

## Dr. Moms from page 1B

desire them."

This pediatrician said the way the Bellefleur family is successful in eating healthy starts at the supermarket. "If we don't buy it, we don't eat it."

Dr. Karen Mitchell, a family practitioner at Providence Medical Center (Murray N. Daighan Family Practice Center) in Southfield, said "flexibility" is the key to success in getting children to eat nutritious meals.

"As a doctor and a mother for Adam, age 4, and Lucas, age 2, I know that you can't make children eat when you want. If you try, you just get into a losing battle," Mitchell said.

"The best thing to do with children is to offer them a variety of good and well-balanced foods and let them choose what they want," she suggested. "That's what my husband and I do with our sons." Her husband, Jay, is a Rochester Hills pediatrician.

According to Mitchell, if her sons ask for a treat, such as a cookie for breakfast, she does not automatically say "no."

"I tell them that they have to eat their breakfast first — usually cereal, milk and juice — then they can have a cookie. Oftentimes they are full after eating the nu-

tritious foods and don't want a cookie. But, if they still want the treat, I let them have one or two. But not the full box."

Casseroles are popular dishes for the elder Mitchells. "However the boys don't like these all-in-one suppers," Dr. Mitchell said. Her solution is to save some of the ingredients in the casseroles, such as chunks of the meat, pasta and/or rice and the vegetables, and serve them "plain" to her children.

"The boys can nibble on these while my husband and I enjoy our dinner," Mitchell said.

She added that if the boys aren't hungry, she doesn't make them eat. "However, we still like to have the family sit down together at the dinner table so we can talk about the boys' day. We talk to them at their level. We want them to enjoy these family discussions."

Mitchell said that although she and her husband believe in eating food that is lower in salt and fat, they do allow "healthy" treats in the house. Favorites are granola, crackers, and low fat frozen desserts and yogurt.

"Treats made with sugar are also allowed, but in moderation," she added.

See recipes inside.

## These tater recipes are tops

See Larry Jones' Taste Buds column on Taste front.

I remember the first time I had potato pancakes. It was at buddy's house in the neighborhood. He was Jewish, and his mom made us a Saturday afternoon lunch of pan-fried potato pancakes with a side of homemade apple sauce. It was there that I had my first taste of real cinnamon rubbed on the side of a 4-sided grater. Just thinking about those pancakes makes my mouth water!

### JAMMY ARNOFF'S MOM'S POTATO PANCAKES

3 large potatoes (about 1 1/4 pounds)  
salt to taste

1 tablespoon butter  
1/4 cup half and half  
2 eggs, lightly beaten  
1/2 cup flour  
1/4 cup chopped onion  
1/4 teaspoon minced garlic  
2 tablespoons chopped parsley  
Fresh ground pepper to taste  
3 tablespoons vegetable oil

Place the potatoes in a saucepan and add cold water to cover. Stir in the salt. Bring to a boil, reduce to a good simmer and cook the potatoes until tender, about 25 minutes. Drain the potatoes and refrigerate for at least 1 hour. Peel the potatoes. Mash the potatoes with an old-time potato masher until crumbly. Set aside.

In a mixing bowl, combine the mashed potatoes, butter, half and half, eggs, flour, onion, garlic, parsley salt and pepper. Mix well. Heat the oil in a heavy skillet. Spoon 1/4 cup of the mixture into 3-4 mounds into the hot oil. Flatten the mounds to make patty shapes. Cook 5 minutes. Turn and cook 3 minutes. Do not overcook. Serve hot. Makes 4 servings.

### MOMMA'S QUICK NO CURDLING SCALLOPED POTATOES

2 tablespoons butter  
2 tablespoons flour  
2 teaspoons salt  
2 cups milk  
6 cups sliced potatoes (about 2 1/2 pounds)

1 tablespoon melted butter  
1 cup Cheddar cheese, grated  
Melt the butter in a heavy saucepan. Cook over medium high heat until butter just begins to brown, stirring constantly. Immediately stir in flour and salt and slowly add the milk, stirring constantly until sauce boils and thickens. Add the potatoes and heat until sauce boils again. Remove from heat and pour half the mixture into a lightly greased shallow casserole dish about 6 by 11-inches. Top with shredded cheese and then cover with remaining potato mixture. Bake at 350 degrees for 40 minutes or until the potatoes are tender and the potatoes are a tempting brown on top. Serve hot. Makes 5 servings.

## Eating just what Dr. Mom ordered

See related story on Taste front.

### LOWER-FAT CHOCOLATE CHIP COOKIES

3 cups flour  
1 1/2 teaspoons baking soda  
1 teaspoon salt  
1 cup packed brown sugar  
1/2 cup sugar  
1/4 cup soft margarine  
1 teaspoon vanilla  
2 egg whites (beaten)  
1/2 cup water  
2 cups semi-sweet chocolate chips  
1/2 cup nuts (optional)

Preheat oven to 350 degrees F. Mix together flour, baking soda and salt. Set aside. Cream together brown sugar, sug-

ar, margarine and vanilla. Beat egg whites into creamed mixture. Gradually stir in dry ingredients alternating with water. Stir in chocolate chips and nuts.

