

## New Cooking Classes Offered at The Community House

To register for classes, contact The Community House, 380 South Bates Street, Birmingham, at 248-644-5832, or at [www.community-house.com](http://www.community-house.com).

## Famous Restaurant Favorites II

This class will include a selection of popular dishes from restaurants around the country. It is offered 6:30-8:30 p.m. Wednesday for \$30.

We will prepare the following: portobello mushrooms stuffed with spinach and goat cheese from "Cucina Rustica" in Sedona, Arizona; roasted yam and apple salad from "Bistro 161" in Duncan British Columbia; artichoke, asparagus and mushroom quinoa risotto from "Limon" in Denver; scallops with lentils and bacon-date puree from "Blue Velvet" in Los Angeles and baked French toast with pecans from Steep Acres Farm Bed and Breakfast in Williamstown. A \$6 materials fee payable to instructor.

Instructor Pam Gustairs graduated with honors, receiving a degree in Culinary Arts from Schoolcraft College in Livonia. She is a chef at Holiday Market.

## Cooking with Fresh Herbs

Sure it's winter but you can still enjoy the tastes of summer all year long by incorporating fresh herbs into your dishes. Class is offered 7-9 p.m. Feb. 22 for \$30.

And yes, you can grow them all year long, too. Learn how. Tonight's menu includes: Slow Roasted Tomato Salad with Basil, Spring Herb Risotto, Perfect Roast Chicken with Fresh Tarragon, and Lemon and Rosemary Posset with Raspberries for dessert. A \$6 materials fee payable to instructor.

Instructor Dawn Bause is co-author of the cookbook "Romance Begins in the Kitchen," owner of the company "Cooking with Dawn."

## Knife Skills Class Part II

This course is designed to advance speed, accuracy and proper technique of using a knife. In this hands-on course, students will demonstrate competency and skills covered in the first knife skills class or through previous training. Learn new cuts and techniques such as batonnet, tournay, and brunois preparing fruits and vegetables. This course will cover an advanced level of knife sharpening skills. The class is 7-9 p.m. Feb. 28 for \$30.

A \$6 materials fee payable to instructor.

Instructor Freeman E. Gunnell trained under renowned chefs including Jimmy Schmidt, Wolfgang Puck, and Madeleine Kamman. His career includes working as chef de cuisine and as a pastry chef. Freeman is production manager at Holiday Market and is a graduate of the Pastry and Baking Program at Schoolcraft College.

## St. Patrick's Day - Cooking with Beer

Just in time for St. Patrick's Day, this innovative and fun class will highlight a number of tasty recipes, some featuring beer as an ingredient. We will be preparing: shepherd's pie, beer braised brisket with root vegetables, Ballymaloe ice cream and chocolate stout cake for dessert.

Join us as we experience a taste of the Irish. The class is 6:30-8:30 p.m. March 2 for \$30. A \$6 materials fee payable to instructor.

Instructor Pam Gustairs graduated with honors, receiving a degree in Culinary Arts from Schoolcraft College in Livonia. She is a chef at Holiday Market.

# GOIN' VEGGIE

## FAMILY FEATURES

Cut back on fatty foods...check. Reduce sodium intake...check. Switch to diet sodas...check. There are a lot of things that get put on the dietary "to-do" list, and most of them involve eliminating what's not good for the body. But what about adding what is good for the body? There are plenty of healthy and delicious foods that need to be added to everyone's diet.

"Soyfoods can play a part in any healthy, well-balanced diet because they nourish the body with high-quality protein that's low in saturated fat and is cholesterol-free," said Patricia Greenberg, aka The Fitness Gourmet, who is a Certified Culinary Professional, nutritionist and chef.

For more ideas and recipes, visit [www.soyfoods.org](http://www.soyfoods.org).

