

Fruity white Burgundy wines ideal for winter

Premium wine grape varieties have European origins. The ancestors of cabernet sauvignon and merlot came from France's Bordeaux region. Riesling finds its origins in Germany, while sun-gloved hail from Italy's Chianti region.

Chardonnay, which has become the generic term for white wine in the United States, is the grape responsible for the great white wines of Burgundy. White Burgundy? An oxymoron you say, Burgundy is red. Yes, most Burgundy wine is red (over 80 percent) and made from pinot noir, but in Burgundy's Cote d'Or (golden slope) chardonnay is the grape that makes the most famous white wines in the world.

Although white Burgundy is made from chardonnay, very little of it has the grape name on the label. White Burgundy wines, like most of the wines of Europe, are named after the place where they are grown. Meursault, Puligny-Montrachet and Chassagne-Montrachet are the places where char-

FOCUS ON WINE



ELEANOR & RAY HEALD

donnay thrives in Burgundy.

With such small quantities of white Burgundy available worldwide, it is interesting that one man has specialized in making and selling only white Burgundy, France's chardonnay. Louis Trebuchet, a young Parisian businessman jealous of French country life, moved to Beaune (the center Burgundy), married the daughter of the auctioneer at the Hospice de Beaune and got into the wine business.

When Burgundy producer Robert Drouhin bought the negociant firm of Jaffelin, he hired Trebuchet to run it. After 10 years, Trebuchet was ready for a new adventure when he met grower-producer Jean Charron. In 1984, Charron was assuming the reins of his family's domaine in Puligny, and Trebuchet was looking to establish his own negociant business.

Sparkling suggestions

While champagne prices have come down, they're not down far enough for readers who've called our Voice Mail. From our recent tastings, here are a few more modestly priced bubbly suggestions for holiday enjoyment.

■ Brut and Blanc de From Washington State: Domaine Ste. Michelle Blancs (both \$9).

■ From France: Veuve de Ver-nay (\$7).

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■ From California: Mumm Cuvée Napa Brut Prestige (\$16) and 1989 Vintage Reserve (\$20); Chandon Carneros Blanc de Noirs (\$13).

A bit pricier and competing with French champagne in both price and exceptional quality is California's Domaine Carneros Blanc de Blancs (\$24).

The best deacidified bubbly is Ariel Celebration Cramant (\$6).

business under the name Charron & Trebuchet. Charron brought 30 acres of prime vineyards and three generations of winemaking experience to the new venture. Trebuchet brought his business acumen and familiarity with the Burgundy growers.

A negociant buys grapes from growers to make his wine. Charron & Trebuchet make their negociant wines exactly the same

way as they make the estate wines of Domaine Charron in the same cellars in Puligny.

As a team they try to let the fruit essence express the character of each appellation. The wines emphasize fruit, spice and balanced oak rather than the heavy smoke and butterscotch that mark a wine with overdone cellar treatments. Although all of the wines are barrel fermented, the time in barrel is limited.

"We don't keep the wines more than one year in barrel," Trebuchet explains, "so the wood doesn't dominate the fruit character of the wine."

Currently available Charron & Trebuchet white Burgundies are from the 1991 vintage, a year that presents many wines at prices

that are generally lower than 1990.

"The wines of 1991 are made of very ripe fruit," said Trebuchet. "They are meant for drinking, not aging."

We recommend the 1991 Bourgogne Hautes Cotes de Beaune (\$13.25), 1991 Rully "La Chaume" (\$14.50), 1991 Auxey-Duresses (\$16.70), 1991 Saint-Aubin "La Chateriere" (\$18.70), 1991 Meursault (\$23.25), 1991 Chassagne-Montrachet "Les Morgeots" (\$32) and the 1991 Puligny-Montrachet "Clos de la Pucelle" (\$37.25).

To leave a message on the Heald's voice mail — dial 953-2047, mailbox 1864. Be sure to include your name and hometown.

Enjoy holidays without gaining weight

LITE SUCCESS



FLORINE MARK

It seems that holidays and food are inseparable. Statistics indicate the average person will gain an average of two to 10 pounds between the end of November and Jan. 1. With so many tempting sweets and traditional recipes loaded with fat and calories, what's a health-conscious

person to do? Weight Watchers wants you to enjoy the holidays and not gain a pound!

Getting through the holidays without gaining weight is not as hard as you may think. All it takes is a little know-how, control, and a sizable portion of planning.

Moderation is the key. Enjoy holiday foods using portion control.

Begin by selectively choosing what you'd like to eat, then sample a variety of what is served in small portions. Pass on seconds.

Planning is also very important. If you plan ahead, you will feel more confident and in control.

Instead of sitting down to the holiday meal famished because you starved yourself all day, have a glass of low-fat milk or piece of fruit 30 minutes beforehand.

Other tips to help you trim the fat from your holiday meal and avoid gaining weight include:

■ Drink lots of water. It will help to fill you up, and you'll be putting a curb on your appetite.

■ Learn to be assertive in any eating situation. A simple and polite "no, thank you" or "yes, this is all I'm going to have" will do the trick.

■ Remember it's your choice and your body.

■ Eat slowly. Put down your fork between bites and join in on the conversation. It takes 20 minutes for food signals to reach your brain and tell you if you are full.

Eating slowly aids this process.

■ Exercise. Every bit of physical activity helps during the holidays.

Besides eating greater amounts of food, the holiday season often brings on additional stress. Exercise not only burns calories and fat, but it also helps relieve stress.

■ High-calorie drinks and punches are common at holiday parties. Ask for sparkling water or club soda with a twist, instead.

■ Avoid alcoholic beverages. Alcohol stimulates your appetite.

For more tips on healthy eating, plan to attend the Weight Watchers' Cooking demonstration, 7-8:30 p.m. Monday, Dec. 6 at B. Dalton Bookseller in Livonia Mall, 29514 Seven Mile Road. Call 1-800-487-4777 for more information.

Florine Mark is president and CEO of the WW Group Inc., the largest franchise of Weight Watchers International.

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