




Nº 1 (beta)

DETROIT DELICACIES

*A culinary tour of a
dangerously delicious city.*
Compiled & Edited **BY** Nicole de Beaufort

 **HE FOOD YOU EAT WHEN YOU TRAVEL CAN EVOKE A DEEPER** understanding of the places you visit. That's what I believe. Food tells us a story... about its makers, time and place. It can be nostalgic and remind us of the past or it can be poignant and very much in the moment. This book has been created to share special food memories; recipes that Detroiters want to share with others, because they are so good or so meaningful.

You are in for a treat. From the Bitter Kitty, a cocktail homage to Hello Kitty to General's Sweetbreads to Put a Foot in It Cornbread and more, Detroiters are giving you a peek and a taste of their vibrant and interesting lives and palates. The recipes are easy, hard and somewhere in between. Each has a story. All are original, just like Detroit.

Endless thanks to the culinary adventurers, cocktail cavorters and gourmet underdogs who contributed to this volume: Angela Dagle, Vanessa Goodrum, Brad Greenhill, Evan Hansen, Gary, Kat Hartman, Jennifer Howard, Lisa Ludwinski, Martha Shea, Denise Smith, Jessica Trevino, Nicole Brown, Christina Gibbs and Mary Ann Morren. All generously shared memories and recipes. A special thanks to Eric Anderson who contributed design and layout love to the mix. Just as with food, making something special requires the maker to invest something of him or herself into the mix. Here's to the spirited, kind, generous, ambitious and talented contributors!

- Nicole de Beaufort, October 2013



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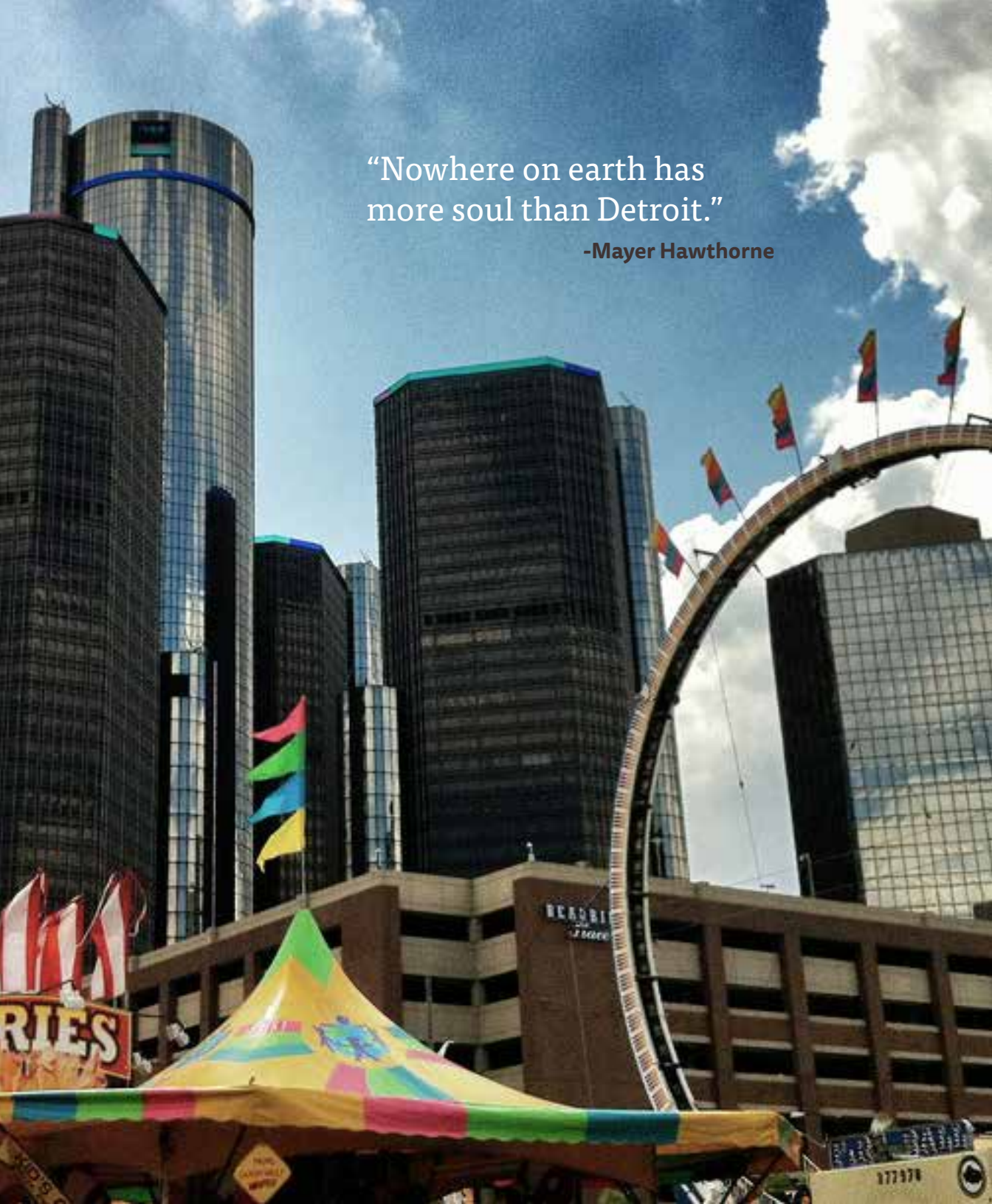
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“Nowhere on earth has
more soul than Detroit.”

