

SPECIALTY FOODS



KEELY WYGONIK

Chili cooks spill beans on ingredients

Mole powder, red chili powder, Mexican chili powder — this is the stuff award-winning chili is made of, but you probably won't find these ingredients at your neighborhood grocery store.

"I started with a chili powder blend; it was successful for me; that's all we knew, but over time we realized we couldn't control the amount of cumin, garlic, salt and pepper and other ingredients," explained Annette Horn, an award-winning chili cook who is organizing Plymouth's second annual Great Chili Cook-off on Sunday, Oct. 12.

Like other chili cooks, Annette and her husband, Ken, who placed second in 19th annual Michigan Championship Chili Cook-Off Sept. 7 at Five Lakes Grill in Milford, discovered pure ground chili peppers and other seasonings, which are available by mail order.

"There's a wide variety of chilies," said Horn. "It gives you more control over your chili. We've experimented to find a taste we like. If you like your chili, you should be happy. Only one person will win the cook-off."

Competition

Up to 40 cooks will be competing in

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Plymouth's Second Annual Great Chili Cook-Off



When: 11 a.m. to 6 p.m. Sunday, Oct. 12
Where: Kelllogg Park and The Gathering, downtown Plymouth. Event proceeds benefit Make-A-Wish Foundation of Michigan.

Highlights:

- One mile fun walk — 8:30 a.m.
- 10K run — 9 a.m.
- Michigan District chili cook-off competition 9-10 a.m.; registration/booth set-up, light stoves at noon, cook chili noon to 3 p.m., chili tasting 3 p.m., awards presentation 5 p.m.
- Live country entertainment — noon to 6 p.m.
- Live dancing — throughout the day
- Harley Davidson bike and fashion show — throughout the day
- Beanie Baby Raffle — Tickets \$5 available at the event, or in advance beginning Oct. 1 from Native West, Christine's Hallmark, the Animation Station, Pinz Piper, Plymouth Chamber of Commerce, Bed 'N Stead and Andy's Hallmark in downtown Plymouth.

Cook-off information:

- Entry fee for fun walk and 10K run \$14 in advance, or \$17 day of the event. Includes long sleeve T-shirt, and contribution to Make-A-Wish Foundation of Michigan. Call (313) 455-0510 for registration information.
- Entry fee for chili cook-off \$30 International Chili Society members, \$60 non-members (includes US membership). Call Annette Horn (313) 455-8833 to participate in the event.
- General information: Plymouth Chamber of Commerce (313) 453-1540 or Plymouth Business Association (313) 453-1234, Ext. 254.

Chili Cook Resources:

- Pendergast's — (800) 533-1870
- Jim Beatty — (805) 624-2078
- Joe Stewart Chili Company — (415) 671-8530
- Adomski's Original Sin Chili Store available at Ruffi Spica Company, 2021 Russell (in the Eastern Market area of Detroit), or by mail order: Send \$2.95 plus \$1.25 for shipping and handling to: Packaging Supply, P.O. Box 51068, Livonia, MI 48151

LOOKING AHEAD

What to watch for in Taste next week:

- Focus on Wine column
- The vegetarian athlete

Hop to it and make a homebrew

BY ELEANOR HEALD
SPECIAL WRITER

Homebrewing is one of America's fastest growing hobbies, and autumn's cooler temperatures make it a perfect time to homebrew. If you hop to it, you can have a specialty batch for the holidays.

Fermentation should take place at 68°F for ales and 57°F for lagers, temperatures easily attainable in autumn. Once a homebrewed batch is bottled, it should be kept at about 60°F and away from light for six weeks of aging.

Dean Jones, Brewmaster for Big Rock Chop and Brew House in Birmingham, offered his professional advice to get the most fun and best results from homebrewing.

"Purchasing a kit from a homebrewing supply store is a good way to learn and get started," he said. "Once you've home brewed and get experience, you're ready to move off kits." With David Letterman's flare, Jones offered his top 10 list for success in homebrewing.

Tips for success

#10 Consult a professional at a homebrew supply store. This person will happily direct you to goodness with your first brew.

#9 Don't cheap out. Buy the right equipment the first time from a quality homebrew shop, not a beer machine from a department store.

#8 Read, learn and ask questions of other homebrewers.

#7 Use quality ingredients. What goes in is what comes out. Use only fresh or frozen hops and yeast that has been refrigerated. Toss the kit yeast away and purchase yeast from a homebrew store.

#6 Don't use sugar. Most kits will tell you to. Make an all malt beer.

#5 Don't use the kit directions. Toss them out and don't look back. Get brewing directions from a book or homebrew store.

#4 Clean, clean, scrupulously clean your equipment.

#3 Sanitize, sanitize, sanitize. Keep everything that comes in contact with your beer sterile.

#2 Relax. Your beer will turn out fine.

#1 Keep notes on everything you do so you can make that great batch again.

Wine Barrel Plus in Livonia is billed as "the largest independent retail home brew shop in the world" by owner Mark George. He also touts his long-into-the-evening hours. "Many people start their hobby after

6 p.m. and we cater to them staying open until 10 p.m. every day except Sunday," he said.

George suggests that there are various reasons why people choose to brew their own.

