

FOCUS ON WINE



Joseph Phelps Vineyards stars at WineFest

Having been in the wine business for over 25 years qualifies Joseph Phelps Vineyards owner Joe Phelps as a member of the Senior Class of Napa Valley winemakers. His wines are superstars at the head of that class.

But Phelps isn't looking back nor resting on his laurels. He continues to enhance his vineyards and lock up premium grape sources for 21st century wines. He doesn't try to do it all. Company president and CEO Tom Shelton has ramped up the winery's image at home and abroad. Veteran winemaker Craig Williams has been with Joseph Phelps Vineyards since 1976 and in charge of red winemaking since 1980. Red wines at Phelps include the winery's flagship Insignia.

No single Napa Valley wine is more apocryphal than Phelps Insignia. With release of the 1974 Insignia in the spring of 1978, Joseph Phelps Vineyards became the first California winery to produce and blend the traditional Bordeaux grape varieties of cabernet sauvignon, merlot and cabernet franc under a proprietary label. Considered innovative at the time (it was not until 1984 that another such blend, Opus One, was released), Insignia continues to represent the highest expression of wine-making available to Joseph Phelps in a given vintage. Today, a number of wineries fashion Bordeaux-style blends under the term Meritage.

Phelps is not on a about Insignia. From superbly crafted varietal bottles, to a Rhone wine program, the Panache concept and on to luscious dessert wines, all Joseph Phelps Vineyard wines are stars. Phelps Chardonnay originates from its cool-climate vineyards in Carneros and Yountville resulting in wine with crisp forward flavors of pear, citrus and tropical fruit balanced by hints of vanilla toasty oak. Estate-grown Sauvignon Blanc stems from Phelps Spring Valley Vineyards outside St. Helena. Mineral and grass-like aromas are complemented by melon/grapefruit flavors with a lively finish.

The majority of Phelps Cabernet Sauvignon comes from its Stag Leap District vineyard and is noted for its complex, spicy aromas and red fruit flavors culminating in a long, smooth finish.

Rhone Ranger

Joseph Phelps became the first Rhone Ranger in 1974 with the inaugural California commercial release of true French syrah. In 1989, Phelps introduced a separate brand called Vin du Mistral which now includes syrah, viognier, grenache rose and the proprietary blend Le Mistral (a wine

Please see WINEFEST, B2

Wine Picks

- **Picks of the Pack:** 1998 Stags' Leap Merlot, Napa Valley \$29. Merlot doesn't get better than this! Delicious now, yet very ageable. 1997 St. Supery Merlot \$22 gives enhanced meaning to the meritage category.
- **Welcome Spring** with fresh and lively white wines: 1997 King Estate Pinot Gris \$13; 1997 Byron Pinot Blanc and Pinot Gris, both \$16.
- **Creamy, rich, balanced oak chardonnays:** 1997 St. Supery Chardonnay, Napa Valley \$15.50; 1997 Edna Valley Vineyard Prigion Chardonnay \$17; and 1998 King Estate Chardonnay \$14.
- **Lighter reds** to pair with lighter dishes: 1997 Preston 'Faux,' Dry Creek Valley \$11; and 1997 St. Supery Merlot \$19.
- **Richer reds** for your first Spring Barbecue: 1997 Preston Syrah \$18; and 1997 Quivira Dry Creek Cuvee \$13.
- **Best buys at \$10 and under:** 1995 Mystic Cliffs Merlot and Cabernet Sauvignon both \$6; and 1997 Hogue Cabernet Sauvignon/Merlot \$9.

LOOKING AHEAD

What to watch for in Taste next week:

- 2 Unique
- Main Dish Miracle

MAKING CUSTOMER KING IS CHEF'S REWARD

BY KELLY WYONIK
STAFF WRITER
kwyonik@oe.homedomain.com

Certified Master Chef Leopold K. Schaeff is 73, going on 74. He's retiring from Schoolcraft College in Livonia where he's taught since 1991, but don't get out the rocking chair yet, he's not ready.

"I never have enough hours to do what I want to do," he said. "If I have a weekend off I say 'oh boy, let's go somewhere.'"