-Mayer Hawthorne





DRINKS



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BITTER KITTY

BY **Evan Hansen**

SEVERAL OF MY FORMER COLLEAGUES ARE MADLY IN LOVE WITH HELLO KITTY.

Naturally, that also means they're in love with the color pink. So infatuated with both every shade of pink and every incarnation of Hello Kitty are they that the two are practically inseparable in my mind. Thus, when I came up with a drink so very vibrant and self-assured in its own pink-ness, I had to come up with some kind of title that properly honored these friends of mine. Initially a festive concoction for a picnic, this has become a go to drink for people who tell me they don't enjoy Campari or bitter flavors in their drinks. I think the bitterness is quite refreshing in this context.

INGREDIENTS

1½ oz. gold/aged rum (Cruzan is a good choice here)	Velvet Falernum)
½ oz. lemon juice	½ oz. Campari
½ oz. falernum (I make my own, but look for	¼ oz. lemoncello (I used Luxardo)

DIRECTIONS

1. Prepare as you would a swizzle, which is to say the ingredients should be added to a tall glass which is subsequently filled with crushed ice. Stir using a swizzle stick, straw, chopstick, or a reasonably clean index finger until the glass has acquired a frosty chill, then top with a bit more ice.
2. If you're not in the mood to crush ice, you can simply shake the ingredients and pour over a few large ice cubes. It's not quite the same drink, and all your cocktail snob friends will judge you for taking shortcuts, but it doesn't suck.

If you're the type of person your friends refer to as a "happy drunk," garnish with a sprig of mint. Otherwise, simply take your drink to a dark corner and consume it silently.





THE
Nox
scui

LOVE POTION NUMBER 24

BY **Nicole de Beaufort**

THIS IS A MAGICAL ELIXIR THAT WILL MAKE YOU FEEL AMAZING. IT'S ALSO GOOD IF you're trying to rid your body of all the Bitter Kitties you drank last night. All you need is a good juicer. Makes four 8-oz. servings.

INGREDIENTS

1 pineapple

1 lb. carrots

1 beet

4" knob ginger

3" knob turmeric

DIRECTIONS

Juice and enjoy fresh.

*B*eautiful Soup so rich, So green,
Waiting in a hot tureen
Who for such dainties would not stoop.

*Soup of the evening
Beautiful Soup,
Soup of the evening,
Beautiful Soup*

*Beautiful Sou-ooop
Beautiful Sou-ooop
Soup of the evening Beautiful Sou-ooop
Beautiful, Beautiful Soup.*

*Beautiful Soup, Who cares for fish,
Game or any other dish?
Who would not give all else for two
Pennyworth only of Beautiful Soup?*

*Pennyworth only of Beautiful Soup,
Beautiful Sou-ooop
Beautiful Sou-ooop
Soup of the evening Beautiful Sou-ooop
Beautiful, Beautiful Soup.*



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CURRIED BUTTERNUT SQUASH SOUP

By **Angela Dagle** FROM **Beautiful Soup**

WHAT IS BEAUTIFUL SOUP? BEAUTIFUL SOUP IS A DETROIT BASED FOOD COMPANY.

For now our focus is delicious, seasonal soups served with homemade bread. We hope to someday have our own little place but for now we make, cater and deliver soups!

Our Mission-Soup conjures up images of home, comfort and rootedness. Our city and region are experiencing enormous changes and thoughtfully and locally produced food can go a long way towards establishing a sense of home and community in times of change. The mission of Beautiful Soup is to do just that. Beautiful Soup believes in simple, well-crafted and comfortable foods. Soups and foods that are adventurous in flavor, but rooted in a place.

Where do we get our name? Beautiful Soup comes from a song the Mock Turtle sings in Alice in Wonderland (see page 10).

For us Beautiful Soup=Local. Flavor. Color. Whimsy. Fun. Rooted. Comfort.

INGREDIENTS

1 butternut squash, halved and seeded	½ teaspoon dried oregano
1 medium head garlic	½ teaspoon ground cinnamon
1 tablespoon olive oil	¼ teaspoon ground nutmeg
2 large onions, peeled and chopped	salt and pepper to taste
6 cups vegetable broth	1 cup coconut milk
1 teaspoon mild curry powder	

DIRECTIONS

- 1.** Roast with butternut squash for 45-60 minutes until soft. Scoop flesh of the squash from peel and squeeze roasted garlic cloves into a bowl.
- 2.** Heat olive oil in a pot and add onion. Saute onion until soft, about 5 minutes. Add curry powder, oregano, cinnamon and nutmeg. Stir and cook for 3 minutes. Add squash and garlic, stir. Add vegetable stock. Simmer for 15-20 minutes. Remove from heat and allow to cool slightly.
- 3.** Puree soup using a food processor or immersion blender. Stir in coconut milk. Salt to taste and enjoy!



