

HOME SENSE



LOIS M. THIELEKE

## Pack a bag that's fun to open at lunch

Packing a school lunch your child will eat is not that difficult. The trick is to create a fun, healthy lunch they won't want to trade, or throw in the trash.

The first thing you need to know is how much time is allowed for eating. If the school has a lunch policy that says when children are done eating they can go play, naturally your child will hurry through their eating. Playing is definitely more fun than eating. Also, remember young children eat slower than older children. Your child may do just fine on a few quick bites of food.

Next, find out where lunches are kept. Sometimes they are shut up in a closed locker in a hot hallway, or put on a shelf in the classroom. Food safety has to be a concern when packing a lunch.

### Keep food cool

Anything you take out of the refrigerator and put into your lunch must be kept cold. This includes meat sandwiches, tuna or egg salad, milk, cheese or yogurt, dips for fresh vegetables.

■ Add a freezer pack to keep foods cold until lunch.

■ Freeze water in a leak-proof container to act as an ice pack.

■ Freeze the beverage, a juice box or bottled water. It will thaw and be ready to drink at lunch time.

■ Freeze pudding, yogurt, or canned fruits. By noon they will be slushy, but cold.

■ Pack cold and frozen foods together. This keeps the food colder longer.

■ Pack your lunch the night before, and keep it in the refrigerator. Completely chilled foods stay cooler longer.

■ Freeze meat sandwiches and pack frozen in the lunch bag, they will thaw by noon and be safe to eat. Don't freeze hard-cooked eggs, tuna or egg salad sandwiches.

### Foods that don't need to be kept cold

- Peanut butter sandwich
- Muffins or bagels
- Fresh fruit in the peel
- Unopened cans of fruit or pudding

### Leftovers for lunch

A thermos can accommodate an endless variety of foods for lunch. Fill a thermos with last night's leftovers, hot soup or chili, cold or hot pasta salads, hot dogs, taco fixings, hot cereal.

### Lunch tips

■ Cut food into bite-size pieces so your child can easily manage them.

■ Make everything look attractive, good enough to eat.

■ Decorate small plastic containers that can be used in a lunch bag for small food items.

■ If your child likes breakfast items, recycle the morning meal for lunch. Waffles or rolled pancakes with jelly, or dry cereal in festive containers, or decorated bags are great.

■ Pack a hand washing wipe in the lunch in case soap and water aren't available. Encourage your child to use it before touching their foods and after they are finished.

■ Pack the lunch in a clean container. Wash out the lunch box or bag with warm water and soap every day. Throw away brown paper bags, use a fresh one daily.

Lois M. Thieleke of Birmingham is an Extension Home Economist for the Michigan State University Extension - Oakland County. For answers to food questions, call the hot-line (248) 858-0904.

## LOOKING AHEAD

What to watch for in Taste next week:

- Focus on Wine
- Eating Better Sensibly



# GOLDEN MUSHROOM ADDS DELIGHT TO YOUR KITCHEN

BY ELEANOR HEALD  
SPECIAL WRITER

The Golden Mushroom, a Southfield dining landmark for a quarter century, unlocks secrets to preparing wonderful and creative meals in "The Golden Mushroom Kitchen, 25 Years of Chefs and Recipes."

"The cookbook offers the very best dishes from some of the finest chefs who have trained in Michigan," said owner Reid Ashton who conceived the idea of a cookbook honoring star performers whose culinary wizardry brought, and continue to bring, the Golden Mushroom its accolades.

In the cookbook 23 chefs provide recipes for a complete menu from hors d'oeuvre to dessert. The complementary flow of flavors from one course to another is unparalleled. Chefs contributing menus either currently work, such as Executive Chef Darrin Moore, or have worked, at the Golden Mushroom. A brief biography of each chef brings the reader up close and personal.

Hardbound, "The Golden Mushroom Kitchen" will be a welcome addition to your collection of cookbooks. Retailing for \$24.95, its 188 pages include over 200 recipes. A portion of the sale proceeds goes to scholarship programs at Michigan State University, the Michigan Chefs de Cuisine Association and the Michigan Restaurant Association. It is available at the Golden Mushroom and many other restaurants whose chefs are featured in the book. Phone orders may be placed at (248) 559-4230.

### Culinary university

The breadth of imagination and dedication represented by the menus and recipes brings The Golden Mushroom a new moniker: Golden Mushroom Culinary University. As such, the kitchen of the restaurant provides an apprentice program for some of metro Detroit's top chefs. "Once apprentices, Steve Allen of Steve and Rocky's in Novi, and Brian Polcyn, Five Lakes Grill in Milford, are now restaurant owners. Others, like Marty Blitz, is owner of Mino on Place in Farmington, Fla.

The number of chefs staying close to home has given the metro Detroit area dining prominence. Up north at Tapawingo in Ellsworth, Executive Chef Richard Travis displays his skills making the restaurant a destination for fine dining.

### The early years

It all began with the genius of Milos Cihelka, the first Master Chef certified in the United States and the chef whose Continental cuisine put the Golden Mushroom on the culinary map. His biography places him at the Golden Mushroom in 1976 when he joined Ashton and later became partner. Only four years before, as a member of the 1972 U.S. Culinary Team, he won two Gold Medals in the Culinary Olympics in Frankfurt, Germany.

Returning in 1984, he won the Gold Medal with Distinction for a perfect score in eleven dishes. In 1986, Chef Milos turned tutor and coach for members of the Michigan Culinary Team that has won a total of 44 Gold Medals, three Grand Prizes and

two Best of Shows culminating with the Grand Prize in Gold.

