

CHEERS FOR BEER



CHEF JOSEPH STYKE

Serve ale with hearty bread, soup, stew

Rainy, unpredictable cold weather calls for hearty soups, stews and bread, and enjoying the brown ale I made last fall. Micro-brewed brown ale has a nice roasty and nutty flavor. It has the appearance of being hearty, but won't overpower soups and stews. Try it with sausage and venison too.

Here are two of my favorite winter dishes – a dense chewy black bread and French-style Country Cassoulet. Serve them with a Brown Ale.

If you'd like the taste of homemade without the fuss, a good local choice is Kings Crown Brown from Kings Brewery, 895 Oakland Ave., Pontiac, (248) 746-5900.

So grab some ale, invite some friends over, and enjoy.

BLACK STOUT RYE

- 1 cup Young's Oatmeal Stout (heated to 90°F)
- 1 package yeast
- 4 tablespoons melted butter
- 1 egg plus 1 egg white
- 1/4 cup honey plus 1 tablespoon
- 1 1/2 tablespoons caraway seeds
- 2 tablespoons cocoa powder
- 1 teaspoon salt
- 2 cups dark rye flour
- 1 1/2 to 2 cups bread flour
- Egg wash: Combine 1 egg and 1 tablespoon warm honey

Combine beer, melted butter, yeast and 1 cup rye flour, mix well and let sit 16 minutes.

In mixer or food processor, combine (beer, butter, yeast, rye flour mixture) with all of the remaining ingredients, except bread flour, and mix well.

Add bread flour 1/2 cup at a time until a nice elastic consistency is achieved and dough pulls away from sides of bowl. You may not need all 2 cups of the bread flour. Form into round loaf, or place in a greased loaf pan. Brush with egg wash and let rise in a warm draft-free place for 45 minutes.

Bake at 350°F for 30 to 40 minutes until crust is hard and loaf sounds hollow when tapped with a spoon.

Chef's note: Look for Young's Oatmeal Stout at any good beer and wine or liquor outlet such as Merchant of Vino.

CASSOULET

- 1 pound double smoked slab bacon, sliced
 - 1 tablespoon olive oil
 - 1/2 cup flour
 - 6 chicken legs
 - 1 large Spanish onion medium dice
 - 6 cloves garlic, minced
 - 2 carrots, diced
 - 2 parsnips, diced
 - 1 pound white button mushrooms
 - 1/2 ounce dried Porcini mushrooms
 - 1 pound smoked pork sausage, sliced (Kielbasa will work fine)
 - 1 pound Italian sausage cut into 3-inch pieces
 - 3/4 pound smoked ham, sliced
 - 1 pound dried Navy beans (soaked overnight in water to cover 3-inches over beans)
 - 1 1/2 quarts beef stock
 - 1 cup brown ale
 - 1 teaspoon cracked black pepper
 - 1 tablespoon fresh thyme
 - 1 tablespoon fresh rosemary
 - 6 ounce can tomato paste dissolved in beef stock
 - 2 cups seasoned bread crumbs
- Soak Porcini mushrooms in 2 1/2 cups hot water until rehydrated.
- Cook beans until half-done (about 25 minutes) in fresh water, drain and set aside.

Please see BEER, B3

LOOKING AHEAD

What to watch for in Taste next week:

- Focus on Wine
- Eating Better Sensibly

CHICKEN PAPRIKASH

A FAMILY FAVORITE FOR 100 YEARS

BY KEELY WYGONIK
STAFF WRITER

Lots of people make chicken paprikash, but not like Beverly Hinsch of Livonia.

Her recipe has been in the family for 100 years. "I remember watching my Hungarian grandmother making it most Sundays for dinner," wrote Hinsch in response to our Jan. 25 request for a recipe to share. "I have made some changes to accommodate today's healthier lifestyle, but the taste is the same. Everyone that has ever eaten it has asked for the recipe."

A commercial sales secretary for Carrier Great Lakes, the Livonia-based Midwest distributor of Carrier HVAC (heating, ventilation and air condition) equipment, Hinsch, like a lot of us, doesn't always feel like cooking when she comes home.

"I go into a cooking frenzy on Sundays," she said. "I'll make a pot roast, or low-fat chicken paprikash. We love leftovers."

Since she tries to cook in advance, weekday dinners are a snap. Hinsch reheats the main dish, makes a vegetable, and tosses a salad. The packaged caesar salad is one of her favorites. She cooks about five times a week. Friday is "date night" when she and her husband, Jim, go out to dinner. On Sundays Jim will often grill fish – salmon, mahimahi, or halibut.

Like a lot of people, they've reduced the fat in their diet for the sake of good health but still enjoy their favorite foods.

"When my grandma made chicken paprikash she used a whole chicken," said Hinsch. "She'd fry it in a skillet with Crisco and wouldn't drain the fat. She used real sour cream."

Hinsch uses boneless chicken thighs or skinless, boneless chicken breasts, and light or no fat sour cream instead. She cooks a nonstick pan with cooking spray or a little bit of Canola oil before browning the chicken and drains the fat before adding the remaining ingredients.

