

Detroiter of the Year

METROPOLITAN DETROIT'S MONTHLY MAGAZINE

HOURLY

DETROIT



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residential plan
is scoring points
for his adopted
hometown

'Bingo!'

**SUMMER IN
THE CITY:**
ROOFTOP PARTY
**FLOWER-
COLORED GEMS**
YELLOW GEAR
**PATRIOTIC
ACCESSORIES**
NEW CENTER'S
CUISINE
**MICHIGAN
BLUEBERRIES**

40 Years
After: Recalling
the '67 Riot

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The Good Life

MINUTES // JULY 2007

Summertime Blues

This is the month to wear white and dress our plates with color in the form of vibrant, home-grown berries

• Taylor Brockenshire, executive pastry chef for **Birmingham's Townsend Hotel**, created this stacked blueberry Napoleon to illustrate the beauty of seasonal baking.

For the presentation, he alternated layers of cubed blueberry mousse with French pastry cookies cut into triangle shapes before baking. Finishing touches include a delicate dusting of powdered sugar along with a chocolate twig, spiraled tulip cookie, and a mint sprig. The sauce is blueberry compote.

“If you have an opportunity to use wild blueberries in baking, you should because they're usually sweeter.”

—TAYLOR BROCKENSHIRE



True Blue

Michigan's azure bounty beckons with the twin benefits of flavor and nutrition // By Alexa Stanard

From Lake Michigan almost to Lake Huron, Michigan in July is a blue state. The rich primary hue isn't due to a midsummer political statement. Rather, it's owing to the acre upon acre of ripe blueberries popping out across the mitten.

"I'm not bragging, but we lead the nation in blueberry production," says Robert Craig of the Michigan Department of Agriculture. Michigan stands apart for its cultivated blueberries, he explains, "as opposed to the state of Maine, which leads the nation in wild-blueberry production."

More than 20,000 acres of Michigan soil on 623 farms are devoted to the coveted fruit. Production is concentrated in western Michigan and largely follows the Lake Michigan shoreline. But the berries are also found in the more easterly county of Genesee. July is the first of a two-peak harvest season, with the second in September.

Michigan produced 63 million pounds of blueberries, which generated \$57 million in 2002 (the most recent statistics available) from the U.S. agricultural census. Since then, blueberries have experienced something of a renaissance, being christened by nutritionists as a super food with disease-fighting properties. Indeed, research has linked blueberry consumption with a reduction in so-called bad cholesterol, lowered cancer risk, improved eyesight, and enhanced urinary-tract health.

"We're happy about other fruits but, really, blueberries have proved to be a super fruit," Craig says. Their stellar reputation has driven up demand, and, hence, their price. Just three years after the agricultural census, Michigan blueberries yield \$90 million.

"I tell you what," Craig says, "for nutrition purposes and health purposes, blueberries have been such a fun little berry."



LOOKING TO ADD SOME MICHIGAN BLUEBERRIES TO YOUR DIET?

Start with an excursion to the local farmers market or U-pick farm. Then investigate the veritable bushel of possible preparations. Here's one from Chef Jeff Baldwin, owner of J. Baldwin's restaurant in Clinton Township.

> Chilled Blueberry and Raspberry Soup

Prep time: 25 minutes

Yield: 4 entree servings

This festive and refreshing chilled soup is a great accompaniment to a summertime meal.

(It also may be made using only blueberries.)

- 1 pint fresh raspberries, washed
- 1 pint fresh blueberries, washed
- (Reserve six raspberries and six blueberries for garnish)
- 2 cups nonfat yogurt
- 1 cup skim milk
- 1 cup ginger ale (regular or diet)
- ½ cup honey
- 2 tablespoons champagne
- 2 tablespoons fresh-squeezed lemon juice

In a blender or food processor, purée berries until smooth. Strain the mixture through a fine sieve over a non-reactive bowl, pushing through as much of the pulp as possible, leaving the seeds behind.

Whisk the remaining ingredients (except for the reserved berries) into the purée. Cover and refrigerate until cold.

To serve, divide the soup among chilled bowls and garnish with the whole reserved fruit. If desired, top with fresh mint, sliced almonds, and/or a small dollop of low-fat yogurt.

Cravings

• THEIR STYLISH MENUS ARE ENTICING ENOUGH TO ATTRACT A LOYAL CLIENTELE OF DISCRIMINATING DINERS, BUT NO MATTER HOW EXPERT THEY ARE, RESTAURANT PEOPLE LIKE TO TAKE A BREAK FROM THEIR OWN KITCHENS FOR A TASTE OF SOMEONE ELSE'S COOKING.

Claudia Tyagi, sommelier at The Whitney, as well as others, admits to being "wild about Indian food, especially south Indian." Most of her favorite spots are entirely vegetarian. She likes Udipi on Orchard Lake Road near 13 Mile, as well as Krishna Catering & Restaurant, and Ganesh Bhavan, which are about a block apart on Ford Road off Middlebelt in Garden City.

"All three serve my favorite dish, called *dosa masala*, a thin crêpe made from lentil and rice flours," she says. "The crêpe is cooked on a hot griddle in *ghee* [clarified butter], and a large dollop of potatoes cooked with onion, mustard seed, turmeric, and other spices is placed in the center of the crêpe."

She also craves *rasaam*, a fiery soup served at Udipi and Ganesh Bhavan, and the thick, yellow-pea soup called *sev usad* at Krishna Catering. "I've never seen it on another menu," she says.

Shawn Loving of Loving Spoonful in Farmington Hills, like most chef/proprietors, doesn't have a lot of time to visit other restaurants. "But any possible time I can get to Milford, I love going to Brian Polcyn's restaurant, Five Lakes Grill," he says. "There's no gray area there." His favorite dish is the charcuterie plate "with a glass of red wine." And "I love Steve & Rocky's," he says, particularly the tasting of three soups.

Loving says he tries to get to Chicago about three times a year, and his current favorite is Avec, "for the stuffed dates with chorizo and a spicy puttanesca sauce." He also admits to occasional cravings for "a Vernors Boston cooler at Dairy Queen," with 4-year-old daughter, Madison. — Molly Abraham



> **MEAT TREATS** Shawn Loving likes the charcuterie plate at Milford's Five Lakes Grill.

HOT SPOT // OLD STONE BAR & GRILL: The setting, a '30s-vintage building, has been preserved with its comfortable unpretentiousness intact. The menu, however, rises well above what might be expected, as does the wine list. The proprietors, brothers Bill and Marty Pickett, graduates of the Culinary Institute of America, celebrate their 10th anniversary at Old Stone on July 17. Signature dishes include whitefish with a crisp potato crust and another version, campfire whitefish coated with herb mayonnaise and roasted in foil with tri-color peppers, red onion, and redskin potatoes; and flash-fried scallops with scampi butter. Freshly made fruit pies are a specialty. Diners may work up an appetite with a game of bocce. You might call this an undiscovered gem. *L & D Mon.-Sat., D Sun (full menu available). 60730 Van Dyke, Washington Township; 586-781-6544. \$18 & ☺*