

Wine from page B2

ifornia wine history at the same time.

Merlot

While many of you choose merlot as red wine of choice, the wine in general, is beginning to take a rap. Many merlots, particularly those under \$20, are thin and lack flavor. Imports from Chile and Bulgaria at \$10 and under are not worth the money. Do you have to pay \$20 and more to get a really great merlot these days? Unfortunately, yes.

If you have to pay the price, you may as well get the best. Right at the top of our list is St. Francis, a winery in Sonoma County. Winemaker Tom Mackey is bullish on merlot.

"I'm not a proponent of finding another varietal, such as cabernet sauvignon or cabernet franc with merlot," he said. "If grapes come from a prime location, for merlot, the wine will have great color and will be packed with flavor."

The 1995 St. Francis Merlot \$26 is made half from estate vineyard grapes. The remainder comes from four vineyards in Sonoma Valley which Mackey said "match the flavor profile of the St. Francis estate." The unique feature of St. Francis' estate vineyard is the gravel outcropping that naturally reduces yields, concentrates fruit character and provides the right balance for merlot.

Warmer regions result in merlot with color deterioration and lighter body. Most of the time, these sites are also high-yielding. Great merlot is made from low-yielding vines. Low yields translate to great flavors and higher prices.

St. Francis has one of the few 100 percent merlot on the market, which illustrates that merlot in this location offers a complete wine without the need to blend with other Bordeaux varieties. The only problem is its popularity which outstrips production. It is available in our market now.

Passover wines

The Passover holiday begins on sundown Friday, April 10. Royal Wine Corp. has a variety of wines from California, Israel, France, Italy and Chile to help celebrate this festive and traditional holiday calling for kosher wines.

Under Royal's Baron Herzog label are several selections around \$7. For Passover Seder, Korbel Kosher Champagne is available for around \$12.

Look for Focus on Wine on the first and third Sunday of the month in Taste. To leave a voice mail message for the Focus, dial (734) 953-2047 on a touch-tone phone, Monday 10 a.m.

Sweet bread, angel wings are Easter traditions

See related story on Taste front.

Recipes compliments of Mary Legnini, Blessing of Easter baskets will take place at noon Saturday, April 11 in the social hall at St. Theodore Church, 8200 N. Wayne Road, Westland.

BRANDED EASTER BREAD

- 4 to 4 1/4 cups sifted all-purpose flour
- 3/4 cup milk, scalded
- 1 package active dry yeast, soft in 1/4 cup warm water (110 to 116°F.) If using compressed yeast, soften 1 cake in 1/4 cup lukewarm water, (80 to 85°F)
- 1/3 cup sugar
- 1/3 cup butter
- 1 1/2 teaspoons salt
- 1 egg (well beaten)
- 1/2 cup raisins
- 1/2 cup blanched almonds, coarsely chopped
- 2 teaspoons grated lemon peel
- 1 teaspoon lemon juice
- 1 beaten egg (for glaze)
- A baking sheet will be needed.
- Measure and set aside 4 to 4 1/4 cups sifted all-purpose flour. Scald 3/4 cup milk. Meanwhile, soften yeast in water. Set aside.
- Put into a large bowl, 1/3 cup sugar, 1/3 cup butter, 1 1/2 teaspoons salt. Immediately pour the

scalded milk over the sugar, butter, salt mixture. When the milk mixture is lukewarm, stir and add 1/2 cup of the sifted flour, beating well until dough is smooth.

Stir in the softened yeast and add to dough, mixing well. Add about half of the remaining flour (2 cups) and beat until very smooth.

Beat 1 beaten egg, raisins, almonds, lemon peel and lemon juice into the mixture. Add remaining flour to make a soft dough. Then turn dough onto a lightly floured surface and let stand 5 to 10 minutes. Knead.

Form dough into a large ball and put it into a greased bowl. Turn dough to give greased surface to top. Cover bowl with wax paper and towel and let stand in a warm place (about 80°F) until dough is doubled (about 1 to 1 1/2 hours). Punch dough down with fist; pull edges of dough into center and turn dough completely over in bowl. Cover; let dough rise again until nearly doubled, (about 1 to 1 1/2 hours).

Turn dough out onto floured surface. Divide dough into halves. Roll each half with palms of hands into a strip 1 inch in diameter and about 26 inches long.

To braid, lay one strip horizontally on center of board, lay other strip vertically on top, roasting at

the center of first strip. Grasp ends of horizontal strip and reverse positions. Do the same with the vertical strip. Repeat until all dough is braided.

Lightly grease baking sheet.

Place braided dough flat on baking sheet, tucking the ends under the braid. Brush with 1 egg, slightly beaten.

Let rise again 30 to 45 minutes, or until doubled.

Brush again with some of the beaten egg.

Bake at 350°F 30 to 45 minutes, or until golden brown. Remove bread and place on cooling rack. When cool, cut into 1/2-inch slices. Yield about 24 slices.

ANGEL WINGS

About 20 minutes before deep-frying, fill a deep saucepan one-half to two-thirds full with vegetable oil for deep-frying.

