

CHEERS FOR BEER


CHEF JOSEPH STYKE

Lighthouse Ale great with pasta

I stopped at my neighborhood bistro for a few ginger ales after work on Monday, and the proprietor came over to say "hi" and talk hockey. He asked me what I was going to have for dinner the next day, and when I answered pasta with tomatoes and basil, and focaccia with rosemary and thyme, he asked if he could come over, as did the gentleman on either side of me.

Pasta with tomatoes and basil served with focaccia is one of my better half's favorite meals. It's simple, hearty and full of flavor. The beer that I really like to serve with this meal is Old Mission Lighthouse Ale from the Traverse Brewing Co. in Williamburg, Mich. It's medium body golden ale, crisp and clean with well-balanced bitterness and aroma from the whole cascade hops. If you are ever up that way, stop in at the Brewery and have a pint or two, and tell Jack and the gang that Chef Joseph said "hi!" Old Mission Lighthouse Ale is also available for purchase at Wine Barrel Plus in Livonia and Cap and Cork in Plymouth.

PASTA WITH TOMATOES AND BASIL

- 4 Roma Tomatoes seeded and sliced
- 1 small yellow onion, thinly sliced
- 3 cloves garlic, minced
- 3 tablespoons fresh basil chopped
- 3 or 4 slices of prosciutto, chopped (optional)
- 5 tablespoons olive oil
- 1/4 cup white wine
- 6 ounces angel hair pasta
- Pecorino or Romano cheese, shredded to serve on the side

Set a pot of salted water to boil for pasta. This pasta cooks very fast, about 3-4 minutes for dry, and in a heart beat for fresh.

Add oil to sauté pan. On medium heat sauté onions until they get a little color. Add garlic and basil and cook for 2 minutes. Add tomatoes, and prosciutto (if using), and cook 3 minutes more. Add wine.

Drain pasta very well and add to pan and toss. Serves 2.

FOCACCIA WITH ROSEMARY AND THYME

- 2-5 cups all purpose flour
- 1 cup warm milk, 80°F
- 1 egg yolk
- 1/4 teaspoon salt
- 1 tablespoon olive oil plus 4 tablespoons
- 1 tablespoon fresh rosemary
- 1 tablespoon fresh thyme
- 1 tablespoon fresh garlic, minced
- 1 package yeast

Pour yeast into milk and let set for 10 minutes.

Place all remaining ingredients (except 4 tablespoons olive oil) in a large bowl. Add milk/yeast mixture and mix well with a large wooden spoon.

This is not a dry dough and it will be moist. If it is a little too moist, add flour by the tablespoon until it pulls away from the bowl.

Turn dough out onto lightly floured work surface and knead dough by hand for 5 minutes.

Place dough in a greased bowl (I use PAM) cover and keep in warm draft-free place for 45 minutes, or until almost doubled in size.

Preheat oven to 400°F. On a greased baking sheet, form dough into a round-like pizza. With a fork poke lots of holes all over the top, and spread the 4 tablespoons olive oil on top, and very lightly sprinkle with salt.

Cover lightly and let rise again for 20 minutes. Bake in oven for 20 minutes. Makes 1 round.

Chef Joseph Styke is sous chef at the Water Club Seafood Grill in Plymouth, and an award-winning home brewer. Look for his column on the fourth Sunday of the month in Taste.

LOOKING AHEAD

What to watch for in Taste next week:

- Spring Celebrations
- Home Sense



STAFF PHOTO BY SHARON LAMIER

Easy and delicious: Laurie Wethington (center) with her daughters, Alyssa (right) and Lauren, and nephew Matthew Meidell presents one of her favorite dishes, Pork Piccata.

E A S Y

PORK PICCATA

FANCY ENOUGH FOR COMPANY

BY KEELY WYGONIK

Veal Piccata is one of Laurie Wethington's favorite dishes to order out. At home, she makes her own version, Pork Piccata, which Laurie says is "similar in taste and texture to veal Piccata but not as expensive."

