

# What goes with Famie's Chicken?

Kitchen responsibilities have diminished since the holidays, but quick and simple meals must still remain attractive and flavorful, even if classified as "carry-out."

Typical take-home delights such as pizza, burgers, chicken, ribs and Oriental dishes can be a special dining experience with the addition of a flavorful wine selection — a wine that can please the palate without pinching the purse.

With this goal in mind, we recently tasted Famie's Chicken (2707 N. Woodward Ave., Royal Oak) with a dozen red and white wines especially selected by local wine distributors to complement the herb-roasted chicken.

We were joined in our tasting by Les Auteurs restaurant manager John Baumgartner and Maître d' Michel Hardy. In search of the wine candidate for the Chicken Hall of Fame, we tasted each of six white wines with Famie's Rotisserie Chicken seasoned with herbs and then with each dipping sauce — non-yeast mustard and Southern barbecue.

**THE FAVORITE** white wine with the chicken (no sauce) was the 1989 Buena Vista Lake County Sauvignon Blanc (#8). By itself, the wine is



focus on wine  
**Eleanor and Ray Heald**

## WINE SELECTIONS OF THE WEEK

Our white and red wine selections for the "Chicken Hall of Fame" are the 1989 Buena Vista Lake County Sauvignon Blanc (#8) and the 1987 Seghesio (red) Zinfandel (#7.20). Nothing says "love" like something from the oven!

fresh and attractive. With the chicken, the wine is refreshing, fruity and complementary.

Other compatible wines that added flavor interest to the chicken were the 1988 Forster Bishofgarten Riesling Kabinett, Burkin Wolf (\$8 per litre) and the 1989 Liberty School California Sauvignon Blanc (#8).

We all agreed that the tomato-

smoke flavors of the Southern barbecue dipping sauce killed the flavor of the white wines. While the 1989 Z-Moore "Quaff" Gewurztraminer (#8) was too sweet for the herbed chicken, it was a clear winner with the honey mustard sauce.

We frequently recommend red wine with grilled poultry and game birds. Therefore, it was a natural to repeat the tasting with several light, flavorful red wines that could be served slightly chilled.

Three of the reds were particularly good with the herbed chicken. Those that paired best showed rich fruit, good body and a fair amount of structure. Lighter red wines gave a thin impression against the mixture of 13 herbs and spices.

**OUTSTANDING MATCHES** were the 1987 Seghesio Zinfandel (#7.20), the 1988 La Vieille Ferme Cotes du

Ventoux (\$6) and the 1989 Preston Vineyards Estate Red, a blend of carignane and zinfandel.

With the dipping sauces, the tables were turned. While the Southern barbecue sauce killed the white wines, it did not dampen the richness and depth of the Seghesio Zinfandel or the Preston Estate Red. The sweet honey mustard sauce detracted and confused the palate.

Food and wine combinations are fun when you do not take them too seriously. Remember, you can learn as much from a poor combination as a good one. You may discover wine harmonies that you prefer to those recommended here, but you have to be adventurous enough to try them.

Please notice the best wines in this experiment did not include a cabernet sauvignon or a chardonnay. Another surprise was that the sweetest wine "Quaff" complemented the chicken with honey mustard sauce, while a dry wine assaulted the palate. Finally, red wine went as well as white wine with the herbed chicken, but the choice of sauce changed all the rules.

One of the real pleasures in life is a simple meal with friends, especially one that you didn't have to prepare, accompanied by a delicious, yet affordable wine.

# Chef offers recipes for pasta, meatloaf

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

## BASIL AND GARLIC PASTA

1 pound fettuccine pasta, cooked and drained  
1/4 cup fresh basil, chopped  
1 teaspoon minced garlic  
3 tablespoons olive oil  
Salt and fresh ground pepper  
1/4 cup fresh grated Parmesan cheese

Place cooked and drained pasta into a medium serving bowl. Add chopped basil and garlic and just a pinch of salt and fresh ground pepper to taste. Drizzle with olive oil. Toss gently. Sprinkle with Parmesan cheese and enjoy.

