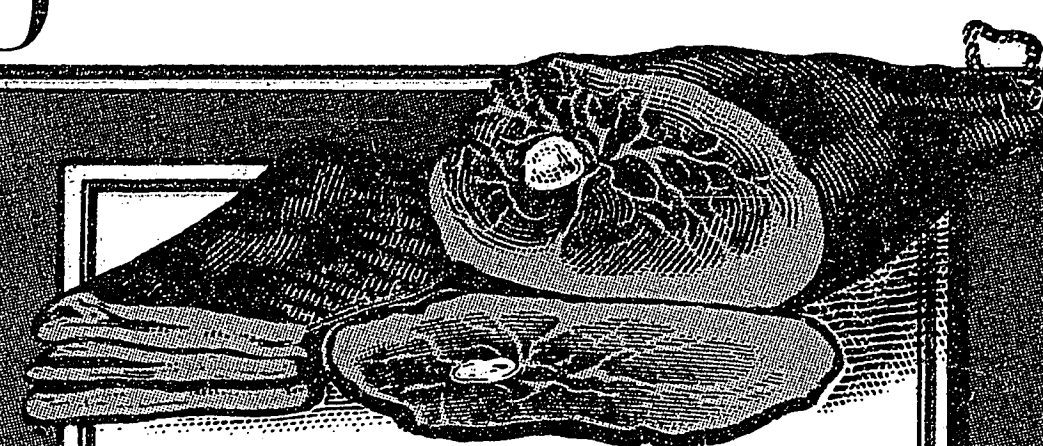
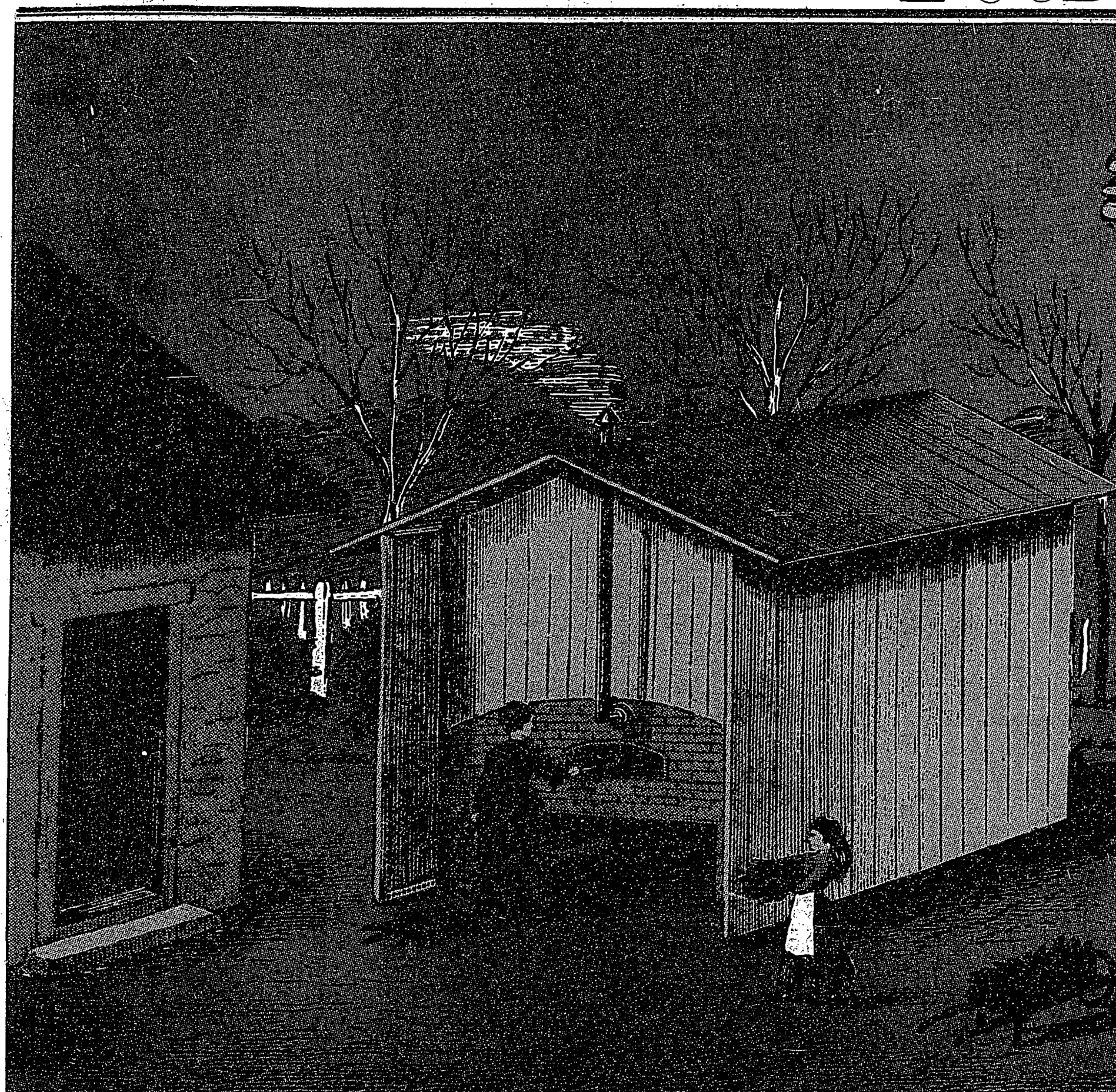


