

Pure maple syrup makes everything special

See related story on Taste front.

VERMONT MAPLE SAUSAGE PARTIES

- 2 slices whole-wheat bread
- 1/3 cup low-fat milk
- 1 pound pork tenderloin, trimmed of fat
- 1 cup peeled, grated apple (about 1 large apple)
- 2 tablespoons pure maple syrup
- 1 teaspoon dried rubbed sage
- 1 teaspoon dried thyme leaves
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground maca
- Pinch of ground red pepper (cayenne)

Finely crumble bread into a mixing bowl, stir in milk, and set aside to soak.

Finely chop the pork with a large knife. Add the chopped pork to the soaked bread along with apples, maple syrup, sage, thyme, salt, black pepper, ginger, maca and red pepper.

Mix together thoroughly with clean hands (the mixture will be fairly soft.) Form the sausage mixture into 16 patties, using about 3 tablespoons per patty. (Wash hands and everything touched by raw pork thoroughly.)

Heat a large nonstick skillet over medium-low heat. Brown half of the patties until no longer pink in the center, 3 to 4 minutes per side. Transfer to a serving plate and cover to keep warm. Repeat with remaining patties.

Patties can also be baked in the oven at 400°F for 5 to 8 minutes. This keeps more of the flavor in

the sausage. Makes 16 patties.

Recipe from the Inn at the Round Barn Farm/Watfield, Vt. featured in "Innkeepers' Best Low-Fat Breakfasts: 60 Delicious Recipes Shared by Bed & Breakfast Innkeepers Across the Country," by Laura Zahn, Down to Earth Publications, St. Paul, Minn.

MAPLE-MUSTARD DRUMSTICKS

- 1/2 cup maple syrup
 - 1/4 cup bottled chili sauce
 - 1/4 cup cider vinegar
 - 2 tablespoons prepared white horseradish
 - 2 teaspoons dry mustard
 - 2 1/2 to 3 pounds chicken drumsticks
- Prepare a medium-hot fire in a barbecue grill. Meanwhile, in a small non-reactive saucepan, combine maple syrup, chili sauce, vinegar, horseradish, and mustard.

Cook over medium-low heat, stirring to dissolve mustard, until sauce is hot, about 2 minutes. Remove from heat.

Grill chicken, turning once, 15 minutes. Brush with some of the sauce and continue to grill, turning and brushing occasionally with sauce, until chicken juices run clear when pricked with a knife tip, 20 to 25 minutes longer. Stop basting about 5 minutes before chicken is done. Serves 6.

Recipe from "365 More Ways to Cook Chicken," by Melanie Barnard, HarperCollins Publishers.

MAPLE-BAKED CHICKEN

- 1 (3 pound) broiler-fryer chicken, cut into 10 serving pieces or 3 pounds drumsticks, thighs or wings
- 1/2 teaspoon fried-chicken seasoning or poultry seasoning

- 1/2 teaspoon salt (optional)
- 1/4 teaspoon ground black pepper
- 1/2 cup maple syrup
- 1/4 cup prepared mustard
- 2 teaspoons fresh lemon juice
- 2 tablespoons margarine or butter, cut into small pieces

Optional garnishes: parsley sprigs

Heat oven to 350°F. Remove any visible fat from chicken pieces.

Rinse chicken under cold water; blot dry with paper towels. Rub with seasoning blend, salt (if desired), and pepper.

In large baking dish, arrange chicken pieces in single layer. In medium-size bowl, blend syrup, mustard, and lemon juice; pour mixture over chicken. Dot with margarine.

Cover with foil; bake 30 min-

utes. Uncover dish; bake basting occasionally with pan juices, until browned and glazed, about 20 additional minutes. Transfer to serving platter; garnish with parsley. Serves 5.

Recipe from "Essence Brings You Great Cooking," by Jonell Nash, Amistad Press, New York.

ORANGE-MAPLE SYRUP

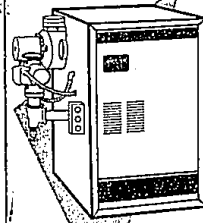
- 3/4 cup pure maple syrup
- 1/4 cup orange juice

In a small saucepan, bring maple syrup and orange juice to a boil over high heat, stirring frequently. Serve warm. Makes 1 cup.

Make a double batch of this syrup and store in the refrigerator for French toast, pancakes or waffles.

Recipe from "365 Delicious Low-Fat Recipes," by Phyllis Kohn, HarperCollins Publishers, New York.

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Wine from page B1

merlot and syrah. Some merlot was also planted in sandy soil while chardonnay and sauvignon blanc were planted in deep, fertile soils.

"There are numerous advantages to grape growing for fine wines in Chile," Correa said. "Among them are low disease pressure because of isolation between the Andes and the ocean. Soils are very acidic, therefore Chile has not experienced the ravages of phylloxera and may never. We are still planting grape vines on their own roots and are not using rootstock."

Most Vina Tarapaca wines range in price between \$7 and \$10. While Correa is introduc-

Fruity and crisp, the 1998 Estate Sauvignon Blanc \$7, paired well with a delicate Asian-styled seafood preparation.

ing new grape varieties to Chile, wines principally available now are sauvignon blanc, chardonnay, merlot and cabernet sauvignon. Since these are the top four most-requested varietal wines in the U.S., we're all in luck.

Vina Tarapaca tasting notes

Fruity and crisp, the 1998 Estate Sauvignon Blanc \$7, paired well with a delicate Asian-styled seafood preparation.

The 1998 La Isla Sauvignon Blanc \$10, from a special vineyard parcel, is reminiscent of a French Sancerre. No wonder, 90 percent French clone! It has a fuller mouthfeel, is rich, balanced and really delicious with broiled fish that shows off its

coconut notes in the finish. Among the chardonnays are 1998 Estate \$7 and 1997 Reserva \$10. The Estate is a fruit-driven wine with fresh, fruity finish. The Reserva has very complex aromas and flavors. At this price it has an amazing finish with loads of finesse.

Merlots are 1996 Estate \$7 and 1996 Reserva \$10. The estate is fruit laden and easy drinking, but the Reserva has more guts in a medium-bodied wine with complex, generous layers of fruit.

In cabernet sauvignon, Vina Tarapaca offers 1996 Estate Cabernet Sauvignon \$7 and 1994 Reserva \$10. Again the Estate is fruit driven and with a medium body, it is a great value at this price. The excellent structure of the Reserva, with

its depthful fruit and distinct spicy notes, is well worth the added price.

New-Age Chilean red

The knockout wine, however, is 1996 Vina Tarapaca Zavalá \$35, a New Age proprietary blend of cabernet sauvignon, merlot and syrah made from grapes grown on the Vina Tarapaca Estate. Zavalá is a tribute to the former owner of Vina Tarapaca, Signora Arturo Zavalá, the guiding force at the winery for a half century. Interesting to note: Vina Tarapaca has the largest planting of syrah in Chile.

In Zavalá, bright red fruit accents are enhanced by two periods of aging in French oak, eight months in individual wine components, then another 13 months as the blend. "I put my personality in this wine," Correa concluded.

Look for Focus on Wine on the first and third Sunday of the month in Taste. To leave a voice mail message for the Hosts, dial (734) 953-2047 on a touch-tone phone, mailbox 1864.

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