

TASTE

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SUNDAY, FEBRUARY 16, 1997

FOCUS ON WINE



ELEANOR & RAY HEALD

Happy grapes make good wine

Mediterranean is not a term frequently associated with Australian wine. But it should be when it comes to McLaren Vale in South Australia. Climate there is consistently Mediterranean with sea breezes from Spencer Gulf. The region is generally free of frost, hail, draught and vine disease. Result? Very happy grapes. Happy grapes make good wine and that is showcased in the McLaren Vale bottlings from Seaview and Edwards & Chaffey.

Within the McLaren Vale area are "valleys" or small valleys, each with a different microclimate. Microclimate diversities enable a winery to match vineyard site to grape variety. Seaview has done that with its plantings of chardonnay, sauvignon blanc, cabernet sauvignon and shiraz.

"In particular, McLaren Vale has garnered an international reputation for chardonnay and shiraz," Seaview winemaker Mike Farnillo said.

While McLaren Vale and Seaview wines may be new to you, they are steeped in rich history dating back to 1850 when George Pitches Manning migrated from England and purchased 161 acres of virgin land in the McLaren Vale region. Manning vineyards and making wine passed to Manning's children who sold the business in 1892. After that, it changed ownership several times until 1950 when it was christened Seaview by new owners California-born W. B. Chaffey and winemaking pioneer F. H. Edwards. In 1951, their winery became one of the first in Australia to release a varietally-labeled cabernet sauvignon.

Wine Selections

Get to know Zafroc! This new wine brand grew out of California's rich grape growing and wine-making history plus the interest of E. & J. Gallo wine company to showcase fruit from its Sonoma County growers. If California wine pricing has been giving you sticker shock...
■ 1994 Zafroc Chardonnay \$9
■ 1995 Zafroc Sauvignon Blanc \$8
■ 1994 Zafroc Zinfandel \$9

If you've not tried wines from Gallo's new single vineyard series, we recommend:
■ 1995 Gallo Sonoma Steel Vineyard Chardonnay \$14 - a great fruit underpinning with vanilla-oak fullness.
■ 1994 Gallo Sonoma Berrett Creek Vineyard Valdegué \$14. It's a Hapa Gamby by its French name and full of berry-bright fruit.
■ 1995 Gallo Sonoma Chianti Vineyard Zinfandel \$14. This debut wine puts overpriced \$20 zinfandels to shame.
■ 1994 Gallo Sonoma Fire Ranch Zinfandel \$14. Even bigger than the Chianti, it puts \$20 zinfandels to double shame.

Winemaker

State-of-the-art winemaking at Seaview is carried on today by winemaker Mike Farnillo. "I prefer to use fruit from the sloping areas of the McLaren Vale area because the flavor is more intense," he said. "In chardonnay this is detected as rich melon and tropical fruit flavors. For cabernet sauvignon the translation is sweet berry

and cassia. Shiraz comes across with berry, plum, pepper and a unique peppery spiciness."

Seaview's premier estate vineyards are saved for the winery's Edwards & Chaffey wines named after the visionary partners who purchased the winery and vineyards in the mid '60s. "Edwards and Chaffey are our finest wines," Farnillo added. "They come from our best vineyard blocks with older vines and lower yields. For example, we age the Edwards and Chaffey Shiraz in new French oak because the fruit is so concentrated that it requires the character and complexity that only new French oak provides."

It's a similar regime with the Edwards & Chaffey Cabernet Sauvignon. While Seaview Cabernet Sauvignon is aged 12 months in two- to four-year-old oak because it is not as concentrated and would be over-powered by new oak, Edwards & Chaffey Cabernet Sauvignon is aged 18 months in new French oak.

Tasting

A recent tasting of Seaview and Edwards & Chaffey underscored Farnillo's comments. The 1993 Seaview McLaren Vale Semillon-Sauvignon Blanc blend \$10 was highlighted by melon, hay and fragrant straw scents accented by a touch of oak. Because this wine is nearly four years from vintage, it highlights the unique character and graceful aging that Semillon brings to Australian wines. Fabulously balanced, it is still available in our market.

The 1996 Seaview Chardonnay \$10 is typical McLaren Vale with ripe melon, tropical fruit and a distinct peach character. Very flavorful, it is a big mouthful for the price.

For reds, the 1992 Seaview Shiraz \$10 has

See FOCUS ON WINE, 2B

LOOKING AHEAD

What to watch for in Taste next week:

- Main dish miracle
- Guest column by Master Chef Milos Cihelka



Sticky Buns: Cherry Nut Sticky Buns are embarrassingly easy to make. A package of frozen rolls, jar of maraschino and some walnuts and you are on your way to lovely light breakfast.

MICHIGAN LEADS NATION IN

Cherries

BY RENEE M. SKOGLUND - SPECIAL WRITER

George Washington didn't cut down a cherry tree for the firewood. He did it for the cherries. Americans still love this bright, flavorful fruit, and Michigan, Washington and Oregon lead the nation in cherry production.

There are two kinds of cherries: tart and sweet. Tart cherries, sometimes called "pie cherries" or sour cherries, are seldom sold fresh. Usually, they are frozen, canned or made into juices soon after harvesting.

