

GOLDEN GOURMET



CHEF TROMBLEY

Grill care, techniques will help you cook like a chef

Now that the weather is warming up, the question among my friends is "whose house will be first for the 2002 barbecue season?" Then they all look at me, since I'm the chef.

I guess I better pull the gas grill out of storage and give it a tune up. I usually start by cleaning the grill grates, using a coarse brush. Then I spray them with water, without soap because it strips well-seasoned grates of their natural non-stick ability. It's a good idea to remove old rocks and replace with new ones if they appear cracked and worn. I then pull off the burner and scrape it with that coarse brush to remove those caked-on particles. Finally I scrape the back of the grill so it is debris free.

Now that the grill is clean, it's time to reassemble it. I place everything back in order and when it is time to replace the grill grates, I oil them well with a food-grade oil. It's a good idea to heat the grill to high and layer more oil on the grates to seal in those pores.

Well, now that we have that out of the way, let's talk about grilling techniques. With a gas grill, be sure to preheat for at least a half-hour. For charcoal, stack coals in a pyramid. When the briquettes start to turn white, approximately 45 minutes, spread them evenly to dissipate the heat. With both styles of grills, the key is to have a hot grate that has been seasoned so your product won't stick. After heating, be sure also to wipe excess carbon with a rag. Carbon has a most unpleasant flavor.

I am a huge fan of grilled vegetables. Every barbecue I have starts with vegetables and then I work my way back to the meats or fish. A balsamic vinaigrette seems to work well as a seasoning. The key to grilling fresh vegetables is to cut them into shapes that grill quickly. Onions would be cut into round slices, they hold up well this way. I cut broccoli so I have the bud top and about 4 inches of stem. Peppers can be cut into strips 2-inches wide and full length. You can slice zucchini on a bias, a half-inch thick and 3-inches long. Whatever you desire, keep them small enough to cook through, but large enough to hold their shape and not fall through the grates.

When grilling meats, two seasoning methods come quickly to mind. Dry rub-helps flavor the outside of meats and because it is dry, it helps prevent

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GRILLED PORK LOIN

A recipe of The Golden Mushroom

Serves 2

1 10-ounce pork loin, cleaned of sinew and fat

1 Tablespoon chopped fresh garlic

2 Tablespoons lemon juice

2 Tablespoons extra virgin olive oil

1 teaspoon chopped fresh thyme

1 teaspoon cracked black pepper

1 teaspoon ground coriander

1 Tablespoon ground ancho chili powder

salt to taste

Slice pork loin into 6 medallions and place them in a bowl with the rest of the ingredients on top. Marinate for at least 2 hours.

Oil the grates and preheat the grill until hot. Place the pork loin medallions on the grill. Turn pork loin over in approximately 2 minutes to cook evenly. Then turn pork over to the first side, being sure to create hatch marks. Cook about 1 minute, flip one more time to insure even cooking. (Pork is thoroughly cooked when it has reached an internal temperature of 160°F.)

This recipe can be used for chicken breast or a steak type fish also. Serve with roasted potatoes and Grilled Drunken Vegetables. A sauce is not needed if the pork is not over-cooked, so don't kill it! More recipes, Page B2



Satisfying: Father George Hatz and his daughter Tula proudly display their Zorba brand sausage at the Hiller's market in Farmington Hills.

Complete nourishment

Priest satisfies soul with service, body with sausage making

BY SANDRA DALKA PRYSBY
SPECIAL WRITER

Good nourishment for the body and for the soul. That's the goal of George Hatz. For the body, more specifically, the stomach, it's his Zorba brand, loukaniko (lokan-ni-ko), Greek sausage. For the soul, Hatz serves as a Greek Orthodox lay priest for the Detroit diocese.

Both, according to the Beverly Hills resident, bring him immense satisfaction. Getting into the sausage business was a natural progression for a man who grew up around restaurant and catering operations. Hatz's father, who shortened the family name (Hatzopoulos) when he immigrated from Greece to North America, was the executive chef of the King Edward Hotel in Toronto. He moved to Detroit in 1920 to start his own restaurant. Over the years he owned a number of restaurants.

"I started working in my father's restaurant as a dishwasher at age nine. By age 12, I was a cook," Hatz says.

When Hatz graduated from high school, his father encouraged him to learn a trade and give up the food business. "But when you get hungry, pick it up again!" his father told him. Hatz has followed this advice at various stages of his life.

After becoming an automobile mechanic, Hatz served in the Navy during World War II. Then it was on to studying engineering at Wayne University (now Wayne

State University) and eventually getting a degree at General Motors Institute in Flint.

But the food business—more specifically, his wife Helen's relatives in New York—called him back. Hatz was needed to help out in the family catering business.

After ten years and three of his own catering halls in Astoria, Long Island, Hatz moved his family back to Michigan in 1964. He opened and operated a restaurant in Westland for three years.

Serving suggestions for Zorba Sausage

For breakfast: Serve with eggs, pancakes, French toast or just by itself. Slice, brown over medium heat in a skillet and serve.

