

THE FOOD COMEDY

LOW-FAT MEALS

Prepared for One or a Family

Personalized Menus Also Available

Fitness Training & Motivation

Our Goal is to Help You Live a Healthier Lifestyle Interested?

Call 810-478-0611

PLUS SIZE MODELS WANTED

Ages 10-60 • Sizes 12-24

To train for TV commercials, magazines, films, fashion shows and trade shows. No experience necessary.

MARIAIANA, a leading N.Y. and Boston PLUS Model, will conduct FREE personal interviews and auditions with the internationally affiliated **Barbizon Model Agency** at the Novi Hilton, 21111 Hagerty Road (Eight Mile at I-275)

ONE DAY ONLY!

Saturday, October 26th, 1996

Call for Reservations • 1-810-855-5660

Mon.-Thurs. 9 a.m. to 9 p.m. • Fri. & Sat. 10 a.m. to 6 p.m.

October 22, 1996

Killer Flamingos & Bud Light Bottles

\$1.50

9:00 p.m. - 12:00 a.m.

Daily Specials and Entertainment every night.

HOURS:

Monday & Tuesday 4pm til 2am

Wednesday - Friday 11am til 2am

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30555 Grand River Ave.

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IGA

Corner of Orchard Lake Rd. and Ten Mile in Farmington

476-0974

Your Hometown Savings Headquarters

See the "GREAT PUMPKIN" at IGA!

Drawing for kids twelve years and under to win the pumpkin.

SIRLOIN BEEF TIP ROAST	CHICKEN THIGHS or DRUMSTICKS
 \$2.18 Lb.	 89¢ Lb.
<small>Sold as Roast Only</small>	
2% MILK	MICHIGAN ALL-PURPOSE POTATOES
 \$1.99 Gal.	 98¢ 10 Pound Bag
<small>WITH COUPON</small>	
REGULAR or LOWFAT ICE CREAM	ASSORTED COCA COLA
 \$5.00 2/1 1/2 Gal. Sq.	 3/\$7.00 + Dep.
	<small>12 Oz. Can, 12-Pak With Additional \$10.00 Purchase</small>

WE ACCEPT

DOUBLE MANUFACTURERS COUPONS

UP TO 50¢

Prices & Items Good Through October 27, 1996

Check Sale Items in Store Paper

ADVERTISED ITEM POLICY: WE RESERVE THE RIGHT TO LIMIT QUANTITIES. Each of these advertised items is required to be readily available for sale. If we are unable to do so, we will place a sign on the item and the price will be \$5.00. Only one coupon will be accepted per item. No cash for these items. No substitutions.

New ways to enjoy mushrooms

See related Taste Buds story on Taste front.

MIXED WILD MUSHROOM SOUP

5 tablespoons unsalted butter
1 medium onion, finely chopped
1 garlic clove, finely chopped
1/2 cup flat leaf parsley, chopped
8 ounces mixed wild mushrooms, chopped
4 tablespoons milk
salt and fresh ground pepper to taste
1/2 teaspoon fresh rated nutmeg
1/3 cup flour
3 1/2 cups vegetable or chicken broth
4 tablespoons sour cream

Heat half the butter with the onion, garlic and parsley in a saute pan for 3 minutes. Add mush-

rooms and saute for 5 minutes more. Add the milk and season with salt and pepper. Set pan aside. In another saute pan, melt remaining butter. Remove the pan from the heat and beat in flour. Return the pan to low heat and cook until the flour turns a light brown, about 5 minutes. Remove the pan from the heat and whisk in broth gradually.

Stir constantly to avoid lumps and return the pan to low heat. When all the stock has been added, add the mushroom mixture and all their juices. Bring to a boil and boil for 5 minutes. Pour into bowls and top with a dollop of sour cream. Serve 4.

BAKED MUSHROOM POLenta

3 cups coarse ground yellow cornmeal
salt and fresh ground pepper to taste

4 tablespoons unsalted butter
1 pound mixed fresh mushrooms, sliced
1/4 cup flour
3 1/3 cups whole milk
1/4 pound Italian Fontina cheese, grated
1/4 pound Gruyere cheese, grated
1/2 cup Parmesan cheese, grated

Preheat oven to 400 degrees F. Place 1 1/2 quarts of hot water into a large saucepan. Add the cornmeal and 1 teaspoon salt, stirring constantly. Bring to a boil, cook for 5 minutes, then spoon the mixture into a lightly greased or buttered shallow baking dish. Cover with foil buttered on one side and bake for 1 hour. Allow the polenta to cool for 2 hours before cutting lengthwise into 1/2 inch slices. Meanwhile, prepare the mushrooms sauce. Melt the butter in a

heavy pan. Add the cleaned, sliced mushrooms and saute for 10 minutes, reserving a few slices for the top of the polenta. Stir in the flour and cook for 1 minute. Remove from heat and slowly whisk in the milk. Add salt and pepper and return pan to low heat and simmer for 5 minutes. Lightly butter a rectangular oven dish and spread 2-3 tablespoons of the mushroom sauce over the bottom. Cover with slices of polenta, followed by cheese. Repeat the layers, finishing with the sauce. Scatter the remaining mushrooms over the top. Bake at 400 degrees F. for 30 minutes. Remove from the oven 5 minutes before serving. Serves 4.

