

## FOCUS ON WINE



RAY &amp; ELEANOR HEALD

## Real Chablis stands up!

Definitely! Chablis has been debased by the California wine industry. For many years, the name was (and to some degree, unfortunately, still is) associated with white wine in a box.

That's not real Chablis. The genuine, great wine is Chardonnay from the northern reaches of France's Burgundy region called Chablis.

The 10,000 acres of Chablis vineyards, located half-way between Paris and Dijon, formerly belonged to a much larger grape-growing region which covered all the hilly slopes as far as the Cote d'Or, the heart of Burgundy. Like all European vineyards, they were devastated by the vine louse phylloxera in the late 19th century.

When vineyards were replanted on phylloxera-resistant American rootstock, only those parcels capable of producing top-quality wines were again put under vine.

## Basic groups

There are four basic groups of Chablis wines:

- Petit Chablis can come from anywhere in the appellation. Similar to the concept of Bourgogne Blanc. Not much Petit Chablis is exported to the U.S.

- Chablis comes from specific parcels in 19 communes.

- Chablis Premier Cru from 40 named plots.

- Chablis Grand Cru is produced only from specifically named plots in three communes.

Chablis Premier Cru and Chablis pair exceptionally well with fish, foie gras, oysters, escargot, white meat and poultry.

Our affection for Chablis also has a very personal side.

About 20 months ago, we paid a visit to Chateau Chantal on Michigan's Old Mission Peninsula. The winery was hosting a winemaker intern with deep family roots in France's Chablis region. Jean-Francois Bordet had an infectious grin. We knew he wanted to speak to the people in our group, but he couldn't. He spoke only French. Part of his internship was to learn to speak English. Eleanor engaged in French conversation with him and learned his family history.

In no time flat, Bordet learned English. Several weeks ago, we visited his family in Chablis and met his 75-year-old grandfather Roger Seguinot, the man behind Bordet's

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## Wine Picks

- Oregon pinot noir has come of age, at least as far as we're concerned with Archaery Summit. Prices are high, just like French estate red Burgundy, but these two wines are winners: 1996 Archaery Summit Premier Cuvée, Oregon Pinot Noir \$41 and 1996 Archaery Summit Arcus Estate Oregon Pinot Noir \$64.

- There's also a new white wine from Archaery Summit, 1997 Viot, Blanc des Collines Rouges \$28. The "Rouges" in French references the Red Hills of Dundee, the origin of the grapes. The wine is white, a blend of Pinot Gris, Pinot Blanc, and Pinot Noir and Chardonnay. It's fabulous.

- You've heard about the great 1994 vintage for cabernet sauvignon in California. Most of the wine has been sold, but there are a few sensational late releases. Do not walk, run to your favorite retailer and buy two superb 1994s: Gallo Sonoma Stefani Vineyard Cabernet Sauvignon \$22 and 1994 Gallo Sonoma Northern Sonoma Estate Cabernet Sauvignon \$57 produced from Gallo's finest blocks of cabernet in Sonoma County. If you've still got an old mentality toward Gallo, we've told you before, get over it!

- Three other wines that scored high in our recent tastings are: 1995 Merseche Lodovico Antinori Ornellaia \$35 and 1995 Ferrari-Carano Reserve Chardonnay \$35.

## LOOKING AHEAD

What to watch for in Taste next week:

- Main Dish Miracle
- Vegetarian cooking

## FEEL THE HEAT

## CHILLHEADS AND FANS GET FIRED UP

By KEELY WYGONIK  
STAFF WRITER

## Fall Chili Cookoffs

**WHERE:** The Michigan State, and Plymouth Great Lakes Regional Chili Cookoffs, will be in the Gathering, across from Kellogg Park, downtown Plymouth. Admission is free. Call Annette Horn, (734) 455-8838 for more information. Cooks will compete for cash prizes and trophies, and award for best booth.

- 1998 Michigan State Chili Cookoff - Saturday, Sept. 12. Food preparation starts 1 p.m. with cooking at 2 p.m. Chili will be ready for judging and sampling at 5 p.m.

- Plymouth Great Lakes Regional Chili Cookoff - Sunday, Oct. 4. Competition begins 11 a.m. Chili will be ready for judging and sampling at 2 p.m.

The entry fee is \$35 for International Chili Society members, \$65 non-members, includes ICS membership. Call Annette Horn for more information.