GOLDEN BEET SOUP

BY **Brad Greenhill**

Beets + fennel = yum

INGREDIENTS

8 tbs olive oil

½ large onion, diced

1 small fennel bulb, diced

2 garlic gloves, crushed

½ tsp fennel pollen

½ tsp ground fennel seed

Honey-lemon yogurt

zest of 1 meyer lemon

juice of 1 meyer lemon

1c Greek yoghurt

Almond gremolata

1 c italian parsley leaves

½ c blanched slivered almonds, chopped

zest of 1 meyer lemon

6 medium golden beets (about 1.75 lbs),
scrubbed

5 c of vegetable stock

2 tbs of sherry vinegar

kosher salt

black pepper

1½ tbsp honey

½ tsp kosher salt

¼ tsp black pepper

good extra virgin olive oil

kosher salt



DIRECTIONS

Preheat the oven to 425° F

- 1.** Toss the beets with a small amount of olive oil and a few pinches of salt in a medium mixing bowl. Lay the beets on a sheet pan and roast until the beets yield easily to a paring knife but not until they are mushy soft. About 45+ minutes.
- 2.** While the beets cook prepare the honey-lemon yogurt and almond gremolata.
- 3.** In a medium mixing bowl add the yogurt, lemon zest, lemon juice, honey and black pepper. Whisk together all the ingredients. Salt to taste.
- 4.** Chop the parsley leaves, and add to a small mixing bowl and mix the parsley with the zest, chopped almonds, a couple glugs of good olive oil and a very small squeeze of fresh lemon juice. Salt to taste.
- 5.** Once the beets are cool enough to handle peel and cut them into ½ inch chunks. The skins should rub off easily with a paper towel or pair of latex gloves, if not use a paring knife to remove.
- 6.** In a very large skillet or small pot heat a couple tablespoons of the olive oil over medium heat. Add the onions, garlic and fennel. Season with salt and pepper and sweat the vegetables until they are soft.
- 7.** About 8 minutes. Add the beets and the fennel pollen and fennel seed.
- 8.** Cook another 2 minutes. Add the vegetable stock and bring to a boil over high heat. Reduce heat and simmer for 8 to 10 minutes.
- 9.** Working in batches if necessary, add the vegetable stock and the sauteed vegetables to a vitamix or other high power blender and blend the mixture on high until velvety smooth. Transfer to a suitable sized pot and warm the soup over low to medium heat. Stir in the sherry vinegar and remaining olive oil. Add salt and black pepper to taste.

To serve ladle the soup into bowls, add a heaping tablespoon of the yogurt and garnish generously with the gremolata.

ROASTED CAULIFLOWER WITH CAPER VINAIGRETTE

BY **Evan Hansen**

CAULIFLOWER IS ONE OF THOSE FOODS THAT A LOT OF PEOPLE IN THEIR THIRTIES seem to have loathed as a kid, right alongside brussel sprouts, beets, cabbage and the others in the Pantheon of Vegetables Rejected by Parents in the Eighties. My mom thoughtfully coated her oft-steamed cauliflower in generous doses of butter (then margarine, then “Smart Balance,” then... well, you get the idea), so I never hated it – but I never really liked it.

Until a few years ago.

A group of new(ish) friends decided to have a Thanksgiving feast with each other where there were only two rules: Cook mostly with the harvest season in mind and no fucking turkey. With a growing appreciation for vegetables I'd so loathed in my youth, I went to work on some cauliflower. This is what I came up with, and it's still one of my favorite fall veggies to make.

INGREDIENTS

Shocker, I know, but you need a head of cauliflower	2+ tablespoons olive oil
A tablespoon or three of capers	2-3 tablespoons white balsamic vinegar
1-3 medium sized cloves of garlic to taste	Salt and pepper

Note: Any white vinegar can do here, but the higher the acid flavor, the more you might need to cut back on it or add more oil to diminish the intensity. I'd even so far as to add a pinch of sugar if it seems too bright.

INSTRUCTIONS

1. Pre-heat the oven to 450° F
2. Cut or pull the cauliflower apart into florets. Not too small, or they just get soggy between the long cooking and the dressing later. Toss it in olive oil inside a baking pan of some kind until gently but entirely coated.
3. Roast the veggies for about 15 minutes or so, pull them out, toss them around a bit, and get them right back in there for another 10-15 minutes.
4. While that's cooking, mince the living shit out of that garlic. I mean, cut that up like the garlic ran over your dog or your sister or something. It's not getting cooked, so fineness is key. Feel free to use less if you don't love garlic, but you should also feel shame.
5. Mix the garlic in a bowl with the remaining olive oil and the vinegar. It should be a bit acidic but especially if using the balsamic, very round in flavor. This part is really just a balancing act, and you need to balance it to your taste.

6. Mix in the capers. I use a fairly immodest palm full of the little guys because the briny flavor is what actually makes this whole dish go. But whatever you want.
7. Season the dressing with salt and pepper.
8. When the cauliflower is done, toss it with the dressing.

Words of caution: (a) Don't toss it too much because the capers will fall to the bottom of the bowl, and you want to EAT THE CAPERS because they are DELICIOUS and (b) don't use all the liquid dressing if it looks like it's too much. I mean, that's obvious, but still. Soggy cauliflower is sad cauliflower.

Serve it up to your guests, who will probably take one little floret just to be polite because they also grew up hating cauliflower. And then they'll eat it, say nice things to you, and take more. (If that in fact does not happen, you have quite probably screwed the whole thing up.)

A whole head, prepared as described above, will make 4-6 servings as a side.



STRAWBERRIES AND MANGO WITH THAI BASIL AND LEMON WITH A SPRINKLE OF CAYENNE

BY **Jessica Trevino**

INGREDIENTS

1 quart of strawberries
1-2 ripe mangos

1 lemon/lime
10 or more Thai basil leaves

DIRECTIONS

Quarter the strawberries and cube the mangos place in a bowl, squeeze the lemon and or lime (to taste) cut the basil into fine strands with scissors mix all together and sprinkle a baby pinch of cayenne pepper.





