

# Low-fat pie crust recipe works like a charm

Holiday cheer is in the air, people are smiling more and whistling carols. The release of the last American hostage, Terry Anderson makes all a little more hopeful that there really is such a thing as "peace on earth, good will toward men (women)."

Stop, before you try the Best Fruitcake recipe, there's a missing ingredient, 1 pound of light or brown sugar which equals about 3½ cups. The Best Fruitcake recipe fills 4 loaf pans or 2 bundt cake pans. Aunt Phyllis' Nutty Fruitcake fills 2



**tidbits**  
**Keely Wygonik**

loaf pans or 1 bundt cake pan. Selma Dunitov of Livonia and Frances Moritz of West Bloomfield called to point these errors out to me.

While we were talking, Moritz gave me a great recipe for low-fat

pie crust. "I sent away to Puritan Oil for a cookbook, this was one of the recipes," said Moritz. "It's real nice and flaky."

Since he likes pie so much, Moritz leaves making the crust to her hus-

band. This recipe works every time. It makes one crust, double it for two crusts.

**LOW-FAT PIE CRUST**  
1 ½ cups all purpose flour  
¼ teaspoon salt (optional)  
¼ cup Canola oil  
3 tablespoons skim milk

Combine flour and salt in one bowl. Blend oil and milk in another bowl. Gradually add to flour. Stir with fork until mixture forms large clumps.

Press with fingers to form ball. Flatten between hands to form a 6- to 6-inch pancake. Roll pancake between unfloured sheets of wax paper. Peel off top sheet, flip into 9 inch pie plate.

Don't forget those favorite Winner Dinners. I know a lot of people clip them out. Call me at 953-2195 or write: Keely Wygonik, Taste editor, 36251 Schoolcraft, Livonia, MI 48150.

On Jan. 13 we will be celebrating our 100th Winner Dinner. Help me choose the three most popular Winner Dinners.

Better Crocker tip of the week: Crepes have the distinction of being a very dressy dessert without being difficult. Fill crepes with vanilla pudding, drizzle with raspberry sauce and top with a dollop of whipped cream and a sprig of mint.

## Wines from Alsace region age well

Alsace is the most beautiful wine region in France. Almost isolated, Alsace is situated between the Vosges Mountains on the west and the Rhine river on the east.

The best-kept secret in wine is the dry, fruity, long-lived white wines of Alsace. They accompany the great cuisine of 36 Michelin-starred restaurants in Alsace — a greater number than anywhere else in Europe.

RECENTLY, WE discussed Alsace wine with Etienne Hugel, whose family has made wine continuously since 1839.

"We have produced Alsace wines in Europe's favorite battlefield for over 350 years," said Hugel. "Imagine our task. Each time the Alsace region exchanged its relationship with Germany and France, we had to start over."

"As a consequence of having our boundaries changed so often, the wines of Alsace lost their identity. We sell dry, French wines in a German-style bottle made from grapes that sometimes sound French (pinot blanc) and sometimes sound German (gewurztraminer)."

Most French wine regions use two or three grape varieties planted on a single soil type. Alsace has seven wine grape varieties (syllvaner, riesling, pinot gris, gewurztraminer, pinot blanc, pinot noir, and muscat d'Alsace) planted on a patchwork of granite, sand, clay and chalk soils that allows each variety to be ap-



**focus on wine**  
**Eleanor and Ray Heald**

propriately matched by type.

HUGEL EMPHASIZES that to appreciate Alsace wines, the consumer must understand the grape varieties, the unique northern climate and the region's extended growing season.

"The best introduction to Alsace wines is pinot blanc," said Hugel. "It is versatile and affordable, great with food and is styled like a chardonnay without being too aromatic. Pinot gris is more complex — a step up. This wine shows exuberant fruit, not wood. Gewurztraminer has lively spice aromas and flavors that complement smoked salmon and oriental cuisines. Ultimately, people should enjoy the elegant balance and finesse of riesling, the king of Alsace varieties."

Hugel insists that the key to producing fresh, balanced Alsace wines is the long, cool growing season. Grapes can hang on the vine until biological maturity is attained. This slow ripening explains how Alsace wines maintain crisp acidity, retain fresh fruit and achieve the body of world-class wine.

The wines of Hugel are bottled by increasing quality and labeled

"Hugel," "Cuvee Tradition" and "Jubilée." The day-to-day process of vinification and maturation is undertaken entirely by family members. Contrary to popular opinion, the aging potential of the great Alsace white wines is limited only by the lifespan of the cork.

"All great wines have the potential to improve with extended bottle age," contends Hugel.

### WINE SELECTIONS OF THE WEEK

The Alsace wines of Hugel are served in every Michelin three-star restaurant in Germany, Italy and France. That is just about the best recommendation a wine producer can have. The 1989 Pinot Blanc "Cuvee Les Amours" Hugel (\$15) shows lively fresh fruit qualities with an attractive steeliness. The 1988 Tokay Pinot Gris "Cuvee Tradition" Hugel (\$22) boasts a touch of spice in the nose and a rich palate impression backed by solid fruit. It was an excellent accompaniment to Pike Quenelles with Crayfish Sauce served at the Golden Mushroom.

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