

MONDAY, NOVEMBER 20, 1995

TASTE

TASTE DUOS



CHEF LARRY JAMES

Rich goose festive fare for holiday dinners

I know I'm rushing it. I couldn't help but get into the holiday spirit, especially after walking through my local Sears store the week before Halloween and seeing Christmas decorations in full regalia.

This year, the James Gang is in for a traditional holiday treat. Remember when Mr. Scrooge finally discovers the meaning of Christmas and when throwing open his window on Christmas morn, summons a boy and orders him "to get to the butchers and purchase the biggest, fattest goose in the window?" Well folks, this year we're going to cook our goose, literally.

Those who have never cooked a goose are in for a treat. The meat is surprisingly firm, almost chewy in the bite, yet it is also moist and not at all tough or stringy. Both the breast and the legs are dark in the manner of duck, but unlike duck, a goose has no gamey or tallowy undertones.

Actually, the first impression of many people is that goose tastes a lot like roast beef, and perhaps it is this rich, beefy quality that makes the bird so satisfying and festive. Goose, however, does have a problem. Although the meat itself is not fatty, a thick layer of fat lies just below the skin. As a consequence, the skin, which looks so greasy to eat. Furthermore, I have, dear readers, stumbled upon a technique that not only roasts but also renders.

First off, before we begin discussing the cooking technique, lets talk about where one actually finds a goose nowadays? You might be lucky enough to find a frozen goose at one of the grocery stores around town. Certainly, smaller local butchers who sell a good chicken will probably take orders; but for the freshest and most realistic purchase, bundle up the family and head for the Eastern Market in Detroit.

There, at Capitol or Charlie's Poultry, a live fresh goose can be had, in addition to the slight (and smells) of "how it used to be."

If you indeed must rely on the purchase of a frozen goose, simply leave the goose in the refrigerator for 36 hours to thaw naturally. Dressed geese can weigh as much as 14 pounds although weights over 12 pounds are rare in American markets. Heavier geese, in my opinion, gain much more in fat and bone mass than they do in meat, so choose a bird in the eight-10 pound range for optimal results.

Preparation tips

The last time I prepared a goose, I found it handy to have access to a pair of small pliers to remove the few quills that break off during dressing. Wash the bird completely inside and out. Using a trussing needle (a crochet needle, thermometer point or earving fork can be substituted), prick the goose skin all over, especially around the breast and thighs, holding the needle nearly parallel to the bird to avoid pricking the meat.

Fill a large stock pot 1/2 full with cold water. Cover and bring to a rapid boil. Using rubber gloves to protect your hands from possible splashes of boiling water, lower the goose, neck end down, into the water, submerging as much of the goose as possible until "goose bumps" appear, about 1 minute. Repeat this process, submerging the tail end, if needed. Drain and pat the goose dry. I prefer to do this and allow the goose to sit, uncovered, in the refrigerator for 24 hours before roasting for a gloriously crisp skin.

If you choose to stuff your goose, you can pack a handful of stuffing into the neck cavity and sew the opening shut with a trussing needle and heavy twine. Pack the remaining stuffing into the body cavity, pressing it firmly, and then sew the body vent shut, again with a trussing needle and heavy twine.

To cook the goose, place breast side down on a wire rack set over a deep roasting pan in a preheated 325 degree F. oven. Remove the goose from the oven and pour off most of the fat from the roasting pan, being careful not to disturb the browned bits on the bottom of the roasting pan.

Turn the goose breast side up and return to the oven to roast until drumsticks flash a soft brown, and the skin has puffed up around the breast bone, approximately 1 1/2 hours later. Remove the roasting pan and bird from the oven.

With the bird still on the roasting rack, return to the oven and raise the oven temperature to 400 degrees F. Crisp the skin for 20 minutes. Allow to stand for at least 30 minutes before carving.

• Best recipes inside

LOOKING AHEAD

- What to watch for in Taste next week:
- Holiday table decorations.
- Hot and hearty breakfasts.

LOSING WEIGHT SLOWLY LEADS TO SUCCESS

Editor's note: Sandra Deika-Prybyl, 50 of Birmingham, needed to lose 150 pounds and get fit. "I feel that I am going to die if I don't do something," she wrote "Family Circle" magazine. The magazine responded with the services of a registered dietitian and nutrition specialist who has been helping her since January, 1994. In addition, she's been working out daily thanks to the generosity of Beverly Hills Raquet and Health Club.

BY SANDRA DALEA-PRYBYL
SPECIAL WRITER

"Slow but sure" started out as the motto for my weight loss/get fit program, and it has become a way of life. By going slow but sure, I have reached my half-way point. I have lost 75 pounds! One of the biggest reasons for my success is the "good" foods that I have discovered along this journey. They're not only healthy, but they're tasty.

In previous diet attempts, it was the boring foods that brought my efforts to a standstill. Variety is the secret to staying motivated.

My nutritionist, Muriel Wagner, has stressed the importance of choosing different foods daily and trying new recipes on a regular basis.

In previous weight loss efforts, I didn't do this. I figured out a



PHOTO BY JERRY ZWERNER

Favorite dish: Prysbly Pizzas are a family favorite. Libby Prysbly (left to right), Sandy and Emily enjoy this fast and easy dish.

daily menu and followed it day after day after day. No wonder I gave up so soon.

I am on a 1,800-calorie, low-fat/high carbohydrate daily food plan. It's not a diet, it's a food plan for life. A diet, according to Wagner whose office is in Southfield, is something you do to lose weight as fast as you can so you can go back to eating the way that you did!

This time around I am doing all the things that help guarantee success. I shop for the "right" foods and I spend time in the kitchen preparing meals that are not only excellent for my new way of life, but are also good for the family.