## Soy Sloppy Joes

Makes 6 servings

- 2 tablespoons vegetable oil
- 3 12-ounce packages soy crumbles
- 1 medium onion, chopped
- 1/2 large green bell pepper, chopped
- 1 cup ketchup
- 2 cups tomato juice
- 2 tablespoons brown mustard
- 1/4 teaspoon black pepper
- 6 whole grain burger buns, split

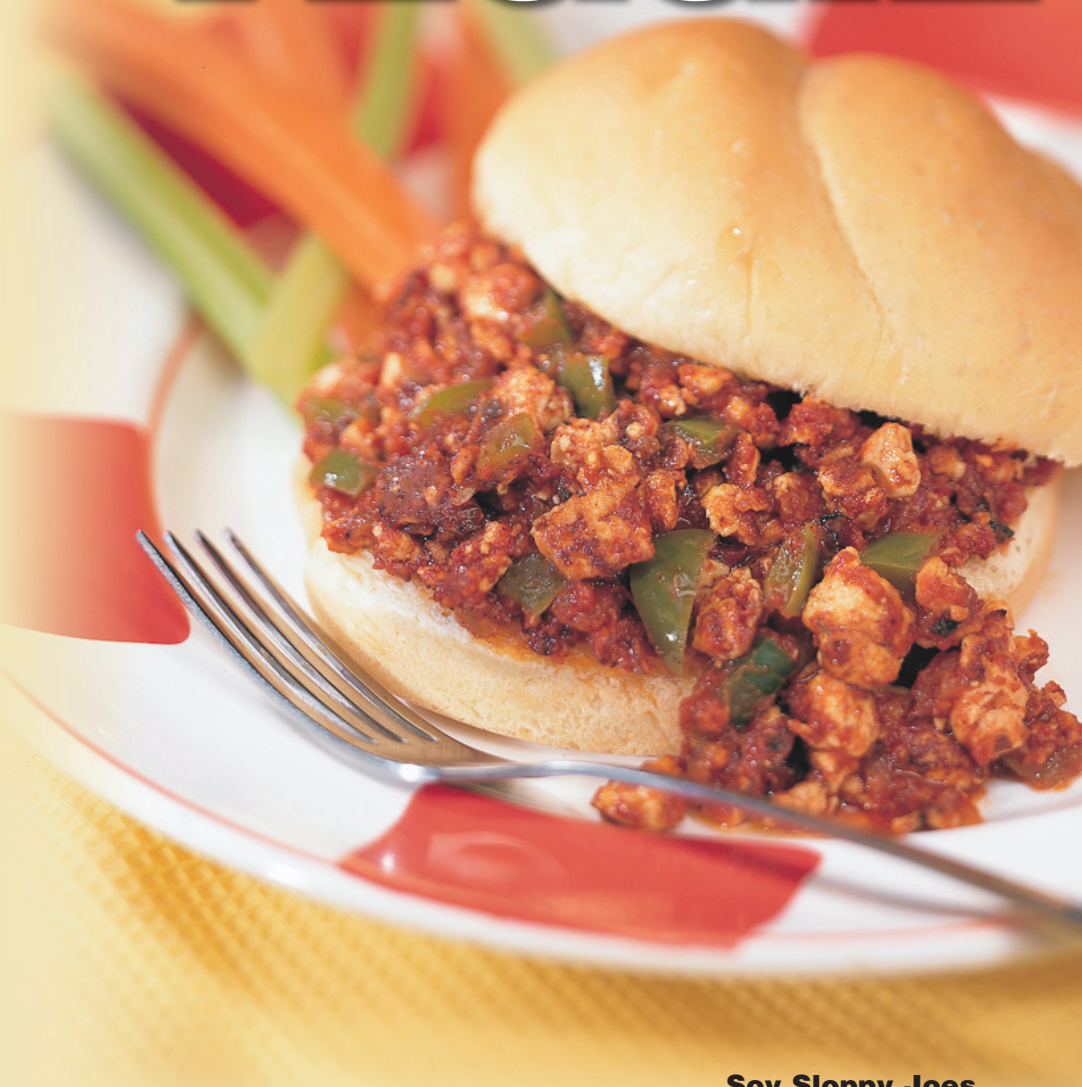
In saucepan, heat oil over medium heat and sauté crumbles, onions and peppers, stirring frequently to prevent sticking, until onions are translucent, about 5 minutes.

Add ketchup, tomato juice, mustard, salt and pepper, and simmer for 20 minutes, stirring frequently.