Drop by teaspoonfuls onto cookie sheet sprayed with vegetable oil (non-stick) spray. Bake 10-12 minutes or until lightly browned. Makes five dozen. Submitted by Dr. Susan Bellefleur.

### TOMATO-CRANBERRY PASTA

1 quart jar (or two 1 1/4 ounce cans) diced tomatoes  
1 teaspoon basil  
1/2 teaspoon oregano  
1/2 cup peas  
1/2 cup raisins

1/2 cup dried cranberries or cherries  
10 ounces cooked, cubed chicken  
16 ounces spinach spaghetti, cooked  
Mix first seven ingredients together and simmer in a pan until heated. Serve over cooked spaghetti. Makes eight servings. Submitted by Dr. Karen Mitchell.

### TURKEY-HAM, PEA, NOODLE CASSEROLE

3 tablespoons flour  
2 teaspoons dry mustard  
1/2 teaspoon crumbled dried sage  
1/4 teaspoon black pepper  
1/4 teaspoon ground nutmeg

1 cup dry milk  
2 cups water  
12 ounces (approximately 3 thick slices) turkey ham, cubed  
4 cups (approximately 20 ounces) green peas  
3 tablespoons bread crumbs  
16 ounces whole wheat pasta, cooked

Whisk together first seven ingredients. Add remaining ingredients, except bread crumbs, and put in a casserole dish. Sprinkle bread crumbs on top. Bake in oven at 350 degrees F. for 20 minutes covered; then 10 minutes uncovered. Makes eight servings. Submitted by Dr. Karen Mitchell.

## Wine from page 1B

wine, none of the others have been able to overcome chardonnay's enormous sales lead. "I don't see any other white wine overtaking chardonnay," Lee said. "Yes, we make a great sauvignon blanc, but chardonnay is too far ahead for any other white wine to threaten its lead in the near future."

Lee is impressed by renewed interest in red zinfandel. "With its great fruit flavors and gentle spice, it's become a hot item," he said. "People think that zinfandel is planted everywhere in California, but good, old-vine zinfandel is difficult to find." At Kenwood, old means at least 40 and goes to 100 years.

Because a number of old Italian families settled in Sonoma and planted zinfandel, Sonoma County is one of the richest sources for old-vine zinfandel. And since wine character is sensitive to site and soil, many zinfandels are vineyard designated on the label.

"The demand for good zinfandel is increasing, and we pay top dollar to get the best. It is my personal favorite red wine," Lee said. Merlot is another of Kenwood's hot wines, but there isn't enough to go around, and that tends to drive up the price of merlot from the best vineyards. It is a tricky

grape that is difficult to grow. Lee bets that we'll continue to hear about merlot for some time to come. We bet you'll like the 1992 Kenwood Merlot (\$16).

Since 1978, Kenwood has farmed Jack London Ranch, 137 acres of east facing slopes and red volcanic soil producing cabernet sauvignon, merlot and zinfandel. The wines are easily recognized because of the wolfhead silk screened on the bottle. Jack London wrote of wolves and men. The wolfhead was his bookplate logo for such novels as "Call of the Wild," "Seawolf" and "Martin Eden."

In 1913, he wrote of the hillside vineyard at his ranch in Glen Ellen, California. "I ride over my beautiful ranch. Between my legs is a beautiful horse. The air is wine. The grapes on a score of rolling hills are red with autumn flame. Across Sonoma Mountain, wisps of sea fog are stealing. The afternoon sun smolders in the drooping sky. I have everything to make me glad I am alive."

Congratulations on 25, Kenwood. As you've kept the Jack London spirit alive with a portfolio of exceptional wines.

To leave a message on the Herald's voice mail — dial 953-2047, mailbox 1864.

## Spend the day cooking with a chef

There's still time to register for this year's "Seventh Annual Chef's Seminar for Sophisticated Cooks," April 22 and 23 at Schoolcraft College in Livonia. The one-day seminars will feature two of metro Detroit's top chefs — certified master chef Edward Janos and executive chef William J. Hall.

Seminars will be offered 9 a.m. to 4 p.m. Saturdays, April 22 and 23. The cost for each day long seminar is \$90. Participants will enjoy samplings of all foods prepared during the day. Beverages will be served to accompany the foods.

A descriptive brochure and registration information is available by calling Schoolcraft College at (313) 462-4448. Schoolcraft Col-

lege is at Seven Mile Road and Haggerty Road in Livonia. Early registration is recommended since class size is limited.

Janos, newly appointed corporate executive chef for the Machus Corp., will share his many culinary skills on April 22. Janos has been a chef at top area restaurants including the London Chop House, The Money Tree, Too Chee and Twency's Cafe. He is now overseeing the menus for all the Machus restaurants plus providing guidelines for the updating of all the Machus dining locations.

