

# Wine

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It holds its own well against some stiff competition from the two Old World wines. In comparison to premium chianti or a Super Tuscan, its price is attractive. Sangiovese is an expensive grape to grow and sangiovese-based wines will always carry a healthy price tag — something to understand before you go searching.

The Super Tuscan of all Super Tuscan is Antinori's 1990 Solea (\$88), a blend of 70 percent cabernet sauvignon, 20 percent sangiovese and 10 percent cabernet franc, grown in a plot contiguous to the Tignanello vineyard. It is rare and a connoisseur's wine. Auburn Hills Accidia restaurant chef/owner Brian Polyn is impressed with the New World sangiovese he has tasted. While saying that pasta and sangiovese-based wine is a given match, Polyn's favorite complement to chianti, in general, is wood-roasted meats, such as Duckling with Red Currant Sauce or wood-roasted leg of lamb with natural juices and garlic-whipped potatoes. "Gorgonzola is incredible with a chianti or California sangiovese," Polyn said. "Baked Fennel Sauce with Potato Dumplings and Gorgonzola Cream is a killer. You just have to try this one to believe it."

# Gather the family to make homemade ravioli

See Larry Jones' Taste Buds column on Taste Front.

## Twisted Ravioli With Gorgonzola

**Stuffing:**  
2 ounces (½ cup) Gorgonzola cheese  
6 ounces (¾ cup) mascarpone  
4 ounces fresh grated Parmesan cheese, about ½ cup  
2 egg yolks  
¼ teaspoon fresh grated nutmeg  
Salt and fresh ground black pepper to taste  
Spinach pasta  
¾ cup firmly packed stemmed spinach leaves  
Salt  
¼ cups unleached all-purpose flour

3 eggs

1 teaspoon olive oil

Mix all the stuffing ingredients together in a bowl. Season with ¼ teaspoon salt and ¼ teaspoon pepper. Mix well. Cover and refrigerate.

**To make pasta:** Rinse spinach. Bring 1 quart water to a boil. Add ¼ teaspoon salt and spinach. Cook until tender, about 4 minutes. Drain, run under cold water and drain again. Mince fine and set aside.

Make the pasta by starting with a mound of flour. Add eggs, spinach and olive oil and a pinch of salt and begin mixing with a fork slowly incorporating the sides of the mound into the liquid center. Knead until smooth, about 5 minutes. Roll into desired length, fold and roll again, dusting with flour as necessary to

prevent sticking. Place rolled sheets on table.

Use a scalloped pastry wheel or knife to cut the sheet of pasta into 18 (5 by 4-inch) rectangles. Place one rounded tablespoon of the gorgonzola mixture in the middle of each rectangle. Fold and seal with pastry crimper or fork tines. Place the shaped ravioli on a flour surface and cover with a towel until all remaining dough and filling have been used.

**To cook:** Bring 6 quarts of water to a boil in a large kettle. Add 2 teaspoons salt and 6 ravioli and cook until tender or until they float to the surface, about 4 minutes. With a slotted spoon, transfer cooked ravioli to a warming tray in a very low oven. Cook remainder. Season and serve with a light tomato sauce, if

desired. Makes 6 appetizer or 4 dinner portions.

Mascarpone is a soft Italian cheese. Look for it at Italian markets.

## Spinach-Chicken Stuffing For Ravioli

1 package frozen chopped spinach, defrosted and drained well  
1 boneless chicken breast  
½ tablespoon olive oil  
1 tablespoon butter or margarine  
2 egg yolks  
¼ cup freshly grated Parmesan cheese  
Fresh ground nutmeg and ground black pepper to taste  
Press out all the moisture from

the defrosted spinach, set aside. Heat oil and butter in a small skillet. Add chicken breast and sauté until chicken is cooked, about 10 minutes. Remove chicken, reserve pan drippings.

Cool chicken and remove skin. Place the chicken in a food processor or blender and process until finely chopped. Place chicken mixture in a bowl and add spinach, egg yolks, Parmesan, nutmeg and pepper. Mix well. Stuff homemade ravioli dough with a rounded tablespoon of the mixture and cook in 6 quarts of rapidly boiling lightly salted water until they float, 3-4 minutes. Reheat skillets drippings and drain ravioli. Add ravioli to hot skillet and sauté until lightly golden, about 2 minutes on each side. Serve with or without a light tomato sauce.

# Gourmet Lite Group shares its February recipes

See related story on Taste front.