Smother a bun half with 1/2 cup of crumble mixture, replace bun top and serve.

Note: This mixture can be made ahead and frozen.

— Source: Soyfoods Association of North America



Soy Sloppy Joes

# Former Inn Season chef: Food and love go hand-in-hand

By CLAIRE CHARLTON  
Special to The Oakland Press

Your lips quiver, your heart thumps, your knees feel weak. Are you in love — or just savoring an intoxicating taste? Perhaps one leads to the other.

Food and passion do share an intimate link, says George Vutetakis, former chef/owner of Inn Season Café in Royal Oak and author of "Vegetarian Traditions: Favorite Recipes From My Years At The Legendary Inn Season Cafe."

"One of the secrets of good food is the discovery of health and sensuality which are synonymous with regard to relationships and performance," Vutetakis says. "Everybody wants to be at their peak when they are in a relationship. They want to please the other person and enjoy themselves, as well. The right foods can increase vitality over a period of time, and that makes a huge difference."

Take, for instance, the superfoods of the plant world: mushrooms, asparagus, chocolate and almonds, to name a few. These edible celebrities are reputed not only to increase cardiac health and vitality, but to boost libido and performance when it counts. That's a lot of fringe benefit from the deeply satisfying flavor of a truly great meal.

But why wait until you get to the table?

"Going to the market with someone you love can be a sensual experience," says Vutetakis. "Smelling, touching and experiencing fresh food is a process of discovery, really at the core of our sensuality."

Vutetakis shares his favorite sensual recipes from his cookbook and his website, The Vegetarian Guy. Find him at [georgevutetakis.com](http://georgevutetakis.com), or follow him on Twitter @theveggy. Meet him at VegMichigan's VegFest Vegetarian Tastefest & Expo on March 27 at the Suburban Collection Showplace (formerly Rock Financial Showplace) in Novi. Vutetakis lives in San Diego with his wife, Sara Hill.

## Shiitake mushrooms

Shiitake mushrooms, long renowned in Asian cuisine for healing properties, have only been commercially cultivated in North America within the last 20 years.

"I began using them in dishes other than a traditional miso soup and created this Shiitake Mushroom Sauté using Japanese ingredients such as mirin, tamari and sesame oil to sear and caramelize the mushrooms," Vutetakis says. "Simple to make and sure to impress, this dish was very popular and won rave reviews at the restaurant. It is a great garnish or starter."

## Shiitake Mushroom Sauté

- Serves 4
- 1/2 teaspoon toasted sesame oil

- 1/4 teaspoon garlic, finely minced
- 8 shiitake mushroom caps
- 1/4 cup mirin (Japanese rice wine)
- 1/2 teaspoon tamari
- 2 fresh chive stalks

Heat oil in a small sauté pan on medium-high heat. When hot, but not smoking, add garlic then mushroom caps. When garlic is sizzling, add mirin and tamari. Cover and simmer at medium-low until the mirin starts to caramelize around the mushrooms. Garnish with chive stalks and serve immediately.

## Asparagus

Springtime at the farmers market reflects the powerful regenerative energy of the earth. It is an ideal time to jump start your health by eating the incredible life-changing super foods of the early spring.

En papillote (baked in parchment) is an easy cooking method that infuses flavor and helps retain nutrients.

## Asparagus En Papillote

- Serves 4
- 10 thick asparagus stalks or 20 thin stalks, trim or snap off bottom
- 1/4 cup sweet onions, minced
- 1 cup blanched almond flour
- 2 tablespoons dijon mustard
- 1/4 teaspoon fresh tarragon, minced
- 1/2 teaspoon sea salt
- 1/4 teaspoon fresh ground white pepper
- 1/4 cup fresh dill weed, chopped
- 2 tablespoons fresh lemon juice

Preheat oven to 450 F. Cut a sheet of parchment into two 12-inch squares and then each square into two equal triangles. Place equal amounts of asparagus on the parchment and sprinkle with minced onion.

In a small mixing bowl, mix almond flour, mustard, sea salt, white pepper, dill weed and lemon juice. Spread 3 tablespoons of the almond mixture lengthwise across the asparagus. Fold the parchment over and seal, using your forefinger and thumb to crimp the edges. Place on baking sheet and cook

for 8 minutes (less time is necessary with convection ovens). Serve hot as a surprise in the paper or remove from paper and plate.