BREADS



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GLUTEN-FREE TAHINI BREAD

BY **Kat Hartman**

I QUIT EATING GLUTEN ABOUT 2 YEARS AGO. IT CLEARED UP LOTS OF MYSTERY JOINT pain I had been dealing with for over a decade. The Gluten-Free Almond Flour Cookbook by Elana Amsterdam became a staple for me. Almond flour is much more nutrient-rich than many gluten-free flour alternatives. This recipe is one of hers that I tweaked, replacing almond butter with tahini and changing some of the ratios. The result is a little closer to a sour-tasting bread than the original. Tahini is also more affordable than almond butter.

Makes one small loaf. Best used for open-faced sandwiches or with spreads. May crumble and crack on larger sandwiches (but is still tasty!) Can keep in the fridge for about a week. Tends to harden quickly if not kept in an airtight container. You can also sprinkle fresh rosemary on top prior to baking.

INGREDIENTS

¾ cup tahini at room temperature
4 large eggs
½ cup blanched almond flour
¼ cup arrowroot powder

¼ cup ground flax meal
½ tsp salt
½ tsp baking soda

DIRECTIONS

- 1.** Preheat oven to 350° F. Grease a small loaf pan, about 7 inches by 3 inches.
- 2.** In a medium bowl, combine almond flour, arrowroot powder, flax meal, salt, & baking soda.
- 3.** In a large bowl whisk together the eggs. Add in the tahini. Blend gently.
- 4.** Blend the dry ingredients into the wet gently and until thoroughly combined. Pour the batter into the prepared loaf pan.
- 5.** Bake for 30-45 minutes in the oven or until an inserted knife comes out clean. Let the bread cool for 30-60 minutes before serving.

PUT YOUR FOOT IN IT CORNBREAD

BY **Denise Smith**

THERE'S A BLACK SOUTHERN FOLK COMPLIMENT TO OFFER TO COOK WHEN something tastes really good it's "you put your toe in it." Don't ask me to explain. When it's beyond that good, it's "you put your foot in that ___!" So, the following recipe, I'm entitling *Put Your Foot in it Cornbread*.

INGREDIENTS

6 eggs	3 cups creamed corn
3½ corn meal (self-rising)	2½ cups sour cream
½ cup sugar	Topping: honey and butter
1½ cup vegetable oil	

DIRECTIONS

1. Blend all ingredients, adding eggs one at a time. Pour into a lightly oiled or non-stick sprayed large cast iron skillet or 3 quart Pyrex baking dish. Bake at 350° F until firm; coat with honey and butter mixture to brown.
2. If you made too much of the mix, no worries, use it for dipping! You're guaranteed to be told that you "stuck your foot in it" as it melts in your guests' mouths. :)





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SLOPPY JOES

BY **Martha Shea**

THIS IS AN ICONIC DISH FOR ME AS IT IS A CONSTANT IN ALMOST EVERY MEMORY OF my early grade school years. Served at every sleepover, along with the very new California dip (onion dip), Girl Scout camp, Girl Scout meetings, school lunches, at friends' houses for dinners on a casual Friday night or after games. It was a little glamorous because it was sloppy, and tasted while eating among my best friends.

I still make it, and it makes me smile and tastes like home, and friends and fun.

INGREDIENTS

1 lb. hamburger	1-2 tablespoons Worcestershire sauce
1 large onion	½ teaspoon granulated garlic, or one garlic clove, crushed and minced
1 can condensed tomato soup	1 soup can water

DIRECTIONS

- 1.** Brown meat and onions together. Drain fat.
- 2.** Add soup, and remainder ingredients, cook till thickened, salt and pepper to taste.
- 3.** Add more water if you like it really sloppy.
- 4.** Serve on soft white burger buns.

*I always liked to serve it open faced on the two sides of the bun—
you get more of the good stuff.*

HAMBURGER GRAVY

BY **Gary**

I WENT THROUGH PAROCHIAL SCHOOL (CATHOLIC) THROUGH HIGH SCHOOL. WHEN I was in grade school, the cafeteria served hamburger gravy once a week. It was the highlight of the school dining experience and a huge memory and pleasure for me and so many of my friends and fellow parochial-schoolers. This recipe was shared with one person, who literally burst into tears after making it for her family. She'd been searching for years to re-create that grade school experience. It's easy and still good on a cold night. The original recipe called for making a brown gravy with the hamburger fat - we made it more "healthy" by subbing soup.

INGREDIENTS

1 lb. hamburger	2-3 tablespoon Worcestershire sauce
4 Idaho potatoes	1 teaspoon garlic powder
1 large onion	salt and pepper to taste
1 can cream of mushroom soup	

DIRECTIONS

- 1.** Peel and cube potatoes and cook in boiling water till tender. Drain and return to pot to dry, until outside is starchy. Mash with milk and butter.
- 2.** Brown meat in a wide fry pan. Brown onions in burger fat till tender. Add can of soup and 1½ cans of water. Mix till smooth. Add Worcestershire sauce, garlic powder, salt and pepper to taste. Cook over medium high till thickened.
- 3.** Serve over mashed spuds. Serves four

POTATO AND KALE MASH, (STAMPOT BOERENKOOL)

BY **Mary Ann Morren**

BEFORE KALE BECAME THE TRENDY LEAFY GREEN IT IS TODAY, IT OCCUPIED A humbler station. A peasant staple with roots in the old country, kale and potatoes are standard fare in Dutch homes in West Michigan. In my parents' home, a giant pot of potatoes and kale, usually served with a side of smoked sausage, was both traditional and practical. This one-pot peasant dish is a hearty and substantial meal, and best of all, inexpensive.