- Heartland Health-Care Centers, Plymouth Court, Second Annual Chili-Pepper Run, 10K and one mile walk/run, Sunday, Oct. 4, downtown Plymouth. Walk begins 8:30 a.m., 10K race begins 9 a.m. Entry fee \$14 before Sept. 27, \$17 on day of the race. Registration and race packet pick-up 7 a.m. to 8:15 a.m. Oct. 4, at Kellogg Park. Call (734) 455-0510 for information.

- Wonder-Fall ChiliFest - noon to 10 p.m. Sunday, Sept. 13, at Copper Mug, 1704 W. Maple (corner of Decker Road), Walled Lake. More cooks are needed, call Patty or Al (248) 624-9659. Donation \$1, no children, or anyone under 21 years of age admitted.

## Judging Guidelines

If you're thinking about competing in a chili cookoff, here are some pointers. You can also visit the International Chili Society web page, [www.chilicookoff.com](http://www.chilicookoff.com), call (702) 643-5700, or write to the International Chili Society, 6755 Speedway Blvd., Las Vegas, NV 89115.

Chili cookoff judges are told to consider these major characteristics of chili.

- Good flavor and chili pepper taste. Not too hot, not too mild.
- The texture of the meat. Not too tough, not too mushy.
- Consistency. Not too thick, not too thin.
- The blend of spices and how they permeated the meat.
- Aroma
- Color, however, this should not be a material factor in determining the winners.

Judges are told the best way to determine their choice is to pick the one chili that appeals to them the most. If you could only have one type of chili for the rest of your life - which container on the table would it be?

Once you've thrown a big party, the next time tends to be a little easier," said Annette Horn with a shrug. She's keeping cool under the pressure of presenting two chili cookoffs in downtown Plymouth this year, the first Saturday, Sept. 12 during Fall Festival with one to follow on Sunday, Oct. 4.

"I love chili, and I love supporting the different groups it will benefit," said Horn in between customers on a busy morning at Native West, a Southwest gallery she co-owns with her husband, Ken.

"Fall Festival needed something a little different this year, and the cookoff fits in, so why not?" So far, 38 people have signed up to cook in the International Chili Society sanctioned event to benefit Plymouth service organizations, and school groups. During our interview, six people called for information, and there was an application from a cook in the mail. Horn is expecting to fill all 60 spots with cooks from Michigan, and all over the Midwest. She has gotten calls from cooks in Texas, New York, Oklahoma, Pennsylvania and Kentucky who are interested in participating. The winner of both the Sept. 12 and Oct. 4 cookoff advances to the World Championship Chili Cookoff Saturday, Oct. 10 in Las Vegas, and a shot at the \$25,000 grand prize. The winner of the Sept. 12 cookoff will receive a trophy and \$1,000. Second, third, fourth and fifth place trophies will also be awarded.

"We want people to experience what a chili cookoff is," said Horn. "The more people that view it, the more will want to cook. The whole idea is to bring in new cooks."

## Hooked on chili

Horn got hooked after attending her first chili cookoff in 1983. "Everyone was having so much fun, and I wanted to be part of it," she said. In 1985 she and Ken cooked together at a cookoff in Saline, and even though their Fireworks Chili placed eighth, they decided to return in 1986 for another try at a trophy. They placed third and won first place in 1987.

They competed together until they got to the point when "I wanted to add a new spice, and he said 'no.' He wanted to add heat, and I said 'no.' It got to the point when the chili was being pulled in two different directions, and it made sense for us to make our own."

Since Annette thought of the name, her chili is Fireworks Chili No. 1, and Ken's Fireworks Chili No. 2.

"Whenever we're cooking I taste his, and mine tastes better, but the judges seem to like his more it seems. That's OK, I learned a long time ago that everyone's chili is the best."

Last year, Ken placed second in 19th annual Michigan State Chili Championship Cook-Off held Sept. 7 at Five Lakes Grill in Milford. Both

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Couple of chillheads: Champion chili cooks John and Mary Ellen Janes will be cooking at the 20th annual Michigan State Chili Championship. John Janes calls his chili "Lightning Strikes Twice." Mary Ellen Janes' chili is named, "Spouse's Revenge."

