

# Children will love to make these recipes

See related story on Taste front. Recipes from "Kitchen CAPE-ra: Recipes your Children will love to make and eat," by Barbara Burman for CAPE brand fruit.

## BLACK BEAN BURRITO WITH GRAPE-AVOCADO SALSA

- 1 cup canned black beans, rinsed and well-drained
- 1 cup black CAPE grapes, seeded and quartered
- 1 Haas avocado, peeled and diced
- 1/4 cup chopped scallions
- 1/3 cup finely diced red bell pepper
- 1 jalapeno pepper, seeded and finely diced
- 1/4 cup chopped fresh cilantro

1 tablespoon lime juice  
Salt and pepper to taste  
5 large tortillas

In bowl, combine black beans, grapes, avocado, scallions, peppers, cilantro and lime juice season with salt and pepper to taste. Cover and refrigerate. To serve, spread a scant 1/2 cup filling down center of each flour tortilla turn up bottom and ends and roll up to enclose filling. Serve immediately. Makes 5 sandwiches.

## VERY BERRY GRAPE CRUMBLE

- Fruit Mixture:
- 3 cups black CAPE grapes, halved and seeded
  - 2 teaspoons cornstarch
  - 1/3 cup apricot preserves
- Topping:

2/3 cup oil-purpose flour  
1/3 cup packed brown sugar  
1/2 teaspoon ground ginger  
1/3 cup soft butter, cut in pieces

In a bowl, toss grapes with cornstarch, salt and pepper. Place in a greased 8-inch square baking dish. In a food processor, combine flour, sugar, ginger and butter. Process until crumbly. Sprinkle over fruit.

Bake in oven preheated to 350°F for 30 to 35 minutes or until crumb mixture is golden and filling is bubbly. Serve warm or at room temperature topped with ice cream if desired. Makes 6 servings.

## GRAPE TEA CAKES

- 1 cup oil-purpose flour

1/3 cup granulated sugar  
3/4 teaspoon baking powder  
1/4 cup vegetable oil or melted butter  
1 egg  
1/3 cup plain yogurt  
1/4 cup vegetable oil or melted butter  
1 teaspoon vanilla

Topping:

- 1 cup CAPE grapes, halved and seeded
- 2 teaspoons granulated sugar
- 1/2 teaspoon cinnamon

Arrange 8 six-ounce custard cups or ramekin dishes on a baking dish. Place muffin paper liners in each dish and press around sides and bottom so liners fit shape of cups. Spray with non-stick cooking spray.

In mixing bowl, sift together flour, sugar, baking powder, soda and salt. In another bowl, whisk together egg, yogurt, oil or melted butter, and vanilla; stir into flour mixture until just combined.

Divide batter among the cups and spread evenly. Arrange grapes, cut side down, on top of batter. Combine sugar and cinnamon; sprinkle over tops. Bake in preheated 350°F oven for 22 to 25 minutes or until toothpick inserted in cake comes out clean. Let stand 5 minutes. Remove cakes from custard cups or ramekins and place on rack. Makes 6 cakes.

## GLAZED CARROTS AND GRAPES

- 1 1/2 pounds carrots, peeled and cut into 1/2-inch thin strips

2 tablespoons butter  
2 tablespoons balsamic vinegar  
1 cup black CAPE grapes, halved and seeded  
Salt and pepper to taste  
2 tablespoons chopped fresh parsley

Cook carrot strips in lightly salted boiling water for 5 minutes or until crisp-tender. Drain. Return carrots to saucepan; add butter and balsamic vinegar. Cook over medium heat, stirring often, until liquid evaporates and carrots are glazed.

Add grapes and heat through. Season with salt and pepper to taste. Sprinkle with parsley and serve. Makes 6 servings.

## Wines from page B2

notes in the smallest of the cognac districts accounting for only 4.5 percent of total cognac production.

