

CHEERS FOR BEER



CHEF JOSEPH STYKE

Good food and good beer at Rochester Mills

Tony Dandar is getting married. There are some who said this would be the start of the apocalypse, but I have not seen four guys riding around on horses yet, so I guess we are safe. That leaves me as the last soldier standing.

Stewart, R.B. and I thought that we should take Tony out for a small celebration. Since old Tonic Dog lives in Rochester now, what better place for us than the Rochester Mills Beer Co.

We got there after lunch when things were not so hectic. We met Chef Jim Munroe and brewmaster Pat Scanlon. They're two really nice guys. One does great food and the other does great beer.

Now Pat would not give up the recipe for his mild, but Jim gave up his recipes for Yellow Tomato Gazpacho and Grilled Michigan Rainbow Trout with Spicy Black Beans, which we had for lunch.

In the way of beer I had the Watch Tower Ale and Cornerstone I.P.A. with the gazpacho and Michigan Mild with the trout.

The Watchtower is a traditional bitter full of flavor. The I.P.A. is a big malt and hop with a very nicely balanced finish. Mild is a British classic, with dark, chocolaty, nutty and caramel malt flavors. It has a nice light body that doesn't fill you up.

Since there was a bunch of us, we tried all their beers - a crisp golden Lazy Daisy lager, an unfettered German wheat beer, Water Street Wheat, Rochester Red, and a stout lover's delight Sacri-licious Stout, a dry Irish stout that was a big favorite of the table.

So if you are in the neighborhood, stop at 400 Water St. in downtown Rochester. You will not be disappointed.

GRILLED MICHIGAN RAINBOW TROUT WITH SPICY BLACK BEANS

Serves 8
6 cups cold water
1 pound black beans
1 teaspoon grated fresh ginger
2 teaspoons ground cumin
1 tablespoon cracked coriander
1/2 cup honey
1/2 cup balsamic vinegar
1/4 cup sesame oil
2 tablespoons kosher salt
1 teaspoon white pepper
8 Rainbow Trout

In a large saucepan, combine water, black beans, ginger, cumin, coriander, honey, balsamic vinegar, sesame oil, kosher salt, and white pepper.

Bring to a boil. Lower heat and simmer 1 1/2 to 3 hours until beans take on a glossy look and nearly all the liquid is absorbed. There is no soaking in this recipe. Mixture can be refrigerated and reheated in a microwave.

To prepare trout. Clean fish, cut in half and leave skin on one side. Season to taste. Preheat and oil the grill.

Place fish on the grill, flesh side down first, and sear for 2 1/2 to 3 minutes.

Turn over and continue cooking for 2-3 minutes, depending on thickness.

Serve with side of black beans.

Note: Rainbow Trout can be found at most local grocery or seafood markets.

YELLOW TOMATO GAZPACHO

Serves 8
4 pounds yellow tomatoes
2 tablespoons minced garlic
1 diced red bell pepper
1 diced yellow bell pepper
1 diced English cucumber
4 thinly sliced green onions
3 tablespoons minced cilantro
1/2 teaspoon cayenne pepper
1/2 cup olive oil

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LOOKING AHEAD

What to watch for in Taste next week:

- These potato chips are "Better Made"
- Have a "Herb" in your life

A HEALTHY ALTERNATIVE Gardenburgers



BY ELEANOR HEALD
SPECIAL WRITER

If you watch any TV, you've seen him, Chef Paul, or his cartoon equivalent.

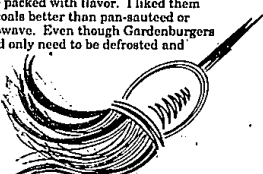
He's trying to convince you that Gardenburgers are not only healthy but delicious.

Just how good are these Gardenburgers?

More to the point, will I, a person known to browse meat markets world wide, like this meatless, hamburger look-alike?

I tried not only the Original veggie patty Gardenburger, around since 1981, but eight others, created since then. Two of them, Gardenburger Santa Fe and Gardenburger Hamburger Style Sautéed Onion, are brand new.

I liked them, preferring the newest renditions best because they are packed with flavor. I liked them grilled over hot coals better than pan-sautéed or nuked in a microwave. Even though Gardenburgers are prebaked and only need to be defrosted and heated through by the chosen cooking method, charcoal grilling imparted more flavor and a gentle smokiness.



Barbecue dilemma

We all love to barbecue in summer. It's easy and keeps kitchen mess to a minimum. But there's a downside. What we generally grill is high calorie, high fat and high cholesterol.