That smell of past victory inspired Executive Chef Randy Smith of Birmingham's Big Rock Chop & Brew House to compete in the 1992 World Culinary Olympics where he won a gold medal as sous chef on the Michigan Culinary Team.

Following in the footsteps of his mentor Master Chef Milos who retired in 1992, Chef Kevin Enright has, for the last 14 years, been training other chefs enrolled in the culinary arts program at Oakland Community College in Farmington Hills. Enright credits his success to the training he received from Master Chef Milos in the Golden Mushroom kitchen.

In 1980, Chef Brian Polcyn joined the kitchen of Master Chef Milos and rose to the rank of sous chef. Today, as owner of Five Lakes Grill in his hometown of Milford, his culinary expertise has been recognized in many national magazines. He also serves as a culinary consultant to Northwest Airlines.

### Creative isn't simple

But don't expect creative food to have simple preparation. Many recipes are challenging and include numerous steps. However, it does give the home cook an appreciation for what goes on in a creative restaurant kitchen.

Taking the guess work out of wine pairing is an added feature for the wine aficionados. Golden Mushroom's Sommelier Maestra Vendramelli has made a wine selection for most dishes.

See recipes inside.

# Absopure celebrates 90 years of bottling water

BY KEELY WYGNOK  
STAFF WRITER

Diane Schuur, Regina Carter and Liquid Soul aren't the only familiar names at this year's Ford Montreux Detroit Jazz Festival. Absopure Water Co. will be there too. "We are proud that Absopure is the official bottled water of the 1998 Ford Montreux Detroit Jazz Festival," said William Patrick Young, vice president of retail marketing for the Plymouth based company. "We felt it was a great way to get involved, we've been a festival sponsor for many years."

Look for the commemorative label, which includes a smaller version of the colorful Ford Montreux Detroit Jazz poster designed by Tania MacDoe of Farmington Hills, an art director at Walker Thompson.

"Jazz lovers have discriminating tastes," said Young. "They're the type of people who drink our product. Water is the very best way to quench your thirst. People like the taste of it. Our spring water comes from southern Michigan near Irish Hills. The bottles are convenient and make it easier for people to drink water."

Ice cold Absopure Water will be sold at the Ford Montreux Detroit Jazz Festival to refresh everyone enjoying "All that Jazz." Look for the commemorative label on one liter Absopure Water bottles at Farmer Jack and other stores.

"The commemorative label is Absopure's way of paying tribute to the world-famous jazz festival in the county. They'll be available until we run out."

### Family business

Family owned and operated, Absopure Water Co. is celebrating its 90th anniversary this year. They're one of the nation's leading regional bottlers and marketers of a wide array of bottled water products ranging from distilled, spring and drinking water, to Cap 10 effervescent, naturally flavored mineral water.

The company has called Plymouth home since 1979. Like a good neighbor, Absopure supports not only cultural events such as the Ford Montreux Detroit Jazz Festival but

helps people in need. When a water main broke recently in Mtcomb Township leaving hundreds of people without water, the company gave away about 4,000 gallons of water.

### Beginnings

Absopure began in 1908 as a brand name of General Necessities Company. Back then, Absopure Ice was delivered to Detroit area customers on horse-drawn wagons. In the 1920s the company introduced the Absopure brand of electrical "Refrigerators."

Arthur and Belle Porteous bought the Absopure name and formed a new company - Absopure Water Co. after General Necessities Co. went bankrupt following the stock market crash on Wall Street in 1929.

In the mid-1950s, Young's grandfather, William P. Young, a self-taught engineer from Bay City, called on Absopure as part of his sales position with Fred Myers Co. While trying to sell Porteous a new bottle washer, Young

learned about the water company and purchased it in 1956.

His son, William C. began working at Absopure part time when he was 16. He earned his degree in engineering from the University of Detroit and worked in a co-op program at Ford Motor Co. before joining Absopure full-time in 1961. He soon became the driving force in the company.

In 1973, the Young family merged their company with Beatrice Foods, a major food products company based in Chicago. The Youngs continued to manage the Absopure division. In addition to making a significant investment in new equipment and facilities modernization, it added CAP 10 sparkling water to the Absopure product lines. Over the next decade, it became clear that Beatrice and Absopure were growing in different directions. In 1982 the Young Family bought Absopure back.

"I've been with the company since I was born," said William Patrick Young with a chuckle. After earning his degree in marketing from the University of Detroit, Young, like his father, joined the company.

"It's always been part of me," he said. "I saw the bottled water industry as an exciting industry, something I wanted to be part of. It's something I've always known."

Part of Absopure's 90th anniversary celebration includes a strong marketing focus on hydration - water consumption. Labels include the words - Absopure "The Hydration Drink."

The Young family also owns three independent affiliates that grew from Absopure's success - Plastipak Packaging, Inc., Cleen Tech, Inc. and Whiteline Express, Ltd.

Absopure products touch 20 states in the United States.



STAFF PHOTO BY BRYAN MITCHELL

Thirst quencher: Look for Absopure Water, with this commemorative label, at the Ford Montreux Detroit Jazz Festival, and your grocery store.

### Water

- Composes 75 percent of your brain
- Makes up to 70-75 percent of your muscles
- Helps convert food to energy
- Protects and cushions joints and vital organs
- Regulates your body temperature through perspiration
- Moistens the oxygen you breathe so you can use it
- Carries nutrients and oxygen to all the cells of your body
- Improves skin texture and condition, helps to reduce wrinkles
- Information supplied by Absopure Water Co.