Tasty dishes made with OSO Sweets Beverage

OSO SWEET ONION SALAD WITH ONION-ORANGE VINAIGRETTE

- 1 large head Boston or Bibb
- 2 cups fresh spinach, tom
- 3 large naval oranges L OSO Sweet onion, peeled
- 3 red apples, cored, and diced 1 star fruit, thinly sliced (op-

1'star fruit, trumy tonal)
2 tablespoons sesame seeds, toasted
4 rounds pita bread, toasted; cut into wedges Put torn greens into a large salad Put torn greens into a large salad bowl. Ped oranges over a medium bowl to catch juices; cut between membranes to section. Reserve juice for vinalgrette; add sections to salad bowl. Mince to OSO Sweet onion; reserve for vinalgrette. Cut remaining onion into thin alices. Add onion, apple, and star fruit (op-tional) to salad. Garnish with sesstional) to salad. Garnian with sees me seeds. Toss well with Sweet Onion-Orange Vinaigrette; serve with toasted pita wedges. Serves 6.

> Try Michigan's new varieties today.

SWEET OMON-ORANGE VRIAIGRETTE

- 3 tablespoons orange juice 4 cup minced OSO Sweet
- onion 2 tablespoons white wine vine-
- 2 teaspoons Dijon-style mus-
- 2 teaspoons honey
- 15 cup salad oil

In a bowl, whisk together the onion juice, OSO Sweet onion, vine ger, mustard and honey. Gradually whisk in oil until well-blended. Yield % cup.

SWEET ONION RELISH

- ¼ cup olive oil 6 targe OSO Sweet ohions (ap-
- proximately 3 pounds), peeled; thinly sliced cup balsamic vinegar
- Salt & pepper to taste
 % cup chopped fresh diff, or I
 tablespoon dry
- In a large skillet, heat the oil.

Saute the orions.

utes, or until soft but not browned.

Add vinegar and aimmer for 10 minutes or until liquid is reduced by half. Add chicken stock, cook until liquid is reduced by half. Add honliquid is reduced by half. Add hon ey, salt and pepper to taste; stir in dill.

dill.

This relish may be served warm, cold or at room temperature. It will keep for several weeks refrigerated in tightly sealed glass jars. Yield 6

Recipe from cookbook author Jeanelle Ferrary who is co-author with Louise Fisser of "A Good Day for Soup," "Jewish Holiday FEasts," and "Sweet Onions & Sour Cherries."

OVEN-ROASTED OSO SWEET ONIONS

- 2 050 Sweet onions, about 8 ounces each 3 cloves garlic, peeled, sliced thinly
- 3 bay leaves

MICHIGAN APPLES have always been the best tasting apples you can buy. Now, there are three new varieties to try. Look for 'em at your

EMPIRE. The tasty crunch of a Red Delicious

CALA. Ideally firm and jury, which tempting flavor that's both sweet and show the distinctive

GALA. Ideally firm and juicy, with a taste-

color adds to its appeal.

plus the juicy snap of a McIntosh, all in one great apple. A terrific combination. JONAGOLD. The mouthwatering crispness of a Jonathan together with the uncommonly aweet flavor of a Golden Delicious. You'll love

8 parsley stems 3 sprigs fresh sage or ½ tea-spoon dried

- 2 sprigs fresh oregano or W teaspoon dried ½ teaspoon salt ½ teaspoon freshly ground

- pepper
 ¼ cup balsamic vinegar
 ¼ cup extra virgin olive oil

M cup extra wigin olive oil
Heat oven to 500 degrees F. Cut
unpeeled onion into eighths. Place
onion wedges in a single layer on a
shallow baking dish. Sprinkle with
garlic and herba. Season with sait
and pepper divizie evenly with vinegar and olive oil. Roast until
onions are lightly carmellized and
barrely tender, 12-15 minutes. Remove from oven and let cool. Serve
at room temperature. Serves 4.
Recips adopted from "Breakfast,
Lunch & Dinner," by Bradley Ogden.

Call hot line for answers to food questions

For answers to questions about food saftey, nutrition and preserva-tion, call the Food and Nutrition Hot Line, 8:30 a.m. to 5 p.m. Monday through Friday, (810) 858-0904 in Oakland County, (313) 494-3013 in Warra County.

Oakland County, (313) 494-3013 in Wayne County. The Food and Nutrition Hotline is the place to call for all your food con-cerns. Questions on to cool soup, what to do with food when there's a power outage, and how long you can freeze leftovers are some common requests answered daily by the trained staff of the hot line.

Don't sweat the Net!

read Emory Daniels

We describe it as having a fresh, tey taste when served neat and well chilled. For a fun innovation, drop a small pickled green tomato into chilled, reast Ketel One or a classic martini. Bilding into this "comolive" offers a unique burst of flavor. A 24-Karrot martini replaces an olive or tomolive with a spicy baby carrot. But we're traditionalista. The classic dry martini made with Ketel One and a lemon twist is still the best.

8 To answer rumbunctious voice-mail: Rum, the world's oldest spirit turns 2000 this year. About 85 percent of rum sold in the U.S. comes from Puerto Rico. Unlike others, rum from Puerto Rico. Unlike others, rum from Puerto Rico must beaged by law. The Bacardi facility in Puerto Rico is the world's largest rum distillery and Bacardi is the best-selling spirit in the U.S.

Rum is made from sugar cane molasses fermented with pure yeast cultures. Once fermentation completes, the mixture is distilled. The first distillation produces aguardiente, the fraction giving rum its unique sroma and flavor. The rest of the distillate, redestilado, is redistilled three or four times. Each part is aged separately in charred white oak casks and blended later to produce the various styles of rum. Light or silver rum is aged uneyer. Gold or dark rum is aged three years.

In cooking, black rum adda unique flavors to glazes or basting sauces for meat and poultry. Premium or specialty rums can have as many as 12 years eging giving them flavor twists.

Bid you ever think you'd like to make wine at home? Lance Culture who was the winemaking operations will tell you all the details.

Cutler, who also makes wine un-der his own label The Cutler Cel-

- Writage 1994 produced some stellar chardonnays in Califor Some of the very best are:
- 1994 Beautieu Vineyard Nape Valley Chardonney \$13

from Front

- 1994 Beringer Napa Valley Chardonnay \$10.50
- 1994 Bonterra Chardonnay (organically grown) \$12
- 1994 Dry Creek Vineyard Barra Fermented Chardonnay \$13.60
- 1994 Meridian Chardonney 810
- 1994 Sterling Vineyards Chardonnay \$14
- 1994 Victor Chardonnay \$15
- M Not to neglect red wine lovers: 1994 Meridian Pinot Noir \$14 Id
 Iruity and smooth as silk.
- Bost buy under \$10

1994 Hogue Semilion-Chardonney, \$7.60. Try this value winner with broiled fish or salmon with buerre bland sauce.

lar, wrote and produced a 1 hour, 15 minute video "Making Wine at Home the Professional Way" describing every detail of amateur winemaking. He's easy to understand, injecta humor (sometimes irreverent) into his explanation of the home winemaking process, then takes you inside the winery to see the same technique on a macro scale.

Even if you don't want to make wine, but would like to under-stand the winemaking better, this video will be of interest. It retails for \$29,95 and can be ordered by calling Cutler directly, (707) 995-5990 or writing to him at The Cutler Celler, Box 228, Vineburg, CA 95487.

To leave a message on the Heald's voice mail — dial (313) 953-2047, mailbax 1864.



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