This food preparation takes time and cuts into a busy schedule, but it's well worth it for the whole family. The kids now eat "green and yellow things" (zucchini and squash) that were previously foreign to their diets.

Fast foods are now 16-minute starts-to-finish stir-frys versus a drive to hamburger and pizza establishments. Oh sure, the kids still have hamburgers and tacos once in a while, but not to the degree that they did in my "unhealthy" life.

Luckily, I have good friends that totally support my program. One friend, Triah Battersby of Beverly Hills, introduced me to a

wonderful baked potato meal that is totally satisfying. Others prepare dishes for me, such as coleslaw, with vinegar and sugar sweeteners instead of with creamy fat-laden salad dressings. This support is helping me succeed.

Previously, I was never successful on a diet. I always gained back what I lost, and then some. But I am successful now, and I plan to go all the way!

The reason for my resolve is that I feel so very, very good. It's not just the 75 pounds and going down four dress sizes. It's not just the compliments that family and friends constantly bestow on me. It's the way I feel. There's a bounce to my step and I can keep kids, ages 12, 14 and 16.

Less than two years ago I was well over 300 pounds. I had no energy. I was unable to enjoy family outings that included any type of physical activity. I would sit in the car, smoke cigarettes (my two packs of cigarettes a day are now gone) and read a book while my family investigated various attractions that involved walking. I wasn't an active participant. My family was missing me, and I was missing living. Thank heavens, that's all changed.

Changing my diet and adding exercise is giving me life - a

Tips for a healthy holiday

Have a healthy snack, such as fruit, salad or vegetable soup so that you are not starving when you arrive at a holiday event where food is served.

Stay away from the food table at parties. If you don't see it, you won't be tempted to eat it!

If you're hungry at a party, send your husband or a trusted friend to get a plate of healthy foods for you.

Wear a belt under your clothes or something a little tight at the waist to remind you that you should watch what you eat. If you eat too much, these "warning" devices will become even more uncomfortable. When you're entertaining during the holidays, make sure you have healthy snacks such as vegetable trays, pretzels with specialty mustards and low-fat popcorn.

Make your own holiday treats. Make pumpkin pie for your family, and something low-fat, but special for yourself.

whole life.

I may have 75 pounds to go, but I am a lot closer to my goal for total fitness than I was last year. I'm half way there!

• See recipes inside

Wine Selections

Red wines from France's southern Rhone region are a taste in a market of escalating red wine prices. They're good for you and they're delicious. They are available at 100¢.

- 1991 Domaine Millaud et Vincent Cotes du Rhone 17
- 1994 Domaine de l'Estagouette Cotes du Rhone 17
- 1993 Domaine de L'Oratoire Saint Martin Cotes du Rhone 17
- 1992 Domaine des Archautes Vacqueyras 310
- 1993 Domaine des Mas des Collines Gigondas 310
- 1992 Domaine du Papeau Chateauneuf-du-Pape 617

LOOK UP NOW

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WINE & SPIRITS
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Chappellet is Napa's Vouvray on the Hill

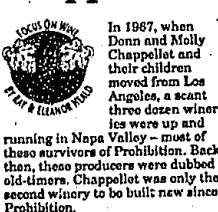
In 1967, when Donn and Molly Chappellet and their children moved from Los Angeles, a scant three dozen wineries were up and running in Napa Valley - most of these survivors of Prohibition. Back then, these producers were dubbed old-timers. Chappellet was only the second winery to be built new since Prohibition.

In retrospect today, Chappellet Vineyard is an old-timer. A lot of water has run over Conn Dam and through Lake Hennessy, both visible from the almost hidden winery, atop Pritchard Hill in the northeastern corner of Napa Valley. This modern history of winemaking in California has been written since the Chappellet's ushered in the new era of California winemaking pioneers. By 1989, the Chappellets were gearing up for their first harvest, having terraced hillside parcels to grow estate grapes.

With a current ban on hillside grapegrowing in Napa Valley, the Chappellets have a prized 120-acre site, a little less than half an acre, with the remainder atop vineyards. The best grapes in the valley grow on steep hillsides.

"Since the beginning, my parents

Chappellet is Napa's Vouvray on the Hill



have focused attention on making food wines," Jon-Mark Chappellet told us. "Back then, it wasn't the buzzword that it is today. We haven't jumped on the next fad; that would be a denial of our history."

"Now, our winemaker Phillip Titus focuses on what we do best with our estate, hillside-grown fruit. He takes a subjective view of quality and blends it with our traditions. We're mindful and focus on our customers in the market without being sucked up by crazes."

One look at Chappellet's wine portfolio tells you that Jon-Mark's comments are not some dream trying to be lived out in the wine business. When's the last time you drank a superior chenin blanc? A what blanc? Chenin, dry chenin blanc with origins in France's Loire Valley where it's called Vouvray. Chappellet's 1992 Chenin Blanc 19 is fruit generous and dry with balanced acidity and a vanilla component from 25 percent barrel fermentation and the same percent barrel aging. Maybe we should start referring to Chappellet as America's Vouvray on the Hill. Try the wine with grilled whitefish or seared scallops.

Then there's Old Vine Cuvee 112. The label doesn't say chenin blanc, but it is. This winner from 31-year-old vines has been 100 percent bar-



Barrels of fun: An interior shot of the Chappellet winery, with daylight streaming in from the pyramid's top.

rel fermented and undergone partial malolactic fermentation, the same winemaking tricks used to make the chardonnay you like. "We're left to be a standard bearer for chenin blanc in California," Jon-Mark said. "We take it seriously." We'll drink to that!

And Chappellet's not done impressing you with what it can do with chenin blanc. There's a delicious dessert style named Melleite.

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