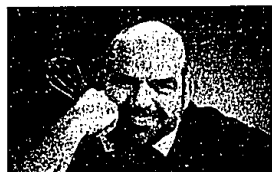


MONDAY, JANUARY 3, 1994

# TASTE

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## TASTE BUDDS



CHEF LARRY JAMES

## Make 1994 a year of healthy eating

**Y**ours truly has once again concocted a list of New Year's resolutions. Better than bore you with a list of solicitous changes of habit, some of which are carry-overs from 1993, I'll be making 1994 a year of health and good eating.

Please note the word "diet" has been omitted simply because the first three letters of "diet" are "die." Most of us equate dieting with the death of things we like and enjoy eating.

### Cookbooks

Dropping the old mind-set of having to diet, changing my outlook toward a year of health and good eating will surely get off on the right start with copy of *The Light Touch Cookbook* (Copyright 1992, Chapters Publishing). This book is just the thing to buoy your spirits and get you back on a healthy eating regimen. Marie Simmons (whose authors Ben Appetit magazine's "Cooking for Health" column) wrote the book, which features healthful renditions of favorite recipes. Best of all are her streamlined versions of old standards including chicken pot pie, beef stew and black bean chili.

Dessert freaks will go bananas over Susan Purdy's new book entitled *Have Your Cake and Eat It, Too!* (Copyright 1993, Morrow Publishers), which contains more than 200 luscious, low-fat cakes, pies, cookies, puddings and other desserts you thought you would never eat again.

While you're at the bookstore, those who have puzzled over the names of mysterious chemicals and food labels will surely appreciate *A Quick Guide to Food Safety* by Robert Goodman (Copyright 1992, Silvercreek Publications). Along with providing all kinds of tips for preparing and storing food safely, the author includes comprehensive information on natural contaminants and chemical food additives and concludes with a dictionary of common additives to help consumers decipher food labels. It's a useful tool for grocery shopping and if not available at the bookstore, send for it by enclosing \$6.95 to Silvercreek Publications, 4070 Goldfinch St., Suite C, San Diego, CA 92103.

My voice mail number that runs at the end of this column frequently receives requests and questions from diabetics. Being away from home can upset anyone's good eating regimen; it can be doubly difficult for people with diabetes, as the "Diabetic Traveler" can make it easier for those with sugar imbalances to eat right no matter where they are. Recent issues of the quarterly six-page newsletter have dealt with diabetes in the context of adventure vacations, air travel, cruises and offered reports on topics such as seafood selections and drinking water in foreign places. A one-year subscription is available for \$12.95 from the "Diabetic Traveler," P.O. Box 8223 RV, Stamford, CT 06905.

### New products

Walk through a gourmet shop lately? Hidden between the bread makers and the imported Scottish shortbreads are two products that will surely help us all make 1994 a year of health and good eating. Momma made the best homemade meatloaf, and she still does. Now she owns a special pan manufactured by the folks at Kitchen Metallic that is designed to siphon the fat away from the meat. Resembling a standard 9-by-5-inch baking pan, the two-piece unit contains a ridged inner pan with a perforated bottom that allows fat to drip away from the meat as it cooks. You can get one by calling and order Chef's Catalogue at 1-800-338-3232 (ask for item 6318).

We should drink more water and the folks at Kitchen Glamor have the Britta Water Filtration System on sale now. The large gallon container allows you to make filtered water right on a refrigerator shelf, and the system has a built-in spigot. If you buy bottled water, this will save you a lot of bucks. Folks who love Caesar salad and homemade mayonnaise will enjoy Simply Eggs. They are real eggs, yolks and all, with 80 percent of the cholesterol removed. Because they are pasteurized, they can be used in the likes of a Caesar without the guilt. Simply Eggs sell for about \$2.

Callers with questions about fat and cholesterol can speak to registered dietitians at the National Center for Nutrition and Dietetics. The consumer hotline is open Monday through Friday from 10 a.m. to 6 p.m. EST by calling 1-800-338-1655.

Happy New Year from Momma and everyone at the Janes Gang Casa.

