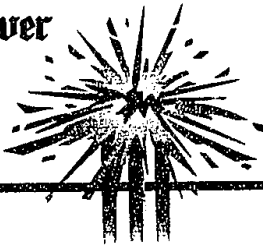


TASTE



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MONDAY, JULY 3, 1995

TASTE BUDD



CHEF LARRY JONES

Take small steps toward better health

Summer's here, and I'm celebrating! If you haven't guessed, I've changed my eating habits, and adopted a healthier lifestyle. As of this writing, my weight is the lowest it's been in eight years.

Please note here that there's absolutely no mention of the word "diet." I gave up on diets years ago after realizing all diets work, when you stick to them. But I wasn't happy depriving myself, eating carrot sticks and lettuce salads, and pretending to enjoy plain broiled fish.

I've finally found a program that promotes a healthy eating regimen. Tri-weekly visits to the gym for a stress-buster easy workout also help. My waist is shrinking from a 46 to a 38, my cholesterol dropped 20 points, and I've lost over 70 pounds.

I feel good, and I love it! Some readers have been asking about my healthy changes, and with summer in full swing, I thought now is the perfect time to share my successes, and encourage you to adopt some health changes too.

We all know the importance of good eating. As a food writer, I found myself "pigging out" one day and starving the next.

"That's one of the worst things you can do to your body," said Gail Posner a registered dietitian who also offers personalized nutrition counseling. "Those traits are indicative of a person out of control who needs to learn proper eating techniques or they will always have weight problems. If you starve one day, your body will need and crave even more calories to replenish itself."

Big lifestyle change number one - begin your day with a good breakfast. On busy days it might be something as basic as an apple core and filled with peanut butter, but most of the time it's cereal with milk and a big glass of juice.

Lunch usually consists of a sandwich topped to the rim with loads of vegetables, and some fresh fruit. Main dish salads with loads of last night's fish or poultry, and a great tasting fat free salad dressing are good alternatives.

Dinner brings forth the base of the food pyramid and plenty of beans, pasta, lean meats and vegetables, usually in the disguise of a stir-fry or something grilled, baked or broiled.

Lifestyle change number two has me exchanging my adoration for Diet Coke and Crystal Light for water. Especially during this hot season. I purchased a Brita Water Filtration System (two-gallon size) that sits comfortably on the shelf in refrigerator, and can get icy cold, great tasting water at the flick of a switch.

Posner recommends drinking at least eight (eight ounce) glasses of water per day because it fills you up, and flushes out toxins. Posner claims the more water her clients drink, the more weight they lose.

Believe it or not this was probably one of the most difficult changes I've ever made. I'm a big diet pop addict. But now my system has become accustomed to water, and I find myself drinking it every chance I get.

Lifestyle change number three was making a commitment to exercise. Now anyone who knows me knows that my idea of exercising was driving a golf cart. I do not run, but I do enjoy getting my heart pumping with a three times a week 20 minute aerobic workout. I go mainly because I enjoy my fellow exercisers and the instructors. You don't have to be a marathoner, and I'll never be in the running for a Mr. Universe contest, but just get moving, no matter how slow.

Posner also recommends that her clients learn to slow down and learn to enjoy the taste of food. It's a proven fact that it takes the taste of food 20 minutes to tell the mind that it's full.

Last but not least, Posner's final suggestion, and my major lifestyle change number four, is never eat while standing. Most snarkers stand in front of the fridge or over the counter and eat far in excess what they really need or want. If you want it, sit down and enjoy it!

Two of my favorite cookbooks are the American Heart Association Cookbook and Steven Rachlen's "High Flavor Low Fat Vegetarian Cooking" (Viking Press \$24.95). If you're looking for a more personal approach, Posner heads the Healthy Ways Nutrition Counseling Company with offices in West Bloomfield, and can be reached at (810) 855-4658.

See Larry Jones' family-tested recipes inside. Chef Larry is a free-lance writer for the Observer & Eccentric Newspapers. To leave a voice mail message for him dial (313) 953-2047 on a touch-tone phone, then mailbox number 1886.

LOOKING AHEAD

What to watch for in Taste next week:

- Fortin family shares "Burger Supper"
- Victoria's Gourmet Syrup

July 4th menu inspires 'oohs and ahs'



BY KIKELY WYONIK
STAFF WRITER

Add some flair to Fourth of July, or any summer celebration this year, with new flavor twists to traditional favorites.

Serve spicy Latin Back Ribs with Rockets' Red Glaze Barbecue Sauce, which includes chili sauce, garlic, chili powder, cumin and crushed red pepper.

"Food like potato salad and cole slaw actually have roots in other cultures, but we've claimed them as American classics," said Anne Roberts, a home economist and director of marketing and education for the Michigan Pork Producers Association. "This year, celebrate our rich American culture by adding 'new' ethnic ingredients and flavors."

Spice up deviled eggs with hot peppers to create Double Deviled Eggs. Or add blue cornmeal, reflecting our native foods, to make Blue Heaven Cornbread.