## Chocolat

Valentine's Day was one of the busiest dinners of the year at Inn Season Café, Vutetakis says.

"Shortly after Sara took over the dining room in 1997, [www.citysearch.com](http://www.citysearch.com) voted us the Most Romantic Restaurant and things expanded exponentially. Every Valentine's Day, I would take the opportunity to remove all the stops on the dinner specials and present a special Valentine's menu," he said. "The year I developed the Chocolate Brownie Cake, the movie 'Chocolat' had recently been released and a public passion for all things chocolate had been re-ignited.

To accompany the cake, Vutetakis created a vegan Hot Fudge Sauce.

"As the crew was gearing up for the busy evening, we set up a line of hot fudge shots for the wait staff," he says. "One by one, each server downed a shot and hit the floor running. We sold a piece of Chocolate Brownie Cake to almost every table that night."

## Chocolate Brownie Cake

- Serves 9
- dry ingredients:
- 2 cups unbleached wheat flour (white flour)
- 1 1/2 cups evaporated cane juice (organic sugar)
- 1 1/2 tablespoons baking powder
- 1 1/2 tablespoons arrowroot powder
- wet ingredients:
- 10 ounces unsweetened chocolate
- 1 1/2 cups evaporated cane juice
- 1 1/2 teaspoons vanilla extract
- 1 cup plain soy milk

Preheat oven to 350 F. Lightly oil the sides of 2 parchment-lined 9 by 9 cake pans. Whisk together all dry ingredients in a bowl.

In a double boiler on medium-low

heat, add all wet ingredients. Stir periodically until chocolate is melted and smooth. Keep warm and reserve.

## Blend

- 1 1/2 cups plain soy milk
- 1/4 cup ground cashew meal
- 1 block (12.3 ounces) firm silken-style tofu
- 1/4 cup canola oil

In a blender, puree soy milk, cashew meal and tofu until smooth. Pour into a large bowl. Add wet mixture and canola oil, whisk together. Add dry ingredients, stirring with a whisk to avoid lumps, then whisk vigorously for 30 seconds. Pour equal amounts into each cake pan and bake for 25 minutes. Remove from oven and separate cake from pan by running a knife around the outside edge, turn over onto cake rack, remove parchment and cool.

## Assembly

Cut each cake into 9 (3-inch wide) squares. Slice each piece again diagonally to create triangles. Place 2 tablespoons hot fudge on the center of a plate. Arrange 2 triangles, one vertical and one horizontal, centered on the hot fudge. Top with 2 more tablespoons of hot fudge. Ice cream (non-dairy or dairy) is a nice addition.

## Hot Fudge Sauce

- 6 ounces unsweetened organic chocolate
- 1 cup evaporated cane juice
- 1 teaspoon vanilla extract
- 1 cup plain soy milk
- 1/2 cup water
- 3/4 cup evaporated cane juice
- 1/2 cup 100 percent cocoa powder

In a double boiler on medium heat, melt the chocolate, 1 cup evaporated cane juice, vanilla and soy milk, stir periodically. In a separate sauce pan, simmer the water and 3/4 cup evaporated cane juice for 5 minutes, until the sugar water starts to candy and foam. Whisk in the chocolate mixture and then slowly whisk in the cocoa powder. Pour it back into the double boiler and cook on low heat for 10 minutes until smooth. Keep warm for serving.

## Raspberry Sauce

- 3 cups fresh or frozen raspberries (12 ounces)
- 3/4 cup maple syrup
- 1/4 cup evaporated cane juice
- 1/4 teaspoon vanilla extract

Heat a saucepan on medium heat. Add all ingredients and simmer for 5 minutes. Then strain by pushing through a fine wire strainer with a rubber spatula until only the seeds are left. Discard seeds. Return strained raspberries to pan and simmer for another 3 minutes. Serve hot or at room temperature.



George Vutetakis, former chef/owner of Inn Season Cafe in Royal Oak and author of "Vegetarian Traditions"

