

FOCUS ON WINE



RAY & ELEANOR HEALD

Dom Perignon sparkles as image-maker

Champagne did not sparkle until the last half of the 17th century. At the Benedictine Abbey of Hautvillers near Epernay, in the heart of the Champagne region, Dom Perignon brought still wine to bubbly life and essentially "invented" champagne. In memory, the house of Moët & Chandon bottles its image-making champagne as Cuvee Dom Perignon.

Dom Perignon's life was devoted to improving the still wines of the Champagne region and a result of his experimentation was the creation of today's most-celebrated wine, champagne. With much the same devotion, 43-year-old Richard Geoffroy has been making Cuvee Dom Perignon since 1990. In a recent meeting, Geoffroy detailed his background, his work and the uniqueness of the champagne he makes.

Although Geoffroy comes from a long line of Champagne grapegrowers, he went to medical school and earned his license to practice in 1982. He delayed that career and enrolled in the National School of Oenology in Reims. It is the mystery and magic of a champagne like Dom Perignon that energizes Geoffroy today. Practicing medicine is no longer a driving ambition.

Cuvee Dom Perignon is always vintage dated. "An exquisite champagne can only be made in years when nature gives us perfect grapes," Geoffroy noted. "We do try to make it every year, but the unique harmony of circumstances only occurs a few times each decade."

Nature does start the process, but it is Geoffroy's talented palate that selects still wines from the best vineyards to make a blend of perfection with bubbles.

"The beauty of champagne is that pinot noir (a red grape) and chardonnay (white grape) marry with yeast," he said. "In Dom Perignon champagne, chardonnay offers toast, coffee and butterscotch notes. Pinot noir contributes chocolate, biscuit and nutty elements."

"Even though flavors differ slightly with each vintage, the style of Dom Perignon is the same. The weight, mouthfeel and texture are always there. These come from the vineyards, the way the wine is made, the blending and aging processes. A perfect blend of vineyards allows a cherry picking of the proper vineyards suited to the vintage. With each vintage, the composition varies."

"In a classic year, more chardonnay is used because pinot noir would dominate. Perfect balance is only

Please see **IMAGE-MAKER, B2**

Wine Picks

Pick of the Pack:
1996 Bernardus Chardonnay \$20.

French wines for summer:

■ French white wines from France's Loire Valley are crisp and dry. We recommend 1996 La Poussie Sancerre \$25; 1996 Comte Lafond Sancerre \$28; and 1996 Ladoucette Pouilly Fume \$29.

■ Just off-dry and perfect with summer fruits is 1996 Marc Bredif Vouvré \$16.

■ 1996 Marc Bredif Chion \$16 is a light, mellow Loire red wine.

Barbecue Reds:

1995 Geyser Peak Reserve Merlot, Alexander Valley \$19; 1995 Gundlach-Bundschu Merlot, Sonoma Valley \$21 with grilled tuna or swordfish; 1996 Morgan Pinot Noir \$22 with grilled salmon, and 1995 Mt. Veeder Cabernet Sauvignon, Napa Valley \$30 with a thick, juicy steak.

Best buy:
1997 Meridian Sauvignon Blanc \$8.50 is fresh and delicious.

LOOKING AHEAD

What to watch for in Taste next week:

- 2 Unique
- Main Dish Miracle

wok

ON THE WILD SIDE



Elizabeth Chiu King learned to eat before she learned to cook.

"My nanny Ah Woo was a born chef," said King who grew up in Shanghai, Canton and Hong Kong and now lives in Bloomfield Hills with her husband, Albert. "My parents used to give a lot of parties. I spent a lot of time in the kitchen listening to the sounds, the sizzling. I remember the smells, texture and colors. I became a gourmet eater."

When Chinese friends greet each other, they almost immediately ask, "have you eaten?"

"In China, cooking is a culinary art, and eating is of the highest order," said King who talks about food "the way artists talk about painting."