Her grandparents emigrated to the United States separately from Hungary in 1903.

"Grandpa was 23 and grandma was 16," recalled Hinsch. "They met in New Jersey, eventually married and moved to northwest Detroit. Grandpa died young at 56, but plucky grandma sold the house and got a job at Daisy Air Rifle in Plymouth. She rented a room in a private house and walked to work. She was a wonderful cook and baker."

"My parents often brought her to stay at our home on weekends. Her apple strudel and apricot and nut rolls were to die for. I have never been able to duplicate them. My favorite dish was her chicken paprikash, which she made every Sunday that she visited with us. It is still my favorite dish – I could honestly eat it at least once a week. Grandma lived to be a vigorous 90 years old."

Hinsch and her husband, an executive with



STAFF PHOTO BY TOM HAWLEY

Family favorite: Beverly Hinsch presents Chicken Paprikash with dumplings. Created by her grandmother, it's one of Beverly's favorite dishes, and a recipe she enjoys sharing.

Akzo Nobel in Troy, will be married 40 years this August. They moved to Livonia in 1961 and have four grown children – Kathryn, Debra, Jim and Bob, and two grandchildren.

Brenda Seeman of Garden City shared her Mexican stew recipe. "I've given away many copies of this recipe," she wrote. "It's quick, easy, very filling and delicious. Even the most fussy eaters like it, even children. If you don't happen to be on a diet, you may use hamburger or in place of the turkey, regular V-8 in place of low sodium, regular canned tomatoes and Cheddar cheese. When our large family gets together we double the recipe, toss a large salad and serve big hot loaves of store bought French or Italian bread."

Gwen Krestel of Farmington Hills shared her creamy chicken and cheese enchilada recipe.

"It's my favorite recipe because everyone always loves it and asks for the recipe," she wrote.

Lots of readers also asked for Auntie Flo's Fruit Salad recipe, which my pal Peggy Vautaw Peck shared in our Nov. 23 issue.

Peggy and I worked on the Tower Tribune together at Fordson High School.

Everybody's got a great Recipe to Share – what's yours? I'd love to hear from you. Send, fax or e-mail your recipe to share, with a daytime phone number to me – Keely Wygonik, Taste Editor, Observer & Eccentric Newspapers, 36251 Schoolcraft, Livonia, MI 48150, fax (734) 591-7279 or e-mail hgallagher@e.homecomm.net

We'll pick one recipe to feature in Taste on the fourth Sunday of month, and share a few of our favorites. The person picked for our feature will be photographed for the article, and receive an apron and cookbook.

Get out your recipes, and call friends, family members and neighbors. We're anxious to receive more Recipes to Share.

See recipes inside.

Pastries mirror award-winning chef's art

BY KEELY WYGONIK
STAFF WRITER

Like a kaleidoscope, Kris Jablonski of Redford wants to make pastries that reflect the changing patterns of our lives – seasons, weddings, birthdays and graduations.

In six months the award-winning pastry chef plans to open Kaleidoscope Confections and Pastries, a gourmet pastry shop specializing in French-style wedding cakes and pastries.

On Feb. 1 he won Best of Show, The "Masterpiece Award" and the Pastries Award for best utilization of chocolate in a recipe contest held during the Ninth Annual Chocolate Party at Michigan State University's Kellogg Center in Lansing to benefit the care of the collections of the MSU Museum.

His chocolate hazelnut mousse torte, which he called "Taking Flight" was a work of art. He was invited to attend the Pastry Chef of the Year Competition in New York at the end of March.

A graduate of Schoolcraft College's Culinary Arts Program, Jablonski was a teacher's assistant/pastry chef at the William D. Venable Center in Westland, and head finisher at the Townsend Hotel Bakery in Birmingham.

KITCHEN MAGICIANS

ham. At the Townsend Hotel he was responsible for providing pastries for the hotel, bakery, wholesale accounts and wedding cakes.

"I'm at the point in my career where I need to utilize my strengths. Competing in contests is one way of getting recognition at the national level," he said. "Competitions challenge me to put myself out in the industry. In the food industry you're competing against yourself and setting out to do your best work."

Jablonski wants to create pastries that are natural, and use the very best products available.

"There are going to be brides out there who want something different," said Jablonski. "They may want to showcase their own style with an innovative cake that's different from anything else out there. My style is more abstract and contemporary."

Jablonski also wants to work with the seasons instead of against them by using only the best products.

"I want to work with flavors that are in season – pears and apples in the fall,



STAFF PHOTO BY TOM HAWLEY

strawberries and raspberries in the summer," he said. "Tropical fruits are coming in now – passion fruit, mangoes, kiwifruit. They have the best flavor."

Jablonski plans to locate his bakery in Plymouth or Livonia. He's in the process of designing the interior and ordering equipment.

Hot food cooking and pastries are

Award-winning present: Kris Jablonski with his chocolate hazelnut mousse torte, which won first prize in a chocolate recipe contest.

Please see PASTRIES, B3