Serves: a large brood.

INGREDIENTS

2 lbs. Russet Potatoes, about 8 potatoes	3 tablespoons olive oil
1 large bunch of dark green kale	½ teaspoon salt
6 cloves of garlic, peeled and left whole	½ teaspoon freshly ground black pepper

DIRECTIONS

- 1.** Peel potatoes and cut in half. Fill large dutch oven with water; enough to cover potatoes and put on stove on medium heat. Bring to a boil, add peeled garlic cloves and salt and cover pot with lid, leaving slightly ajar. Cook until potatoes are tender, about 15 to 20 minutes.
- 2.** While potatoes are cooking, wash kale, taking leaves off stem and washing several times in cold water. Drain kale and set aside for a moment in colander. Cut washed and de-stemmed kale into chiffonade strips.
- 3.** Check potatoes with a fork then add cut kale to the pot of potatoes the last five minutes of cooking time. Add pepper and put lid back on pot. Lower heat and cook potatoes and kale for five minutes more.
- 4.** Drain cooked potatoes and kale, retaining just a bit of the cooking liquid in pot. Return to pot and add the olive oil. Mash with a potato masher. Add more salt and pepper to taste.

May be served with a side of smoked sausage; Kielbasa, or the Dutch rookwurst. Or for a richer flavor, add grated parmesan and butter instead of olive oil.



One Step
At A Time



MOTOR CITY MAC & CHEESE

BY **Nicole Brown**

INGREDIENTS

2 box (2 pound a) Elbow Macaroni	1/2 pound sharp cheddar cheese, shredded
1 stick of unsalted butter	1 cup shredded colby-Jack cheese (4 ounces)
1/2 cup all-purpose flour	1 cup shredded mozzarella cheese (4 ounces)
8 cups 2 percent milk	1 cup of crumbled blue cheese
1/2 teaspoon onion flakes	1/4 bar of Velveeta Cheese
1/4 teaspoon salt	8 slices Kraft Deli Deluxe American cheese (6 ounces)
1/4 teaspoon pepper	

DIRECTIONS

1. Heat oven to 350 degrees F. Coat a 3-quart broiler-safe casserole dish with nonstick cooking spray. Bring a large pot of lightly salted water to boiling.
2. Cook macaroni until tender in boiling water, then drain.
3. Whisk in flour until smooth. In a thin stream, whisk in milk. Stir in onion flakes, salt and pepper. Bring to a boil over medium-high heat, then reduce heat and simmer 2 minutes. In large bowl, toss together cheddar, colby-Jack, blue cheese and mozzarella.
4. Remove milk mixture from heat; whisk in American cheese and the remainder of the cheddar and shredded cheese mixture.
5. In casserole dish, combine cooked pasta and cheese sauce. Pour half into prepared dish. Sprinkle with a generous cup of the cheese mixture. Layer in slices of Velveeta Cheese. Repeat layering.
6. Place remaining pieces of butter throughout the dish.
7. Bake at 350 degrees F for 30 minutes. Increase oven temperature to broil and broil 3 minutes, until top is lightly browned. Cool slightly before serving.





DESSERTS



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PEACHES AND CREAM CAKE

BY **Vanessa Goodrum**

THIS DESSERT TASTES LIKE A PEACH COBBLER WITHOUT THE CRUST AND ONLY HAS A half cup of sugar in the whole recipe.

INGREDIENTS

¾ cup all-purpose flour	½ cup
1 teaspoon baking powder	1 15–20-oz. can sliced peaches (reserve 3 tablespoons of juice)
½ teaspoon salt	1 8-oz. package cream cheese, softened
1 3-oz. package vanilla pudding (not instant)	½ cup granulated sugar
1 egg	½ teaspoon cinnamon
3 tablespoons butter or margarine, softened	Cinnamon and sugar, topping

DIRECTIONS

1. Preheat oven to 350° F. Lightly grease a 9-inch, deep dish pie pan. In mixing bowl, blend flour, baking powder, salt and pudding mix; add egg, butter and milk. Beat at medium speed for 2 minutes.
2. Pour into prepared pan, arrange peaches on top, set aside.
3. Blend cream cheese, sugar and 3 tablespoons peach juice, beat for 2 minutes on medium speed (mixture will be very thick). Spoon mixture over peaches, leaving 1 inch space around base of pie pan. Gently spread over peaches.
4. Mix cinnamon and sugar and sprinkle over top of cake.
5. Bake 30 to 35 minutes.

Serve at room temperature. Serves 9.

BETTY AND CHERIE'S (MAGICAL?) CHOCOLATE WAFER ICEBOX CAKE

BY **Jenny Howard**

AS I'VE GROWN OLDER, I'VE LEARNED THAT THE MAGICAL EXPERIENCES PARENTS plan for their children don't always turn out as they hope, especially when it comes to baking. But my mother (Cherie) and my grandmother (Betty) will be happy to know that the chocolate wafer icebox cake experience is preserved nicely in my memory, probably because it doesn't involve an oven or flour at all.

Also magical about this recipe is how the wafers and whipped cream are transformed from that time in the "icebox."

In my family, we always made a "log" out of the wafers and the whipping cream, but I loved the mini cakes idea from thekitchn.com. This would not have flown in our family because anything mini is just an excuse to eat a whole lot more than just one piece.