Michigan produces 70 to 75 percent of the tart cherries in the United States. Montmorency cherries, harvested from the mineral-rich soils of the northeast corner of Michigan's lower peninsula, have earned the region the title of "Cherry Capital of the World."

Besides sliding them in between two flaky crusts, there are a variety of uses for sour cherries. Chop and mix them with applesauce or yogurt, add them to your favorite bread stuffing or meatloaf, or blend them with ice cream for a cherry shake. You can even stuff them with cream cheese and nuts for a salad garnish.



Sundae: Make Black Forest Upside-Down Sundae the starring dessert at your next get-together. It can even be made in advance.

Dried cherries, processed from tart cherries with or without the addition of sugar, have a passionately intense taste. Add them to rice pudding, pancake batter, muffins and barbecue sauce. Sprinkle them on salads, hot cereals and French toast. Transform your apple and peach pies by adding a half cup of dried cherries to the filling. Eat them and love them.

Sweet cherries

Michigan produces about 20 percent of the nation's group of sweet cherries each year. Sweet cherries most often are sold fresh, especially during the summer, when mounds of the dark, jewel-toned variety brighten roadside stands or supermarket produce displays.

Canned, dark sweet cherries are plentiful on grocery shelves. Don't reserve them only for baked goods. Use them as the basis for fresh and sour sauces for a variety of meat dishes.

From the lighter, sweeter varieties of cherries - the Queen Annes and the Golds - we get maraschinos, America's fun-loving party cherry. It's the cherry you don't miss until it's

not there. Try putting parsley in your Manhattan or on top of your ice cream sundae and you'll know what I mean.

"Maraschino" refers to a process, not a variety. The cherries are brined in deep, in-ground pits for 60 days, pitted then sent to processing plants where they are washed and placed into 5,000-pound vats. As water is extracted or evaporated, a sugar solution is slowly added over a six-week period. Finally, the vibrant red food coloring is added along with oil of almond. It's party time!

Cherries, low in sodium and calories and with no cholesterol, are power-packed with vitamins, especially vitamin A. Compared to apples, cranberries, peaches, grapes and strawberries, cherries have the highest level of calcium, iron, magnesium, phosphorus and copper. They have equivalent amounts of potassium - important to the body's water balance - to peaches and grapes.

Food folklore claims that cherries can relieve the pain of arthritis or gout and even act as an aphrodisiac. That's good news for cherry-lovers who just care about the taste.

See recipes inside.

COOKBOOKS

Authors share a taste of the White House

BY KEELY WYGONIK
STAFF WRITER

I nominate "My Fellow Americans," for "Dinner and a Movie," on President's Day, Monday, Feb. 17, and the Revised & Updated Centennial Edition of "White House Cookbook" for those who'd rather skip the movie and just eat dinner.

"My Fellow Americans" starring Jack Lemmon, James Garner, Dan Aykroyd and Lauren Bacall (playing former First Lady Margaret Kramer) is a comedy about two former U.S. presidents Republican Russell Kramer (Lemmon) and Democrat Matt Douglas (Garner) who can't stand each other, and have nothing in common except that they were both presidents.

When the current president, (Dan Aykroyd) tries to blame a scandal of his own design on Kramer, and Democrat Matt Douglas (Garner) meet, unexpectedly, in Chicago at the American Booksellers Association Convention with former U.S. President Haverly in seventh hour - "Hail to the Chef: A Taste of Power, The

Presidential Recipes of Russell Kramer." While serving as president, Kramer cooked for many of his guests.

Movie fans will be delighted to know such a variety of recipes. Written by Tom Connor and Jim Downey, (Time-Life Books, copyright November 1996, \$12.95), the book is a collection of regional recipes, accompanied by anecdotes from Kramer's time in the White House, and 16 pages of color photos from the movie.

About the "Layered Turkey Enchilada Casserole," Kramer remarks, "I knew a lot of turkeys when I was in Washington. I had to get through 20 layers of them to get a bill passed."

The movie is silly, but the recipes are sure to win your vote for what's for dinner tonight. They're divided into five sections - New England & Mid-Atlantic, the South, Midwest, Southwest, and West Coast - offering a taste of specialty foods from these regions. Most are short on ingredients, and simple to make.

Registered dietitians Patti Bazel Geil and Tami Ross, diabetes nutri-

tion educators at the University of Kentucky Hospital, dish out history and low-fat recipes in the "Revised & Updated Centennial Edition of the White House Cookbook." (Chronimed Publishing, copyright 1996, \$13.95).

"White House Cookbook"

Printed in 1894, the original "White House Cookbook" written by Hugo Ziemann (White House steward under Grover Cleveland) and F.L. Gillette, does not reflect the needs of today's cooks.

"Although proper nourishment was undoubtedly a goal for the authors of the 1894 edition of the book, the call for lard, fat, cream, eggs, or salt in most of the original recipes makes them unsuitable for today," write the authors. "Home-makers of that time spent the better part of their days at home in the kitchen, and there was a strong reliance on all manner of game, from wild hare to partridge."

Can you imagine spending three



COURTESY PUBLISHERS
Taste of Washington, D.C.: Patti Bazel Geil and Tami Ross, authors of the "Revised & Updated Centennial Edition of the White House Cookbook," share historical tidbits and tasty recipes.

See COOKBOOKS, 2B