

Cooking with autumn flavor

October classes by Market Street chef create fall feasts

By ALEXANDRA GREELEY

THE CONNECTION

Chef Duane Keller, who presides over the kitchen at the Market Street Bar and Grill, Hyatt Regency Reston, is planning a month-long series of cooking classes in the restaurant's kitchen. Beginning on Saturday Oct. 10, and continuing for the remaining Saturdays of the month, these classes will have a specific theme for each session.

The opening class, slated as "The Fish Market," will feature a gumbo, as the appetizer, and a grilled or baked fish dish.

Keller wants to demystify fish cooking for a public who may think that anything with fins and scales is too threatening to prepare at home.

Other topics include Autumn Hunt, The Meat Market and the "Moveable Feast," the last a collection of portable one-dish meals that will help solve some holiday cooking and entertaining problems.

Keller will send students home with recipes on handy index cards for easy filing. He plans to hold these classes quarterly with recipes suited to the seasons. Those who attend each ses-

Hyatt celebrates Greek food with recipe contest

Area Hyatt Hotels are introducing their fall Greek Food Festival -- from mid-September to mid-November -- by luring local cooks to participate. This interesting twist on a commercial venture calls for area cooks -- not necessarily Greek ones -- to enter a Greek "Best Appetizer Recipe Contest." For the winning entry: a slot on the Hyatt menu during the food festival.

Dianne Murphy, director of public relations at the Hyatt Regency Reston, explains that holding a recipe contest in the D.C. metropolitan area seemed logical. "There is a large Greek population in the area," she explains. "We are also working with local Greek churches and Greek organizations." Judges, of course, will be Hyatt chefs and a member of the Greek embassy in Washington or a member of Greek community.

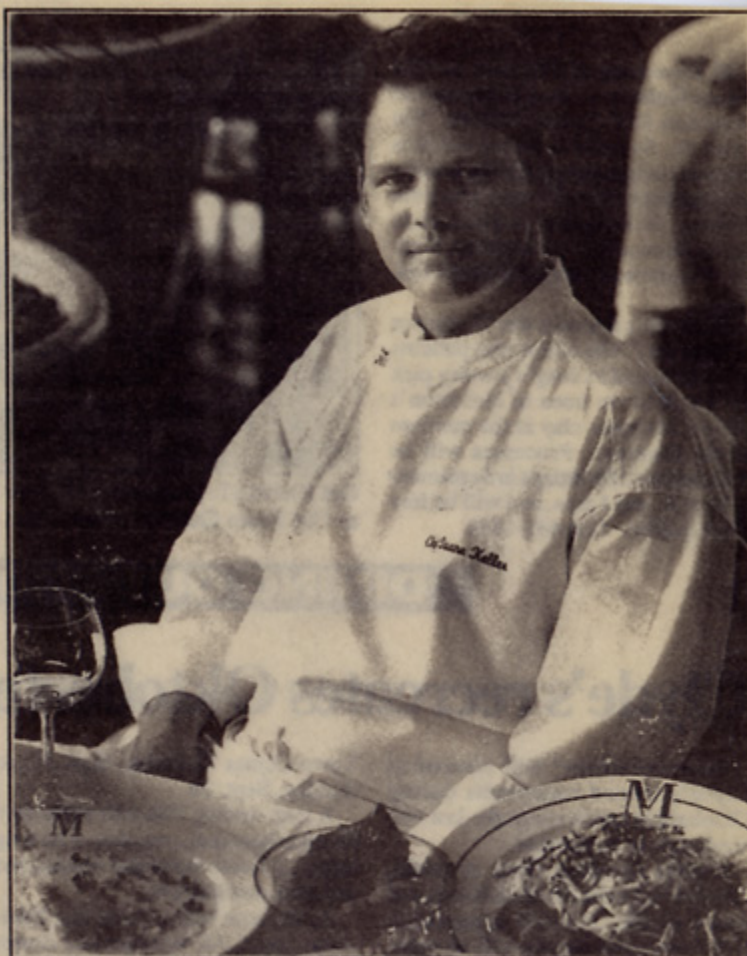
Judges are looking for recipes that are both authentic and flavorful, she says. Recipes will also be judged on presentation and originality.

Seven winners will be picked: The first prize consists of a Saturday night for two at the Grand Hyatt in New York. The second prize: a Saturday night for two at the Hyatt Regency Reston. The four runners-up, plus the three prize winners, will be invited to feast at a Chef's Table lunch at an area Hyatt.

Submit appetizer recipes in writing to Dianne Murphy, Hyatt Regency Reston, by noon on Monday, Sept. 14 (or the prepared dish itself to the Hyatt Regency Washington, care of public relations). Include your name, address, phone number, recipe name and instructions, and family origin of dish. Winners will be notified on Sept. 15.

If you cannot cook but love Greek food, simply dine at an area Hyatt with a three-meal restaurant during the Greek Food Festival. You will find such temptations as stuffed grape leaves; spicy Greek sausage with banana peppers, onion and tomatoes; and grilled pork tenderloin kebab and rice pilaf.

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