Heat slowly to 365°F. When using an automatic deep-fryer, follow manufacturer's directions for amount of fat and timing.

Meanwhile, sift together into a bowl

- 2 cups sifted all-purpose flour
 - 1 tablespoon sugar
 - 1/2 teaspoon salt
- Make a well in center of dry ingredients and pour in a mixture of

- 3 egg yolks, slightly beaten
- 1/2 cup thick sour cream
- 1/2 teaspoon vanilla

Blend ingredients until all of the flour is moistened. Let dough rest 1 or 2 minutes. Turn dough out onto lightly floured surface and knead until all ingredients are well blended.

Shape dough into a smooth ball; roll dough on lightly floured surface into a rectangle 1/8-inch thick. (If space will not permit, roll only one-half of the dough at a time).

With spatula, loosen dough from board whenever sticking occurs; lift dough slightly and sprinkle a little flour underneath. With floured knife, cut dough into diamond shape pieces 2 inches wide at center and 6 inches long. (A cardboard pattern may be used.) make a 1-inch lengthwise cut in the center of each diamond; pull one end through slit, twisting slightly.

Deep-fry only one layer of cookies at one time; do not crowd. Turn cookies with fork as they rise to surface and several times during cooking, but do not pierce. Fry about 3 minutes, or until lightly browned. Drain cookies over fat for a second before removing to absorbent paper. Sprinkle cookies with 2 to 3 tablespoons sugar. Yield 2 1/2 dozen cookies.

Easter from page B1

drink low-fat milk and use it in their coffee instead of cream.

"We use margarine instead of butter," said Mary. "And I cook with Pam. Instead of salami, I make my husband turkey sandwiches and always include two pieces of fruit in his lunch."

Many traditional Easter foods — scalloped potatoes, asparagus with hollandaise, quiches and tarts, are loaded with fat. Mary substitutes a low-fat margarine

for butter when she makes her Easter bread.

"Tradition is good, so don't change the menu," said Kathy Stark, executive chef for the Troy-based HoneyBaked Ham Co. "Today, recipes can be easily adapted to reflect our more health-conscious attitude. The alternative lightened meal maintains all of the tradition, yet doesn't mask the flavor of vibrant foods with heavy butter

or cream sauces."

In recipes that call for sour cream, use equal amounts of plain, low-fat yogurt instead. Use chicken broth in place of milk or cream for mashed potatoes, soups and sautéed vegetables. Try roasting vegetables instead of sautéing in butter.

To roast vegetables, place them in a roasting pan, coat with cooking spray and bake at 400°F for 20-30 minutes. Stark said

tomatoes, asparagus or mushrooms are delicious when prepared this way.

"Let the ham stand," said Stark. "Surround the ham with lower-fat foods. Many people think that flavor must be sacrificed in favor of a healthier meal. That is not true. With a few easy tricks and some new staples stashed in your cupboard, you can begin to change the way you prepare meals."

Festive vegetarian Passover dishes

See related story on Taste front.

Recipes compliments of Annabel Cohen. Join Sharon Meyer and Beverly Price, registered dietitians, for their "Natural Alternatives to Standard Hormone Replacement Therapies" workshop, lecture, cooking demonstration, and taste testing 7-8:30 p.m. Tuesdays May 5 and May 19 at Living Better Sensibly in Farmington Hills. Cost is \$50, space limited, call (248) 539-9424 to register, or to find out about the "Vegetarian Extravaganza" 7-9 p.m. Wednesday, May 13 at Orchard Lake Middle School. The cost is \$35.

ROASTED EGGPLANT WITH TOASTED MATZO AND ALMONDS

- 4 baby eggplant
 - 3 matzo, broken, toasted in 350°F oven for 5-10 minutes
 - 1/2 cup silvers or sliced almonds, toasted in 350°F oven for 5-10 minutes
 - 1 roasted red pepper, diced small
 - 1/2 cup silvers red onion
 - Handful fresh minced parsley
 - Balsamic vinegar to taste
 - Oil to drizzle
 - Salt and pepper to taste
- Roast eggplant: Stab whole eggplant once or twice with a fork or knife. Place on cookie sheet and bake for 30 minutes (or more, until soft and cooked through) in a preheated 350°F oven. Let cool and slice lengthwise. May be grilled as well.

Arrange eggplant on individual plates or on a large serving platter. Divide matzo, almonds, pepper, onion and parsley.



per, onion over eggplant. Sprinkle with parsley. Drizzle vinegar and olive oil over all. Season to taste. May be served warm or cold. Makes eight eggplant halves.

STUFFED ZUCCHINI BOATS

- Stuffing:
- 2 tablespoons olive oil
- 1/2 cup red onion, minced
- 1 stalk celery, about 1/2 cup, chopped fine
- 1/2 cup pecans, chopped
- 3 matzo, crumbled
- 1 1/2 cups vegetable broth
- 2 tablespoons fresh dill or other herb
- Salt and pepper to taste
- 4 zucchini

Prepare boats: Slice zucchini lengthwise and scoop out seeds with a teaspoon. Place on a cookie sheet.

