

Wine from page 1B

vineyards. Planting will be completed in 1994-95. "The first vintage will not be released until European wine stock represents 70 percent of vineyard production," Haas reports. The first commercial wines are expected to be available in 1999 — a Haas milestone to usher in a new millennium. Perrin assessed vineyards of the 1990s. He considers 1990 "one of the best" from the southern Rhone and projects optimum drinking of Chateau du Beausart Chateau-neuf-du-Pape in 2010. There was a difficult harvest in 1991. "We bulked out 50 percent of the juice," he said. "The wine we bottled is soft and fruity and good to drink now." Better fortunes were experienced in 1992, and Perrin used the words "ripe, extracted, elegant and pleasantly soft" to describe the wines. He expects the 1993 wines to show bet-

ter than 1992s and rates them "more in the style of the 1988." Mark your calendars to meet Vineyard Branda's Robert Haas at the Ann Arbor Art Association's annual Winefest, Saturday, April 23, at Radisson on the Lake Hotel in Ypsilanti. The reception starts at 6 p.m., followed by a live auction at 7:30 p.m. Haas is serving as this year's honorary chairman. Tickets are \$75 per person. For advance ticket information, call the Art Association, (313) 994-8004. In past years, ticket sales have been brisk, so reserve early if you're interested. To leave a message on the Haas's voice mail — dial 953-2047 on a Touch tone phone, mailbox 1854. Be sure to include your name and hometown.

Eat healthy during nutrition month

See related story on Taste front. The banana split breakfast and peach melba parfait recipes were created in the Quaker Kitchens.

**BANANA SPLIT BREAKFAST**  
1 small banana, sliced lengthwise in half  
1 cup Quaker puffed wheat or puffed rice cereal  
1/2 cup nonfat vanilla yogurt sweetened with aspartame  
1/2 cup mixed fruit such as pineapple chunks, blueberries and sliced strawberries  
Place banana halves in center of cereal bowl; sprinkle cereal over banana. Spoon yogurt over cereal. Top with fruit. Yield: 1 serving.  
Calories 210, calories from fat 0, total fat 1g, saturated fat 0g, cholesterol 0mg, sodium 70mg, carbohydrate 47g, dietary fiber 4g, protein 8g.

**PEACH MELBA PARFAIT**  
1 cup Quaker puffed wheat or puffed rice cereal  
1/2 cup nonfat peach yogurt sweetened with aspartame  
1 tablespoon low sugar raspberry or strawberry fruit spread  
1/2 teaspoon almond extract  
Place cereal in bowl. Top with yogurt. Combine fruit spread and almond extract. Spoon over yogurt.

**MEDITERRANEAN LINGUINE**  
Vegetable cooking spray  
1 cup sliced fresh mushrooms  
1 medium-size green pepper, seeded and cut into thin strips  
1 medium-size sweet red pepper, seeded and cut into thin strips  
1 clove garlic, minced  
1 (14-ounce) can artichoke hearts, drained and quartered  
1/2 cup commercial reduced-calorie Italian dressing  
3 tablespoons sliced, pitted ripe olives  
1 tablespoon chopped fresh parsley  
6 ounces linguine, uncooked  
1/2 cup (2 ounces) shredded part-skim mozzarella cheese  
Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot. Add mushrooms and next 3 ingredients; saute until vegetables are crisp-tender. Add artichokes, Italian dressing, olives and parsley; cook 3 minutes or until thoroughly heated, stirring occasionally.  
Cook linguine according to package directions, omitting salt and fat; drain well. Combine linguine and vegetable mixture; toss well. Transfer mixture to a serving dish. Sprinkle with cheese, and serve immediately. Yield 11 servings.  
Calories per 1/2 cup serving, 105, 28 percent fat.

**FISH IN FOIL**  
For each serving you will need:  
1 (12-inch) square of foil  
1 (3 to 4 ounce) portion of flounder or sole  
Herbs and vegetables to your choice, (vegetables should be very thinly sliced or juli-

Nutrition from page 1B

Development Network in Novi, will explain antioxidants — Beta carotene, and vitamins E and C. There is a \$3 fee. Call 477-6100 to register.

Join local chef Robert Jurek at Kitchen Glamour at Great Oaks Mall in Rochester, 7 p.m. Thursday, March 17. He will explain how to prepare low-fat meatless entrees during a program sponsored by Crittenton's Weight Management Center. The fee is \$5 per person. Call 652-5826 to reserve your place.

Crittenton Hospital is also hosting a Nutrition Health Fair, 8:30 a.m. to 3 p.m. Thursday, March 24, and a program titled "Nutrition Facts: The New Food Label," 7-9 p.m. Wednesday, March 30. Both programs will be at the hospital, 1101 W. University Drive, Rochester.

Reservations are required for the food label program. The fee is \$10 per person and includes an information packet. Call 652-5630 to register. No reservations are required for the nutrition health fair.

