

Trivia, tips, cider-glazed turkey breast recipe

Thank you readers for making our Turkey Tale essay contest a success. We received many entries and our sides are still sore from laughing. Look for the winners and their essays in next week's Tail.

Turkey trivia Domesticated turkeys cannot fly. Wild turkeys can fly for short distances up to 55 miles an hour and can run 24 miles an hour.

According to the National Turkey Federation, in 1991, about 300 million turkeys were raised. They "guesstimate" that 45 million of those turkeys were eaten at Thanksgiving, 23 million at Christmases, and 19 million at Easter.

FOR THOSE of you headed to the store to buy the big bird, allow at least a pound of uncooked turkey per

person when buying a whole turkey.

As far as feasts go, Thanksgiving is one of the most economical. The American Farm Bureau Federation reported that the traditional Thanksgiving meal cost \$28.85 to serve 10 people in 1990. The menu included turkey, stuffing, sweet potato casserole, cranberry sauce, a relish dish, beverages and pumpkin pie with whipped cream.

If you have a small family, hate dark meat, or are counting calories, here's a wonderful recipe Lynne Loren of West Bloomfield sent in. Made with apple cider, and two kinds of apples, this turkey breast recipe is sure to please. The recipe is from Elwin's Tu-Go in Royal Oak.

CIDER-GLAZED ESCALLOPES OF TURKEY BREAST

Value-laden descriptors adorn the modern-day, domestic wine label. The consumer is faced with Reserve, Proprietor's Reserve, Private Reserve, Private Selection, Cellar Selection, and Special Selection to name a few. If vineyard designations and proprietary names are added to the array of descriptive words borders are pushed to the limit.

Do the host of wines bearing such designations merit the mark of distinction they confer? Are these load-term persuasive marketing devices for the unlabeled wine drinker?

Italy has particular laws governing the use of the descriptors riserva and riserva speciale on the label. Riserva wines are aged in wood one year longer than a non-reserve wine. Riserva speciale wines receive two to three years' additional aging in wood before bottling.

DOMESTIC WINE laws do not regulate the use of reserve label designations and only a few wineries employing them make an effort to inform consumers of their meaning. Are these phrases a guarantee of high quality or merely a sales gimmick?

Somma County-Simi Winery looked to Webster's to define their

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Sweet Potato Puffs

6 or 7 medium sweet potatoes
1 cup BIG CHIEF BROWN SUGAR, packed
1/2 cup margarine, softened
1 cup walnuts, chopped
2 cups corn flakes, crushed
12 to 14 large marshmallows

Boil potatoes until tender, peel and mash. Cool. Mix with BIG CHIEF BROWN SUGAR, margarine and nuts. Form a ball, about 1 1/2 T. of sweet potato mixture around each large marshmallow. Roll in crushed corn flakes. Just before serving, warm in 350° oven for 15 minutes or until marshmallow has softened. Serves 12 to 14.

ANY COMMENTS...Write Sandy, P.O. Box 716, Freeland, MI 48623

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tidbits

Keely Wygonik

Yield: 6 to 8 servings
1 small or one-half of large fresh turkey breast, skin removed
1/2 cup smooth Dijon mustard
1/4 cup canola oil
coarse-ground black pepper
1 bay leaf
1/2 cup apple cider
1/4 cup defatted chicken stock
8 delicious apples (4 red & 4 yellow), cored & cut into rings or wedges

Preheat oven to 475 degrees. Combine the mustard and canola oil and smear all over the turkey breast half. Shake the pepper evenly all over (amount of pepper, your choice). Place the turkey on a roasting rack on a baking sheet or shallow baking pan. On the bottom of the baking sheet, place the bay leaf, cider and chicken stock.

Place in the oven and roast for

about 30 minutes. Reduce heat to 325 degrees and cook for approximately 45 minutes (check for doneness), basting periodically with pan liquids. Ten minutes before it is completely cooked, add the apple pieces to the bottom of the pan to cook. When done, remove turkey and cut into slices. Remove the turkey with a serrated knife. Place them on a warmed platter. Remove the cooked apples and garnish turkey with a serrated knife. Place them on a warmed platter. Remove the bay leaf from the pan and garnish turkey with a serrated knife. Place them on a warmed platter. Remove the bay leaf from the pan and garnish turkey with a serrated knife.

Make chicken stock using chicken pieces that have been skinned and have had all fat removed.

TALK WITH your children during dinner, and they just might grow up

to be scholars. A survey of National Merit Scholars found that these outstanding children come from homes where conversation is the heart of the daily dinner hour. Positive conversation, not just eating should be the focus of the meal.

TIP of the week, compliments of Betty Johnson, is that roasting turkey will taste best if roasted on Thanksgiving Day. If you're trying to save time, mix all dry ingredients: — bread crumb and spices for stuffing and have them ready to mix with remaining ingredients just before stuffing the turkey on Thanksgiving Day.

