



focus on wine  
**Eleanor and Ray Heald**

# Charles Krug is a worthy name

While the wine consumer remains infatuated with wine offerings from "new" wineries, you should remember there is nothing more important on the label than the brand name. Quality, established wineries will not risk their reputation on an inferior product. One such winery is Charles Krug — Napa Valley's oldest winery.

In 1849, the first year of the California Gold Rush, Charles Krug fled to America from his native Prussia, not to pan for gold but to flee a repressive regime unwilling to cope with idealists.

Like so many after him, Krug was enthralled with the natural blessings of Napa Valley's climate and terrain and caught the wine bug. He moved to Napa in 1860 and began planting vineyards in 1861, completing construction of a stone winery in 1862.

Just in case Krug's contemporaries hadn't noticed his achievements, the long arm of fate reached out one night in 1874 when a cellar worker inserted a sulfur candle (used for barrel sterilization) into a fuming barrel. An explosion and subsequent fire destroyed the winery. Local historical records report that before the embers were safely out, Krug was ordering lumber for the rebuilding project.

KRUG DIED in 1892, leaving his ranch and winery to his daughters, but not without being recognized as an influential figure in the wine industry and the first person to establish a winery in the Napa Valley.

The Charles Krug Winery produced wine until Prohibition began in 1919. In 1943, the winery was purchased by Cesare Mondavi, an Italian immigrant who came to the United States in 1906 and prospered as a grape wholesaler in the Lodi area.

Today, Cesare's sons Peter and Robert are both influential figures in the California wine industry. Peter and his two sons Marc and Peter Jr. are involved with running the Charles Krug Winery while Robert and his family supervise the day-to-day operations at the Robert Mondavi Winery.

"Winemaking owes as much to tradition and the human element as to equipment and technology," said Peter Mondavi Sr. "My sons who have taken their places with me at the Charles Krug Winery help me to maintain that balance." Peter Jr. is the technology expert. Armed with a Stanford University mechanical engineering degree, he designed all the stainless steel transfer piping for the new buildings that were constructed in 1982 as well as the state-of-the-art computer system that tracks wine movement through the winery.

"THE CHARLES Krug Winery and the Peter Mondavi family have a tradition of innovation in winemaking and viticulture," Marc

## Fish gets his favor if poached

**POACHING LIQUID**  
Water to cover the seafood  
1/2 to 1 bottle dry white wine  
3 carrots, scraped and thinly sliced  
3 celery stalks, sliced into 1-inch lengths  
7 sprigs of thyme or marjoram  
6 parsley stems  
3 bay leaves  
1 medium onion, chopped  
2 cloves garlic  
2 leeks, washed and chopped  
2 lemon halves  
2 or more tablespoons salt  
1 teaspoon of black peppercorns

Combine all ingredients. (You can tie the herbs and seasonings together in cheesecloth so they can be removed easily.) Bring the liquid to a boil over high heat. After fish is added, lower heat to barely a simmer.

## cooking calendar

● **STRAWBERRY PICKING**  
Ward's Strawberry Festival will be held Saturday-Sunday, June 22-23, at Ward's Orchards & Country Fair in Ypsilanti. For directions call 482-7758.  
The festival includes a crafts fair, music, strawberry shortcake, a hay jump and petting farm for the children, pick-your-own strawberries and a farm market.

# He runs a seafood 'hotline'

See related story, Page 1B.

**SHRIMP AND SCALLOP AMERICANA**  
8 ounces fresh sea scallops  
24 large shrimp, peeled and deveined  
1 small onion, julienned  
8 ounces fresh mushrooms, sliced  
1 medium red bell pepper, julienned  
1 teaspoon granulated garlic  
1 teaspoon lemon juice  
6 ounces clam juice  
2 dashes Tabasco  
4 ounces softened butter  
Salt and pepper to taste  
1 pound (dry) cooked egg noodles

Heat pan, add 2 ounces olive oil. Sauté scallops and shrimp 1 minute. Add veggies and garlic, sauté 2 minutes. Add sherry, cook 1 minute.

ute. Add remaining ingredients except butter and sauté 3 minutes. Reduce heat and add butter, cook 12 minutes. Serve over hot egg noodles. Serves 4.