"During the nutrition fair, we'll give people a chance to sample some healthy food items to see how good some of the products are," said Vikki Lasuta, clinical nutrition manager at Crittenton Hospital. "There's been a radical taste improvement in low-fat items." The fair will also feature healthy cooking demonstrations, games and contests to get people excited about nutrition.

The label workshop on March 30 will clear up a lot of the confusion that exists over new labels required by the U.S. Food and Drug Administration on all food packages by May.

A registered dietitian will lead participants through the maze of new terms and explain how to choose healthy food products.

"Studies show that 78-80 percent of us look at food labels when we shop, but we have a hard time interpreting them," said Lasuta.

While the Great Pyramid is visually appealing, consumers are also having difficulty understanding the concept of the new USDA Food Guide Pyramid.

At the bottom is the bread, cereal, rice and pasta group. You should have 6-11 servings a day. The next level has two groups — vegetables (3-5 servings a day) and fruits (2-4 servings a day). The third level also has two groups — milk, yogurt and cheese (2-3 servings a day) and meat, poultry, fish, dry beans, eggs and nuts (2-3 servings a day). At the very top are fats, oil and sweets, which you should use sparingly.

"The overall message is to select foods that together give you all the essential nutrients you need to maintain health, without eating too many calories," said Lisa Martin, registered dietitian at St. Mary Hospital in Livonia. See recipes inside.

Pickled veggies simply delicious

See Larry Jones column on Taste front.

**BALSAMIC VEGETABLES**  
1 quart white wine vinegar  
2 1/2 cups water  
1/2 cup extra virgin olive oil  
1 tablespoon coarse salt  
1/4 cup sugar  
1/2 teaspoon fresh ground black pepper  
1 1/2 teaspoons chopped fresh basil or 1/2 teaspoon, dried  
3 medium bell peppers, cut into strips  
3 medium yellow bell peppers, cut into strips  
1/2 medium head cauliflower, cut into bite sized flowerettes  
10 pearl onions, peeled  
1/2 cup balsamic vinegar  
In a 4-quart heavy non-aluminum saucepan, combine the wine vinegar, water, olive oil, salt, sugar, pepper and basil. Bring to a boil and simmer 2-3 minutes.  
Drop the peppers and cauliflower into the vinegar and return to a boil. Cover and cook 2 minutes. Remove vegetables with a slotted spoon, leaving the marinade in the saucepan.  
Place the vegetables in 2 one quart jars. Add the onions to the hot marinade and cook 5 minutes. Remove onions with a slotted spoon and add to the vegetables. Boil the marinade, uncovered for 5 minutes. Remove from the heat and stir in balsamic vinegar and pour the marinade over the vegetables in the jars. Cover all pieces, adding a little more white vinegar, if necessary. Cool, cover tightly and refrigerate. Makes 2 quarts.

**BALSAMIC VINAIGRETTE**  
18 large cloves garlic, cut into 1/4 inch dice  
About 1/2 cup extra virgin olive oil  
3-6 tablespoons balsamic vinegar  
3 tablespoons red wine vinegar  
1 tablespoon dark brown sugar  
Salt and fresh ground black pepper to taste  
In a medium skillet, slowly cook the garlic in the olive oil over very low heat for 8 minutes or until barely colored. Remove garlic with a slotted spoon and reserve. Turn the heat to medium high and add the vinegars to the oil.  
Cook for 1 minute or until the acid has diffused slightly. Add the brown sugar and allow the mixture to bubble slowly for 1 minute. Taste for a sweet/tart balance. You might wish to add a little extra brown sugar or balsamic vinegar to taste.  
If the dressing is too sharp, boil for a few moments to boil off some of the vinegars acid. Stir in the reserved garlic and season with salt and pepper. Set aside until ready to serve. Serve over greens, Parmesan Reggiano and Prosciutto and toss lightly. Makes about 1 cup.  
Recipe source: "The Splendid Table" by Lynne Rossetto Kasper, (Copyright 1992, Published by William Morrow).

Brunch features pianist

"Brunch with the Classics," noon to 2 p.m. Sunday, March 13 at the Somerset Collection will feature multi-award-winning pianist Scott Holden. Tickets are \$20 per person, and reservations are required, at least three days in advance. Call 643-6360. Brunch is provided by Sebastian's Grill. Holden, 23, of Bloomfield Hills, will perform selections from Bach-Busoni, Haydn, Chopin, Liszt, Rachmaninov, and Scriabin. He is a 1992 graduate with honors from the University of Michigan School of Music and is currently a candidate for a master of music degree in 1995 from the Juilliard School in New York.

Answers to food questions

For answers to questions about food safety, nutrition and preservation, call the Food and Nutrition Hot line, 830 a.m. to 5 p.m. Monday through Friday, 858-0904 in Oakland County, 494-3013 in Wayne County.

{#47 in a series}

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