INGREDIENTS

3 cups cold heavy cream, plus additional for thinning	1½ teaspoons vanilla bean paste or vanilla extract
3 tablespoons powdered sugar	2 packages Nabisco Famous Chocolate wafers
1 heaping tablespoon malt powder (optional)	

To garnish: I seem to remember crumbled wafers on top, but anything that goes well with whipped cream will work too.

DIRECTIONS

1. Whisk the heavy cream until it thickens.
2. Add sugar and vanilla and continue whisking until the cream is light and fluffy.
3. Using a cookie sheet, form mini-cakes using 6 wafers, with one at the base stacked with about one tablespoon of whipped cream between each wafer.
4. Put one tablespoon of whipped cream on top of the last wafer.
5. Place a chocolate wafer on a sheet pan. Drop a rounded teaspoon of whipped cream onto the first wafer.
6. Repeat until you've used up all of your wafers.
7. Place the cookie sheet in the refrigerator overnight. This was the hard and fast rule in my house, but a tough one for kids to follow...Makes ~15 mini cakes

From my mother's seriously old recipe box (which was probably found on the back of the Famous Chocolate Wafers package), and double-checked by a recipe found at thekitchn.com.

MOOD-ALTERING COCONUT MACAROONS

BY **Nicole de Beaufort**

IT GOES LIKE THIS...A SHORT MALAISE WHERE I FELT ABOUT AS PERKY AS A HOUSE cat brought about by unseasonal (and frankly, unsportsmanlike) weather is lifted with a ten minute exercise in indulgence—these macaroons.

INGREDIENTS AND DIRECTIONS

1. Turn on your oven. Set it to warm.
2. Mix 1 part almond meal with 3 parts finely shredded coconut. Add a dash of your favorite sea salt (mine is infused with lavender) and toss in some cocoa nibs (or chocolate chips or chopped nuts or diced crystallized ginger - you pick!).
3. In another bowl, mix several heaping tablespoons of coconut oil with equal parts of Maple Syrup (grade B) and a dash of pure vanilla extract.
4. Combine wet ingredients with the dry and mush together. Either roll into balls with your hands or use an ice cream scoop (or 1/4 cup measuring cup as my case was) to form the macaroons.
5. Place (or knock from their molds) onto Silpat and deliver the tray to a warm oven. After 5 minutes, remove from oven and let cool.



RHUBARB WALNUT CRUMBLE PIE

BY **Lisa Ludwinski, of Sister Pie**

IT'S A LONG ONE, BUT ANY GOOD PIE RECIPE WILL LEAD YOU THROUGH THE PIE crust-making process, so that's why. :)

INGREDIENTS

Crust

1 cups unbleached, all-purpose flour	½ tsp salt
¼ cup whole-wheat flour	½ tsp sugar
½ cup unsalted butter, chilled and cut into chunks	2 - 5 tbsp ice water

Walnut crumble

6 tbsp unsalted butter	¼ cup all-purpose flour
¼ cup chopped, lightly toasted walnuts	¼ cup whole wheat flour
½ cup rolled oats	¼ tsp cinnamon
¼ cup light brown sugar	¼ tsp salt

Rhubarb filling

5 cups sliced rhubarb	5 tbsp instant tapioca
1 ¼ cups sugar	pinch of salt
¼ tsp cinnamon	2 tbsp cream cheese, softened and at room temperature
1 tsp orange zest	



SISTER PIE IS A FROM-SCRATCH HOME BAKERY, SERVING THE DETROIT area with seasonally driven breads, cookies, and pie. Owner and baker Lisa Ludwinski re-creates classic pie and cookie recipes with unique interpretations and all-natural ingredients.

As Sister Pie grows, so does our mission. We aim to: To celebrate the seasons through pie; to inspire open-mindedness towards culturally-diverse cuisine; to provide consistently delicious, nutritious, and inventive food; to foster a welcoming environment for employees and customers through education, community growth, and charity work.

DIRECTIONS

- 1.** Make the crust. In a medium bowl, combine the flour, sugar, and salt. Using a pastry blender or two forks, cut in the butter until it resembles coarse meal. It's okay if the butter bits are different sizes, so long as none of them are larger than peas. At this point, add the ice water a tablespoon at a time and begin to gather the dough together. Turn the dough over itself a few times, but be careful not to overwork it. Pat the dough into a round disc and wrap in plastic to chill for a couple hours (or at least 30 minutes).
- 2.** Make the crumble. In a small saucepan, melt the butter over medium heat. It will start to bubble and foam. Soon you will see little brown specks at the bottom of the saucepan, and smell a wonderfully nutty fragrance of freshly browned butter. Take the saucepan off the heat and let it cool.
- 3.** Meanwhile, in a small bowl combine the oats, walnuts, flour, light brown sugar, salt, and cinnamon. Once the butter has cooled, add it to the bowl of dries and mix until incorporated. Set aside, or refrigerate for later.
- 4.** Roll out pie crust. Flour your work surface and place the unwrapped pie dough in the center. Using your favorite rolling pin (I prefer a French tapered pin, like this), press along the edges of the round, broadening the circle. You can move the disc around with your hand as you do this, making sure to flour the surface again when needed. Begin to flatten the pie dough into a larger circle by rolling from the center out. Roll, then rotate the disc and roll again. Don't forget to keep flouring the surface. You can flip the disc and repeat this process until you have a circle of even thickness, about 12 inches in diameter. Invert your pie tin or dish onto the circle, and use a pastry cutter (a knife works, too!) to trim the dough, leaving about a 1 inch border around the tin. Remove the pie tin and fold the dough in half. Place the folded dough into the pie tin and gently press it in, making sure it's centered and fitted properly. To create a crimped edge: roll up the dough overhang towards the center of the pie, creating a ring of dough. Use the thumb and index finger of one hand to make a "V" and use the index finger of your other hand to press into the "V", making a crimp. Continue until the entire ring of dough is crimped.
- 5.** At this point, you can put the crust in the refrigerator while you make the rhubarb filling. Congratulations, by the way! The hardest part is over.
- 6.** Make the rhubarb filling. Combine the rhubarb, sugar, orange zest, salt, instant tapioca, and cinnamon in a bowl.
- 7.** Assemble the pie. Preheat your oven to 425° F with a rack on the lowest level.
- 8.** Remove the rolled-out pie crust from the refrigerator and use an off-set spatula or spoon to spread an even layer of cream cheese on the bottom of the crust. Fill the shell with rhubarb mixture, and top with walnut crumble. You can brush the crimped edges with egg wash, if desired, but it's totally unnecessary.
- 9.** Bake pie at 425° F for 15 minutes, then lower the temperature to 375° F and bake for another 40–50 minutes, until the juices are bubbling all over and the crumble is browned. Cool the pie for at least 2 hours before slicing.