For lunch: Grill, fry or microwave and serve it whole or sliced in half. Put it in a bun or pita bread with onion, tomato and top with tsaitsiki (cucumber) sauce.

For dinner: Add to spaghetti sauce or serve with rice pilaf, noodles or your favorite vegetable. It's especially good with sauerkraut.

For an appetizer: Slice, brown over medium heat in a skillet and serve with a squeeze of lemon and toothpicks.

like my father advised, I returned to it when I was hungry," he says.

A lay-off in 1980 brought Hatz to sausage making and that's where he's stayed, at least on a part-time basis. "I got the idea to make Greek sausage when there was a booth available at the Greek Festival in downtown Detroit. I came up with a recipe, worked with a meat packing plant and ended up selling 1,000 pounds of sausage at the festival."

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Zorba sausages taste great in pasta sauce, Greek Easter Soup

HELEN'S MEAT SAUCE

6 tablespoons olive oil
2 medium onions, chopped
2 cloves garlic, minced
1 1/2 pounds ground sirloin
salt and pepper to taste
1 can (28 oz) whole plum tomatoes
1 can (8 oz) tomato sauce
1 can (16 oz) diced tomatoes
1/2 teaspoon oregano
1 teaspoon basil
1 cup red wine (optional)
4 links Zorba loukaniko (mild or hot), sliced

Heat olive oil in large saucepan. Add onion, cooking until transparent. Add garlic and meat. Season to taste with salt and pepper. Add oregano and basil and salt and pepper if necessary. Simmer over medium heat for 1/2 hour. Add wine and Zorba loukaniko. Simmer another 1 1/2 hours. Serve as a topping with spaghetti or favorite pasta.

Serves 6 to 8.

MAGENTSA (GREEK EASTER SOUP)

2 pounds lamb liver
salt and pepper to taste
1/2 pound (2 sticks) unsalted butter
1 bunch green onions, finely chopped
1/2 cup dill, chopped (optional)

1) 1 bunch flat parsley, finely chopped
2 cans (46 ounces each) chicken broth
1/2 cup long grain rice
3 eggs (at room temperature)
3 tablespoons water
1/2 cup lemon juice

In large pan, cover liver with water and salt to taste. Cover and bring to a boil for 15-20 minutes. Remove from heat, cool and chop into 1/4 inch pieces, removing all veins. Melt butter in large skillet. Add onions, dill and parsley. Salt and pepper to taste. Cook until soft and onions are transparent. Add liver and cook for 5 minutes. Remove from heat.

Add broth to large soup pot. Bring to boil. Add rice and liver mixture. Simmer for 45 minutes.

To make egg lemon sauce:

In large bowl, beat eggs until frothy. While continuing to beat add, first, water, then lemon juice. Add 3 cups of hot soup to mixture while stirring. Add this mixture to soup, stirring slowly. Cover with paper towel until ready to serve.

Serves 8 to 10.

NOTE: Basic soup can be made a day ahead of time. Make egg lemon sauce just before serving.

Recipes submitted by Helen

Dressed up or down, eggs are good all the time

Sunny side up, scrambled, poached, fried, baked, shirred, deviled, pickled, codded, hard-cooked, decorated, soft-cooked, omelet or fritatta, we are talking about eggs. Eggs made the way you like them.



Lois Thieleke

time to talk about them.

Eggs are still an inexpensive source of high quality protein and a source of vitamins B12 and E, riboflavin, folacin,

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iron, and phosphorus. The white of the egg is mostly water with some proteins, and the yolk contains much of the proteins, all the fat, vitamins, minerals and cholesterol.

Medical research has changed their minds about eggs being a significant health risk. Instead eggs are on the "okay" list now, but check with your health care provider before you start eating too many. The egg white can be used freely, it's the yolk we have to be concerned about.

There has been a renewed health risk associated with eggs and that is salmonella, a food poisoning.

There are simple ways to eliminate

any kind of salmonella risk.

Eliminating risks

Wash the eggs before cracking. Cook eggs at high enough temperature to destroy the bacteria.

Both the white and the yolk should be firm, not runny.

Do not eat raw eggs or any food product containing raw eggs.

Wash your hands, the work surface, and the utensils with hot soapy water. Wash anything that may have touched the raw eggs.

Refrigerate all cooked eggs within two hours.

Buy the freshest refrigerated eggs and keep them refrigerated when you get home. Don't put an egg in its shell in the microwave. It will explode and

make a mess, with the possibility of ruining your microwave. If you leave an egg whole, make sure you prick it (for an air vent) before you microwave. The egg yolks cook more rapidly than the whites because of the fat contained, so take that into consideration when microwaving or cooking.

Eggs "wear many hats." Not only are they eaten alone in numerous ways, but they have many other purposes.

Purposes:

Eggs:

Bind ingredients together for meatballs or croquettes.

Act as a leavening agent for soufflés and angel food cake.

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