

CHEERS FOR BEER



CHEF JOSEPH STYKE

Be a sport, treat fans to pretzels, hot mustard

Well, here it is the end of September already. Football is in full swing, the Red Wings are winding down training camp, and it's time for that time honored weekend tradition of sports, beer and eating way too much.

There are a few things in life that go together as well as fresh soft pretzels and mustard - the Red Wings and Lord Stanley's Cup, the Detroit Lions and breaking your heart (I wrote this on Sept. 17).

About 15 years ago, a friend's grandmother, Frau Blücher, gave me her soft pretzel recipe so she would not have to make them for us all the time. Now, whenever I get a chance to go to Gustav's house to watch a game, I whip up a batch of these puppies, along with a mustard. He has to supply the beer. The best beer to match soft pretzels and mustard are the malty German lagers such as the Oktoberfest of Spaten and Paulaner, Ayinger Maihock and Fest Märzen. From the U.S. August Schell's Maihock and Schmaltz All.

Mustard

The mustard is just a basic whole grain mustard that will be very hot. Feel free to add just about anything you want to flavor it - herbs, fruit, spices - go for it. If you leave it out 7 to 10 days the heat will mellow out some, but if you want the hot to stay, put the mustard right into the fridge. If you don't want it so hot from the start, use 1/4 cup light mustard seeds and 1 tablespoon of the dark mustard seeds.

I put my mustard in those little 8 ounce Ball jelly jars because the recipe makes just under 1 cup. Mustard seeds can be purchased at Rafal Spice Co. 2521 Russell St. in the Eastern Market area of Detroit. If you have never been there before, do yourself a favor and go. You start smelling spices 10 feet from the door, and they have every herb and spice you can possible think of. Where else can you go to buy frankincense and myrrh? Ya gotta love it.

HOT WHOLE GRAIN MUSTARD

- 1/8 cup light mustard seeds
- 1/8 cup dark mustard seeds
- 2 tablespoons dry mustard powder
- 1/4 teaspoon salt
- 1/3 cup water
- 1 tablespoon, plus 2 teaspoons white wine vinegar

Grind the mustard seeds in a spice mill or a coffee grinder. If you don't have a spice mill or coffee grinder, use your blender or food processor, but add the mustard powder to increase the volume.

Pour mixture into a stainless steel or glass bowl. Add salt, water, vinegar, and mix well. Place in a jar and seal with cap. Makes about 1 cup.

FRAU BLÜCHER'S SOFT PRETZELS

- 1 1/2 cups warm 95°F water
- 1 package dry yeast
- 1/2 teaspoon salt
- 2 tablespoons sugar
- 1 teaspoon canola oil
- 4 1/2 cups flour

Egg wash - 1 egg yolk and 1 tablespoon water, mix well

Kosher salt to sprinkle on pretzels

Pan of lightly salted boiling water, with a tiny pinch of baking soda, to cook pretzels in

Preheat oven to 460°F

In a large bowl, mix water, sugar, salt and yeast and let sit for 15 minutes.

For yeast to come back to life. Add 1 1/2 cups of flour and oil to the water. Mix well.

Please see PRETZELS, B2

LOOKING AHEAD

What to watch for in Taste next week:

- Focus on Wine
- Eating Better Sensibly



Chef at work: Chef Sharon Juergens prepares a customer's order at Streetside Seafood in Birmingham.

STAFF PHOTO BY JEFF KUNZEL

Women find their place in restaurant kitchens

BY KELLI LEWTON • SPECIAL WRITER

"A woman's place is in the kitchen." This sentence, once a blanket statement for a woman's role, has come full circle to include a professional career outside the home. As in most professions, the culinary field has come a long way in admitting women into what was once a mainly male profession. Women chefs are cooking up a storm and loving it.

In 1971, Random House Dictionary defined a chef as "esp. male head cook." National Restaurant Association statistics reveal that in 1992, 128,000 women owned food and beverage establishments with an annual combined income of over \$27 billion. The association also reported in 1994 that 65 percent of all food service workers in the U.S. were female (although less than 10 percent hold the rank of executive chef).

When I attended culinary school some 10 years ago, the presence of female students measured approximately 25 percent.

Chef Kevin Gawronski, a friend, and dean of the Schoolcraft College Culinary Arts Department in Livonia, reports the tide has turned. Today, about half of the students

enrolled in the program are women.

Our sisterhood of sorts seems to be skyrocketing. Local eateries are brimming with fabulous female talent. As we head into the new millennium, it would seem a woman's place is in our finest hotels, clubs, bistros and restaurant kitchens.

Let me introduce you to a few of our local wonderful women chefs:

■ **Chef Sharon Juergens - Sous Chef**
Streetside Seafood, Birmingham

I met Sharon a few years ago when she was a culinary student at Schoolcraft College in Livonia. They say people are drawn to energy, and that is how I first took notice of Sharon. She reminds me of a simmering pot that is ready and willing to boil.

Sharon happened onto the culinary profession by way of waitressing. When she was in her late teens, her sisters told her waitressing was the fastest way to make good money. She soon noticed the people in back of the restaurant were having more fun.

Sharon picked up a pair of kitchen tongs, and a chef was born. She fell in love with cooking, and enjoys the gratification of creating something, seeing it served, and

appreciated by customers. She likes the quick pace and high energy of the kitchen, and is driven by her passion of food. Her background includes sous chef at Diamond Jim Brady's in Novi where she praises Mary Brady as her mentor, and Emily's in Northville.

