



focus on wine Eleanor and Ray Heald

Making Beaujolais in the Napa Valley

Charles Shaw was born in Flint, graduated from Davison High School in 1961, graduated from West Point in 1965, and in 1978 founded Charles F. Shaw Vineyard and Winery in California's Napa Valley.

Shaw's interest in wine began during a two-year stint in France, where he worked as an investment banker. While in France, with his wife Lucy, Shaw had the opportunity to visit the French wine regions and was enchanted by the wines of Burgundy, especially Beaujolais.

In Napa Valley, Shaw specializes in making wines styled after the French Beaujolais he came to love.

Since the origins of the California grape varieties, Napa Gamay and Gamay Beaujolais are in doubt, Shaw devised an elegantly simple solution to his problem of using the genuine variety. In 1981, he succeeded in procuring vine cuttings from Beaujolais and thus imported to California the first vines that are unquestionably the true grape of Beaujolais, namely gamay noir a jus blanc.

SHAW'S WINEMAKING technique duplicates the methode beaujolaise to achieve the characteristic fresh-fruit quality of true Beaujolais wine. In this method, also called carbonic maceration, whole grape bunches are put into a deep, stainless steel fermentation tank and blanketed with carbon dioxide gas, the same gas produced during fermentation. Crushed by the weight above, 20 percent of the grapes at the bottom of the tank release their juice, which begins to ferment. The remaining 80 percent of the grapes begin carbonic maceration, or fermentation within the whole, uncrushed berries.

The carbonic maceration technique preserves the full, fresh, fruitiness; spicy, peppery nuances; ripe berry aroma, and bright garnet color of the wine. Brief aging in large oak tanks imparts the structure and

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— Charles Shaw

WINE SELECTIONS OF THE WEEK

1990 Charles Shaw Harvest Wine Gamay Beaujolais Nouveau (\$6) boasts beautiful fresh raspberry aromas with exuberant flavors of raspberries and cherries. This is the most French-like Beaujolais from California. 1988 Charles Shaw Gamay Beaujolais, Napa Valley (\$8.50) shows characteristics of raspberries, cherries and strawberries with the depth of a Beaujolais Villages. While most red wines are aged at cellar temperature (65 degrees F), we recommend serving these wines slightly chilled.

backbone necessary for increased longevity. "Don't believe the myths that nouveau wines won't age for more than six months," Shaw says. You can test this by trying the 1990 Harvest Wine Gamay Beaujolais Nouveau, one of this week's wine selections.

In France, the wine-growing region known as Beaujolais is at the southern end of Burgundy. Several styles of Beaujolais include light and fruity nouveau, released the week before Thanksgiving, always the first wine of the harvest; Beaujolais Villages, released about one year later, richer with greater depth; Cru Beaujolais, the most serious and ageable wine of Beaujolais, with one of 10 village names on the label. The 10 "cru" villages are Fleurie, Regnie, St. Amour, Chiroubles, Morgon, Moulin-A-Vent, Brouilly, Cote de Brouilly, Julienas and Chenas.

Charles F. Shaw Winery offers three levels of California Beaujolais — a nouveau-style released in mid-October, a Villages-style regular bottling and a super-premium estate bottling in the style of a Fleurie.

Not to be known as "Johnny One Note," Shaw also produces estate-bottled Napa Valley sauvignon blanc and chardonnay. The 1988 Sauvignon Blanc (\$11) is a delicately soft sipper that highlights citrus, melon and a touch of hay. The 1988 Chardonnay (\$12) is a tasty, well-priced wine that exhibits fresh fruit with a balanced touch of oak.

Be ready for snack attack

Snacking is quite a popular activity in America. So much so, that February is now designated as National Snack Food Month.

The wide availability of packaged products and convenience foods made the art of snacking easier than ever before. With all this munching going on, snacks can add up and become a big part of your diet. Which isn't all bad. It just depends on the kinds of snacks you choose.

Most people munch on not-so-nutritious snacks because they grab what is easily available when they are hungry. We all know that fruits and vegetables are the healthiest foods to enjoy, but other snacks can be tasty and good for you, too. With some advance planning and "nutritious alternatives," you can learn to become a healthy snacker.

Have a craving for something crunchy? Pass on the potato chips, salted nuts, buttered popcorn and french fries. They are all high in sodium, fat and calories. Instead, try unbuttered popcorn sprinkled with garlic powder or Parmesan cheese, unsalted tortilla chips dipped in salsa or cinnamon. Crisp Tortillas — a snack that is both sweet and crunchy.

If you have a sweet tooth, beware. Cakes, pies, cookies and candy can be high in sugar and fat. Instead of a jelly donut as a morning snack, sink your teeth into a warm Apple Cheddar Muffin. If chocolate is your weakness, enjoy Chocolate Cupcakes prepared from a low-calorie, low-fat recipe.

Do you snack while you are watching television? When you're bored? Suppose you always get hungry in the late evening before you go to bed. It is important to recognize when you snack so you can prepare healthy snacks ahead of time and have them on hand when temptation strikes.

Keep fresh fruit, low-fat frozen yogurt, air-popped popcorn or low-fat crackers readily available. Another good rule to follow is to keep "unhealthy snacks out of your house completely. A little "munching know-how" can turn your snack breaks into health breaks as well.

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SALSA

Yields 3 1/2 Cup

- 1 medium tomato, blanched, peeled, seeded and finely chopped
- 1/2 cup tomato juice
- 2 tablespoons each finely chopped scallion (green onion) and green bell pepper
- 1 small garlic clove, minced
- 1/4 teaspoon minced fresh cilantro (Chinese parsley)
- 1/4 teaspoon each ground cumin, chili powder and hot sauce
- 1/4 teaspoon minced jalapeno pepper (optional)

In small bowl combine all ingredients, mixing well. Cover with plastic wrap and refrigerate until flavors are blended, at least 30 minutes.