"Changing just one ingredient can change the flavor - and color - of an entire meal," said Roberts.

"Put a little bang in your Fourth of July with ethnically inspired, restaurant ribs and striking side dishes."

The latest ethnic influences being passed from restaurants to kitchens are hot and spicy foods from the Caribbean and Latin America, like ribs with cumin, coriander and chili powder rubbed in.

Sweet tomato-based barbecue sauces are being replaced or combined with spicy dry rubs from around the world.

"Rubs are easy to make and easy to apply," said Roberts. "And you can create your own rubs based on your favorite flavor profiles."

For a taste of the Far East, Roberts suggests rubbing ribs with a mixture of coriander, five-spice, brown sugar and gar-

Red, White and Blue Ribs Menu

- Spicy Latin Back Ribs
- Rockets' Red Glaze Barbecue Sauce
- Corn on the cob
- Double Deviled Eggs
- Black and Blue Cole Slaw
- Stars and Stripes Spud Salad
- Dr. Bill's Barbecue Beans
- Blue Heaven Cornbread
- Betty Ross' Barnes with Creamy Custard Sauce

Sparklers: Red, White and Blue barbecue menu spices up American favorites.

See CELEBRATION, 2B

Russian River pinot noir at the head of its class

Wine Selections

Be creative with foods and beverages. Use lemons, orange, parsley, chili, terrapine and kumquat to recipes and light tomato sauces.

- 1991 Davis Bynum Ltd Release Chardonnay - \$18
- 1991 Meridian Chardonnay, Santa Barbara County - \$18
- 1993 Merivale Merlot - \$18

Merlots are great with grilled meats, such as lamb and beef tenderloin.

- 1991 Columbia Crest (Washington) Reserve Merlot - \$18
- 1993 DeLoach Merlot - \$18

Other Selections:

- 1991 Davis Bynum Ltd Release Pinot Noir - \$18
- 1992 Davis Bynum Ltd Release Pinot Noir - \$18
- 1991 Merivale Merlot - \$18
- 1991 Hess Collection Cabernet Sauvignon - \$18
- 1992 Sequoia Grove Cabernet Sauvignon - \$18
- 1990 Trefethen Cabernet Sauvignon - \$18
- 1992 Columbia Crest (Washington) Reserve Pinot - \$18

Best buys under \$10:

- 1994 Santa Rita Reserve Chardonnay - \$8
- 1993 Santa Rita 120 Merlot - \$8
- 1993 Canyon Road Merlot - \$8



Are we saying that the producer's not that important in this case? Right!

California's Russian River Valley pinot noirs are cohesive with flavors that fit together.

Whether you choose a pinot noir from Davis, Bynum, Dehlinger, Gary Farrell, Porter Creek, Rochioli, Rodney Strong, Williams-Selyem or Windsor Vineyards, you will notice characteristic red or black cherries in both aroma and flavor.

"Russian River pinot noirs have a supple, velvety mouth feel," said Rick Bayre, Rodney Strong Winery's winemaker. "This separates Russian River pinots from those of the Carmere region. Frequently, I find Carmere pinots hard."

Additional aroma and flavor distinctions run the gamut from fresh strawberry, plum and dried rose petals to sandalwood, leather, toasty oak, and gamey, meaty hints.

"Carmere pinots are very showy, but they lack the mouth weight of Russian River pinots," said Tom Rochioli. "I enjoy Central Coast pinots because they are completely different. In the Russian River, we get full, rich, concentrated flavors and supple wines each year."

At Dehlinger, winemaker Fred Scherrer makes two or three different bottlings each vintage with the same aim as Rochioli. He pointed out that

Russian River pinots have a big mouth feel without aggressive astringency. With the various bottlings, blended from about 16 fermentation lots, he strives to reflect the balance and personality of various parts of Dehlinger's estate vineyards.

"There are spectacular pinot noirs produced in other regions in a given year from an individual producer, but Russian River's strength is consistency, year to year, producer to producer," said George Davis, Porter Creek's owner.

Besides wines of elegance and balance, Gary Farrell seeks to make wines with good cellaring potential. "I want the wine to be fruit focused with regional identity, but complexed by wine-making influences," he stressed.

At Windsor Vineyards, winemaker Carol Shelton's stylistic aims are similar. "I strive to showcase the voluptuously, velvety character of Russian River pinot noirs and all their cherry fruit in a wine that is food complementary and ready to drink young," she said.

As a general rule, Russian River producers are using French oak to age their wines and they are not filtering or fining them. This means that you may find some sediment in the bottom of the bottle, especially if the wine has aged in the bottle for a few years. Before opening, sit the bottle upright for several hours. This will allow you to decant the wine and leave the sediment behind. Over the last few years, many winemakers have chosen to bottle wines unfined and unfiltered because they have learned that these clarification techniques strip wines of subtle flavors that make a wine both unique and ageable.

Pinot noir is one of those wines that bridges white meats to red meats, poultry and chicken to

See WINE, 2B