

## CHEERS FOR BEER



CHEF JOSEPH STYKE

## Scotch ales malty, fruity, worth a try

I have been into things Scotch of late — hop scotch, butterscotch, 16-year Scotch (I got a bottle of Laphroig for Christmas), Scotch eggs and Scotch ale.

Stawarz and I were out and about for a little darts two weeks ago, and as we sat taking a break and having a wee dram and a not so wee pint, Tommy looked at me and said "ya know what would be perfect right now? Some Scotch eggs and a bottle of Lea & Perrins."

Yeah, for a start, but how about a nice rack of lamb finished with lamb Scotch ale sauce? Can you guess what we cooked for the ladies the next week?

Scotch eggs are a great snack to have along with a nice malty Scotch ale. They are a hard-cooked egg covered in sausage, then coated in bread crumbs, baked, and topped with a few dashes of Worcestershire sauce.

I made the lamb for a beer dinner once, there's one day ahead prep involved, but it's well worth it.

### Favorite ales

Now, of course, keeping Scotch, the beer should be Scotch ale. My picks are MacLays, MacAndrews, Traquair House, Caledonian and Belhaven, but alas, they have stopped importing it to Michigan. Dean at the Big Chick Chop House in Birmingham makes a very tasty one, and Larry, Earl and Bill at Dragonmound Microbrewery in Warren make a really nice ale and an 80 schilling.

Scotch ales are very malty, sweetish, low in hops and very smooth. MacLays Scotch ale goes well with lamb. It's soft, malty, fruity and very smooth.

### The MacLays

A wee bit about MacLays of Alloa, Scotland. In 1830, James MacLay was a clerk in an ironworks and wanted to get into the beer business. After learning the craft in two other breweries, he leased the Miller Brewery, and in 1870 built the Thistle Brewery. Production started in 1871 and continues to the present day.

Alloa, a small town in central Scotland, is second to Edinburgh as a brewing center. At one time it was home to eight independent breweries.

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 last Sunday of the month in Taste. See recipes inside.

■ See recipes inside

### Schoolcraft

#### Winterfest Beer Tasting

**WHAT:** Lovers of fine ale and lager beers can choose up to 50 tastings from 100 beer selections at Schoolcraft College's fourth annual Winterfest Beer Tasting. Patrons can also sample a wide variety of foods prepared by the college's renowned Culinary Arts Department, specially chosen to complement the beverages. Sponsored by Schoolcraft College's Gourmet Club and Merchant's Fine Wine. All proceeds fund Gourmet Club scholarships.

**WHEN:** 7 p.m. Thursday, March 4  
**WHERE:** Waterman Campus Center, 13600 Haggerty Road, Livonia (between Six and Seven Mile Roads, west of I-275).

**COST:** Tickets \$35 each, and must be purchased in advance through the Dearborn or Royal Oak Merchant's Fine Wine locations, at the Schoolcraft College Activities Office. To charge tickets, call (734) 462-4422. No one under 21 years of age will be admitted. Patrons will receive a souvenir beer tasting glass and choice to win door prizes.

### LOOKING AHEAD

What to watch for in Taste next week:

- Focus on Wine
- Living Better Sensibly



STAFF PHOTO BY DENNA MCCLAIN

Prize-winning soup: Sandra Biagini, winner of the Ultimate Chicken Soup Contest, ladles her Winter Chicken Vegetable Soup with Spaetzle into a bowl.

BY KEELY WYGNON  
STAFF WRITER  
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**W**arm and soothing with diced carrots and chunks of chicken breast, Sandra Biagini's Winter Chicken Vegetable Soup with Spaetzle is the "Ultimate."

If you're sick, or suffering from a broken heart, this soup, winner of the "Ultimate Chicken Soup Contest" held Wednesday, Feb. 24, at Temple Kol Ami in West Bloomfield, is just what the doctor ordered.

"It had the strongest flavor. It hit you immediately," said Chef KEELY FANIS who judged the contest with a panel that included yours truly, Sylvia Rector of the Detroit Free Press, Rabbi Norman Roman of Temple Kol Ami, Paul Wertz of Excellence Too Catering and Danny Ruskin of the Jewish News.

Biagini, a Clarkson resident, will be featured on FANIS' "Adventures in Cooking" on WDIV-TV, Channel 4, and won a deluxe soup pot from Kitchen Glamor. Her soup will be served to 500 people at the Capuchin Soup Kitchen in Detroit on Tuesday, March 30.

Second place, dinner for two at Ristorante di Modesta, was awarded to Rita Kollin of Rochester Hills, and third, a soup cookbook from Kitchen Glamor, to Sonia Geoffrey of Bloomfield Hills.

The three winners were among 10 finalists chosen from 50 entries.

They prepared their soup in advance and brought it to Temple Kol Ami on Feb. 24 for judging.

Finalists included Maria Berman of Birmingham, David Henig of Sylvan Lake, Robert Kurzman of Huntington Woods, Maureen McMahon Zoski and Kathy McClain of Livonia, Valika Brown of Grand Blanc, Lynn Bright and Margo Borkin of West Bloomfield.

Each soup was unique, and no two tasted alike. Everyone had a story.

Kathy McClain's "Core All For Everything Chicken Rice and Orzo Soup" evolved from a basic chicken soup recipe. She added lemons and garlic to make it a "healing soup."

"I give it to people when they're sick," she said. A learning specialist at Frost Middle School in Livonia, McClain gets lots of requests for her soup. "Believe me, it's a major germ city at school," she said. "The flu hits us hard."

When friends and family members are sick, McClain is prepared to offer a shot of "Jewish Penicillin." "I have this soup available continuously throughout the winter months, in or out of the freezer," she said. "Making the broth gives me a sense of well being, comfort and fulfillment."

