

Side dish

Oven fresh bread

Farmer Jack's has teamed up with Nancy Silverton, one of the founders of La Brea Bakery in Los Angeles, Calif., to offer customers European-style artisan breads.

La Brea's breads, baguettes and dinner rolls are 80 percent baked in a new facility in Van Nuys, Calif., flash frozen, and shipped to Farmer Jack stores where they are finished in store ovens.

"Our valued customers are now able to purchase artisan, European quality breads in their own food markets, thus providing the convenience of one-stop shopping," said John Ponzio, vice president, public and government affairs for Farmer Jack.

The wide variety of La Brea product offerings include onion focaccia, French, Italian, roasted garlic, pecan raisin, potato dill, country wife, and whole grain health bread.

Shake it up

Satisfy your craving for apple pie quickly with Apple



Pie in a Glass, a recipe from Motts.

APPLE PIE IN A GLASS

Yield: 1 serving
1 cup low-fat milk
1 four-ounce container Motts' Apple Sauce
1/4 teaspoon cinnamon
1 1/2 teaspoons sugar

Shake all ingredients in a container with a tight-fitting lid or still in glass until well blended.

For more recipes visit www.motts.com

Eat oatmeal

Eating oatmeal and other whole grain oat cereals can reduce blood pressure levels.

The clinical study, published in a recent issue of Preventive Medicine in Managed Care, indicates that 73 percent of the participants who ate oat cereal daily for 12 weeks were able to reduce or eliminate their blood-pressure medication.

Why do oats help reduce blood pressure?

Dr. Joseph Keenan, interim chairman of the University of Minnesota's Department of Family Practice & Community Health, who authored the study with five colleagues, said the exact mechanism isn't fully understood, but adds that the soluble fiber, mineral content and grain antioxidants in oats may contribute to the favorable blood pressure. "Possibly via an improvement in insulin sensitivity," he also noted that eating high fiber cereals is an easy way to reach the recommended dietary fiber goal of 25 to 30 grams a day. One in five Americans take medication for hypertension. To learn more see quaker-oatmeal.com

She's a Risk taker

Spanish neighborhood restaurant attracts hip clientele

BY LANA NEW
STAFF WRITER

Gastronomy - the art of good eating. It lured Adrienne Smith to Spain.

"Spaniards have a very high standard of living," Smith said. "It's a very social culture."

By high standard she means about happiness, not money. Good food, good company and good wine are a part of everyday life in Madrid. Smith, formerly of Bloomfield Hills, was so enchanted with Spain that she settled there in 1998 and created a good life for herself.

At just 27, she's the proud co-owner of a hip, bustling nine-table neighborhood restaurant and bar in Madrid called Bluefish. It's not the career she imagined when she graduated from the University of Virginia with degrees in women's studies and the Spanish language.

Then again, life can be wonderfully unpredictable if you're willing to take chances, she said. And Smith is a risk-taker who wasn't afraid to leave her

tight-knit family in Bloomfield Hills and live independently in Europe.

"We spent our life savings on it," she said of the Bluefish that she co-owns with her best friend Bridgette Madigan, 25, of Milwaukee. "It's stylish, but friendly and very unpretentious. I wanted a cozy place and I think we've achieved that."

"Our clientele is mostly locals and tourists from Germany, Ireland and Portugal," Smith said. "We're located in an interesting neighborhood that was the site of Communist revolt...there's a lot of history there and the neighborhood is getting trendier."

Bluefish attracts the hip. Recently, the women catered to Lenny Kravitz.

Smith spoke to The Eccentric recently while in Bloomfield Hills to visit family. Her parents speak of her culinary skills with pride and encouragement. It was her first Michigan visit. While here she said she plans to visit Sangria, the trendy Royal Oak Spanish restaurant. Or perhaps she'll sample Alegria Restaurant & Banquet Center in Farmington Hills — the only other large Spanish estab-

lishment in Oakland County.

While Smith is a Spanish food fan, the success of Bluefish comes from an eclectic menu of about 10 dishes from countries other than Spain.

Traditional Tapas dishes are "little plates" of food that come in a variety of creations like cold or fried olives, potatoes with olive oil and spices, seasoned eggplant or squid that diners share together. Smith borrowed from that idea, but instead served bigger portions for guests to share.

She combines the Spanish style of eating (sharing food) with a variety of ethnic dishes.