■ **Lorraine Platman - Chef/owner**
Sweet Lorraine's, Southfield, Madison Heights and Ann Arbor

I had the privilege to work with Lorraine about five years ago on a woman's charity cookbook and fund-raiser. She struck me then, and still does, as an exciting innovator and culinarian. You have to be doing something right to be in the restaurant business for 16 years. Lorraine's menus are always cutting edge, encompassing unique flavors, spices and combinations. After emigrating to the United States from Essex, England, she studied art in college - watercolors and drawing. She managed an art gallery, and moonlighted as a caterer and wholesale baker. Lorraine soon discovered the plate would be her palate and food the medium to express her passion. She put down her paintbrush, and picked up a knife. In 1982 she opened Sweet



Women share favorite things, and not so favorite things, about being a chef:

FAVORITE

- Customer accolades
- Providing an avenue for a feeling of comfort and warmth, with "just good food"
- Watching people eat my ideas, and visions of food and enjoying it
- The smell of fresh garlic and fresh basil when it hits the pan
- Always being able to create
- Knowing you shared a part in someone's most special day.

NOT SO FAVORITE

- Uniforms have come a long way, but they still don't fit quite right
- People who won't try new foods
- No call, no show employees - always on weekends, or holidays
- When everyone else is enjoying a holiday, I seem to be working
- Kitchen equipment seems to be oversized for many women chefs
- The long hours

Lorraine's Deli. Sweet Lorraine's in Southfield, and Ann Arbor followed. She's been turning out fine art strong for 16 years, now with her partner and husband, Gary. Lorraine enjoys experimenting with vegetarian cookery as she finds it a challenge.

■ **Mary Brady - Certified Executive Chef/co-owner**
Diamond Jim Brady's, Novi

Mary is chef and co-owner of Diamond Jim Brady's with her husband, Tom. This Irish family tradition has taken on many new colors with Chef Mary at the helm.

Mary is my oldest friend in the culinary profession. We met at Schoolcraft College, and have been partners in crime ever since. We have earned many accolades, as well as bruises, in our years of competing together in culinary salons. When you are the only two women on the team, you tend to count on each other for many things. Mary is the recipient of numerous medals and awards. Friendship aside, I can honestly say Mary has been a true pioneer in the culinary profession and community. She has given so

Please see WOMEN, B2

Cookoffs are fun for a couple of chili heads

By KEELEY WYGONIK
STAFF WRITER

Chili's hot stuff, and when it comes to cooking it, Marilyn and Ray Frederick of Farmington Hills know their stuff.

Marilyn won first place and Ray second in the 1998 Michigan State Chili Cookoff held Saturday, Sept. 12, in downtown Plymouth. Marilyn's headed to the World Championship Chili Cook-off Saturday, Oct. 10, in Las Vegas. Ray's still trying to qualify, and plans to compete in the Great Lakes Regional Chili Cookoff Sunday, Oct. 4, in downtown Plymouth.



STAFF PHOTO BY BILL BREZLER

Chillheads: Ray and Marilyn Frederick are award-winning chili cooks.

District Cookoff. Last year, Ray took home the first place prize.

Plymouth's Great Lakes District Cookoff has been elevated to regional status this year, and the winner will qualify to cook at the World Champl-

ionship Chili Cook-off.

"We're still accepting applications for cooks," said Annette Horn, cookoff chairman, and co-owner of Native West gallery in Plymouth with her husband, Ken. Registration is \$35 for International Chili Society members, and \$65 for non-members (includes I.C.S. membership). Call (734) 455-8838 for more information. "The more cooks the more fun everyone has," said Horn.

There is no admission charge, but cooks will be selling samples of their chili to benefit the Make-A-Wish Foundation of Michigan and the Plymouth Salvation Army. Local restaurants will also be offering chili for sale. Chili's not the only draw, there will be a Harley-Davidson Motorcycle ride-in-bike show too.

Horn spilled the beans on Jason Frederick, Ray and Marilyn's son, who will be competing in the Plymouth Great Lakes Regional Cookoff with his "Between Heaven and Hell" chili. Ray and Marilyn suspected something was up when their son who lives in Livonia dropped by with a batch of chili for them to taste.

Please see CHILI, B2

Great Lakes Regional Chili Cook-Off

WHEN: Sunday, Oct. 4

WHERE: In the Gathering, across from Kellogg Park, downtown Plymouth. Admission is free, call Annette Horn, (734) 455-8838 for information about the fun run and 10K race

SCHEDULE

- Registration/booth set-up - 8:45 a.m.
- Cook's meeting - 9:45 a.m.
- Food preparation - 10:11 a.m.
- Cooking - 11 a.m. to 2 p.m.
- Judges meeting - 1 p.m.
- Chili submitted for judging - 2 p.m.
- Chili tasting begins - 2 p.m.
- Chili judging - 2:30 p.m.
- Awards presentation - 4 p.m.

OTHER ACTIVITIES

- 1 mile fun walk/run - 8:30 a.m.
- 10K race - 9 a.m.
- Harley Davidson bike show - 11 a.m. to 4 p.m.
- Live bands - noon to 5 p.m.
- Chili and food booths - 11 a.m. to 4 p.m.
- Line dancing - all day
- Children's activities - all day