

# Share warmth of the Yule Log

Continued from Page 1

toothpick inserted in the center comes out clean. Cool on a baking rack for 5 minutes.

Gently remove from pan and place on waxed paper until cool. Bring frosting to room tempera-

# Pressure cooking fast, lots of fun

See Larry Jones' column Taste Buds on Page 1B.

**BABA GHANOUJI**  
(Middle Eastern Eggplant Dip)

- 1 large (1½ pounds) eggplant
- 1 cup water
- 1 teaspoon salt
- 1 teaspoon pepper
- ¼ cup lemon juice
- ¼ cup tahini (sesame seed paste)
- 2 cloves garlic
- 2 slices bread, crusts removed and crumbled

Lay eggplant on its side. Cut a 2-inch slice from the top of the eggplant horizontally. Using a grapefruit knife or large tablespoon, remove pulp from the eggplant, leaving a 1-inch-thick shell. Place the pulp in the steam basket of a pressure cooker. Pour water in cooker and insert steam unit. Sprinkle eggplant pulp with salt and pepper. Secure lid. Over high heat, develop steam to high pressure. Reduce range heat to medium and cook 3 minutes.

Release steam according to manufacturer's directions. Remove lid. Lift steam basket from cooker and drain excess water. Place eggplant pulp in food processor or blender container. Add remaining ingredients except shell and process until smooth. Spoon mixture into eggplant shell. Serve with pieces of pita or toast points. Dip does not freeze well.

Recipe from "Joys of Pressure Cooking" by Toulia Patsalis, copyright 1990, Kitchen Glamour Inc., \$16.95.

**MOMMA'S BARBECUED BEEF**  
(Sorry, Toulia, maybe in the next printing you will want to include this recipe, adapted from Momma's collection but just perfect for the pressure cooker.)

- 2 tablespoons oil
- 1 clove garlic, finely minced
- 1½ pounds stewing beef, cubed
- 2 large onions, chopped
- 1 large can (28 ounces) tomato sauce
- ¼ cup Worcestershire
- ¼ cup wine vinegar
- ¼ cup sugar
- 1 teaspoon fresh ground black pepper

Pinch salt  
Heat oil in bottom of pressure cooker. Add garlic and stewing beef. Brown stewing beef over medium-high heat. Add remaining ingredients. Stir. Secure the lid and develop steam to high pressure. Reduce range heat to medium high and cook for 45 minutes. Release steam according to manufacturer's directions. Remove lid. With a fork, break up pieces of stewing beef. Stir and enjoy.

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# All that sparkles is not champagne

All champagne is sparkling wine, but not all sparkling wine is champagne.

French wines are frequently given a place name such as Bordeaux, Burgundy or Champagne. The French jealously guard these place names for their wines. And rightly so.

A wine made in New York State or California would not be called a Michigan wine. Sparkling wines made in these states should not be called champagne.

It is possible, however, to make a sparkling wine anywhere in the world by the methode champenoise, the same method used in the Champagne district. The words methode champenoise are important words to look for on the label.

In the methode champenoise, both white and black grapes are harvested and pressed immediately to give a white juice that is fermented to a still dry wine. Many producers reserve a portion of still wine for extended aging.

These still base wines are then skillfully blended to produce the cuvee (blend), which undergoes a second fermentation in the bottle to produce a sparkling wine. A tradition of blending with reserve wines

improves the young wines, ensures consistency and provides greater fragrance, elegance and balance.

**FERMENTATION** in the bottle traps carbon dioxide gas. It dissolves in the wine to produce a naturally sparkling beverage. A lengthy second fermentation in the bottle produces a smoother wine with smaller bubbles.

Blending is the key to achieving a balanced, complex champagne or sparkling wine. If only one wine was used, the result would be one-dimensional and uninteresting.

The classic champagne grape varieties are chardonnay (white skinned, light, delicate), pinot noir (black-skinned, full-bodied, robust) and pinot meunier (black-skinned, fruitily, early maturing).

The style of champagne is controlled, to a large degree, by the composition of the cuvee in the wine. Even when a single grape variety is used, as in a Blanc de Blancs made only from chardonnay, it is desirable for the grapes to be sourced from multiple sites.

Each of the base wines that become part of a champagne blend makes a small contribution to the



focus on wine

**Eleanor and Ray Heald**

## WINE SELECTION OF THE WEEK

After a long absence in this market, the House of Billecart-Salmon champagnes are again available.

The Billecart-Salmon Brut (\$25) is a blend of 41 percent pinot meunier, 34 percent pinot noir, and 25 percent chardonnay. Its toasty, creamy entry is complemented by a well-balanced finish. The emphasis on pinot meunier offers a uniquely styled pour.

**A LIGHT, DRY Blanc de Blancs** is the ideal aperitif. Its lean, crisp character refreshes the palate and piques the appetite.

Emphasis on black-skinned grapes in the cuvee makes a champagne near the full-bodied end of the champagne taste spectrum. The traditional proportions are two-thirds black grapes and one-third white.

A full-bodied champagne made with a high percent of pinot noir, such as a Blanc de Noir or Rose, is a wine that can be enjoyed throughout the meal.

"Chardonnay provides elegance while pinot noir gives body — analogous to skin and flesh," said Christian Pol Roger, the renowned producer from Epernay in the Champagne district.

overall taste and complexity of the wine. This is why champagne producers claim that the whole is greater than the sum of its parts.

# Medium-grain rice is good for risotto

AP — The USA Rice Council says risotto can be used as an entree or side dish. Medium grain rice will result in a texture most like imported Arborio rice, the council says.

## QUICK RISOTTO

1½ cups chicken broth

- 1 cup uncooked rice
- Vegetable cooking spray
- ½ cup thinly sliced carrots
- ½ cup thinly sliced yellow squash
- ½ cup thinly sliced zucchini
- ½ cup wine
- ½ cup chicken broth
- ½ cup grated Parmesan cheese
- ½ teaspoon ground white pepper

Combine 1½ cups broth and rice in a 3-quart saucepan. Bring to a boil; stir once or twice. Lower heat to simmer. Cover and cook for 15 minutes.

Coat a large skillet with cooking spray; place over medium-high heat until hot. Cook vegetables for 2 or 3

minutes, or until tender crisp. Add wine and continue to cook for 2 minutes. Set aside and keep warm.

Add remaining ½ cup broth to hot rice, stir until broth is absorbed over medium-high heat. Stir in cheese, reserved vegetables and pepper. Serve immediately. Makes 6 servings.

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