As they chatted, waiting for the judges to get to work, Biagini and McClain learned they had a lot in common. Besides making great chicken soup, both are teachers. Biagini taught sixth, seventh and eighth grades before she retired.

Like McClain's recipe, hers evolved. "I adjusted the seasonings and added things," said Biagini. "I think it makes you feel better when you're sick. There is something to that. The cabbage and turnips give my soup a good flavor. I always let it simmer on low heat."

Spaetzle is another element that makes Biagini's soup stand out. These homemade dumplings melt in your mouth.

Sonia Geoffrey says her mother's chicken soup is the best, and whenever she makes it, she's reminded of her.

"My mother recently died, and this soup connects me to her," said Geoffrey who teaches piano. Her students absolutely love this soup, and she considers it the ultimate reward — an A+. "It gives you strength and helps prevent colds, it's the ultimate love gift."

Kollin has been perfecting her chicken soup recipe for 20 years. "I make it for my kids when they get a cold and for Passover," she said. "The parsnips make it sweet, and the chili adds a nice flavor."

Maureen McMahon Zoski's chicken soup story was one of the most interesting. It dates all the way back to the Austro-Hungarian War when her grandmother would take batches of chicken soup and supplies to her father and the other soldiers behind the dikes along the Danube River.

"Once shots were fired at my grandma and she was rescued without spilling the soup," said Zoski.

# THE ULTIMATE CHICKEN SOUP

■ cures what ails you



STAFF PHOTO BY TIM HOFFMEYER

Meat in a bowl: Rita Kollin adds the finishing touches to her chicken soup, the second prize winner in the Ultimate Chicken Soup Contest.

"She carried it in a big pail. It was my favorite food growing up. When my mother died, I found the recipe and tried to make it, but it didn't taste like grandma's. I visited my grandma and asked her questions. She would tell me things like use a kosher chicken. Now my soup is at the point that it tastes the same as my grandma's."

■ See recipes inside

## Feed a cold, starve a fever? Uh-uh!

BY MAGGIE BOLEYN  
SPECIAL WRITER

You're sniffling, sneezing, aching and miserable. You may have one of the four to six colds that the average adult can catch each year. Young children are even more susceptible to colds, because their immune systems are not yet fully developed.

While it's interesting to know that a runny nose, cough and slight fever are all part of your body's normal response to cold and flu viruses, it doesn't make the symptoms go away. However, help may be as close as your kitchen. Try warm salt water gargles, or make your own homemade honey and lemon cough syrup. But, you should not give honey to infants.

"There may be botulism spores in honey that is not pasteurized. Infants under one year of age should not be given honey," said Dr. Katherine Ling-McGeorge, an assistant professor of pediatrics at Wayne State University who supervises the training of resident physicians at Children's Hospital of Michigan. There does not appear to be any problem in giving honey to older children.

### Feed a fever

Is it "feed a fever, starve a cold," or, "starve a fever, and feed a cold"? Never mind, because nutritionists today recommend feeding both, if you

can. Illness places extra demands on your body. Do not attempt to cut back on food when you have a fever and can't exercise. The presence of a fever requires more calories, not fewer.

Some area doctors advise decreasing milk and milk products when you are ill, but Dr. Ling-McGeorge does not. "Milk products absolutely do not make increased secretions," she said. "I don't know how that got started." She suggests using your child as a gauge — if children are reaching for milk and ice cream, then let them have that. Citrus juices may not be well tolerated by children with sore throats, and white grape juice is a great substitute, said Dr. Ling-McGeorge.

"That's not too much truth to 'starve a cold and feed a fever,'" said Betty Kriegl, a registered dietitian and Clinical Manager of Food Nutrition at Crittenton Hospital in Rochester.

She recommends lots of fluids, including water and juices, if you can tolerate them. "Warm fluids help with the stuffy nose and breathing," she said. "There is something to chicken soup. It's hot, and does help the stuffy nose."

### Soup

According to the much-quoted 1978 study conducted at Mount Sinai Medical Center in Miami Beach, a steamy cup of the soup can relieve clogged

nasal passages for about a half-hour. Kriegl also points out that the soup has some sodium to help you replace what your body may be losing with a fever. It tastes good, too.

"It's really not appropriate to starve yourself when you're not well," said Regina Gondoly, a registered dietitian and Clinical Nutrition Manager at Providence Hospital in Southfield. While you may have a decreased appetite and less energy, don't withdraw food and fluids during this time. Gondoly recommends taking fluids on a regular schedule to maintain hydration. "By the time you feel thirsty, it's really too late," she said.

If keeping food down is a problem, then at least drink plenty of fluids, including water, juices and ginger ale, Sprite or 7-Up to keep yourself well hydrated. Try frozen juices or Popsicles, even ice chips — the cold can help relieve a sore throat. Drink as much as possible — preferably 2 quarts a day — to relieve the dehydration that causes much of the discomfort associated with a fever. As you feel better, try soup, bouillon, Jell-O and apple sauce.

### Balanced diet

Eating well-balanced meals can help prevent colds. "A healthy diet is really the best prevention," said Pat Covert, a registered dietitian at St. Mary's Hospital in Livonia. A diet with lots of



fresh fruits, vegetables, grains and seeds, and lean chicken, turkey or fish is a principle weapon against illness. Drink plenty of water and fresh fruit juices.

"Water is wonderful!" said Covert. She also recommends herbal teas, as they contain no caffeine. Caffeine can be dehydrating, and is a stimulant.

Covert also likes the old standby, chicken soup. "The last time I was sick, I ate a lot of chicken noodle soup. It works for me," she said.

Eat a healthy diet, wash your hands, get enough rest and exercise. Remember, thousands of Americans are coughing, sneezing, and blowing their noses while you read this.

■ See recipes inside