Her Pork Piccata is fancy enough to serve company, and it doesn't take all day to make. "I use this recipe a lot because it's so easy," she said. "I don't

"I don't want to stay in the kitchen while I have company. I can cook it early, and keep it warm on the stove."

Laurie Wethington

want to stay in the kitchen while I have company. I can cook it early, and keep it warm on the stove."

Wethington's Pork Piccata is made with pork tenderloin, trimmed of all fat, and topped with a lemony mushroom, onion sauce.

"I've been trying to cook low-fat because my cholesterol is high," explained Wethington who lives in

Farmington Hills with her husband, Robert, and two daughters, Alyssa, 6, and Lauren, 10. "Getting a recipe to taste good and be low in fat is a challenge."

Wethington cooks every night. "I enjoy it, it's like a hobby," she said.

For inspiration she turns to magazines and loves collecting recipes. Her favorites are "Better Homes and Gardens," and "Cooking Light."

If she's out of an ingredient, Wethington improvises. She grocery shops once a week and plans her menus a week in advance.

Rosemary is her favorite seasoning, and in the summer she grows it in her garden. Her must-have items on hand include canned tomatoes and chicken broth.

Like many parents, finding foods her children like to eat is a challenge. "They hate everything I cook," she said. "They like chicken nuggets, hot dogs and grilled cheese sandwiches. It makes me crazy. They like my homemade chicken soup and sesame fried chicken."

Since she's been cooking low-fat, her husband Robert's cholesterol has gone down. "I feel a lot better when I eat lower in fat," said Lau-

rie. "I have more energy."

Betty J. Manthey of Plymouth shared a recipe and story about her daughter Roberta who lives in Ohio. When Roberta was 14 she baby-sat for two children who lived down the street. Their mother told Roberta to make lunch for her children with whatever she could find in the fridge.

"Roberta invented this dish, and we've never found it in any cookbook," said Manthey. "She used 1 bag of spinach, (well rinsed three times), and cooked it down in a four-quart pot. Then she added, and stirred in slowly, 2 scrambled eggs. Lastly toss in buttered croutons made from 2 slices of toast. Mix, and add salt and pepper to taste."

When she served the dish to the children they asked, "What is this?" She answered "It's Spinach Delish, and it's good for you."

They loved it, and Spinach Delish has become a family favorite. I asked Manthey where Roberta learned to cook, and she said, "she mostly taught herself. She never did what she was told."

Roberta is now 50 years old, and Manthey says she's "a wonderful cook, and still inventing other dishes."

PORK PICCATA

Serves 2 to 4
(depends on how hungry you are)

- 1 pound pork tenderloin, trimmed of all fat
- Salt and pepper to taste
- 1 tablespoon olive oil
- 1 cup dry white wine
- 1 cup water
- 1 teaspoon chicken bouillon
- 2 tablespoons lemon juice
- 8 ounces sliced mushrooms
- 1 medium onion, thinly sliced into rings
- 2 tablespoons flour
- 1/2 cup water

Lemon slices and chopped fresh parsley for garnish (optional)

Slice pork tenderloin into 1 1/2-inch slices. Place, one at a time, between 2 pieces of plastic wrap. Pound with a meat mallet until thin.

Sprinkle with salt and pepper. Heat oil in a large non-stick skillet, brown meat on both sides. You can do it in batches if the pan isn't big enough.

Reduce heat and return all meat to skillet, top with wine, water, bouillon, lemon juice, mushrooms and onions. You may add more salt and pepper if you wish. Cover and simmer slowly until onions and mushrooms are tender, about 30 minutes.

Remove meat from skillet, arrange on platter, increase heat to almost boiling, mix flour and water and pour into pan, stirring constantly, let thicken. Pour sauce on top of meat, garnish with lemon slices and parsley, if desired.

Serve with rice pilaf.

Send us your recipes

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or recipes. Send us your recipes, and be sure to include information about why it's your favorite, along with a daytime phone number.