Wednesday, September 28, 1983

# The Washington Post FOOD

E1



## Smokehouse Revival

The Spirit of the Past Lives on in New Technology

By Shelley Davis

**B**EFORE REFRIGERATORS, in fact before the ice-man, people who raised their own meat and caught their own fish preserved them by smoking. Necessity blended with craft to produce woodsy, pungent hams and bacons, turkeys and fish—without much variation, if truth be told.

Today the necessity may be gone but the taste remains, and the craft of smoking is undergoing a renaissance, both at home and in eight-foot-high, stainless steel commercial indoor smokehouses. This time around the chickens and ducks hang over applewood, the legs of lamb are rubbed with curry, the eye of round is marinated in red wine and cognac. As smoking is increasingly a science it becomes even more an art form.

It's an art practiced by three Washington retailers who see consumer interest in smoked meats on the rise. For Bill Wagner, Mark Caraluzzi and Mandie Wolf, old-fashioned wood is combined with electricity to produce foods that appeal to modern-day palates.

Gone forever are the days of the old cinder block smokehouse, says Wagner of his Mount Airy Locker Co., a meat business started by his father in 1954. "It was too difficult to control the heat and smoke," he says, and the procedure took a long time. Wagner remembers rubbing a 25-pound

See SMOKEHOUSES, E24, Col. 1

The Bettmann Archive, Inc.

## Keep the Home Fires Burning

By Linda Greider

**L**IKE MANY another gentle cooking art, the art of smoking food has gone from a means for us to outsmart starvation to a means for us to outsmart each other. What started out in pre-refrigeration days as a method of drying and therefore preserving meat and fish has evolved into a game of entrepreneurial one-upsmanship, with us urban Easterners reduced to buying small bags of weed-free chips imported at great expense from the other side of the continent.

Once the mesquite smoke clears, though, we're left with great-tasting food. And since we've been deprived by anti-pollution laws of standing around leaning on our rakes watch-

### Equipment

ing the leaves burn, standing around leaning on our rakes watching the fish smoke is not a bad substitute.

There are degrees of smoking food, from the traditional cold-smoking meant to preserve food as well as to flavor it, to the current practice of throwing a handful of damp wood chips on the charcoal fire. Cold-smoking, done at temperatures usually no higher than 90 degrees, preserves food by drying it out and usually isn't done at home.

Hot-smoking, or hot-smoke cooking, which involves slightly higher temperatures, is much easier to do at home. Hot-smoking can preserve food, but is usually done to cook and

impart flavor rather than to preserve. Throwing wood chips on a hot charcoal fire to produce fragrant smoke will add a bit of flavor, but is not really smoking because high temperatures will cook the food before the smoke has a chance to penetrate. To really impart a smoke flavor the food needs long exposure to slowly smoldering wood chips or chunks. Charcoal or electric coils can provide the heat that makes the chips smolder.