Recipes from "The Mushroom Book" by Thomas Laessle, Anna Del Conte, and Gary Lincoff, (copyright, 1996, DK Books, \$29.95).

Wine from page B1

dards of small, family-owned wineries.

In addition to multiple pinot noir clonal selections, King Estate's underground barrel cellar holds French oak cooperage from France's Vosges, Allier and Nevers forests made by a number of coopers. When it comes time to make a final blend before

bottling, the winemakers have a significant number of components — a literal palette of aromas and flavors from which to choose.

Pinot gris, long a favorite white wine from France's Alsace region and known as pinot grigio in Italy, is popular among wine drinkers in the northwest, but it's only beginning to be appreciated throughout the rest of the country. King Estate has the varietal planted, but is buying much of what is making the luscious bottlings today.

Cueing into the avid interest of consumers to match wine and food, King Estate's chef Stephanie Kimmel has acted as project coordinator for two cookbooks, "New American Cuisine Pinot Gris Cookbook" and the just-published "King Estate Pinot Noir Cookbook."

In both, renowned chefs from across the U.S. have contributed recipes to harmonize with the two grape varietals. We've had more time to work with the pinot gris recipes than the pinot noir. They are very good and not too difficult for the home kitchen.

If recipes for pinot noir follow the same pattern, those interested in making palate tantalizing matches have a treat in store. Each color-illustrated cookbook is \$16.95 plus \$4 shipping and handling and can be ordered from the winery by calling 1-(800) 884-4441.

■ The King Estate story brought up pinot gris or as the

Wine Selections

■ Each year, area consumers speak out about their favorite wines at The Great Wine Shootout organized by Dennis Walsh of Ye Olds Wine Shoppe in Rochester Hills. This year's results represented the votes of 300 attendees choosing from among 54 wines. Top five wines in each category are:

Most Popular Red Wines:

1994 Ravenswood Merlot \$22 beat out 1992 Guenoc Cabernet Sauvignon, Beckstoffer Vineyard \$44 by only one vote. Following very closely were 1994 Filo Zinfandel \$20, 1994 Lytton Springs Zinfandel \$20 and 1994 Sanford Barrel Select Pinot Noir \$18.

Most Popular White Wines:

1994 Stags Leap Wine Cellars Reserve Chardonnay \$35 bested 1993 Simi Reserve Chardonnay by only two votes. Then came 1994 Chalone Chardonnay \$36, 1995 Francis Coppola Chardonnay \$22 and 1995 Optima Chardonnay \$27.

■ Interesting reds loaded with flavor. Try with lamb, pork or stews.

1994 Iron Horse Sangiovese, \$15
1994 Morgan Reserve Pinot Noir, \$28
1994 Kunde Merlot, \$17
1994 Franciscan Merlot, \$17
1995 Louis M. Martini Merlot, \$10.50
1994 Iron Horse Merlot, \$18

■ Best buys under \$10:
1995 Montheven Chardonnay, \$9
1995 Queen Adelaide Chardonnay (Australia), \$6
1994 Beringer Knights Valley White Meritage, \$9

Italians refer to it pinot grigio. There are a number of high-priced versions from Italy available, but a new offering has just been introduced into our market: 1995 Ecco Domani Pinot Grigio \$9 showcases fresh pear and green apple aromatics, complemented by crisp-edged flavors that make a good pairing for seafood or Pan-Asian cuisine.

Its sister red is 1995 Ecco Domani Merlot \$9 with bright red plum, cherry and raspberry notes in a light, fruity wine unencumbered by oak. Serve it

with dark-fleshed grilled fish or pasta with tomato-basil sauce.

Ecco Domani translates from Italian as Here's Tomorrow. These wines are here today and represent a good effort to show an Italian style of winemaking with correct varietal character at a value price.

Look for Focus on Wine on the first and third Monday of the month in Taste. To leave a voice mail message for the Herald, dial (313) 953-2047 on a touch-tone phone, mailbox 1864.

Meet the Hoya Crystal Designer Toshio Sugawara



T. Sugawara

On Wednesday, October 23rd
From 1-4 p.m.

He will personally sign his crystal creations purchased on the day of his visit



STUDIO 330
6566 Telegraph Road at Maple
Bloomfield Hills, MI 48301
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