

Homemade chutney adds spark to meals

When you think of a versatile condiment, catsup probably comes to mind, and perhaps mustard. For a distinctive taste treat consider chutney. It can add spark to any meal and turn simple leftovers into something special.

Chutney allows you to preserve the fresh fruits of the season without the anxiety and time involved in making jam. In fact, making chutney is a fairly simple, almost foolproof endeavor.

The basic idea is to cut up fruit and put it in a mixture of brown sugar, pepper, garlic and vinegar and cook the mixture down. It's that simple. It doesn't require close watching like jam and allows you to substitute ingredients, such as raisins for currants or molasses for brown sugar.

Some like it hot, some like it sweet, but with chutney you can have a flavor that's both hot and sweet. You can use chutney in its familiar role as an accompaniment for broiled, grilled or roast meat. It's delicious with chicken or turkey as well as beef, pork and lamb.

For a new taste, try chutney as a topping for a hamburger or turkey burger. It's also great with vegetables, plain or seasoned with a dash of curry powder, especially potatoes, carrots, broccoli and cauliflower. Spoon it onto crackers with a bit of low-fat cream cheese, or use it to fill an omelet.

Homemade chutneys can be served immediately or stored like other homemade preserves in sealed, sterilized jars so the can flavors can mingle.

Some ideas for chutney include herbed tomato, kiwifruit-onion, apple-raisin, pear with mint, cranberry-ginger, or lemon with currants. Easy Plum-Apple Chutney has a sweet-and-sour flavor that is not as spicy as many chutneys.

EASY PLUM-APPLE CHUTNEY

1/4 cup onion, minced
3 tablespoons cider vinegar
3 tablespoons light molasses
2 tablespoons sugar
1 tablespoon lemon juice
1 teaspoon dry mustard
1/4 teaspoon nutmeg
1 1/2 cups red plums, peeled and coarsely chopped (4



AMERICAN INSTITUTE FOR CANCER RESEARCH

Versatile condiment: Easy Plum-Apple Chutney has a sweet-sour flavor that is not as spicy as many chutneys.

to 5 medium)
1 medium cooking apple (a tart variety, such as Jonathan, Northern Spy, Cortland, or Stayman)

Put all the ingredients except the plums and apples in a medium-sized saucepan; bring to a boil over medium heat. Reduce the heat and simmer about 5 minutes. Meanwhile, peel and chop the plums. When the sauce has simmered about 5 minutes, add the chopped plums. Continue simmering about 5 minutes more,

stirring occasionally.

While the plums cook, peel and chop the apple. Add it to the plum mixture and simmer about 10 minutes more, or until the chutney is thick but the apples are still somewhat chunky.

Serve warm or at room temperature. The chutney can be refrigerated up to three days.

Each 1/4-cup serving contains less than 1 gram of fat and 78 calories.

Recipe from the American Institute for Cancer Research.

St. Julian is tops in wine competition

While Michigan winemakers may still be reeling from last winter's devastating effects on their vineyards, many of them were all smiles when they learned the success of their wines in the 1994 Michigan State Fair Wine Competition.

Of 16 gold medals awarded, the lion's share, six golds, went to St. Julian Wine Company, the state's largest producer.

Additionally, a sweepstakes award for Best of Show red wine was awarded to St. Julian for its 1991 Lake Michigan Shore Chardonnay.

Tabor Hill Winery took a grand award for Best of Show red wine with its non-vintage (NV) Late Harvest Riesling.

Other gold medal wines, listed by winery are:
Bowers Harbor Vineyards: 1992 Blanc de Noir Sparkling Wine
Penn Valley Vineyards: 1992 Chardonnay and 1993 Johannisberg Riesling

Gold Harbor: NV Northern Lights

Leelanau Wine Cellars: 1993 Leelanau Limited Chardonnay and NV Strawberry

Lemon Creek: 1991 Vignoles

St. Julian Wine Company: NV Great White, 1991 Chambourcin, NV Catheman's Port, NV Raspberry Champagne, NV Solera Cream Sherry

Tabor Hill Winery: NV Grand Mark Brut and NV Hartford Creme Sherry

An analysis of the results shows that St. Julian Wine Company not only stole the show in the red wine category, but scored at the top in every wine category — white, red, sparkling and dessert. No other winery has this bragging right.

In January of this year, we chose St. Julian's Great White (\$4.95) as the wine selection of the week. If you've not tried it, we'll say it again. There is no better white wine made in the \$5 price point.

Cork Board



Eleonor and Ray Head will offer a fall wine seminar at the Townsend Hotel in Birmingham.

When: 7:30-9:30 p.m.

Monday, Sept. 12 to Oct. 10

The Topical Wine Exposures

Featuring the wines of Washington and Oregon, California's Santa Barbara Coast, Italian and Rhone style wines from California, southern French wines of the Languedoc-Roussillon, and those of France's Provence.

The cost: \$99 for the entire seminar.

For reservations: Call 1-313-953-2047 mailbox 1884 to request a reservation form.

The Great Wine Shootout at Glen Oaks Country Club (13 Mile east of Orchard Lake).

When: 7-9 p.m. Tuesday, Sept. 13.

What: Wine tasting with a challenge. Ten or more of the area's wine distributors open four or five of their newest West Coast releases and vie for participants' votes for the most popular red, white or sparkling wine. A generous buffet accompanies the walk-around testing.

The cost: \$15 per person.

For reservations: Call 1-810-652-5533.

COOKING CALENDAR

To get your classes or events listed in this column, send items to be considered for publication to: Keely Wygonik, Taste Editor, the Observer & Eccentric, 36251 Schoolcraft Road, Livonia 48150. Or fax to (313) 591-7279.

CANNING CLASS
Correspondence class offered by the Michigan State University Cooperative Extension, Oakland County. Cost \$16 covers postage and handouts. Call 1-810-658-0904.

WEIGHT WATCHERS
Hoe-Down, afternoon of fitness, activity, 1-3 p.m. Saturday, Sept. 10, Southfield Civic Center, 26000

Evergreen Road, 1-800-487-4777. Cooking with spices, 2-3:30 p.m. Sunday, Sept. 11 at Barnes & Noble, 6575 Telegraph, Bloomfield Hills. Food advisor Sharon Clays will prepare Curried Vegetable-Rice Pilaf.

SCHOOLCRAFT COLLEGE
Fall continuing education class offerings include: Wine Awareness for the Wine Trade Professional, European Bread Making, Appetizers and Hors d'Oeuvres, Desserts for Everyone, Hands-on Gourmet Cooking, Quick Easy Meals, Wild Game Preparation, and Innovative Holiday Cooking. 1-313-482-4448.

Hospice seeks recipes

Are you proud of your pierogie? Do you boast about your bouillabaisse or rave about your ribs?

If so, Hospice of Southeastern Michigan needs you!

Hospice is looking for ethnic recipes to include in the program book for its second annual Celebration of Color. The evening of multi-cultural cuisine and entertainment, which celebrates Detroit's ethnic diversity, takes place 7 p.m. Saturday, Oct. 29 at The Rooster-tail in Detroit. Proceeds benefit Hospice of Southeastern

Michigan's Detroit team. Call 1-(810)659-9209, ext. 329 for information.

Recipes should be mailed to Development Office, Hospice of Southeastern Michigan, 16250 Northland Drive, Suite 212, Southfield, MI 48075.

Recipes are welcome from restaurateurs as well as from home cooks. Recipes should be typed and should include the sender's name, address and daytime telephone number. All contributors will receive a copy of the program booklet.

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