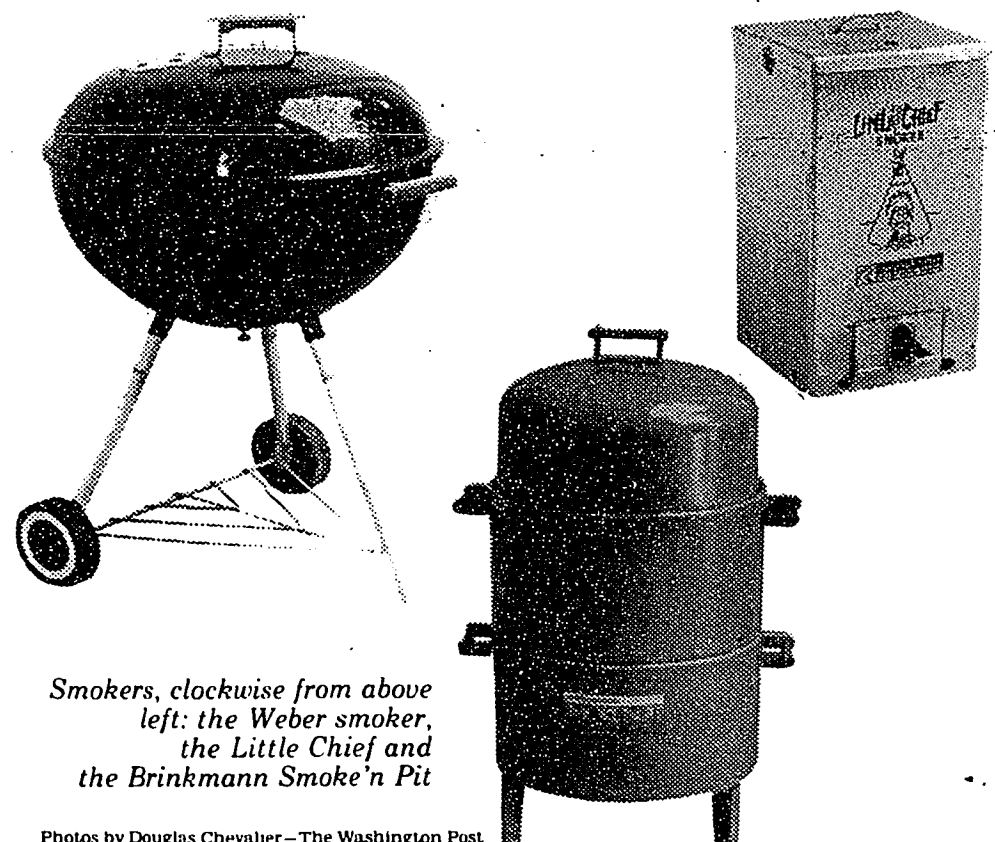
A charcoal grill can be used for smoke-cooking if it has a hood, or an apparatus especially for smoking can be purchased. Or, as Buzz Beam, a Maine hunting guide and longtime

smoker, points out, you can use an old barrel, a cardboard box or a worn-out refrigerator. All that is needed is some fragrant wood, a low-temperature heat source to keep it smoldering and a means of trapping the smoke around the food.

The apparatus designed especially for smoking will in general be fairly tall and thin so as to keep greater distance than in normal grilling between the food and the heat source at the bottom. The old standby smoker, called the Little Chief, is a 12-by-12-by-24-inch aluminum box with an electric heating element in the bottom, a pan to hold wood chips, three racks and a top.

Smoking times in the Little Chief vary from an hour or two to all day depending on the size and type of

See EQUIPMENT, E5, Col. 1



Smokers, clockwise from above left: the Weber smoker, the Little Chief and the Brinkmann Smoke'n Pit

Photos by Douglas Chevalier—The Washington Post



## Glorious Finale... And a Plot For Next Year

By Shelley Davis

**S**ALVIND OLSON oversees a cooperative garden. The one-acre community garden in Rock Creek Park is run by committee—128 gardeners who volunteer for a water committee to see that the hoses work properly, a cutting committee to trim the grass, a maintenance committee to tidy supply bins and an inspection committee of five who see that the garden is aesthetically appealing.

As manager, Olson buys the hay for mulching and roto-tills individual plots whenever he's asked. Members chip in a dollar apiece to help pay for the first-aid kit he keeps stocked. Each spring he plants a banana tree. "It doesn't bear fruit," Olson says, "but everyone enjoys looking at it."

### In the Garden

This community garden, one of many owned by the National Park Service, is a solution for apartment and house dwellers who want to plant a garden but don't have the space or who want to grow more than their present gardens will hold. Most are free and run by the National Park Service or private community groups who are happy to see a vacant lot cleared of its broken bottles and converted into a bed for glorious food.

Olson's garden is made up of individual plots 20 feet long ranging in width from 10 to 20 feet. Individuals are responsible for their own plots and are free to grow whatever veg-

etables they choose. No doubt you'll see plenty of tomatoes, limas, green beans and lettuce, he says. But few grow their own herbs—this group maintains a communal herb garden from which members may pick and choose.