## MOMMA'S MEATLOAF

1 1/2 pounds fresh ground sirloin beef  
2 eggs  
1/2 cup cracker crumbs  
2 tablespoons Worcestershire  
1/2 cup ketchup or tomato sauce  
1 teaspoon garlic, chopped fine  
1 small onion, minced  
1/2 cup catsup or tomato sauce

**Add chopped basil and garlic and just a pinch of salt and fresh ground black pepper to taste.**

Combine ground beef with eggs, cracker crumbs, Worcestershire, 1/2 cup catsup, garlic and onion. Mix well. Shape into loaf and place in a lightly greased loaf pan. Brush with 1/2 cup ketchup. Bake at 350 degrees for 45-50 minutes, basting off fat as it accumulates around meatloaf. Enjoy.

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# Casserole pairs corn, squash

AP — For speed and easy cleanup, cook your family's favorite winter vegetables in the microwave oven. This casserole combines the favorite flavor of scalloped corn with the creaminess of squash. You can mix and cook the whole dish in the same microwave-safe casserole. Total cooking time is about 16 minutes.

## SQUASH-CORN CASSEROLE

One 1-pound butternut squash  
2 tablespoons water  
1/2 cup chopped onion  
1/2 cup chopped green pepper  
2 tablespoons margarine or butter  
One 17-ounce can cream-style corn  
1 cup coarsely crushed, rich round crackers (21 crackers)  
1/2 cup shredded American cheese  
2 tablespoons chopped pimiento  
1/2 cup chopped pecans

Halve squash lengthwise and crosswise. Scoop out seeds and mem-

brane. In a 1 1/2-quart microwave-safe casserole, place squash pieces and water. Cook, covered, on 100 percent power (high) for 8 to 11 minutes or until squash is tender, rearranging once. Drain squash and casserole. Scoop out and mash pulp.

In the 1 1/2-quart casserole, cook onion and green pepper in margarine, covered, on high for 2 to 3 minutes or until just tender. Stir in mashed squash, corn, crushed crack-

ers, cheese and pimiento. Cook, covered, on high for 4 1/2 to 6 minutes, stirring once. Sprinkle with chopped nuts. Makes 6 servings.

**Nutrition information per serving:** 243 cal., 5 g. pro., 30 g. carb., 13 g. fat, 10 mg. chol., 497 mg. sodium. U.S. RDA: 58 percent vit. A, 40 percent vit. C, 15 percent thiamine, 11 percent riboflavin, 14 percent niacin, 13 percent calcium.

## cooking calendar

### • PRITIKIN SEMINAR

Robert Pritikin, director of the Pritikin Longevity Center, will be featured at an evening seminar 7:30-9:30 p.m. Tuesday, Jan. 22, at the Townsend Hotel in Birmingham. Pritikin will be visiting the area in conjunction with the "Eat Healthy! Live Healthy!" campaign created for metropolitan Detroit by the Pritikin Systems. The seminar is open to the public without charge. To reserve tickets call 1 (800) 421-9911.

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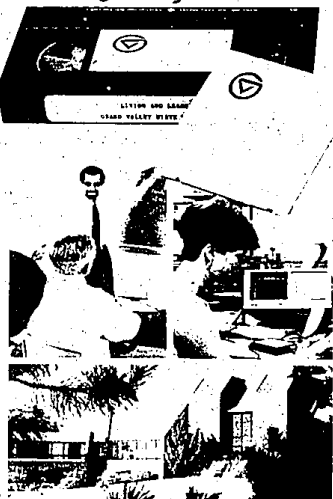
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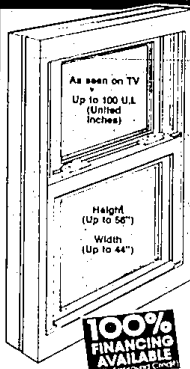
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