

Side dish

Eat by colors
Colorful fruits and vegetables have varying amounts of different vitamins, minerals, fiber and phytonutrients. More colors mean a greater variety of the health-promoting substances from fruits and vegetables.

According to www.5aday.com, yellow-orange fruits and vegetables, such as nectarines, peaches, carrots, sweet potatoes and plums, help promote vision health, a healthy immune system and a healthy heart. Blue and purple (plums, raisins, eggplant, purple peppers) assist with healthy aging and memory function. Red (apples, red grapefruit, tomatoes, beets, raspberries, red peppers, cherries, red grapes, plums and peaches) helps the heart and lowers some cancers. Green (kiwi, green pears, peas, broccoli, okra and spinach) promotes vision, strong bones and teeth.

For more information, visit www.eatcaliforniafruit.com.

Best beers feted
Twenty-two Michigan breweries entered the Michigan Beer Guide Brewers Cup, the first competition of its kind, established to evaluate and recognize the quality of products brewed here in Michigan.

The idea for the competition was born several years ago when Rex and Mary Halpenny had a conversation with Linda Jones of the Michigan Grape and Wine Industry Council. The wine industry has competitions annually and the medal winners are exhibited at the Michigan State Fair.

Copper Canyon Brewery, a brewpub in Southfield, offered to host the competition and provide its venue for the awards banquet. Blind judging was performed by members of the Beer Judge Certification Program, a nationwide organization of beer judges dedicated to beer quality and recognizing sensory analysis judging skills.

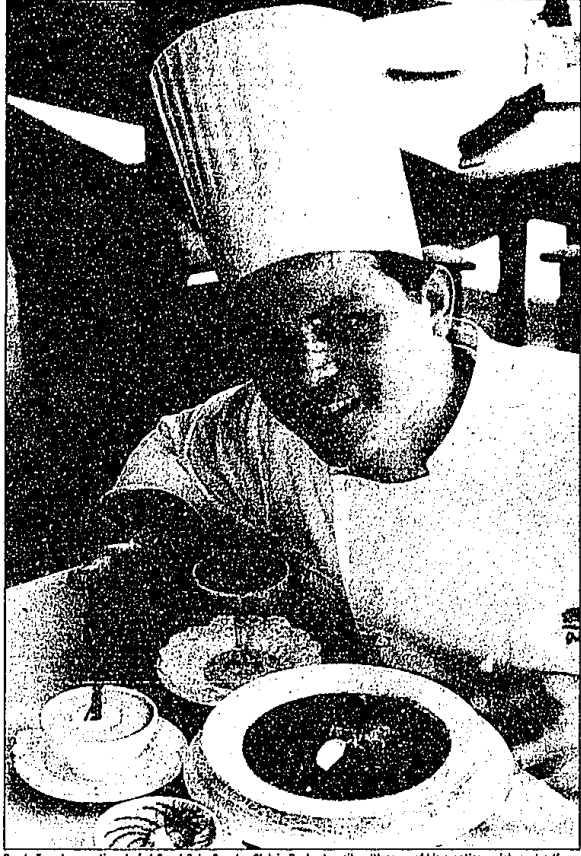
Exactly 100 beers were entered from 22 Michigan breweries.

Each beer was evaluated by four judges on a scale of 1 to 50, with 50 being a perfect beer. Beers that scored above average (30-34) were awarded bronze medals. Beers that scored excellent (35-39) were awarded silver medals and beers that scored outstanding (over 40) were awarded gold medals. The three most experienced judges judged one beer to be Best of Show because they found it best exemplified the classic style. This entry will be awarded the Michigan Brewers Cup at the conclusion of the ceremony.

The results will not be released until the Brewers Award Banquet, Saturday, June 28, at Copper Canyon Brewery. The banquet, which begins at 6 p.m., will include food, a sampling of the highest scoring beers, and the opportunity to rub elbows with the brewers and cheer on their achievements.

Tickets are \$30 and available from Copper Canyon by calling (248) 223-1700.

A free 2003 Michigan Brewers Cup souvenir glass is included with each ticket purchase.



Randy Emerl, executive chef at Great Oaks Country Club in Rochester, sits with some of his creations: vichyssoise (from left, then clockwise), chilled fruit soup with strawberry salsa, traditional gazpacho and chilled cucumber and cilantro soup.

