

The Mountain Man shares venison recipes

See related Taste Buds column on front.

VENISON STROGANOFF

- 2 pounds venison steak, cut into cubes
- 1 cup chopped onion
- 1/2 pound mushrooms, sliced (about 2 cups)
- 1 (7 ounce) can tomato soup
- 1 cup sour cream
- 1 tablespoon paprika
- Sprinkle of red pepper (cayenne)
- 1 tablespoon parsley
- 2 tablespoons salad oil

Saute venison and onions with salad oil in a heavy fry pan or Dutch oven until meat has browned. Sprinkle with paprika and cayenne pepper. Drain off any excess fat. Combine remaining ingredients in a separate bowl and mix well. Pour over cooked veni-

son and mix well to coat. Cook in a preheated 350 degree F. oven, uncovered, for 35 minutes. Serve over cooked noodles, if desired. Serves 4.

VENISON SWISS STEAK

- 1 pound venison steak or chops, trimmed and cut into 1-inch cubes
- 4 tablespoons olive oil or margarine
- 1 (16 ounce) can chopped tomatoes (about 2 cups)
- 1 onion, cut into 1/4 wedges
- 1 bell pepper, seeded and sliced into 1/2 inch pieces
- 3 tablespoons parsley, chopped
- 1/2 teaspoon salt
- 1/4 teaspoon fresh ground white pepper
- 1 clove garlic, cut in half

1/2 cup flour
Dredge meat with flour. Saute meat, onions and garlic in hot oil or margarine until meat is browned and onions are soft, about 5-7 minutes. Place in an oven proof casserole dish and cover with remaining ingredients. Place in a preheated 350 degree oven for 40 minutes (uncovered).

COLORADO VENISON STEW

- 2 pounds venison, cubed (all fat, bone and sinew removed)
- 4 tablespoons cooking oil
- 1/2 cup seasoned flour
- 2 teaspoons salt
- 1/2 teaspoon white pepper
- 1/2 teaspoon rosemary
- 6 tablespoons dried parsley

- 1 large onion, peeled and cut into quarters
- 1 cup peas (frozen or fresh work best)
- 1 cup dry red wine
- 1 tablespoon paprika
- 6 cups hot water

Dredge meat in flour. Brown meat and onions in cooking oil. Add remaining ingredients except peas and wine. Simmer, uncovered, for 1 hour over low heat, stirring occasionally or until liquid slowly reduces to a gravy like consistency. Add wine and simmer for 30 minutes. Add peas and simmer 5 minutes longer. Serve with French bread. Serves 4-6.

CHILI CON VENISON

- 1 clove garlic
- 2 teaspoons salt
- 1/2 cup warm water

- 6 dried red chili peppers (seeded and stemmed)
- 1 pound ground venison
- 1/2 pound diced venison
- 6 tablespoons salad oil
- 4 tablespoons soy sauce
- 4 tablespoons butter
- 1/4 teaspoon ground ginger
- 8 cups hot water
- 4 green chilies (roasted, peeled and diced, canned may be used)
- 4 dried red chilies (seeded and stemmed)
- 3 tablespoons whole cumin seed (ground)
- 2 teaspoon oregano leaves, crushed
- 2 tablespoons salt (optional)

Saute ground and diced meat in salad oil. Add butter, soy sauce and ginger and cook over medium heat for 1 minute. Combine meat

and basic sauce in a crock pot or slow cooker. Add venison, chili (red and green), cumin, oregano and salt. Simmer slowly at low heat in crock pot or slow cooker for 24 hours, covered, stirring occasionally. Taste. In a blender or mortar and pestle, combine garlic, 2 teaspoons salt, 1/2 cup warm water and 6 dried red chilies (seeded and stemmed) and pulverize until smooth. Stir into chili and cook, uncovered for 1 hour. Serves 4-6.
Chef's secret: I tried this and instead of water, substituted 1/2 V-8 vegetable juice and 1/2 beef broth or stock and eliminated the salt and the dish was outstanding!
All recipes compliments of "The Mountain Man Cookbook, Volume 2" by Thomas L. Canino, (copyright, 1989 by TLC Enterprises, \$8.95) mail order only.

Ports from page 1B

voluptuous, rich and viscous. Overall balance is excellent. A similar number of cases of Taylor Fladgate \$51 per bottle were produced. Currently, it is showing less fruity opulence. It's ripeness has firmness and grip. It comes across weightier than Fonseca with more tannins, but a velvety chocolate texture in the finish.
Would compare 1994 Vintage Ports with those from 1970. However, judging from the 1960s forward, we put 1963, 1977 and 1985 ahead of 1970. Following in order after 1970 are 1991, 1966, 1992 (only Taylor Fladgate

and Fonseca declared), 1983, 1987, 1987, 1989, 1989 and 1976. If you shop at some of the area's larger wine shops, many older vintages, drinking well now, are available at not extraordinarily elevated prices. Based on our pre-release tastings, other 1994 Ports to buy are: Churchill's, Warre's, Cockburn, Dow's, Graham's, Sandeman's and Smith Woodhouse.
We're very impressed with Churchill's Ports overall. The 1994, \$41, has fabulous aromatics and a spice element not encountered in other Ports from this vintage. Every imaginable

black fruit can be found in the aroma and played out on the palate. Rich, ripe and concentrated, it is best described in one word — delicious. Churchill's, unlike Taylor Fladgate which has released Vintage Ports since 1890 or Fonseca from 1896, is the youngest of the major port houses. Founded in 1981, it has come a long way in less than two decades releasing superbly crafted Ports.
If you're just discovering Ports, what is there to drink now while waiting for 1994s to age? 1990 Taylor Fladgate Late Bottled Vintage Port \$16 does nicely for