Preheat oven to 350°F. Drizzle olive oil in a large skillet and heat over high heat. Sauté onion and celery until softened, about 3 minutes. Add pecans and cook about 1 minute more. Add matzo, broth, dill and seasoning. Cook, stirring, until the broth is absorbed and the mixture is soft. Divide the stuffing among the zucchini boats. Drizzle a little olive oil over boats and bake for 15 minutes or until the zucchini is softened and the stuffing is hot. Serve. Makes 8 boats.

WINE POACHED PEARS

- 8 pears, peeled, bottom trimmed to flatten slightly
 - 1 cup red or white wine (red will make pears pink)
 - 1 cup sugar
 - 1 lemon, sliced
 - 2 cinnamon sticks
 - Water
- Place pears, standing, in a large pot. Add wine and enough water to barely cover pears. Add remaining ingredients. Heat over high heat until the liquid begins to boil. Reduce heat and simmer pears for 1 hour or until softened. Let cool in poaching liquid. Store with some liquid. Serve warm or cold.

IGA

Corner of Orchard Lake Rd. and Ten Mile in Farmington 476-0974

Your Hometown Savings Headquarters

IT'S EASY

PICK UP YOUR FREE CUSTOMER CASH CARD TODAY! Bring it with you each time you visit our store! Our cashier will validate your purchase and record your visit. When your card is punched full, the STORE MANAGER will remove the seal in the AWARD SECTION and you will know instantly how much you've won!

(Please, do not scratch the seal on your customer Cash Card! The STORE MANAGER must remove the seal when the card is punched full!)

FAME Whole BONELESS HAM \$128 1 Lb. With \$10.00 Purchase	Premium QUALITY YAMS 50¢ Lb.
Country Fresh PRIDE 2/\$5.00 ICE CREAM 1/2 gal. round	Pillsbury CRESCENT ROLLS 2/\$3.00 Assorted Varieties 8 ct. - 10 ct. pkg.
PEPSI COLA 3/\$7.00 12 Oz. Cans or 20 Oz. Bottles +Dep. Limit 3	Medium Buy (1) EGGS get (1) FREE! With Coupon

WE ACCEPT DOUBLE MANUFACTURER'S COUPONS See Store For Details

UP TO 50¢ OFF Prices & items good Monday, April 6 thru Sunday, April 11. Check Sale Signs for Store Paper

ADVERTISED SPECIALS. WE RESERVE THE RIGHT TO LIMIT QUANTITIES. Each of these advertised items is required to be readily available for sale. If we do not have a sufficient quantity of an advertised item, we will offer you a choice of a comparable item, when available, reflecting the same savings or a rain check which will entitle you to purchase the advertised item at the advertised price within 30 days. Only one vendor coupon will be accepted per item. No sales tax. Excludes.

Edward Jones presents

an investment seminar Just for Women

It's a fact in today's world. Women generally live longer than men. That means that if you're a woman and you're not already providing for your own financial future, at some point in your life, you will probably need to.

Take the first step toward your own financial security by attending this seminar.

Member SIPC

WOMEN AND INVESTING
April 22, 1998 - 7:00 p.m.
Lansing House
Farmington Hills

The seminar is Free, but seating is limited. Call today to reserve your seat.

Vickie Lyskawa
31313 Northwestern Hwy.
Suite 108
Farmington Hills, MI 48334
1-800-816-7619

Edward Jones
Serving Individual Investors Since 1871

Brunch Buffet
10:00 am - 1:00 pm

Corned Beef and Hash
Cured Ham
Turkey with Dressing
Whitefish & Potatoes
Mashed Potatoes and Gravy
Fennel Potatoes
Coleslaw
Chocolate Bread
Desserts

Chowder & Baking
Assorted Sandwiches & Salads
Lentil Soup
Egg Salad
Coleslaw
Crispy Fried Chicken
Crispy Fried Fish
Crispy Fried Potatoes
Crispy Fried Onions
Crispy Fried Apples
Crispy Fried Bananas
Crispy Fried Peaches
Crispy Fried Plums
Crispy Fried Cherries
Crispy Fried Apples
Crispy Fried Bananas
Crispy Fried Peaches
Crispy Fried Plums
Crispy Fried Cherries

Dinner Buffet
2:00 pm - 6:00 pm

Corned Beef and Hash
Cured Ham
Turkey with Dressing
Whitefish & Potatoes
Mashed Potatoes and Gravy
Fennel Potatoes
Coleslaw
Chocolate Bread
Desserts

Chowder & Baking
Assorted Sandwiches & Salads
Lentil Soup
Egg Salad
Coleslaw
Crispy Fried Chicken
Crispy Fried Fish
Crispy Fried Potatoes
Crispy Fried Onions
Crispy Fried Apples
Crispy Fried Bananas
Crispy Fried Peaches
Crispy Fried Plums
Crispy Fried Cherries

ANDIAMO
ITALY WEST

Easter Sunday Extravaganza
April 12, 1998

Call for Reservations
(248) 865-9300

Andiamo Italia West
Telegaph Road, south of Maple in Bloomfield Hills.