Clay and flint soils produce a softer-style 16-year-old cognac with the distinct aromas of violets, pears and toasted almonds. Gabriel & Andreu Fins Bois \$30 has orange, licorice and carnation aromas with a fine, palate impression and elegant finish. Aged only eight years, it's a light style, expressive of the district and a good introductory cognac.

Should you forget what you're looking for in aroma or flavors or where the single district is located, Gabriel & Andreu point out both between well-designed front and back labels on each bottle.

## Passover wines

For Passover, many new Kosher and mevushal wines are available. Korbel Kosher Champagne \$13 offers a lively complement to any Passover feast. Produced under constant rabbinical supervision and flash pasteurized before fermentation, it is mevushal.

And on the mevushal topic, it'll set the record straight. Flash pasteurization is not boiling in any sense of the word, nor does it harm a wine. Just the opposite, it may enhance wine aromatics and complexities as well as stabilizing color and tannins. Today, non-Kosher wineries, many craft breweries and fresh juice processors use flash pasteurization for its positive effects.

## Wines from Argentina

To all readers who left voice mail inquiring about unavailability of Mariposa and Tapiz wines from Argentina after our column on Jan. 17: The wines are now in plentiful supply. However, Kendall-Jackson Artisan & Estates Vice President Jim Caudill offers the following as an apology to all our readers who tried to find the wines and could not. E-mail him at J.Caudill@kjmail.com and he'll send you something nice. Indicate "Eleanor & Ray sent me" along with your mailing address.

And if you missed the column featuring Mariposa and Tapiz wines from Argentina, don't miss tasting 1997 Mariposa Chardonnay, Merlot and Cabernet Sauvignon (all \$9). The 1997 Tapiz Reserve Malbec \$15 is a knock-out red wine.

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

## Conquests from page B1

4 tablespoons cider vinegar  
4 tablespoons green pepper-corns  
4 tablespoons unsalted butter  
Arrowroot or cornstarch to thicken

Reduce apple cider by 3/4 and add stock and vinegar — simmer 15 minutes. Crush green pepper-corns and add to sauce. Thicken with arrowroot or cornstarch and whip in butter.

## FOR OSTRICH STEAKS

Use flank filets, steaks or tenderloin, about 6 to 7 oz. for each person. Season with kosher salt

and cracked black pepper. Rub with olive oil and place on hot grill, cook until medium-rare or until 125°F internal temperature. To serve: Let meat rest for five minutes on a cutting board. Slice thin against grain of the meat or leave in steak form. Place on plate and pour sauce over the top. Serve 4.

Chef Randy Smith is the Executive Chef at Big Rock Chop & Brew House in Birmingham.

## COOKING CALENDAR

Send items for consideration in Cooking Calendar to Keely Wygonik, Taste editor, Observer & Eccentric Newspapers, Inc., 36251 Schoolcraft, Livonia, MI 48150, or fax (734) 591-7279.

**ASK THE EXPERTS**

Visit the food safety experts from the Michigan Food Safety Task Force, 11 a.m. to 3 p.m. March 26-28 at the Kroger store on 11 Mile Road at Middlebelt in Farmington. The task force is comprised of professionals from the Michigan State University Extension Service, FDA and Krogers. Free meat thermometers will be distributed to the first 100 people who participate in a food safety quiz/survey.

Other free informative food safety materials will also be available.

**CHOCOLATE DEMO PROGRAM**

Presented by world-renowned Pastry Chef Ewald Notter, Saturday and Sunday, April 10-11 at the Lark Restaurant. The class and lunch will begin at 10:45 a.m. and will end after dessert is served between 3:30 and 4 p.m. The cost is \$100 per person. Reservations are a must. Call (248) 344-2197.

**VEGETARIAN COOKING CLASSES**

Offered by Lenore's Natural Cuisine, 22899 Inkster Road, Farmington Hills. Call (248) 478-4455 for registration information.

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\*Half price products cannot be used for donations, or products on sale for high schools for local youth.