CRABAPPLE JELLY

By **Christina Gibbs**

I WAS FORTUNATE TO GROW UP IN PLACE ADJOINING A FOREST AND ALSO SPENT A lot of time in Northern Michigan. Maintaining a connection with nature has since been integral to my happiness. I moved to the city and adore it, but needed to find ways integrate nature in everyday life. Along with urban gardening, preserving food and spending time on Belle Isle, I learned that Detroit has many fruits to forage and this has fulfilled that need. Crabapple jelly is very versatile!

Of course it's lovely on it's own, but it can also be added to salad dressings and marinades. I also use it for pectin when my preserving call for it. May I also mention that "foraging parties" are a blast? Finally, Hank Shaw, author of *Hunt, Gather, Cook*, Hank Shaw, used the jelly and red wine vinegar from the local Gang of Pour (Kim Adams) in a gastrique he made for the woodcocks that he hunted. Find the recipe on his blog: <http://honest-food.net/2011/10/23/woodcock-rejuvenation-and-light/>

In late summer, early fall take some quiet time for yourself or host a foraging party and hit the trees! Gather as many crabapples as you can (appx. 1½ kg. just over 3 pounds is sufficient for one batch.). Rinse the fruits and place in a large pot, stems and a few leaves can go in as well. Fill with the pot with water until crabapples are just covered. Bring to a boil and simmer for 30 - 45 minutes. Let cool and strain through a fine mesh sieve. For a very clear jelly, wet and wring out a flour sack cloth and strain the juice through again.

Recipe adapted from Christine Ferber

INGREDIENTS

1 kg./1 L. crabapple juice
1 kg. sugar

Juice of one lemon

DIRECTIONS

1. Pour one liter crabapple juice into a preserving pan with the juice of one lemon and the sugar. Bring to a boil, skim, and continue cooking on high heat for 5-10 minutes.
2. Check the set, skim again if necessary.
3. Fill your favorite jelly jars, seal and process in a hot water bath for 10 minutes.

Note: approximately 200 g. (7 oz.) jelly can be substituted for one packet of pectin in a preserving recipe



POSTSCRIPT

AND NOW, DEAR READER, IF I DARE ANTICIPATE holding your attention throughout this book, or if I may imagine that there are some among you who, like many people I know, will begin a book by glancing at the last page, I should hate to close this book without having given you one more recipe—my recipe for happiness. It is the outcome of many trials and many blessings, and I hope you will, all of you, make extensive use of it. Here it is:

In a large silver urn,
Pour six cups of Kindness,
Five cups of Tenderness,
Four cups of Affection,
Three cups of Understanding,
Two cups of Good Nature,
One whole cup of Truth,
One half cup of smiles,
One teaspoonful of Tears.
Stir well and add:
One generous dash of Naughtiness,
Two of Sympathy,
Three of Wisdom,
And a good helping from the “Filtro d’amore”.
Mix all these ingredients well together,
Then sprinkle with Spice of Life,
And finally strew with roses.

Yours sincerely,

MAUDUIT.

Deepdene, 1933.

This was in an English cookbook from 1934 by Vicomte de Mauduit that I picked up buried in the wrong section of a used bookstore. I wonder if the Vicomte ever hoped his recipe for happiness would reach the Midwestern United States. If not, I hope it would at least make him happy. - Eric

COLOPHON

It would be criminal for a book to be read without giving thanks to all who have contributed to its production. In modern books, this responsibility is typically reserved for authors and editors to dole out thanks in the *Acknowledgments* section typically found at the beginning of a book. Rarely do we find notes from publishers and designers about the elements that contributed to the design and layout of that book. With the first complete design that I can actually say that I am proud of, it would be criminal of me to *not* disclose the details of the design.

First, I was strongly influenced by a pamphlet cover found in a book about the art and fashion of Sonia Delaunay (France 1924) to develop the color scheme and inspiration for the cover. I didn't replicate it entirely, but can only take real credit for my ability to remix—and quite possibly destroy—what was a phenomenal design to begin with.

Further inspiration was found in numerous cookbooks, my favorite of which was called *Homemade with Love: Simple Scratch Cooking from in Jennie's Kitchen* BY Jennifer Perillo. It is quite simply a beautifully designed book...period, whether you like to cook or not.