See Larry Janes' family-tested recipes inside. To leave a message for Chef Larry, dial 953-2047 on a touch-tone phone, then mailbox number 1895.

## LOOKING AHEAD

What to watch for in Taste next week:

■ Meet Susan Purdy, author of "Have Your Cake and Eat It, Too."

■ The Watts family is busy getting ready for Plymouth's International Ice Sculpture Spectacular, but they make time to have dinner together.



Cutting fat: Marilyn Berman (left) watches as Gail Posner explains how to lower the fat in salad dressing by waiting until the oil rises to the top. Irene Sable and Nina Schneyer discuss the healthy changes they've made in their lives. Homemade soups and stews can be defatted by refrigerating the warm soup, then scraping the fat off the top.



**Eat out with a plan. Have lunch with dietitian Gail Posner, and learn how to make the healthy choices that will help you keep your New Year's resolution to lose weight. Don't set yourself up for overeating the wrong foods.**

BY KEELY WYGONIK  
STAFF WRITER

Cooking is the last thing some of us want to do after weeks of preparing for, and enjoying, the holidays. But we also want to watch our weight after weeks of over-indulging.

As anyone who has ever gone on a diet can tell you, losing weight is all about making low-fat choices. This applies to eating out, too, said Gail Posner of West Bloomfield, a registered dietitian.

A lot of Posner's pointers can be applied in the home, too. For instance, to cut the fat, but add flavor to soft bread sticks or rolls, spray them with a non-stick spray such as Pam, put in a bag with generous portions of garlic, and other herbs, and shake. The seasonings will stick to the bread, and you won't even miss the butter.

Try salsa on your baked potato instead of sour cream, but, by all

means, choose the sour cream over butter. One teaspoon of sour cream has half the calories of butter.

It's getting easier to maintain a healthy diet, even when you're eating out. Many restaurants offer low-fat menu items, but it helps to have a strategy when you're eating out.

"Be bold," said Posner who teaches classes in healthy dining out at E.G. Nick's in West Bloomfield.

"Tell the waiter-person that you are on a low-fat, low-cholesterol diet, and that you know the food will taste different if it's prepared with less oil. Ask them to recommend something that might not be on the menu."

During a luncheon class, Posner ordered Greek salad with feta cheese on the side, and house dressing in individual soufflé cups. She showed everyone how to spoon off the oil on top of the dressing and drizzle the remaining seasonings on their salad. Diners were cautioned

about eating olives which came with the salad - four olives have the fat calories of one teaspoon of oil.

Some people mixed their own low-fat vinegar mustard salad dressing at the table in cups the restaurant provided.

Rounding out the menu was linguini with red clam sauce prepared with no fat except for the oil in the provencal sauce, angel hair pasta with marinara sauce, white fish broiled with no fat, steamed vegetables served with spice mixture on the side, and mixed grill vegetarian pizza, prepared with no cheese.

"We've been here seven years and are used to special orders," said corporate chef Frank Agostini. "If customers request it, we broil the fish dry, brush it with water and sprinkle a little paprika on top for color. The natural oil in the fish rises to the top."

As the dishes arrived, Posner gave the attendees some tips - "Get rid of temptation," she said.

"Pass the bread around the table for others to try, or get rid of it. Remember, it takes 20 minutes for the stomach to tell the brain it is hungry. Slow down when you eat, put your fork down between bites,

or sip water.

Be specific. "Don't say I want the food prepared with less oil, state an amount you find acceptable, agree to one teaspoon of oil for entrees, or one tablespoon of salad dressing on a Caesar salad. Once I asked for something to be prepared with less fat. They used two tablespoons of oil instead of three."

Rox Panchich of West Bloomfield, one of the people attending Posner's luncheon, said the next time she goes to a restaurant she won't feel intimidated when she asks how foods are prepared.

"I started cutting out fat two years ago and noticed a difference," she said. "You learn what food tastes like."