Bluefish introduced Madrid to Vietnamese spring rolls and hard-to-find salads.

"Most salads in Spain are iceberg lettuce and a tomato, it's difficult to find a dark green salad," she said.

Her customers love the Asian spinach salad with dark greens, oranges, goat cheese, bacon and a ginger-sesame salad. She and Madigan created the menu based on the foods they enjoy. And it seems to be working. The restaurant has regular customers native to Spain and it also attracts tourists.

They also create worldly versions of Empanadillas — Spanish dumplings — and sometimes add a Jamaican influence to it, for example. They alter the main dishes of shrimp pasta salad or curry pasta salad and roasted eggplant or marinated Asian beef. Humus and tabouleh, two Middle Eastern dishes that are popular in America, are also hits at Bluefish.

Right now both women cook, tend bar and manage the Bluefish, soon they hope to hire student chefs for several month stints to create different ethnic cuisines.

KING PRAWNS IN SHERRY

12 raw king prawns peeled
Salt and freshly ground black pepper
A few drops of Tabasco sauce
2 tablespoons olive oil
2 tablespoons sherry

Make a superficial cut down the back of each prawn, then pull out and discard the dark intestinal tract.

Heat the oil in a frying pan and stir-fry the prawns for 2-3 minutes until pink.

Pour the sherry into a bowl, and season with Tabasco sauce, salt and pepper. Serve immediately with prawns.

More recipes on B2

Smith originally taught English when she moved to Madrid, the job many Americans have overseas. She also worked in marketing, but she and Madigan said they always thought it would be fun to own a restaurant.

Interestingly, Bluefish is just one of several Madrid restaurants that serve martinis. Trendy Cosmopolitans are the hit there amongst women. Men drink Swedes, similar to a cosmopolitan but it contains and tequila. Cranberry juice is a hard find in Madrid, so lingonberry juice is substituted.

There's quite a few dishes that need to be modified because certain ingredients are impossible to find there, she said. Corn, cilantro, pickles, thyme and fresh cilantro, for example. Fountain bottomless soda, especially "free refills" doesn't exist in Spain. Ice-tea is hard to find too.

PLEASE SEE SPAIN, B2



Learn more about the culture that created Italian regional wines

Some Italian wine books have made the fairly complicated regional wines of Italy even more difficult to understand, but adds that the soluble fiber, mineral content and grain antioxidants in oats may contribute to the favorable blood pressure. "Possibly via an improvement in insulin sensitivity," he also noted that eating high fiber cereals is an easy way to reach the recommended dietary fiber goal of 25 to 30 grams a day. One in five Americans take medication for hypertension. To learn more see quaker-oatmeal.com



Focus on Wine

Ray & Eleanor Heald

ing regions. Bastianich is a partner in New York City restaurants with two chefs, his mother Lidia Bastianich (Feldin and Becco) and Mario Batali (Rabbio, Esca and Lupo). Lynch is the wine director at Babbo as well as a food and wine writer for Wine & Spirits magazine. Although the French refer to the terroir of the vine, Bastianich and Lynch prefer L'Ambiente del Vino, the ambience of the vine and the culture that surrounds it. The authors have not created a long, boring encyclopedia, but in their words, "the elements of Italian lifestyle that enhance the enjoyment of the wines. The experience of drinking an Italian wine isn't complete without the

food products that grow in the same soil, nor without some sense of the culture that created it."

Part I of the book presents the basics. Italian wine lovers experienced from DOC and IGT to DOCG; a must to understanding Italian wines. A map of the 21 growing regions includes the principal red and white grape varieties for each growing region.

Part II is the meat. Nineteen chapters, each covering a growing region (some times two), begin with an anecdotal story about the region, its people, wines or customs. This is followed by a discussion of the white, red, sweet and sparkling wines of the region. If you use the book as a reference, each chapter includes a table

of "Fast Facts," easy to find information on the region's wine, food, grapes, towns and touring.

Each chapter concludes with a regional recipe from Lidia Bastianich or Mario Batali, with recommended regional wines. The chapter on Friuli-Venezia Giulia, for example, has a recipe for Frico Friulano, a wonderful cheese tart that is traditional fare in Friuli.

MAKING SENSE OF THE BOOT

In Veneto, the region that includes Verona, one of the great red wine specialties is Amarone. Have you wondered how it's made or perhaps how it differs

PLEASE SEE WINE, B2



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