The primary fonts in this book are Tisa Pro and Tisa Sans Pro, developed by Mitja Miklavčič for the FontFont foundry. He won a Certificate of Excellence in Type Design in 2007 from the Type Directors Club (TDC) for Tisa Pro. It was originally developed to develop as a softer, more dynamic version of a nineteenth-century slab serif wood type. I love it. I hope you do too. The few drop caps in this book come from Richard Lipton's Bikhram Script Pro, a beautifully designed typeface based on 18th century hand lettering.

Color, book, cover and layout design: Eric Anderson

Icons: Purchased from graphicriver.net from user ksyxa. <http://graphicriver.net/user/ksyxa>

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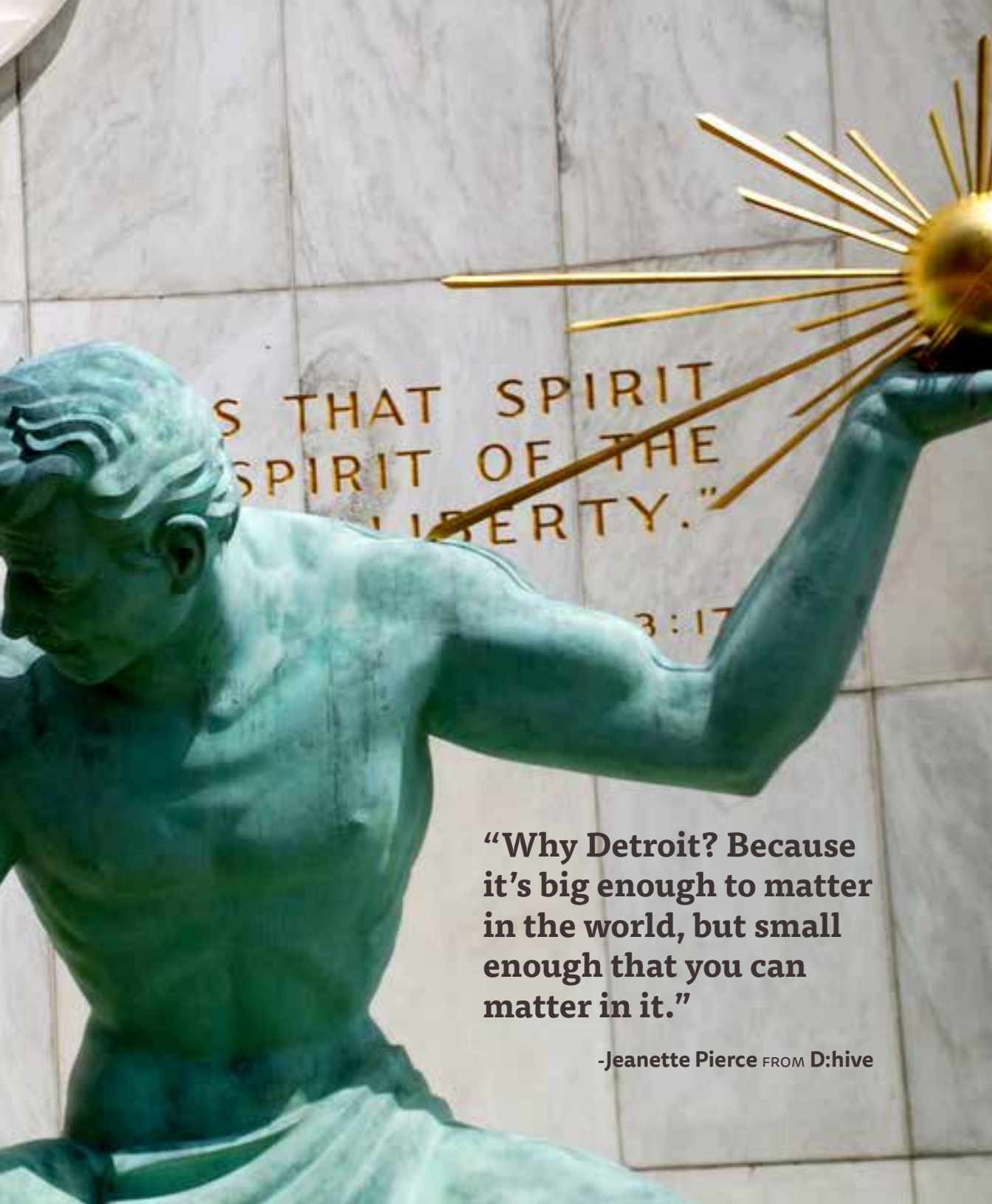
All photos are from Nicole de Beaufort unless specified below.

p. 7: Evan Hansen (<http://www.undergrounddetroit.com/2011/07/the-bitter-kitty/>)

p. 14: Brad Greenhill (<http://righteousrojo.com/recipe/golden-beet-soup-fennel-almond-yogurt/>)

p. 27: Matthew Lewis

p. 38: Andrew Fogg (<http://www.flickr.com/photos/ndrwfgg/230042751/>)



S THAT SPIRIT
SPIRIT OF THE
LIBERTY."

3:17

“Why Detroit? Because it’s big enough to matter in the world, but small enough that you can matter in it.”

-Jeanette Pierce FROM D:hive



No 1 (beta)

DETROIT DELICACIES

Compiled & Edited by Nicole de Beaufort
A culinary tour of a
dangerously delicious city.