See for yourself, how choices can make a big difference when you eat out. Enjoy a healthy dinner with Posner 7-8:30 p.m. Tuesday, Jan. 25 at E.G. Nick's. The cost is \$20 per person. Call 855-4558 to register. Here are some more pointers for dining out healthily:

■ Look for low-fat protein items such as chicken, fish, veal and seafood. You can even ask the chef

See EXERCISE, 2B

## Gallo cabernet challenges premium market

### FOCUS ON WINE



ELEANOR & RAY HEALD

prise. These folk weren't watching. Gallo's been planning this for decades.

It started in 1947 when Ernest Gallo, now age 84, and his late brother, Julio, began acquiring prime vineyards in select regions of northern Sonoma County. Since release of the 1978 bottling, Gallo's cabernet sauvignons represent major strides made with cabernet in Sonoma County. The latest release, the winery's first estate-bottled red wine, a 1990 Sonoma Estate Cabernet Sauvignon (\$50) is a crowning achievement. It is a Bordeaux-styled blend of 78 percent cabernet sauvignon, 14 percent merlot and 7 percent cabernet franc.

The cabernet release is Gallo's second entry into the ultra-premium and ultra-pricey wine market. It came fast on the heels of the stylish 1991 Estate Chardonnay (\$30) released last August. Winery spokesman Dan Solomon insists that before his death, Julio personally selected and approved the "best of the best barrels" for the two estate wines.

"Years ago, Julio Gallo told us, 'Without good grapes, there cannot be good wine.' And the key to quality grape growing worldwide is warm days and cool nights. Northern Sonoma County's climate offers this. The advantage to cabernet sauvignon is that grapes mature slowly, developing balanced acidity, and intense color with superior varietal

complexity."

Julio Gallo pointed out the advantages of grape-growing in northern Sonoma County, particularly Dry Creek Valley. "On the Dry Creek Valley hillside locations, red-colored soils predominate," he said. "The climate is slightly warmer because the hills come under less fog influence. For over 100 years, it has proven to be an historical area for premium red wine grape growing."

Believing in the merits of the wide diversity of Sonoma County soils, Gallo has, over the past 45 years, purchased five separate vineyard parcels, three in the Dry Creek Valley, one in the Russian River Valley and one in the Alexander Valley, the newest acquisition.

Located in Asti, this 1,000-acre parcel reportedly cost the winery \$11 million, although Solomon declined to confirm that figure. Gallo owns 2,000 acres of Sonoma County vineyards.

Gary Patterson, Gallo's northern Sonoma County vineyard manager, detailed the extensive experimental program aimed at achieving cabernet sauvignon of greater concentration and flavor complexity.

"Only two factors affect wine quality - one-half is location and the other is soil," he said. "Currently, Gallo is engaged in over 100 experiments to augment these two factors."

"Since the winery's founding in 1933, vineyard research has been a cornerstone in the Gallo family's philosophy of producing the best possible wines. There are nine different cabernet sauvignon clonal selections on 13 different rootstocks. Additionally, five natural weed control systems are under observation in all vineyards. We are very focused on the continual adoption of new insect control techniques to reduce use of synthetic chemicals."

What all this means is that Gallo is tuned in to

See GALLO, 2B

### Wine collections of the week



The current best white wine buy is Great White Wine (\$4.50) from Michigan's St. Julian Wine Company, a blend of seyval and vignoles. It's made like a chardonnay and tastes better than many chardonnays priced at \$8. Tropical fruit aroma and flavors make a mighty tasty pour that's perfect for light seafood or pasta and the Great White Garlic Soup recipe that follows.

### Great White Garlic Soup

1/3 cup unsalted butter  
2 small onions, chopped  
1/2 cup chopped garlic  
5 scallions, chopped  
1/2 cup flour  
5 cups beef broth  
1 1/2 cups St. Julian Great White Wine  
1/2 cup sour cream  
1/2 teaspoon nutmeg  
croustons

In a saucepan, melt butter and saute the onion, garlic and scallions until soft. Stir in flour and cook for three minutes stirring constantly. Add the beef broth and St. Julian Great White. Bring to a boil, then reduce to a simmer for 20 minutes. Remove and cool to lukewarm. Puree and return to pan. Stir in the sour cream and nutmeg and reheat, but do not boil. Serve in warmed soup bowls topped with croustons. Serves 6.