarsely chopped (save shells)
1/4 cup hazelnuts, toasted, skinned and finely chopped
cheesecloth and twine

Set aside 2 orange roughy filets. Toss remaining 2 orange roughy filets, salmon, coriander, garlic, pepper and whiskey in a bowl. Cover and let stand in refrigerator one hour. Remove salmon and orange roughy and lightly puree (separately) in a food processor. Fold pureed fish back into marinated mixture

and add chopped shrimp and hazelnuts. Blend carefully to maintain a marinating effect in the roulade. Set aside.

Between two sheets of plastic wrap lightly tap reserved orange roughy filets with meat mallet. Pat dry with paper towels. Wet a section of cheesecloth (about 16-by-16 inches) with cold water and place filets on cloth, making sure inside of filets are facing upward. Place half of orange roughy mixture on each filet and spread evenly.

Roll the filets lengthwise away from you, making sure the seams of the filets are facing down. Roll cheesecloth around filets as tightly as possible. Tie each end with twine.

Poach roulade in fish fumet (see below) for 35 minutes or until internal temperature reaches 145 degrees. Remove. To serve, slice roulade in 1/4-inch slices. Yield 3 to 4 slices per serving (serves four). Serve with Sauce Marinovich (see recipe below).

Fish fumet: Two quarts of cold

water, juice of half of lemon, 2 whole peppercorns, 4 shrimp shells, 1 clove garlic, 1 bay leaf, 2 stems of fresh dill, 1 carrot, 1 celery stalk, 1 small onion, 1/4 cup white wine and 1/2 teaspoon tarragon vinegar. Bring all ingredients to a boil and let simmer one hour prior to poaching the roulade.

Recipe compliments of Brad Alt, Chef Herrera and Chef Marinovich of The Cafe Marquette.

SAUCE MARINOVICH

1/2 cup (3 ounces) skim milk
1/2 cup (3 ounces) fish fumet
1/2 teaspoon Dijon mustard
salt and white pepper to taste
Tabasco sauce to taste (not too much)
Roux of 2 tablespoons butter or margarine and 2 tablespoons flour

Heat skim milk to 120 degrees. In separate pot melt butter or margarine over low heat and add flour. Mix together with a wire whip, making sure to beat out all

the lumps. Remove from heat. Combine skim milk and fish fumet and add to roux mixture. Cook over medium heat until thickened, stirring constantly. Add remaining ingredients. Blend and remove from heat. Spoon over arranged slices of Orange Roughy Roulade.

Recipe compliments of Brad Alt, Chef Herrera and Chef Marinovich of The Cafe Marquette.

RANGER COOKIES

2 sticks butter or margarine
1 cup white sugar
1 cup brown sugar
2 eggs
1 teaspoon vanilla
2 cups flour
1 teaspoon baking soda
1/2 teaspoon baking powder
1/2 teaspoon salt
2 cups oatmeal
2 cups Rice Krispies cereal
2 cups coconut

Cream together margarine or butter, granulated sugar and brown sugar. Add eggs and vanilla and beat until smooth.

In another bowl, mix together flour, baking soda, baking powder and salt. Add dry ingredients to batter mixture and mix thoroughly. Lightly mix in oatmeal, Rice Krispies and coconut.

Drop by rounded tablespoons onto a lightly greased cookie sheet.

Bake at 325 degrees for 8 to 10 minutes, or until light brown. Makes 4 dozen.

Recipe compliments of culinary arts instructor Carrie Gory, Marissa Wolf and her boyfriend, and the rest of the Salem Rock Cafe kitchen crew.

CHEF KERR'S REALLY GOOD REFRIGERATOR ROLLS

2 cups milk, scalded
1/2 cup sugar
2 teaspoons salt
1/4 cup shortening
1 tablespoon dry yeast
1/4 cup lukewarm water
1 teaspoon sugar (for "proofing" yeast)
2 eggs
3 1/4 cup flour (bread flour preferable)

While milk is cooling, measure sugar, salt and shortening into a mixer bowl. Add milk. Set aside. Place lukewarm water in small bowl. Sprinkle yeast and 1/4 teaspoon sugar over the top. Let it dissolve, stirring once or twice.

Break eggs into small bowl. Beat slightly with wire whip. Add to mixer the ingredients and continue to blend.

Change beaters to bread hook attachment. Add the flour gradually to mixer ingredients, using a very low speed. After flour is mixed in, turn mixer to medium speed and

Serving lunch

Discover one of these best kept dining secrets.

■ The Salem Rock Cafe is open 10:30 a.m. to noon Tuesday through Friday. Call (313) 416-2800.

■ The Alpha Room is open 11:45 a.m. to 1:30 p.m. Tuesday through Friday. Call (313) 624-6000.

■ Cafe Marquette is open noon to 1:15 p.m. Tuesday through Friday, and 4:45-6:15 p.m. Thursdays for a buffet dinner. Call (313) 595-2195.

continue mixing until dough climbs the beater. Scrape down the sides of the bowl frequently while mixing.

Place dough in a 9-by-13-inch pan that has been lightly oiled. Cover and refrigerate. Next day: Scale dough into 1 1/2 ounce portions. Place on greased baking sheet and proof (allow to rise) until double in size (about 45 minutes). Bake at 350 degrees until golden brown, about 15 to 20 minutes.