**JACK'S SUMMER MARINADE** (for fish, seafood and poultry)  
3 cups virgin olive oil  
1 cup dry sherry or chablis  
1 tablespoon Tabasco or Cajun Sunshine sauce  
1 tablespoon Worcestershire sauce  
1 tablespoon granulated garlic  
1 tablespoon fresh ground black pepper  
1 tablespoon lemon juice  
12 tablespoons onion powder  
1 tablespoon marjoram  
1 tablespoon ground basil  
1 tablespoon ground cumin  
4 bay leaves

Use only dry spices as they allow for extended shelf life. This will last for months if well-sealed and refrigerated.

**BBQ RAINBOW TROUT SUPREME**  
4 fresh, boned rainbow trout  
1 pound fresh sea scallops  
1 medium onion, julienned  
1/2 pound mushrooms, quartered  
2 tablespoons olive oil  
Fresh summer herbs: tarragon, basil, rosemary, cilantro, thyme, oregano, dill.  
Salt and fresh ground black pepper, optional

Rinse trout and pat dry. Lay open, flesh side up. Generously brush inside with olive oil. Select fresh herbs of choice and crush. Coat 1 side of fish with herbs. Then place a layer of mushrooms and scallops. Fold fish closed. Brush

outside of trout with oil. Place in fish basket or wrap in foil. Grill for 7 to 8 minutes each side, until flaky on inside. Serve with rice, salad and seasonal vegetables. Serves 4.

**CAJUN REDFISH**  
4 1/2-pound redbait fillets  
1 stick (1/4 cup) melted butter, margarine or olive oil  
1/2 cup dry Cajun spice (available at spice counters or seafood markets)  
Medium-hot skillet or barbecue unit on high

Soak fish for 15 seconds in butter or oil. Remove and shake off excess. Dredge fish in Cajun spice. If super-spicy flavor is desired, dredge on both sides. Place fish in hot skillet or on barbecue for 6 to 8 minutes each side, until thoroughly done. Serve immediately. Serves 4.

## Black Cherry Sorbet a low-fat delight

AP — Who needs high-fat ice cream when you can have this chichi champagne sorbet for dessert instead? It's the perfect make-ahead sweet for summer celebrations. And, when cherry season is over, you can easily make it with canned cherries, following the directions below.

**BLACK CHERRY SORBET**  
1 1/2 pounds fresh or frozen unsweetened pitted dark sweet cherries (5 cups)  
1 1/2 cups water

1 cup sugar  
1 cup champagne  
2 teaspoons finely shredded lemon peel

In a blender container or food processor bowl combine cherries and 1 cup of the water. Cover; blend or process until pureed. Strain cherry mixture through a sieve; discard pulp.

In a bowl combine strained cherry mixture, remaining 1/2 cup water, sugar, champagne and lemon peel;

stir until sugar is dissolved. Pour into a 13-by-9-by-2-inch baking pan; cover and freeze about 4 hours or until partially frozen.

Break the partially frozen mixture into chunks, transfer to a chilled large mixer bowl. Beat with an electric mixer on medium speed until smooth but not melted. Return to the pan; cover and freeze for 6 to 8 hours or until firm. Makes 10 1/2-cup servings.

NOTE: To use canned cherries, prepare recipe as directed, except

substitute two 16-ounce cans pitted dark sweet cherries for the fresh or frozen cherries and omit the water. Drain canned cherries, reserving the syrup. Measure the syrup and add enough water to make 1 1/2 cups. Puree cherries, as directed, substituting the syrup mixture for the water. Continue as directed.

Nutrition information per serving: 135 cal. (1 percent calories from fat), 1 g pro., 30 g carbo., 1 g fat, 0 mg chol., 0 mg sodium, 128 mg potassium, 1 g dietary fiber.

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