Chill out

When the heat's on, try a cold soup

BY KEN ABRAMCZYK | STAFF WRITER

Finally, here comes the heat. As temperatures climb into the triple digits, it's time to turn to the kitchen for relief. And when the chefs around town like Randy Emerl, certified executive chef at Great Oaks Country Club in Rochester, are creating dishes that soothe the palate, they often turn to cold soups. Emerl's chilled fruit soup with strawberry salsa is a perfect example of this. "Cold soups can be light, like in the case of cream soups, or bold and robust, as in the case of pureed soups."

The authors also state that cold foods often require strong seasoning than hot foods, and that you should remember to allow the soups sufficient time to develop flavors.

But Emerl, a Lake Ontario and graduate of Cornell College's culinary arts program, also warns that you should avoid overseasoning the soups.

"Cold soups get even better the next day, and the flavors get stronger, especially if you let them sit overnight," he said. "Always keep in mind that you can always add more seasoning, but you can't take it away."

Emerl spoons strawberry salsa onto his chilled fruit soup.

Guests will warm up to cold soups

... Sprinkle cucumbers with salt and pepper, then let sit about 10 minutes. ... let the water come full ...

Burgundies to know and buy

Burgundy is among the most confusing regions to wine consumers. OK, white Burgundy is made from chardonnay and red Burgundy is pinot noir. But who are the best producers



Focus on Wine

Ray & Eleanor Heald

and how does one go about choosing pleasing, delicious Burgundy wines? In the early 1990s, we would not have included Bouchard Pere & Fils among the top Burgundy producers and a good place to begin a search for top Burgundies. That's changed!

HISTORY
Bouchard Pere & Fils was founded in 1791 by Michel Bouchard and his son.

Over the centuries, nine successive generations of the Bouchard family acquired vineyards, gradually increasing estate holdings, known as the Domaine Bouchard Pere & Fils.

Today, Bouchard's holdings are concentrated in the Cote de Beaune, where the winery has parcels in 35 premiers crus vineyards, including their famous monopole Beaune-Greves Vigne de l'Enfant Jesus.

Bouchard is the single largest owner in Chevilly-Montrachet, and has the exclusive distribution rights to La Romanee, the celebrated grand cru of the Chateau de Vosne Romanee. These three wines are Bouchard's flagships.

In the mid-1980s, Bouchard was one of the most reliable Burgundy producers. While many producers escaped detection, in 1989 Bouchard got caught for tweaking its wines with both sugar and acidity during the challenging 1987 vintage. After the scandal broke, Bouchard ran into financial problems and quality dropped.

UP BY THE BOOT STRAPS
In 1996, Joseph Henriot, ex-president of Veuve Clicquot Champagne, bought Bouchard and promised to restore its once proud reputation. Henriot knew all the vineyard components were in place to make great wine. He demanded lower vineyard yields and installed smaller fermentation tanks so that the vast number of individual crus could be fermented.

PLEASE SEE WINE, D2

WINE PICKS
Those big juicy steaks you plan on grilling this weekend or over the July 4 weekend are screaming for **CABERNET SAUVIGNON**.

PICK OF THE PACK: 2000 Cinnabar Mercury Rising (blend of Bordeaux varietals) \$18. Truly outstanding at this price.

AWESOME: 2000 Hanna Alexander Valley (\$26); 2000 Hogue Reserve, Columbia Valley, Wash. (\$30) is the best cab ever from Hogue; and 1999 Jordan Cabernet Sauvignon Sonoma County (\$40), another winner and worth every penny from a legendary winery.

CELLAR WORTHY: 2000 Raymond Reserve (\$40) and 2000 Robert Mondavi, Napa Valley (\$30). If you want to drink either of these now, double decant them before serving.

BEST BUYS UNDER \$12: 2001 Rosemount (\$11) and 2000 Carmenell Cellar Selection (\$9) (tastes better than many at twice the price).

A CABERNET FOR GRILLED LAMB: 1998 Wynns Coonawarra Estate John Riddoch Cabernet Sauvignon (\$50). Full-bodied with silky textures. Ripe flavor spectrum with hints of black olives, tobacco, mint and smoky oak. Decidedly Coonawarra!

All wines mentioned are available in the metro-Detroit area. If a retailer does not stock a specific wine, ask that it be ordered from the distributor.