Recipe compliments of Chef Kerr and the Alpha Room kitchen crew.

Super from page 1B

events. People are eating quick; cooking together prolongs communication.

"What's for dinner?" are three words busy families dread. What's your secret for preparing quick weekday supper? Call me at (313)

953-2105. Cooks featured in this column receive an Observer & Eclectic canvas tote bag.

I'm looking for recipes and ideas for no cook lunches for kids to make this summer. Also, all you dads who like to barbecue, please

call. On May 23 we'll be firing up the grill with recipes and tips for summer grilling. We need your input.

See related recipes.

Drop by rounded tablespoons onto a lightly greased cookie sheet.

Lunchtime from page 1B

instructor at Plymouth Salem since 1972, enforces one golden rule: "If you're not going to eat it, then you're not going to serve it."

The Salem Rock Cafe, recently remodeled with bright, clean Euro-styling, serves 80 to 100 guests a day. Their menu includes soups, salads, sandwiches and special-of-the-day entrees, such as stuffed baked shrimp and Caesar salad. And everything is homemade by the students, from rolls to salad dressings.

In a back corner of the kitchen, a student is mixing croissant dough in a bowl large enough to bathe in.

Gary's students unanimously chose Ranger Cookies as their favorite kitchen goody. Marissa Wolfe, 17, of Canton made them for her boyfriend on Valentine's Day. "He really liked them," she said. "They always melt into these big round things when I make them, but they're really good."

When asked what's the best thing to come out of the Alpha Room's kitchen, Chef Bob Kerr, who founded the culinary arts program at Oakland Technical Center 23 years ago, readily produces two of his competition-winning students: Joseph Gordon, 18, and Andrew Benar, 17, both of White Lake. Gordon recently won first place in an Oakland County

food show for his crown roast of pork. "I arranged it on a 30- by 30-inch mirror with baby carrots and asparagus and baby corn on various places on the mirror," he said. Not surprisingly, Gordon intends to make his living as a chef.

Benar, who plans to go to Johnson & Wales University in Rhode Island, the Harvard of culinary arts schools, said desserts are his specialty. He makes a no-bake lemon cheesecake shaped like a bride, complete with hoop skirt and sweeping train. Kerr knows the importance appearance plays in creating a culinary experience. "It's all in the presentation," he tells his students. "If something doesn't look right I have them take it apart."

Cafe Marquette, in the William D. Ford Voc/Tech Center, has an airy, contemporary look — a blend of soft green and blue, a wall of windows overlooking an inside courtyard and splashes of colorful neon lighting everywhere. But in addition to good looks, the Cafe Marquette has great food and dedicated instructors.

Culinary arts instructor Kathy Windiate and Chef Kris Jablonski and Ramon Herrera teach their students 70 different culinary skills. They also act as mentors to students like Brad Alt, 17, of Westland, Dominick O'Donnell, 17, of Inkster, and Sarah

Peterson, 18, of Westland. Peterson, a budding pastry chef, says with conviction, "Pastry is my life."

Alt, with a bit of guidance from Herrera, created a dish named Orange Roughy Roulade, which he recently entered in the Johnson & Wales Recipe Writing Contest. When asked what makes his creation so special, Alt says, "It's really elegant and it's really good." He plans to try it out soon on a brand new girlfriend. Lucky girl.

O'Donnell, whose crowning moment came when he was chosen for a vocational industry culinary arts competition, likes his culinary creations on the fiery side — literally. He makes a "terrific" filet mignon over which he pours heated cherry liqueur. A flick of a match and voilà, a half pound of beef tenderloin is transformed into food for the gods and goddesses. "Just don't pour too much liqueur on," O'Donnell cautions. "I flamed my roof once before."

Orange Roughy Roulade, flaming filet mignon, butter-rich cookies — do hard-working chefs go home after a 10-hour day and really make all these wonderful dishes? Not. "The last thing I want to do when I get home is cook," Windiate said.

See recipes inside.

Veggies top super supper menu

See related story on Taste front.

PASTA SHELLS WITH BELL PEPPER SAUCE

1 pound of pasta shells
2 cups low-fat cottage cheese
1 tablespoon non-fat milk
1 tablespoon onion powder
2 teaspoons Italian seasoning
1/4 cup chopped fresh parsley
1/4 teaspoon ground pepper
1 teaspoon garlic powder

Heat water for pasta in a large pot and cook for about 10 minutes on high. When tender, rinse and drain well in cold water and set aside. Prepare cheese sauce by heating the

remaining ingredients in a large frying pan, just until the cheese begins to melt.

Remove from heat until pasta is ready. Over low heat, stir shells in cheese sauce until all shells are covered and hot. Spoon Bell Pepper Tomato sauce over each serving. This should serve six people.

1 large bell pepper (green)
1 tablespoon Italian seasoning
3 cups tomato puree (we use a can of Hunts whole tomatoes and puree them in the food processor)
1/4 cup water

Chop vegetables and add Italian seasonings. Saute mixture until vegetables are slightly browned. Stir in tomato puree and water and simmer for 20 to 30 minutes. This will yield approximately one quart of sauce.

BELL PEPPER TOMATO SAUCE

1 medium onion
5 cloves garlic

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