## Marinaded Tomato Salad

1½ cups thinly sliced tomatoes  
½ cup thinly sliced red onions  
1½ teaspoons dried basil  
¼ teaspoon dried tarragon  
¼ teaspoon dried oregano  
¼ cup red wine vinegar  
2 tablespoons plus 2 teaspoons vegetable oil

Salt and pepper to taste  
4 lettuce leaves

Place tomatoes and onions in a shallow bowl, overlapping slightly. In a small bowl, combine all other ingredients, except lettuce. Pour over vegetables. Chill several hours to blend flavors. Serve on lettuce leaf. Makes 4 servings.

**Each serving provides:** 106 calories, 1 g protein, 1 g fat, 5 g carbohydrate, 6 mg sodium, 0 mg cholesterol.

Recipe Submitted by: Nancy Brouning.

## Shrimp Teriyaki

3 tablespoons soy sauce  
1 tablespoon water  
1 tablespoon plus 1 teaspoon sesame oil  
2 teaspoons sherry extract  
¼ teaspoon garlic powder  
¼ teaspoon ground ginger

**EXCEPTIONAL!** "We lovingly donated D. DENNISON's (Liquor) Full Price, 3.71, 3½ liter, following month & courtesy matched wine (upper) history & food. \$80/ample Registration 464 9030.

2 teaspoons honey  
1½ pounds peeled and deveined shrimp

Combine all ingredients, except shrimp, in a shallow bowl. Add shrimp and marinate in the refrigerator for several hours, turning shrimp occasionally.

**Preheat broiler.** Remove shrimp from marinade and place on a broiler pan. Broil 3 inches from heat for 5 minutes. Turn and broil 4 to 5 minutes, until shrimp is just done.

Heat marinade and serve with shrimp. Makes 4 servings.

**Each serving provides:** 209 calories, 30 g protein, 7 g fat, 5 g carbohydrate, 982 mg sodium, 216 mg cholesterol

Recipe submitted by: Carol Lee Chisold

## Orange Dreamicle Dessert

**Crust:**  
4½ ounces graham cracker crumbs (18 2½-inch graham crackers, crushed)  
¼ cup margarine, melted  
½ teaspoon ground cinnamon  
½ teaspoon freshly grated orange peel  
**Filling:**  
2½ cups part-skim ricotta cheese  
3 eggs  
1 tablespoon all-purpose flour  
2 teaspoons vanilla extract  
¼ cup (or sweetener equivalent to 12 teaspoons sugar)  
**Topping:**  
3 tablespoons cornstarch

2 cups orange juice (unsweetened)  
1 tablespoon lemon juice  
¼ teaspoon orange extract  
¼ cup sugar (or sweetener equivalent to 12 teaspoons sugar)  
4 cups fresh orange sections, white membrane removed (Naval oranges make the best choice)

Preheat oven to 350 degrees F. Combine crust ingredients in a 9 by 13-inch baking pan. Press gently onto the bottom of pan to form a crust. Bake 8 minutes.

In a blender container, combine all filling ingredients. Blend until smooth. Pour over crust. Bake 18 to 20 minutes, until set. Cool completely.

In a saucepan, dissolve cornstarch in orange juice. Add lemon juice, orange extract and sugar. If using NutraSweet as a sweetener, add it after cooking.

Bring mixture to a boil over medium heat, stirring constantly. Boil 1 minute, stirring. Remove from heat.

Allow to cool 5 minutes, then gently stir in orange sections. Spread mixture evenly over cooled cheese filling. Chill cut into squares to serve. Makes 12 servings.

**Each serving provides:** 255 calories, 1 g protein, 10 g fat, 33 g carbohydrate, 188 mg sodium, 83 mg cholesterol.

Recipe submitted by: Carol Lee Chisold

## Fruity Oat And Bran Bread

½ cup minus 1 tablespoon all-purpose flour

½ cup whole-wheat flour  
1½ ounces bran (about 3 tablespoons)

¾ ounce (about 1 tablespoon plus 2 teaspoons) quick-cooking oats, uncooked

1 teaspoon baking soda  
2 tablespoons plus 2 teaspoons margarine, melted

3 tablespoons firmly packed brown sugar (or sweetener equivalent to 9 teaspoons brown sugar)

¼ cup skim milk  
1 teaspoon vanilla extract

1 egg, slightly beaten

1 cup applesauce (unsweetened)

1 teaspoon freshly grated orange peel

¼ cup raisins

Preheat oven to 350 degrees F. In a large bowl, combine both flours, bran, oats, baking soda, and cinnamon. Mix well.

In a medium bowl, combine remaining ingredients, except raisins. Beat with a wire whisk until blended. Add to dry mixture with raisins. Stir until all ingredients are moistened.

Place in a 4 by 8-inch nonstick loaf pan. Bake 40 minutes, until a toothpick inserted in the center comes out clean. Cool in pan 10 minutes; then invert onto a rack to finish cooling. Makes 8 servings.