"We're a self-contained unit," Olson brags of the garden that has grown from 38 plots to 125 in its eight years of existence. "It works out just fine. We've got lots of different professionals out there—doctors, lawyers, even a rabbi. They all like to get on their knees and play in the soil."

There's something to be said for watching your garden grow. A suc-

cessful garden is akin to giving birth, say many who have been gardening in Washington for years. It's a thrill to watch tiny seeds sprout, mature and thrive, and a good excuse to get out of the house and into the air on balmy summer evenings. Gardeners' families never have it so good as when served food that often tastes better—and fresher—than what you can buy even at height-of-summer, full-blown farmers' markets. Convinced? Here are some numbers to call to line up a garden for next spring, followed by a list of catalogs from which to order your seeds. Call for your garden now, they warn, plots are usually assigned on a first-come, first-serve basis.

• **GROW (Garden Resources of Washington, 797-9284):** Grow currently has 11 functional community gardens available in all neighborhoods throughout the district. It also has 50 additional lots that need clearing and planting throughout the city to be matched with interested gardeners.

In addition, GROW has a library for members filled with resource books on plants, diseases and planting techniques. There is a monthly newsletter for members. Executive director Tricia Gabany holds educational seminars for groups on planning and garden design, garden pests, soil improvement, starting and managing a community garden, and harvesting and preserving.

GROW will hold a fall harvest festival Sunday, noon to 5 p.m., at 6th and Independence Ave. NW (behind the Air and Space Museum), in its demonstration garden. The festival will feature sales of produce from community gardens, and canned and baked goods. There will also be free seeds, literature and displays of fall

See GARDEN, E24, Col. 5

## A Fish Tale From Backwater Peru

Magnificent Ceviche in the Jungle

By Mark London

Special to The Washington Post

**T**HE PROPRIETOR of the Tropical Restaurant in Peru's Amazon jungle is a big, blond, crookedly built man with fingers like bratwursts and worn tattoos on his wide forearms and swollen ankles. He swears profusely and very profanely that his ceviche is the best around.

Considering that Iquitos, a city of 150,000 people and home of the Tropical, is about 400 miles from any other place of size, Paul Hittscher's boast probably is justified. His ceviche, nevertheless, in the opinion of the oil roustabouts, drug smugglers, missionaries and jungle camp directors—his colorful clientele—is the jewel of the menu.

This preference surprises Hittscher, who says he opened the Tropical because "we needed a damn

good steak and a joint where you could get real American powdered mashed potatoes." He adds that he is not disappointed because "the fish in the Amazon are real good, some real monsters."

Firm, large-boned white fish make the best ceviche, and in the paiche, a six-foot-long monster, and the dorado, the Amazon sports two of the best ceviche fish in the world. The dish is Peru's answer to sushi; it is a raw fish offering in marinade spiced to one's pleasure. In the Amazon, the dish's coolness in temperature and tingling sensation make it as necessary to one's diet as brandy in the Alps.

Restaurants in Lima, Peru's capital, make their ceviche primarily of sea bass, and specialized ceviche bars will use almost anything that swims or soaks, including clams and mussels.

See CEVICHE, E28, Col. 1

### ON THE INSIDE

- Mackerel for your health, E3.
- Making 'staples' ahead in Laurel's Kitchen, E17.
- How the bagel got its hole, E12.
- Getting a taste of Brazil, E18.



# Food Smokers

EQUIPMENT, From E1

food being smoked and how much smoke flavor is desired. Though it isn't absolutely necessary, the food to be smoked is usually marinated or brined (soaked in a salt-water solution) first. The flavor added by marinating or brining nicely complements the smoky taste, which can be overwhelming by itself. Brining can also act as a preservative.

The Little Chief is not big enough to hold a huge whole turkey, but will smoke nearly anything else. Veteran smoker Alice Kelleter of Vinalhaven, Maine, has smoked various kinds of cheese in her Little Chief, as well as turkey breasts, pork chops and ribs, mussels (which she marinates beforehand and keeps in olive oil afterward) and salt.

The Little Chief comes with hickory shavings, which are replaced in the smokers every hour or so as they burn out. No charcoal is used. Small fish can be completely cooked as well as smoked in the Little Chief, but larger things like chickens or roasts will need additional cooking time in the oven or on a grill. The Little Chief is available in sporting goods and department stores, or by mail from L.L. Bean (Freeport, Maine 04033, telephone 207-865-3111, 24 hours a day) or the manufacturer, Lühr Jensen and Sons, Inc., PO Box 297, Hood River, Ore. 97031. Cost is about \$55.