Janos will share information on stocks, soups and sauce basics including numerous recipes, demonstrations and tasting. His class will also learn about low-labor ap-

petizers and modern seafood preparation; how to "cook life" with delicious, reduced calorie recipes, reduced fat, professional techniques and great recipes. For those wanting to add to their culinary repertoire using important tips, Janos will share his successful ideas and knowledge on this day planned just for them.

Hall is part owner of the popular Arriva Ristorante. While living with Olivia and William DeGuanio in Casoria, Italy, he learned important Italian culinary skills that are reflected in the outstanding foods served at Arriva. Prior to opening Arriva Ristorante, Hall apprenticed under Chef Gene Louis, worked locally at Mario's, was Executive Chef at Pine Knob and LaVerda,

and was owner/chef of Andiamo Italia.

He will share his enthusiasm for Italian fare demonstrating antipasti dishes, salads, pastas and desserts on April 23. Class members will eat the delicious results of Chef Hall's culinary skills and leave the session with priceless recipes.

Each seminar, completely focused on the art of fine food preparation, offers not only the skills of professional and successful chefs but the opportunity to spend each day tasting the results of their proven culinary skills. Professional tips and guidelines that are not found in cookbooks will highlight each learning session.

## Answers to food questions

For answers to questions about food safety, nutrition and preservation, call the Food and Nutrition Hotline, 830 a.m. to 5 p.m. Monday through Friday, (810) 858-0004 in Oakland County, (313) 494-3013 in Wayne County. The Food and Nutrition Hotline is the place to call for all your food concerns. Questions on why your jam won't jelly, or how to freeze those extra tomatoes are some common requests answered daily by the trained staff of the hotline.

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Services available at a discounted price  
First Come, First Served!

## Savory Swiss steak is great for Saturdays

Do you sometimes long for those dishes that Mom and Grandma used to make? They filled the house with such tantalizing aromas that you could hardly wait until dinnertime.

These days we do so much quick cooking that we don't often get a chance to savor those aromas. The weekend is a perfect

time to enjoy an updated classic like Swiss Steak Piqueade. It requires very little attention while it simmers in the oven.

Beef round steak is a less tender cut, so it needs to cook slowly — "under cover" — until fork tender. Mom would tell you that you can't rush the cooking process — boiling makes beef tough.

So, relax, brown the beef, season it and simmer tightly covered in the oven until it's tender.

Adding color and flavor to this updated classic is a piqueade, a blend of tomatoes and sweet bell peppers. Rice or pasta and a green vegetable are simple accompaniments.

This recipe is from the Test Kitchens of the National Live Stock and Meat Board.

### SWISS STEAK PIQUEADE

1 1/4-pound boneless beef round steak, cut 1/4-inch thick  
1 tablespoon vegetable oil  
1/4 teaspoon salt  
1/2 teaspoon dried thyme leaves  
1/4 teaspoon pepper  
1 large onion, chopped  
1 to 2 medium jalapeno peppers, cut into 1/4-inch thick slices  
1/4 cup water  
4 medium tomatoes, chopped  
1/2 green bell pepper, cut into 1-inch pieces  
1/2 yellow bell pepper, cut into 1-inch pieces  
3 cups cooked rice or pasta

1 tablespoon chopped fresh parsley  
Heat oven to 325 degrees F. In large ovenproof skillet or Dutch oven, heat oil over medium high heat until hot. Place beef steak in skillet and brown on both sides. Pour off drippings, if necessary.

Season steak with salt, thyme and pepper; top with onion and jalapeno pepper. Add water. Cover tightly and simmer in 325 degree F. oven 45 minutes.

Add tomatoes and bell peppers. Cover and continue cooking 30 minutes or until beef and vegetables are tender. Remove beef to warm platter.

On stove top, cook sauce over high heat 8 to 10 minutes or until reduced and slightly thickened, stirring frequently. Trim fat from steak. Cut steak into serving-size pieces; return to sauce mixture. Serve over rice or pasta; garnish with parsley.

Makes 6 servings (serving size: 1 1/2 cups).  
Nutrition information per serving: 352 calories; 28 g protein; 37 g carbohydrate; 9 g fat; 4.3 mg iron; 332 mg sodium; 66 mg cholesterol.  
Cook's tip: Remove interior ribs and seeds from jalapeno peppers if a milder flavor is desired.



Updated classic: Adding flavor to an updated version of classic Swiss Steak is a savory blend of tomatoes and sweet bell peppers.

## Fun facts about wine

Here are some interesting tidbits about wine from Shafter Vineyard:  
■ The estimated lifespan of a grapevine is 25 years.  
■ The average number of bottles of champagne or sparkling wine a cellar worker is expected to riddle (rings) by hand each day is 80,000.  
■ The average humidity in caves used for storing wines is 68 percent.  
■ The number of Napa Valley

acres flooded in the 1995 flood was 2,000.  
■ The approximate price of a French oak barrel is \$250. An American oak barrel goes for \$270.  
■ The protein content of a 3.5 ounce glass of wine is — 0.21 grams (red wine), compared to 0.04 grams (beer), 0 grams (cola).  
■ The number of counties in California where wine grapes are grown is 42.