If your recipe is picked, you'll be photographed and interviewed for a story in Taste on the fourth Sunday of the month. Along with our thanks you'll receive a recently published cookbook, and apron. Runners-up will receive an apron.

Students fill grocery carts with nutrition information

Grocery Store Tour

Presented by: Gail Posner, registered dietitian
When: 7-8:30 p.m., Monday, March 30
Where: Shopping Center Market, (Maple at Orchard Lake Road), West Bloomfield.
Cost: \$15 per teen, or \$25 for teen and an adult, includes food samples. Call (248) 855-4558 to register, prepayment required. These are some of the questions teens answered on Gail Posner's grocery store tour:

Nutrition Challenge

- **Challenge:** Evaluate the content of your favorite cookie or chip. Does it meet the less than 2 grams of fat, less than 1 gram of saturated fat, per 100 calorie guidelines?
- **Nutritious choices:** Include Reduced fat Nilla Wafers instead of the regular wafers, fig newtons, Snack-Well's Chocolate Chip Cookies.
- **Challenge:** Compare your favorite cereal to the healthy nutrition guidelines. Is there a healthier cereal you will try? Compare the nutrition label of your old cereal to the new one you will try.
- **Nutritious choices:** Include Wheat Chex and Fiber One.
- **Challenge:** Find one fruit and one vegetable that you will eat that has 10 percent or more of the Daily Value for vitamin A. Find one fruit and one vegetable that you will eat that has 10 percent or more of the Daily Value for vitamin C.
- **Nutritious choices:** Vitamin A: Carrots, kiwi, romaine lettuce. Vitamin C: Cabbage, oranges, cantaloupe, kiwi, broccoli.



BY KEELY WYGONIK
STAFF WRITER

Teens care about what they wear on the outside, but sometimes what's inside gets neglected.

"They're dieting and not always in the correct way," said Terrie Karebian, a West Hills Middle School home economics teacher. In her nutrition and foods classes, Karebian talks about making healthy choices, but touring a grocery store with registered dietitian Gail Posner really helped send the message home.

"She was so entertaining and so knowledgeable," said Karebian about Posner. "She did a wonderful job. They've been taking other kids. The hands-on experience really helped."

Since taking the tour in November, Debra Gluck has noticed some changes in her daughter, Lisa, an eighth grader at West Hills Middle School, part of the Bloomfield Hills School District. "She's making better choices," said Gluck. "She's reading labels,

which she didn't before."

Gluck, who also went on the tour, has made some changes too. "I have more vegetables cut up so they're easy to access. Instead of reaching in the drawer, they can grab cut up carrots and cucumbers. Graham crackers satisfy Lisa instead of cookies."

Since taking the tour, Lisa said she's more aware of healthy foods, and how food labels can be misleading. For her, eating better is not just about losing weight, "it makes me feel better about myself," she said. She appreciates her mom's efforts, too. "There's more at reach," she said. "Now I'll grab a carrot instead of a cookie. I'll eat graham crackers instead of chips and more fruits. Grapes are a good snacking food when I'm doing homework."

On the tour, Posner encouraged students to sample foods they might not have tried before such as baked chips and Asian pears. "It's just a fun place to learn," said Posner about the Kroger on

Orchard Lake Road at Lone Pine Road in West Bloomfield where the tour took place. "The kids live within one mile of the store, and their parents probably shop here."

Posner believes the way to change habits is to expose people to new things. Walking through the grocery store sides, students learned to read labels to learn which were misleading and to get the best food values.

"Brand was one of the favorite stops," said Posner. "They learned to pick a bread that's high in whole wheat flour."

Macaroni and cheese is a favorite with teens, and Posner encouraged them to skip the margarine called for in the directions and use nonfat milk.

While 70 percent of teens say they are getting enough calcium, U.S. Department of Agriculture statistics show that approximately 80 percent of teens are not meeting the National Academy of Sciences recommendation of

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