"There are no federal, state, county or city taxes on 200 gallons of homebrew in a two-person adult household. Homebrewers take pride in producing their own unique beers. Others enjoy duplicating commercially available beers from major national companies at a fraction of the cost. There are unlimited flavor and stylistic variations that can be produced. The foundation, however, is fun."

Wine Barrel Plus sells brewing equipment from Economy at \$40 to Elite at \$131. Depending on what you may already own, such as a 5-gallon carboy, you might be able to get away with an Economy equipment purchase. But each category is clearly spelled out on easy-to-read lists. Jones recommends that glass, not plastic, be used for fermentation.

Brew and Grow of Michigan in Livonia capitalizes on two unique hobbies, homebrewing and indoor gardening. "Gardening is the largest hobby in the U.S.," owner Scott Day said. "But volume-wise for my shop, it's more beer supplies and equipment."

Judging from the Brew & Grow catalog, Day has everything you'd ever want to get started, and after you've become proficient. For beginners he has a sheet with 17 essential steps for brewing a 5-gallon batch. He gets you through the bottling process in 12 easy steps.

Dean Jones will work with Scott Day forming a positive relationship between brewery and homebrew store. Jones will supply sea-

Homebrew resources:

- Brew & Grow of Michigan, 33523 W. Eight Mile Road, Unit F-5, Livonia (800) 734-4195.
- Detroit Brew Factory, 16055 East 8 Mile Road, Eastpointe (810) 776-8848. Brew on premise.
- Red Wagon Wine Shoppe, 2940 S. Rochester Road, Rochester Hills (248) 652-9307.
- The Merchant's Warehouse, 126 N. Main Street, Royal Oak (248) 546-7770.
- Westside Brew Depot Beer and Wine Factory, 2055 Huron Church Road, Windsor, Ontario (519) 966-8734. Brew on premise.
- Wine Barrel Plus, 30303 Plymouth Road, Livonia (313) 522-9463.

TAMMIE GRAVES/STAFF ARTIST



'Everyday Cooking for the Jewish Home' strays from tradition

BY KEELY WYGONIK
STAFF WRITER

Work and holidays, the words are synonymous, but they don't have to be.

"We shouldn't be bound by traditions, try other things," suggests Ethel G. Hofman, author of the newly published "Everyday Cooking for the Jewish Home" (HarperCollinsPublishers). "You don't have to make Tzimmes the way your grandmother did."

Tzimmes, which she describes as "a mishmash of sweet vegetables," is traditionally served at Jewish New Year dinners. Like many traditional holiday dishes, it's "laborious and time-consuming to make," said Hofman. "You have to peel and chop carrots, pit dates."

But Hofman's "Almost Instant Tzimmes" is easy. The ingredient list includes a package of pitted prunes, can of vacuum-packed sweet potatoes, and frozen sliced carrots.

"There's really nothing to it, and the flavor still comes through," she said.

It's time to put out cookbooks, and start thinking about Rosh Hashana, the Jewish New Year celebration, which begins this year at sundown on Wednesday, Oct. 1 and ends with Yom Kippur, which begins at sundown on

Friday, Oct. 10. Called the "High Holy Days," Rosh Hashana and Yom Kippur are the most sacred holy days in Jewish faith.

Rosh Hashana means "head of the year" in Hebrew. It is a time of reflection. On the eve of Yom Kippur, (Day of Atonement) families gather for a holiday meal, which begins 24 hours of prayer and fasting.

"The focus is on hope, for a sweet, comfortable, fulfilling new year," said Hofman. At the Rosh Hashana meal, served before sundown of the evening beginning the holy day, it is customary to dip a piece of apple or bread into honey, symbolizing a wish for a "good, sweet year, full of happiness."

All of us seek out new recipes during the holidays, but Hofman challenges readers to change their way of thinking about food so every day can be a celebration.

"Flavors elevate a dish from ordinary to fantastic," she said. "These dishes can be made any time of year, as well as holidays. There's a misconception about, gourmet being something you wouldn't make every day. All of my recipes are gourmet, they're fine, good-tasting dishes, and you can get the ingredients in any supermarket."

She learned how to cook from her mother while growing up in the Shetland Isles, north of Scotland. "It's a little square on the map. My mother's 89 and still makes chicken soup from scratch, forget about bouillon."

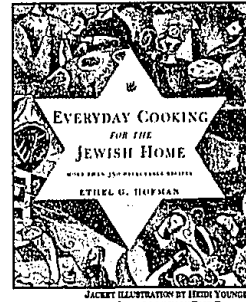
But Hofman, who loves homemade chicken soup like everyone else, challenges people to recognize the canned broth she uses in some of her recipes. She also uses prepared puff pastry and other convenience products. There are over 38,000 products that are certified kosher, which make life easier.

"Look wonderful, taste fabulous, but not take a lot of time to make," is how Hofman views cooking.

"This is right on target for the way we're cooking and living," she said. A nutritionist by profession, Hofman is past president of the International Association of Culinary Professionals, a nationally syndicated Jewish food columnist, and regular contributor to *The Philadelphia Inquirer* and other publications.

"Wherever Jews find themselves they adapt the flavors of that region to keep within the laws of kashruth," said Hofman. "This has led to a unique blending of distinctive ingredients by the

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New cookbook: "Everyday Cooking for the Jewish Home," by Ethel G. Hofman (HarperCollinsPublishers) offers 350 recipes that are uncomplicated in preparation but complex in flavor.