More often seen in kitchenware and hardware stores are charcoal-fired smokers, which look and act like barbecue grills that got taller. These smokers include a pan to hold liquid as part of their standard equipment, making them steamer-smokers. One company, Brinkmann, makes an add-on smoking element that fits on top of its regulation-style charcoal grill to elongate it. Brinkmann says its "Smoke'n Pit" can be used for smoking, roasting, steaming or barbecuing. Smoking in this case simply means putting pre-soaked wood chips on top of the burning charcoal. The food's exposure to smoke is controlled by how low the temperature is kept.

The Brinkmann smoker also is available in an electric version. The grill-cum-smoker is about \$80, the electric smoker about \$120.

Weber, renowned as maker of the dome-topped grill, also makes a smoker. It is taller and narrower than the grill and includes a special pan for water, but otherwise is strikingly similar to the grill. The smoker comes in two sizes; one 14½ inches in diameter (about \$100), the other 18½ inches in diameter (about \$120).

Although Weber obviously prefers that you buy both its grill and its smoker, Weber home economist Betty Hughes is able to offer some tips for cooks who want to double up with the grill. All vents should be left partially open, Hughes advises, and all should be open an equal amount. Use the indirect heating method, which means two piles of charcoal on opposite sides of the grill. Place a pan full of water, wine or other flavored liquid between the burning coals, though this is optional.

The rack's handles are designed so more charcoal or wood chips can be added to the burning fire as the food smokes. Make sure the rack handles, are placed directly above the two piles of burning charcoal. Wood chips should be soaked before they're put on the burning charcoal, but must be well drained or they'll put out the fire.

Neatly packaged mesquite and hickory wood chips and chunks are available in hardware, kitchenware and department stores, but there's no reason not to use locally available woods like oak, walnut, maple or fruitwood. In Cutler, Maine, Buzz Beam is able to gather sawdust from alder, hickory, oak or apple trees, save it for a year so it will dry out, and use it in his Little Chief. Soft woods like pine can't be used because they contain resins and will add an unpleasant flavor.

The only difference between chunks and chips or sawdust is that chunks burn longer. Chips or sawdust are usually used in slower-burner electric smokers, chunks with charcoal grills.

# COOK'S

## SUPERMARKETS

<b>TENDER WESTERN AGED SIRLOIN STEAKS</b> TENDERLOIN NOT REMOVED <b>1.99</b> LB.	<b>LEAN ASSORTED QUARTERED PORK LOINS</b> <b>1.19</b> LB.	<b>FRESH GRADE "A" FRYER WINGS</b> <b>39¢</b> LB.
<b>WESTERN TENDER PORTERHOUSE T-BONE STEAKS</b> TAIL PORTION REMOVED <b>3.29</b> LB.	<b>WILSON FRESH PORK SHOULDER PICNICS</b> 5-7 LB. AVG. WEIGHT <b>78¢</b> LB.	<b>LEAN FRESH GROUND CHUCK</b> <b>1.39</b> LB.
<b>OSCAR MAYER BOLOGNA MEAT OR BEEF</b> LB. PKG. <b>1.59</b>	<b>CLAUSEN PICKLES QUART JAR</b> <b>1.29</b>	<b>LOUIS RICH TURKEY FRANKS</b> LB. PKG. <b>59¢</b>
<b>OSCAR MAYER VARIETY PACK</b> SQUARE OR ROUND 12-OZ. PKG. <b>1.79</b>	<b>OSCAR MAYER WEINERS</b> MEAT OR BEEF LB. PKG. <b>1.57</b>	<b>SMITHFIELD COOKED HAM</b> LONGACRE BROWN & ROASTED LB. <b>1.99</b>
<b>SERVICE DELI LIVERWURST</b> BY THE CHUNK LB. <b>99¢</b>	<b>SMITHFIELD LAND OF LAKES AMERICAN CHEESE</b> LB. <b>2.49</b>	