Ivory & Jade Flowers sounds like the name of a painting, but it's not. When King stir-fries Ivory (cauliflower) and Jade (broccoli) florets with garlic and oyster-flavored sauce, she is creating not only a work of art, but a scrumptious dish, one of 78 featured in "A Wok A Week - 62 Lite and Easy Meals," (China Books & Periodicals, Inc., San Francisco, \$17.95) which she co-authored with Donna H. Dean.

King has eaten Chinese food all her life, but her cholesterol was high, and she wanted to cut back on fat.

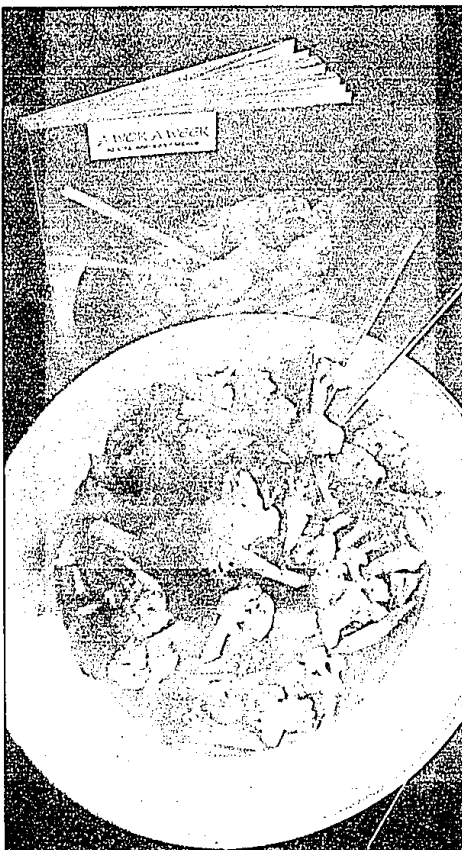
"Chinese food is intrinsically low-fat," said King. "We use vegetables and less meat but usually a lot of oil."

She met Dean at a conference in Portland, Ore., and they started talking about food. Dean is a public health educator with extensive experience in the field of low-fat nutrition.

"She kept me on the straight and narrow and fed me different literature about low-fat cooking," said King. "A Wok A Week," took eight years to write.

"Stir-fry is the traditional method to cook Chinese food, but we have over 30 cooking methods," explained King. "I developed a new term - stir-toss. I use broth or water to prevent foods from sticking to the wok. I use no more than a tablespoon of oil for a recipe for four. Marinating meat, poultry and seafood allows the flavors to seep in. If you marinate meat overnight it's oh so tender."

None of the recipes in the book call for hard-to-get ingredients. "They require minimal cutting, and the ingredients are even available in Iowa and Idaho," she said. "Uncommon ingredients turns people off." "A Wok A Week" is a clever way of whetting your appetite for Chinese cooking, not all of the recipes are stir-tossed. King also employs other cooking techniques in her recipes - baking, boiling, braising, grilling, poaching and roasting. There are even step-by-step menus, and a party plan to celebrate the seasons. She explains how to season and



clean your wok too and says the secret is to cook with a hot wok. Electric woks are OK, but they take longer to heat up. If you wanted to plan meals by the book, you could plan one Chinese meal every week using "A Wok A Week."

There are 62 menus, one for every week of the year. Menus take into account the seasonal availability of foods, and each recipe includes a nutritional analysis by Bob Wilson.

"I had to revise recipes to be 30 percent fat or less," said King. "Each recipe can stand on their own. We put together menus because a lot of people say they want to cook a Chinese meal, but don't know how to plan one. You could serve Ivory & Jade Flowers with hamburgers."

Culinary adventure: "A Wok A Week - 62 Lite and Easy Meals" by Elizabeth Chiu King and Donna H. Dean (China Books & Periodicals, Inc.; \$17.95) takes the fat not flavor out of Chinese cooking (Far left) Elizabeth Chiu King stir-fries Ivory & Jade Flowers, a colorful blend of cauliflower and broccoli seasoned with garlic and oyster sauce.