Each 2-tablespoon serving provides: 1/2 Vegetable, 2 Optional Calories.

Source: Weight Watchers Quick and Easy Recipes.

CINNAMON CRISP TORTILLAS

Makes 2 servings

- 2 flour tortillas (6-inch diameter each)
- 2 teaspoons reduced-calorie margarine (tub), melted, divided
- 1/4 teaspoon each ground cinnamon, divided, and granulated sugar

Preheat broiler. Arrange tortillas on non-stick baking sheet and brush each tortilla with 1/4 of the margarine and sprinkle with 1/4 of the cinnamon. Broil 6 inches from heat source until margarine is bubbly, 1 to 2 minutes. Combine remaining cinnamon with the sugar. Turn tortillas over; brush each with half the remaining margarine and then sprinkle each with half the cinnamon-sugar mixture. Broil until cinnamon-sugar mixture

is bubbling. Makes 16 bars.



Lite success Florine Mark

caramelizes, about 1 minute. Each serving provides: 1/4 Fat, 1 Bread, 5 Optional Calories.

Source: Weight Watchers Healthy Life-style Cookbook, 1991

APPLE-CHEDDAR MUFFINS

Makes 12 servings

- 1 1/4 cups all purpose flour
- 1/2 pound apples, cored, pared, and finely chopped
- 1/4 cup rye flour
- 2 ounces reduced-fat cheddar cheese, shredded
- 1 1/4 ounces chopped walnuts
- 1/4 cup granulated sugar
- 2 tablespoons dark raisins
- 2 teaspoons double-acting baking powder
- 1/4 teaspoon ground allspice or ground cinnamon
- 1/2 cup skim or non-fat milk
- 1/2 cup plus 2 teaspoons reduced-calorie margarine (tub)
- 1/4 cup thawed frozen egg substitute

Preheat oven to 375 degrees. In medium mixing bowl combine first 9 ingredients; stir to combine and set aside. In blender combine remaining ingredients and process until smooth. Pour into dry ingredients and stir until moistened (do not overmix).

Spray twelve 2 1/2-inch nonstick muffin-pan cups with nonstick cooking spray; fill each cup with an equal amount of batter (each will be about 3/4 full). Bake in middle of center oven rack for 20 minutes until muffins are golden and a toothpick inserted in center comes out dry. Invert muffins onto a wire

rack and let cool. Each serving provides: 1 Fat, 1/4 Protein, 1 Bread, 1/4 fruit, 30 Optional Calories.

Source: Weight Watchers Healthy Life-style Cookbook, 1991

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CHOCOLATE CUPCAKES

Makes 4 servings

- 2 eggs (at room temperature)
- 1/4 cup granulated sugar
- 1 teaspoon vanilla extract
- 2 tablespoons unsweetened cocoa, sifted

Preheat oven to 350 degrees. Line eight 2 1/2-inch-diameter muffin pan cups with paper baking cups, set aside.

Using electric mixer at medium-high speed, in medium mixing bowl beat eggs until light and fluffy and double in volume, 3 to 4 minutes. Gradually add sugar, 1 tablespoon at a time, beating after each addition until blended. Stir in vanilla. Sprinkle cocoa over the batter and fold in. Divide batter evenly into baking cups (each cup will be about 3/4 full). Partially fill empty cups with water (this will prevent pan from burning and/or warping). Bake in middle of center oven rack until a toothpick, inserted in center of cupcake, comes out clean, about 20 minutes. Remove cupcakes to wire rack and let cool.

Each serving provides: 1/2 Protein Exchange and 70 Optional Calories.

Source: Weight Watchers 1989 Engagement Calendar

Malted milk balls provide crunch in snack bar

AP — Put away your straw and enjoy a square malt. These bars, dotted with crunchy bits of malted milk balls, make a scrumptious snack.

CHOCOLATE MALT BARS

- 1/2 cup margarine or butter, softened
- 1/2 cup sugar
- 1 egg
- 1/2 cup instant malted milk powder
- 1/4 cup milk
- 1 teaspoon vanilla
- 1 1/4 cups all-purpose flour
- 1 teaspoon baking powder

1 cup malted milk balls, coarsely chopped

Quick Fudge Frosting (optional)

1/2 cup malted milk balls, coarsely chopped (optional)

In a large mixer bowl beat margarine or butter and sugar with an electric mixer on medium speed until light and fluffy. Add egg, malted milk powder, milk and vanilla. Beat for 2 to 3 minutes more or until thoroughly combined.

In a small bowl stir together flour

and baking powder. With mixer on low speed, gradually add flour mixture to sugar mixture, beating for 2 to 3 minutes or until thoroughly combined. Fold in 1 cup malted milk balls. Pressed into a greased 9-by-9-by-2-inch baking pan. Bake in a 350-degree oven for 25 to 30 minutes or until a toothpick inserted near the center comes out clean. Cool bars on a wire rack. Frost cooled bars with Quick Fudge Frosting and sprinkle with 1/2 cup malted milk balls, if desired. Makes 16 bars.

Quick Fudge Frosting

In a mixer bowl combine 2 1/2 cups sifted powdered sugar and 1/4 cup unsweetened cocoa powder. Add 1/2 cup margarine or butter, 3 tablespoons boiling water, and 1/4 teaspoon vanilla. Beat with an electric mixer on low speed until combined. Beat 1 minute on medium speed, about 20 to 30 minutes or until spreadable.

Nutrition information per bar: 162 cal., 2 g pro., 24 g carb., 6 g fat, 15 mg chol., 107 mg sodium.

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