## Chili Cooks

MICHIGAN STATE  
CHILI CHAMPIONSHIP PARTICIPANTS:

- Chili Joe & Chef Curtis - Westland
- Diane Adamski "Original Sin Chili" - Redford
- Ray Frederick "Tiger's Bite Chili" - Farmington Hills
- Marilyn Frederick "Time Bomb Chili" - Farmington Hills
- Leonard Swartz "Hot Head Chili" - Plymouth
- John Bida "Mad Dog Hot Chili" - Plymouth
- James Sholar "Colonel Jim's Chili" - Canton
- Larry Strauss "Leo Batch Chili" - Troy
- Roy and Marge DeBoit "Speedboat Bar & Grill" - Belleville
- Gayle Ihlenfeldt "Bustin Loose Chili" - Belleville
- Wally Stec - Belleville
- Anne Bowers "Whoooose Chili" - Belleville
- Rodger King "Bad to the Bone Chili" - Belleville
- Robert Spada "Bob's Blow a Hole in Your Drawers Chili" - Wayne

## COOKOFF JUDGES:

- Georgia Waller, Bloomfield Hills, 1996 World Championship Chili Cookoff winner
- Steve Walters, Plymouth City Manager
- Don McDurmon, Plymouth/Plymouth Township Fire Inspector
- Anthony Shannon, Wayne County Sheriff's Dept.
- John Cleveland, owner Water Club Grill
- Keely Wygonik, Observer & Eccentric Taste editor
- Bob Vargo, champion chili cook, general manager Beau Jack's, Bloomfield Hills
- Jim and Mary Lark, owners the Lark restaurant, West Bloomfield
- Don Dismuke, Mayor City of Plymouth

## Eating healthy food helps kids who need it most

LIVING BETTER  
SENSIBLY

BEVERLY PRICE

impaired growth. These kids generally have a poor diet to begin with.

The effect of sugar and artificial colors and dyes on the behavior of children remains controversial. In children with ADHD, the consensus seems to be that sugar in conjunction with caffeine, artificial colors, dyes, and additives can exacerbate this condition. A two-ounce can of caffeinated soft drink consumed by a child is equivalent to the effect of four cups of coffee consumed by an adult.

Elaine Webber, a nurse practitioner at Botsford General Hospital in Farmington Hills, says "The problem with the diets of children who are truly ADHD is not what they are eating, but what they are not eating. Too much junk blocks out the ability to obtain healthy nutrients which can help the brain to

function more efficiently."

She also hits the nail right on the head by saying, "We educate our kids in the classroom on the hazards of drug abuse, but then provide them with junk food (i.e. 'hotdog lunches') and line them up at the nurses office for their daily dose of Ritalin or other powerful mood altering drugs."

According to Scott Papp, Recreation Therapist and Supervisor at Southeast Center for Mentally Ill and Mentally Retarded Adults, "We need more information to determine the chemical breakdown of foods and how their excesses or deficiencies can control behaviors. Psychotropic drugs are always the first line of therapy used when treating the mentally ill which can cause weight gain and other unwanted side effects. Although clients may feel that they are limited by an altered diet, healthy eating can help them tremendously and is definitely implemented for their benefit."

On a different note, 5-year-old Alec Popp of Walled Lake, was diagnosed with cerebral palsy since birth. He has very low muscle tone and his trunk is specifically affected. He requires a great amount of physical, occupational and speech therapy. On a positive note, he is highly motivated to eat a healthy diet, and takes a variety of nutritional supplements which have helped him manage his condition.

Alec's mom, Debbie, met a woman at Alec's phys-

ical therapy clinic who told her about a treatment at "Euromed" in Poland with an Adeli "space" suit. This is a modified version of the Cosmonaut space suit and is customized for each child. When Debbie and Alec flew to Poland for this treatment, they found that wearing the suit put Alec's body into normal body posture for the first time in his life. When in the suit, joints and muscles get kinesthetic information and Alec is able to do things he normally can't do. Alec goes for therapy for an entire month every three to four months, wears the suit six days per week for that month, and has four to five hours of therapy per day with two to three therapists.

It is estimated that he will need six hours of therapy, and this can vary for each child with cerebral palsy. This treatment is quite costly, and efforts are being made to start a program in the United States. You can donate to the Adeli Suit Fund by sending a tax deductible contribution to P.O. Box 4683, Troy, Mich. 48069-4683, or call (248) 585-4042 for more information.

Beverly Price is a registered dietitian and exercise physiologist. She operates Living Better Sensibly, a private nutrition practice in Farmington Hills that offers programs for individuals and corporations. She is the co-author of "Nutrition Secrets for Optimal Health," Tall Tree Publishing Company. Visit her website at [www.nutritionsecrets.com](http://www.nutritionsecrets.com).

Look for her column on the first Sunday of each month in Taste.