Each recipe is beautifully illustrated with brush drawings by Xi'an Lin. The recipes themselves are works of art. King uses a variety of colors, textures and flavors to create culinary masterpieces.

She studied with master chefs in the U.S. and China and earned bachelor's and master's degrees in English, and a master's degree in library science.

Fluent in four Chinese dialects, King is an authority on Chinese cooking, restaurants, culture, arts, customs and traditions. She'll be giving two lectures on Chinese cooking at the Detroit Opera House this summer.

The mother of two grown sons, King and her husband, a professor in the College of Engineering and adjunct professor in the School of Medicine at Wayne State University, have two grandchildren, and one on the way.

She travels extensively and has taught numerous cooking classes locally and is a frequent guest on television and radio talk shows throughout the United States, Canada and China.

"A Wok A Week" is her fifth book. Her "15-Minute Chinese Gourmet" was published by McMillan in 1986.

See recipes inside.

Book Signings

Elizabeth Chiu King will be signing copies of "A Wok A Week - 62 Lite and Easy Meals" at the following Borders Books & Music stores:

- 7:30 p.m. Tuesday, June 30 - 30995 Orchard Lake Road, Farmington Hills.
- 7 p.m. Thursday, July 2 - 43075 Crescent Boulevard, Novi.
- 7 p.m. Thursday, July 9 - 1122 S. Rochester Road, Rochester Hills.

Lectures

WHAT: King will present two lectures this summer at the Detroit Opera House, on the corner of Madison Avenue and Broadway, (one block east of Woodward Avenue), Detroit.

WHERE: 7:30 p.m. Wednesday, July 8 - Food in Chinese Culture; 7:30 p.m. Wednesday, July 15 - How to Look 10 Years Younger; Eat Well, Eat Right (includes cooking demo and sampling).

COST: \$25 for both lectures, includes materials. Call (313) 874-7290 for reservations/information.

When it comes to health, father doesn't always know best

LIVING BETTER SENSIBLY



BEVERLY PRICE

Attention men! Mark these dates on your calendars - Saturday, June 13, Men's Health Day, and Sunday, June 14, Father's Day.

My husband, David Price, always reminds me that men should be recognized not just on Father's Day, but year-round. Men provide financial, emotional and spiritual support to their wives, children and other family members.

To continue being such good guys, men need to attend to their health. Statistics show men are less likely to have regular physicals, or take care

of a pressing health problem than women.

Each year, approximately 38,000 men lose their life to prostate cancer, which is currently the second leading cancer killer of men. Many of these deaths could have been prevented had these men been diagnosed and treated early.

After listening to a dynamic lecture in May by a representative from the Karmanos Cancer Institute,

I decided to focus on prevention of prostate cancer through a healthy diet.

Cancer risk factors

First of all, let's take a look at risk factors. You are more at risk for prostate cancer if you are over 40, African American, or have a family history of prostate cancer. A poor diet also raises your cancer risk.

According to the National Research Council and National Cancer Institute, diet is the greatest single contributor to the current cancer epidemic, specifically breast, colon and prostate cancer.

More cancers are caused by poor diet than by tobacco, alcohol, radiation, pollution and medications. It is now known that high-fat diets can put men at risk for prostate cancer.

half as much animal fat.

Animal protein sources are generally not only the highest in fat content but are the most concentrated sources of protein. High-protein diets have been implicated in cancer of the colon, prostate, and pancreas.

Red meat is linked to a higher risk of colon and prostate cancer. Men who are heavy red meat eaters have four times the risk of colon cancer and are twice as likely to get prostate cancer.

Antioxidants

As a general rule, high consumption of vegetables and fruits can cut in half the risk of many cancers. Carrots, green leafy vegetables, "cruciferous" vegetables such as broccoli and cabbage, and citrus fruit are considered the most beneficial for preventing cancer. These types of foods contain "antioxidants," which prevent substances from forming that can damage cells and impair their natural ability to resist the development of cancer.

Please see **HEALTH, B2**