starters as well as 1989 Quinta do Naval Late Bottled Vintage Port \$18. Serve these, as well as a vintage port, at the end of a meal with cheddar or stilton cheese or chocolates. Tawny Ports are also good, served slightly chilled at the end of a meal with cheeses such as camembert or brie. The rainy, nutty flavors of tawnies evolve on the palate and make them good accompaniments to claret or Colorado cigars.
Vintage-dated single quinta (vineyard) Ports have interesting vineyard characters. They

mature earlier than Vintage Ports. The 1987 Churchill's Quinta da Agua Alta \$29 is a good example. In years when Vintage Ports are declared, the single quinta is part of the blend. Quinta da Agua Alta is no exception. You should still be able to find some 1984 Warre's Quinta da Cavadinha \$25 which is also stellar.
White Ports are uncommon and make a very good winter time aperitif. We recommend: Nonvintage Churchill Graham White Port \$14.50. If you try it with your eyes closed, you'll easi-

ly taste it as a tawny style. It is seriously delicious and a fabulous accompaniment to Spanish tapas, strong cheese or Chinese cuisine. Taylor Fladgate Chip Dry Porto \$15, an extra-dry white port, has an individual style. It's fragrant, delicate and nutty like a sherry. Over ice is nice. Serve it with roasted nuts as an aperitif pour.
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.

Salads sprinkled with pomegranate seeds are dazzling

See related story on Taste front.

POMEGRANATE, ORANGE AND KIWI SALAD

- 1 1/2 tablespoons white wine vinegar
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1/8 teaspoon crushed red pepper flakes

- 1/4 cup olive oil
- 1 1/2 quarts mixed salad greens (optional)
- 2 oranges, peeled and sliced
- 4 kiwis, peeled and sliced
- 1 medium pomegranate, seeded (about 3/4 cup)

To make dressing, combine vinegar and next three ingredients;

whisk in oil. Toss greens with 2 1/2 tablespoons dressing; arrange on serving platter. Alternating, arrange orange slices and kiwi slices over greens. Drizzle with remaining dressing. Sprinkle with pomegranate seeds. Makes 6 servings.
Recipe from: Pomegranate Council.

BUTTERHEAD LETTUCE WITH POMEGRANATE AND PINE NUTS

- 2 tablespoons pine nuts
- 10 spinach leaves, rinsed and trimmed
- 5 cups butterhead or leafy green lettuce, rinsed, dried and torn for salad
- 2 tablespoons extra-virgin

olive oil
Salt to taste
Freshly ground pepper
1/4 cup pomegranate seeds
2 tablespoons fresh lemon juice
Place the pine nuts in a frying pan and toast them over moderate heat until golden-brown, stirring constantly; set aside.
Roll the spinach leaves into a tight cigar shape and cut crosswise

into 1/8-inch chiffonade or shreds.
Combine the lettuce and spinach in a salad bowl. Drizzle with oil, season with salt and pepper, and toss to mix. Sprinkle with pomegranate seeds, pine nuts, and lemon juice. Serves 4.
Recipe from: "Yamuna's Table," by Yamuna Devi (Dutton, 1992)

SALAD OF POMEGRANATES, PERSIMMONS, AND KIWIS

- 1 large pomegranate, seeded (1 cup seeds)
 - 1 cup yogurt
 - About 1 tablespoon honey
 - About 1 tablespoon lemon juice
 - 4 small ripe persimmons
 - 4 kiwis, peeled, halved lengthwise, then sliced crosswise
- Lightly crush 2/3 cup pomegranate seeds in a bowl to extract some juice. Stir in yogurt and honey and lemon juice to taste. Refrigerate for 1/2 hour or longer.
Cut out leaf base from the persimmons, then halve fruit lengthwise. With a sharp paring knife gently cut into the flesh as close to the skin as possible, to separate the two. (Alternately, if you have one of the jolly-soft persimmons, you may have to first cut the fruit into lengthwise slices, then delicately pare off the skin from each slice.) Gently cut into the slices.
Arrange persimmons and kiwi slices on 4 salad plates. Drizzle the dressing over each, then sprinkle the reserved pomegranate seeds over all.

Recipe from: "Uncommon Fruits & Vegetables," by Elizabeth Schneider (Harper & Row).

Michigan Apples
All Varieties 19¢ lb.
Voted retail store of the year 1996!

Alaskan King Crab Legs \$6.99 lb.	Beringer White Zinfandel 2/\$8.00 750ml All sale dates expire Sun, November 10	U.S.D.A. Boneless Ribeye Steak \$3.99 lb.
---	---	---

Other items include: **Great Harvest Bread Co.**, **Great Harvest Bread Co.**, **Great Harvest Bread Co.**

NORMANS
ETON STREET STATION
EARLY BIRD DINING
20% OFF
ENTIRE FOOD MENU
Monday - Friday
4 - 6 pm
Expires 11/30/96
245 S. Eton
Birmingham
(810)647-7774

A LITTLE BIT OF HISTORY
Until recently, we considered bread to be of limited importance since they lived over 17 thousand years ago in the most primitive conditions. Then, paleontologists unearthed mortars and pestles used in the grinding of grain for the production of a humble bread. We now know that these Stone Age people lived in small, moist caves and cooked on heated stones for a reason. It allowed them to make great bread. Which is probably why the bread-making period lasted nearly 7 thousand years...until a better method for making bread presented itself. Watch for our next "Slice of History".
AZIN ARDOR BIRMINGHAM
5 Main St. Woodland Plaza S. Adams Rd. or Lincoln
251-995-8290 251-995-8290
Mon. 10-6, Tues. 9-7, 7-6 Tues. 9-7, 7-6
Great Harvest Bread Co.
Wednesday, Bread of the Month - Pumpkins Walnut Raisin