Keep writing, and calling. I enjoy hearing from you. My number is: 953-2105, to write: Keely Wygonik, Taste editor, 36251 Schoolcraft Road, Livonia, MI 48150.

What it means when the label says reserve wine

Value-laden descriptors adorn the modern-day, domestic wine label. The consumer is faced with Reserve, Proprietor's Reserve, Private Selection, Cellar Selection, and Special Selection to name a few. If vineyard designations and proprietary names are added to the array of descriptive words borders are pushed to the limit.

"The concept of a reserve wine is always relative to the producer's line of wines," says Jim Glendinning, winemaker at Bon Ciel Winery, Los Olivos, Calif. "It means nothing in relation to products produced by other wineries. The only thing a well-intentioned winery can guarantee is that their reserve wine will be closer to an optimal expression of their stylistic intentions than will any of their regular bottlings."

"Private Reserve has traditionally designated our best wine," comments Berlinger Vineyard's winemaker Ed Sbragia. "We want to be able to put our best lots of wine into a blend in order to make the

best wine possible in a particular style."

"Developing reserve wines gives us a chance to take small quantities of the very best wines we produce and craft them into special wines with no compromises," says winemaker Paul Dolan of Fetzer Vineyards. "Instead of just disappearing into our regular wine program, they provide us with a challenge and enhance our image as a winery producing a super-premium product."

IF THE RESERVE DESIGNATION DOES

not correspond to a special quality in the wine, then it is just a marketing tool, successful or not, depending upon the public's gullibility.

Certainly, the term reserve has been degraded by some wineries seeking to justify a higher price rather than greater quality.

Special designations have been overused on wine labels, and the public has been misled in certain cases. How about Reserve White Zinfandel or Reserve White Grenache? Give it a break!

"Let the consumer beware!" says

WINE SELECTIONS OF THE WEEK

1990 Mitchelton Coldridge Estate, Semillon-Chardonnay (\$6). The Australian white wine is the best wine we have tasted recently. Made principally from semillon, it has a pale, yellow-white varietal. In Australia, it boasts fresh fruit character and good body with no oak to mask the fruit.

1987 Berger Private Reserve Cabernet Sauvignon, Napa Valley (\$35). Speaking of reserve wines,

here is one of the very best in California. Elevated aromas emphasize spice and blackberry with elements of cranberry and leather glove. Everything promised on the nose is delivered on the palate.

1987 Creston Vineyards Cabernet Sauvignon, Paso Robles (\$12) represents a delicious example of what is being produced on California's Central Coast. Blackberry and black cherry characters are enhanced by attractive oak in a complex mouthful for the money.

Understanding of what reserve wines mean has been lost in large volume, inexpensive wines that use the same designations. If they haven't been lost, they've been debased.

New cooks can make basic turkey stuffing, gravy

See Larry James Taste Buds column on Taste front.

BASIC BREAD STUFFING

1 1/2 cups chopped celery, with leaves
1/4 cup finely chopped onion
1/4 cup butter or margarine
9 cups soft bread cubes or dry stuffing mix
1 teaspoon salt
1/2 teaspoon ground sage
1/2 teaspoon dried thyme

1/4 teaspoon pepper

Sauté onion and celery in 2 tablespoons of butter or margarine until tender, about 10 minutes. Melt remaining butter or margarine. Combine all ingredients in a large bowl and mix well. Makes 5 cups stuffing, enough for a 6-10 pound bird.

For a different stuffing:

a) Try cornbread chunks instead of bread for a cornbread stuffing.

b) Add 3 cups chopped apples and 1/4 cup raisins that were soaked in water, wine or liquor for 1 hour for an apple-raisin stuffing.

c) Stuffing can be cooked in a 10x15x2 inch glass casserole. Cover and bake at 325 degrees for 1 hour.

d) Giblet stuffing is very tasty.

Slimer the heart, gizzard and the neck from turkey in water or white wine for 2 hours at a slow simmer.

Drain. Remove neck. Chop giblets and add to any stuffing mixture.

e) For a sausage-stuffing, crumble and brown 1 pound sausage and drain before mixing with any bread stuffing.

TURKEY PAN GRAVY
2 tablespoons turkey drippings
2 tablespoons all-purpose flour
2 cups liquid (turkey juices, broth, water)

1/4 cup milk, room temperature
Place turkey drippings in a pan and stir-in flour. Cook over low heat, stirring constantly until mixture is smooth and bubbly; remove from heat. Stir in liquid and slowly stir in milk a little at a time. Heat to boiling, stirring constantly. Stir 1 minute. Sprinkle with salt and a hefty pinch of pepper. Makes 1 cup gravy.

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