

Pair flavorful dishes with pinot noir wines

Wine from page B1

See related story on Taste front.
Recipes from "The Vintner's Table Cookbook" to pair with pinot noir wines.

MUSHROOM PANADE

- 3/4 ounce dried porcini mushrooms (available in Italian and specialty stores).
- 3 cups hot water
- 8 ounces shitake mushrooms
- 12 ounces portobello, crimini and/or white mushrooms
- 1 large onion
- 2 tablespoons olive oil
- 1 clove garlic, minced
- 1 or 2 bay leaves
- 2 (14-ounce) cans vegetable broth or defatted chicken broth
- 1 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 8 ounces stale French or Italian bread, crusts removed

1/2 to 1 cup half-and-half (optional)

Soak the porcini in hot water in a bowl. Clean fresh mushrooms with a brush or paper towel and reserve a few for garnish. Chop fresh mushrooms.

Sauté onion in heated olive oil in a heavy saucepan over medium heat for 5 minutes, stirring occasionally. Add fresh mushrooms and cook for 3 minutes longer, stirring constantly. Add garlic, porcini with soaking liquid (strain first through a sieve lined with paper towel), bay leaf and broth. Simmer 20 minutes. Season with salt and pepper. Stir bread into soup. Cook for 5 minutes until bread is moistened well. Discard bay leaf.

Puree soup in several batches in a food processor and return to saucepan. Add half-and-half and enough water to thin to desired

consistency. Heat to serving temperature. Ladle into soup bowls. Serve reserved mushrooms to top slices. Serves six.

ROASTED DUCK LEGS WITH POMEGRANATE

- 4 duck legs with thighs
- salt and freshly ground black pepper to taste
- 1 pomegranate
- 8 ounces Brussels sprouts
- 4 slices lean bacon, cut into 1/4-inch strips
- 1/4 cup duck or chicken stock
- 1 tablespoon balsamic vinegar
- 2 tablespoons unsweetened pomegranate juice (available in health food stores)

Preheat oven to 400°F. Rinse duck and pat dry. Season with salt and pepper. Place skin side down in a heated sauté pan. Cook

over medium heat until golden brown on both sides. Remove duck to a small roasting pan. Roast for 40-60 minutes or until very tender and crisp. Break open the pomegranate; separate and reserve seeds. Remove green outer leaves of Brussels sprouts. (Reserve cores for use in a soup).

Wipe the sauté pan used for browning duck. Add bacon and sauté until golden brown. Remove to paper towel with a slotted spoon. Drain pan, reserving 2 tablespoons drippings. Stir-fry Brussels sprouts leaves in reserved drippings for 1-2 minutes. Add stock, vinegar and pomegranate juice. Cook for 1 minute longer, stirring constantly; leaves should remain dark green. Add bacon and pepper to taste. Spoon onto warmed plates. Place duck on top and sprinkle with reserved pomegranate seeds. Serve immediately. Serves four.

"Pinot noir has the style to work equally well with an elegant dinner or a backyard grill," Evely notes.

Discussing her Mushroom Panade she explains, "I have always loved thick, hearty soups, and they are preferable with wine as they provide some contrast in texture. Using leftover bread as a thickening agent appeals to my thrifty nature as well as to my interest in low-fat cooking. It also suits pinot noir, which can be overwhelmed by dishes with a lot of fat. Chicken or vegetable broth also keeps flavors in a more delicate range."

Evely stock, vinegar and pomegranate juice. Cook for 1 minute longer, stirring constantly; leaves should remain dark green. Add bacon and pepper to taste. Spoon onto warmed plates. Place duck on top and sprinkle with reserved pomegranate seeds. Serve immediately. Serves four.

admits. "Keep your eyes peeled for pomegranates in the market in December and jump on this. Pomegranate has just the right amount of delicate fruit and acidity to match that of pinot noir, giving a lift to the richness of the duck. In the recipe, the quick stir-frying of the Brussels sprouts leaves results in a totally different impression of this member of the cabbage family."

"The Vintner's Table Cookbook" is \$29.95, and can be ordered by bookstores through Ingram Book Company ISBN-0-855718-0-0 or directly from Simi Winery by phoning (707) 433-6981 Ext. 108. A handsome addition to the library of a wine aficionado who cooks, it makes a thoughtful holiday gift.

Look for Focus on Wine the first and third Sunday of the month. Leave a message for the Herald, at (313) 953-2047 mail box 1864.