The Kroger Co. of Michigan's registered dietitian Diane Reynolds provided some nutritional analysis for the most popular barbecue items. Each fish, poultry or meat serving is four ounces, unless otherwise stated and from least calorie to most, here's her breakdown:

- Grilled skinless chicken breast: 132 Calories, 1.4 grams fat, 66 mg cholesterol. With 1 1/2 tablespoons barbecue sauce, calories bump to 159.
- Grilled salmon fillet: 233 Calories, 14 grams fat, 71.5 mg cholesterol.
- Grilled Oscar Mayer hot dog on a bun with mustard, pickle relish, ketchup and chopped raw onions: 286 Calories, 13 grams fat, 30 mg cholesterol. Change this to Italian sausage and the numbers escalate to 479 calories, 36 grams fat and 69 mg cholesterol.
- Grilled ground round beef hamburger on a bun with mustard, ketchup, raw onion slice, tomato slice and a lettuce leaf: 506 Calories, 24 grams fat, 99 mg cholesterol.
- Dry rub 12 ounces of baby back pork ribs and your intake is 906 calories, 61 grams fat and 237 mg cholesterol. Brush on 1/3 cup of traditional barbecue sauce and calories top 997.

Gardenburgers are 2.5 ounces each, four to a package. They range, depending on type, between 100 and 130 Calories. Even if you grilled two of the highest calorie count, your intake is half the calories of a ground round burger.

If you choose the new Gardenburger Hamburger Style Sautéed Onion, they are 100 calories each, zero fat and no cholesterol.

Did I know I wasn't eating meat? Absolutely! But served on a whole grain bun and topped with red onion, mustard, ketchup and leaf lettuce, the taste of the traditional was there - a different texture, but

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Wholesome and hearty: Gardenburgers are soy meat alternatives that mimic the taste, texture and look of meat. Grill them over hot coals for the best flavor.

Award-winning Italian inspired salad quick, easy

BY KEELY WYAGONIK
STAFF WRITER
kwygonik@aol.com

Eleanor Froehlich's Beef Tortelloni Salad can be made in a hurry on days when you'd rather be outside enjoying the sunshine than inside cooking.

Froehlich's recipe received an honorable mention in the Michigan Beef Cook-Off sponsored by the Michigan Beef Industry Commission. Her prize included a check for \$50, and an apron. Since retiring from Birmingham Groves High School where she taught English, Froehlich has been busy cooking. She won her first cooking contest in 1985, and won four this year.

"I like the challenge of following the rules they give you, and coming up with something that tastes good," said Froehlich who lives in Rochester. In making the Beef Tortelloni Salad, Froehlich said she had to pare ingredients down to a minimum. Contest rules called for six ingredients or less,



excluding salt and pepper.

Instead of the deli marinated Italian vegetable salad called for in her recipe, Froehlich said you could substitute your choice of vegetables such as roasted red peppers, marinated mushrooms, and chickpeas. Toss the salad with a fat-free or lite Italian salad dressing. Look for deli marinated Italian vegetable salad at specialty food markets.

Froehlich has entered several cooking contests this year, and just sent in her entry for the Land O'Lakes Cookie Swap Contest.

"I experiment in my own kitchen," she said. "I read a lot of cookbooks, and

try different tastes and textures. If I find something I like, I refine it."

To receive rules and entry information for the next beef cook-off, contact the Michigan Beef Industry Commission, 2145 University Park Drive, Suite 300, Okemos, MI 48864, (517) 347-0911.

Get your copy of the "Best of Beef" winning recipes brochure. Send a self-addressed, stamped business size envelope to the Michigan Beef Industry Commission at the address listed above.

Visit the Michigan Beef Industry Commission Web site www.MIBeeF.org

Everyone has a "Recipe to Share." What's yours? Send recipes for consideration in Recipe to Share to Keely Wygonik, Taste Editor, Observer & Eccentric Newspapers, Inc., 36261 Schoenherf, Livonia, MI 48150 or e-mail kwygonik@aol.com.

If your recipe is chosen you'll receive a cookbook along with our thanks.

BEEF TORTELLONI SALAD

- 1 1/2 pounds sliced deli roast beef, about 1/8-inch thick
- 2 cups deli marinated Italian vegetable salad, undrained
- 2 tablespoons chopped fresh basil
- 3 tablespoons grated Parmesan cheese
- 1 cup shredded Romano cheese
- 1/8 teaspoon black pepper
- 1 package (14-16 oz.) cheese tortellini

Cook and drain cheese tortellini according to package directions.

Cut roast beef into 1/4-inch strips, then into 1-inch lengths.

Mix all ingredients except tortellini in a bowl.

Add the tortellini; toss. Serve immediately. Serves 8.