<b>CRISP ICEBERG LETTUCE</b> HEAD <b>39¢</b>	<b>RED GOLDEN JONATHAN APPLES</b> 3 LB. BAG <b>69¢</b>	<b>RED RIPE TOMATOES</b> 3 LBS. <b>99¢</b>
<b>LONG ISLAND CAULIFLOWER</b> LARGE HEAD <b>99¢</b>	<b>MILD YELLOW ONIONS</b> 3 LB. BAG <b>69¢</b>	<b>LARGE CALIFORNIA VALENCIA ORANGES</b> <b>7/\$1</b>
<b>RUSSET BAKING POTATOES</b> 5 LB. BAG <b>79¢</b>	<b>CRISP PASCAL CELERY</b> <b>3/\$1</b>	<b>RUBY RED GRAPEFRUIT</b> <b>5/\$1</b>

<b>WISER GROCERY BUYS</b>	<b>FROZEN &amp; DAIRY</b>
<b>TULIP PINK SALMON</b> 15½-OZ. CAN <b>1.49</b>	<b>SEALTEST ICE CREAM</b> ½-GAL. CARTON <b>1.59</b> WITH COUPON BELOW
<b>FOLGER'S GROUND COFFEE</b> LB. CAN <b>1.99</b>	<b>FOX DELUXE PIZZA</b> ALL VARIETIES 10-OZ. PKG. <b>59¢</b>
<b>RC COLA • RC 100 DIET RITE COLA • NEHI SODAS</b> BUY ONE GET FREE WITH COUPON BELOW	<b>RICHFOOD MARGARINE</b> LB. QTRS. <b>3/\$1</b>
<b>BETTY CROCKER LAYER CAKE MIX</b> 18½-OZ. BOX <b>69¢</b>	<b>SEALTEST SOUR CREAM</b> 8-OZ. CUP <b>2/\$1</b>
<b>UTZ POTATO CHIPS</b> REG. \$1.09 8-OZ. BAG <b>88¢</b>	<b>MORTON POT PIES</b> BEEF, CHICKEN, TURKEY 8-OZ. PKG. <b>3/\$1</b>
<b>VIVA PAPER TOWELS</b> JUMBO ROLL <b>69¢</b>	<b>TROPICANA PURE &amp; GOLD ORANGE JUICE</b> ½-GAL. CTN. <b>1.39</b>
<b>EVAPORATED MILK</b> 2 13-OZ. CANS <b>99¢</b>	<b>FRUIT COBBLERS</b> PET RITZ APPLE, BERRY 26-OZ. PKG. <b>1.49</b>
<b>DINTY MOORE CORNED BEEF</b> 12-OZ. CAN <b>99¢</b>	

<b>AIRWICK STICK-UPS AIR FRESHENERS</b> PKG. OF 2 <b>99¢</b>	<b>GLAMORENE SPRAY &amp; VAC</b> 24-OZ. CAN <b>2.69</b>	<b>MELLO GOLD VEGETABLE OIL</b> 24-OZ. BOT. <b>1.29</b>	<b>MOTT'S APPLE JUICE</b> 48-OZ. BOT. <b>89¢</b>	<b>AUNT JEMIMA WAFFLES</b> 10-OZ. PKG. <b>79¢</b>	<b>SEALD SWEET GRAPEFRUIT JUICE</b> QT. BOT. <b>59¢</b>	<b>MRS. PAUL'S CRISPY CRUNCHY FISH FILLETS</b> 12¼-OZ. PKG. <b>2.49</b>
<b>PILLSBURY PIPIN' HOT LOAF</b> WHITE OR WHEAT 10-OZ. TUBE <b>89¢</b>	<b>PARKAY LIGHT SPREAD MARGARINE</b> 2 LB. TUB <b>99¢</b>	<b>PILLSBURY REFRIGERATED FUDGE BROWNIES</b> READY TO BAKE 29-OZ. TUBE <b>1.39</b>	<b>KRAFT FLAVORED SOFT CREAM CHEESE</b> 8-OZ. TUB <b>88¢</b>	<b>KRAFT CREAMY BUTTERMILK DRESSINGS</b> 1000 ISLAND • ITALIAN • CUKE • BUTTERMILK 8-OZ. BOT. <b>79¢</b>		
<b>COOK'S COUPON</b> RC COLA • RC 100 • DIET RITE NEHI SODAS BUY ONE GET ONE 2-LIT. BOT. <b>FREE</b> WITH THIS COUPON. LIMIT ONE PER FAMILY. VOID AFTER OCT. 1.	<b>NABISCO CHIPS AHOY COOKIES</b> 19-OZ. PKG. <b>1.49</b>	<b>COOK'S COUPON</b> SEALTEST ICE CREAM ½-GAL. CARTON <b>1.59</b> WITH THIS COUPON. LIMIT ONE PER FAMILY. VOID AFTER OCT. 1.				

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