Banana bread has 1 gram of fat

Weight from page B1

See related story on Taste front.

Recipe compliments of Beverly Price. Join her with guest chef Annabel Cohen for a healthy mouth-watering cooking class 6:30 p.m. Wednesday, Dec. 10 at Living Better Sensibly in Farmington Hills. The cost is \$45 per person, and includes delicious foods with recipes. Call (248) 539-9424 for registration information. Space is limited.

BANANA BREAD

- 1 cup sugar
- 1/4 cup Wonderslim Fat & Egg Substitute
- 3/4 tablespoon water
- 2 small or 1 large banana, mashed
- 5 teaspoons non-fat sour cream
- 2 cups whole wheat flour sifted
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon vanilla
- 1/2 cup chopped walnuts

mental and physical energy as well as keep your metabolism up.

Set realistic goals

Putting things down on paper will give you more of a commitment to a new plan of action for 1998. Set a reasonable time frame on how you will go about achieving your goals.

Enlist the help of a professional to develop a personal health program

It's OK to say "I need some help." Ask questions of the professional you wish to work with.

Train family and friends

(optional)

Preheat oven to 350°F. Mix all ingredients in a large mixing bowl with an electric mixer. Spray loaf pan with nonstick cooking spray, pour batter in loaf pan and bake for 45 to 50 minutes. Check middle

Share new ideas such as bringing a healthy dish to pass at a party and start hanging around health conscious friends.

If you follow these tips, you will avoid waking up New Year's Day 10 pounds heavier.

Beverly Price is a registered dietitian and exercise physiologist. She operates Living Better Sensibly, a private nutrition practice in Farmington Hills and is the co-author of "Nutrition Secrets for Optimal Health," (Tall Tree Publishing.) Look for her column on the first Sunday of each month in Taste.

with toothpick to assure the bread is completely done. Serves 10, 1/2-inch slices.

Per serving: 133 calories; 1g fat; 3g protein; 28g carbohydrate; 0mg cholesterol; 131mg sodium; 3g fiber.

'Modern Food Gifts' show you care

See related story on Taste front. Recipes from "Modern Food Gifts" by Martha Gill.

FLAVORED SUGAR

What you need

White sugar and/or raw sugar
Selection of flavoring ingredients, such as organic rosebuds, crystallized ginger, citrus fruits, cinnamon sticks, and split vanilla beans

Containers such as sugar dispensers, vinegar and oil cruets, flour shakers and bottles with stoppers
Fabric ribbons

Pour sugar into a container to a depth of half an inch. Add a small amount of your chosen flavoring ingredient. (If using cinnamon sticks to flavor the sugar, break the sticks into small pieces). Continue layering the sugar and the flavoring, ending with the sugar 1/4-inch from the top of the container.

Replace lid. Loosely tie a ribbon around the neck or top of the container.

CRANBERRY CHUTNEY

3 pounds of cranberries
Zest and juice of 2 oranges
and 3 lemons

3/4 to 1 cup sugar
1/2 cup distilled vinegar
2 teaspoons chopped fresh ginger

1 to 2 teaspoons each of ground cumin, ground coriander seeds, and red pepper flakes

1 fresh mango, peeled and chopped into 1/4-inch chunks, or other fruits such as blackberries or strawberries

Wash cranberries and place in a medium saucepan. Add 1 cup of the sugar, the vinegar, and the zest and juice. Bring to a low boil and cook just until the berries burst. Add the ginger, spices, and mango or other fruit and stir once.

Taste, adding additional sugar if necessary. (Mixture should be a little tart). Allow to cool. The chutney will keep for 1 week in the refrigerator. Makes about 3 cups.

Suggestions

Here are some ideas from Martha Gill author of "Modern Food Gifts," (Longstreet Press, \$18.95).

Confections in a Tin - You can have some serious fun gathering and mixing lemon drops, gum balls, peppermints, jelly beans, and hard fruit candies. Pour them into round metal containers.

Parmigiano-Reggiano In A Knot - Tie a wedge of Parmigiano-Reggiano in a square of cheesecloth, package with a cheese slicer/grater.

Fruits and Nuts in a Crate - Put an eclectic assortment of dried fruits, pistachio nuts, and shredded coconut into individual pouches made out of paper or fabric. Package in a wooden crate and tie with a large silk ribbon.

How to package it - Pour prepared relish into jar. Put lid and spoon in place. Tie a ribbon around the lid.



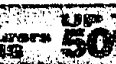
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