**Each serving provides:** 171 calories, 4 g protein, 5 g fat, 28 g carbohydrate, 163 mg sodium, 34 mg cholesterol.

Recipe submitted by: Nancy Brouning.

# ORCHARD-10

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**Beef**  
**ROUND STEAK**  
**\$1.58**  
Lb.  
SOLD AS STEAK ONLY

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**Smoked**  
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Limit "1" with a \$10.00 purchase

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12 Pack 12 Oz. Cans

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# Expert to visit Tel-12 Mall March 19

Here's your chance to meet with a nutrition expert. "Ask the Nutrition Expert" is a free educational event presented by local registered dietitians with the American Heart Association.

Dozens of registered dietitians will be at Tel-Twelve Mall (Telephone at 12 Mile Road, Southfield) from 12 p.m. to 5 p.m. Sunday, March 19, to answer your questions. Mock grocery store tours will also be available, as well as free blood pressure screenings.

Nutrition activities will be available for children.

There will be free coupons on healthy products, helpful literature, prizes and drawings.

■ Learn valuable tips on how to maintain a healthy diet by attending Crittenton's annual Nutrition Health Fair 8:30 a.m. to 3:30 p.m. Thursday, March 23, at the hospital, 1101 W. University Drive, Rochester.

The hospital's food and nutri-

tion services department is sponsoring this free event in celebration of National Nutrition Month.

There will be healthy cooking demonstrations featuring the cafeteria's Target Your Heart menu. Representatives from several food companies and local organizations will be available with brochures and other information. Registration is not necessary.

For more information, call (810) 662-5630.

# COOKING CALENDAR

Send items to be considered for publication to: Kelly Wygonik, Observer & Eccentric Newspapers, 36251 Schoolcraft, Livonia 48150, or by fax (313)591-7279.

## Support Group

**COPIES WITH FOOD ALLERGIES**  
Group for those who suffer severe allergic reactions to foods. 7:30 p.m. Mon., March 13, Arbor Health Building, 950 W. 30th St., Detroit, Mich. 48202. (810) 660-9424, (313) 420-2805

**WISCONSIN CELIAC SPRING**  
Group for those diagnosed with Celiac Sprue and Dermatitis Herpetiformis. Meetings 6:30 p.m. Mondays, March 6, 13, 20, 27, 3 April, 10, 17, 24, 30. Information on gluten-free foods, label reading, gluten sharing, taste testing. (810) 332-2636, (810) 477-5953

## Cooking demonstrations

**ETHNIC DISHES**  
Cakes and Coffee Cakes featuring pastry chef Kathleen Frantz. 1 and 6:30 p.m. Tuesday, March 7; 1 and 6:30 p.m. Wednesday, March 8; 1 and 6:30 p.m. Thursday, March 9; 1 and 6:30 p.m. Friday, March 10, Rochester. There is a fee for Chef Series features. \$10. All of the Golden Museum, 12:30 p.m. Sunday, March 19, West Bloomfield. (313) 537-1200

**NOTESPORT HOSPITAL**  
Vegetarian food primer 7-9 p.m. Tuesday, March 28, Health Development Network, 20150 Grand River, Novi, Mich. 48240. Sample and learn how to prepare delicious vegetarian dishes. (810) 477-0100.

## Classes

**GOOD FOOD CO. WEST**  
Discussion of scientific medicine vs. homeopathy. 7-8 p.m. March 8: Introduction to Macrobiotic Cooking. 6-8:30 p.m. March 15: Introduction to Macrobiotic Cooking. 6-8:30 p.m. March 22: Introduction to Macrobiotic Cooking. 6-8:30 p.m. March 29: Introduction to Macrobiotic Cooking. 6-8:30 p.m. April 5: Introduction to Macrobiotic Cooking. 6-8:30 p.m. April 12: Introduction to Macrobiotic Cooking. 6-8:30 p.m. April 19: Introduction to Macrobiotic Cooking. 6-8:30 p.m. April 26: Introduction to Macrobiotic Cooking. 6-8:30 p.m. May 3: Introduction to Macrobiotic Cooking. 6-8:30 p.m. May 10: Introduction to Macrobiotic Cooking. 6-8:30 p.m. May 17: Introduction to Macrobiotic Cooking. 6-8:30 p.m. May 24: Introduction to Macrobiotic Cooking. 6-8:30 p.m. May 31: Introduction to Macrobiotic Cooking. 6-8:30 p.m. June 7: Introduction to Macrobiotic Cooking. 6-8:30 p.m. June 14: Introduction to Macrobiotic Cooking. 6-8:30 p.m. June 21: Introduction to Macrobiotic Cooking. 6-8:30 p.m. June 28: 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