In May he's traveling to Switzerland with a group of culinary students from Schoolcraft College. Schaeff loves what he does. His cooking philosophy is simple — "cook with care, show passion, show love. You have to love what you're doing. It comes from within," he said. "Being a chef is a very rewarding profession, but it's strenuous, and there's a lot of hard work and hard labor. You have to be in excellent health. You're on your feet all day long, and it's stressful. You climb walls for two hours while the orders come in like an avalanche at lunch and dinner. You have to prepare so you can deliver."

Customers asked for him by name at the restaurants he worked at, and followed him when he left one to go to another. "The customer is king. He pays the bills," said Schaeff. "You have to give him 100 percent."

Metro Detroit has been Schaeff's home since 1968 when he left an executive chef position at a luxury motor inn in Rochester, N.Y. to be manager and executive chef de cuisine at Jim's Garage in Detroit. "I was working seven days a week, and this job was five," said Schaeff explaining why he made the move. But pretty soon he was working seven days a week dining parties after his 40-hour shift. He didn't mind, as long as his staff was taken care of and got paid overtime. They did, and he never had trouble finding people to work for him.

Schaeff left Jim's Garage in 1972 to work at the Drawings Restaurant in Northville. In 1975 he started work at Matus Red Fox in Bloomfield Hills, and served as corporate executive chef for Harco's O. Matus Enterprises Inc. until 1992. He was responsible for 10 restaurants, 650 employees, and three pastry retail shops.

"I opened 11 restaurants and each one takes about 10 years out of your life," he said. "You give it everything you've got, because you want it to be a success."

There's a reason Schaeff is so



Certified Master Chef Leopold K. Schaeff

STAFF PHOTO BY BRYAN METCAL

passionate about food. It goes back to his childhood in Switzerland.

The youngest of seven children, his father ran a dairy and made cheese. Schaeff was in first grade when his mother passed away.

"I grew up with my brothers and sisters, we managed ourselves," he said. "In my spare time I would go to the restaurant in town. It was fascinating to watch the pastry chef through the window. Of course we never had desserts at home. One day he told me, 'you can eat all you want if you wash

the pots and pans.' I went every day after school, and he used to give me stuff I could take home."

Eating is one of the things Schaeff likes about being a chef. "You never go hungry," he said. "If you are, it's your fault."

Over the years he's gotten really fussy about food — it's his pride and joy.

He studied culinary arts in Switzerland, and after serving his apprenticeship there, held man-

Please see KING, B2

WHAT CHEFS SHOULD KNOW

Certified Master Chef Leopold K. Schaeff shares his advice for aspiring chefs who want to be successful.

- **Take the job seriously**
- **Always be polite with your co-workers**, because your co-workers will respect you for it. If you want respect, you have to give it to get it back.
- **Teach and train constantly**. Don't teach your staff shortcuts, they will teach themselves when things get busy. Teach your staff the right way to do things.
- **Get involved in professional organizations**. Know what's going on in the food industry.
- **Do it right the first time**.
- **You'll make mistakes**. The customer has to be compensated if you want to keep them.
- **Always be on time**.
- **Always be clean**. Never have dirty shoes, uniform or nails. A clean image makes it more appealing for customers.
- **Keep your work station clean**. Above all, follow sanitary procedures.
- **Keep hot foods hot and cold foods cold**. If you don't you'll get into hot water with food spoilage.
- **First in first out**. Do inventory.
- **Control food costs**. Do the buying, or find out what things cost.
- **Control labor costs**.
- **Hire a good staff**. If you don't have a good staff you'll be swimming upstream on your own. You need a good staff.
- **Learn how to write menus** and how to translate them. French is kitchen language, know what the terms mean.
- **Educate staff** so they can translate the menu and tell customers what it means.
- **Be proud of what you serve**.
- **Learn the language of the place where you're working**. If you're working in the Southwest it would help to know Spanish.
- **Chefs need to learn how to use the internet and computers**.

It's time to spill the beans about soy products

LIVING BETTER

SENSIBLY



BEVERLY PRICE

April is National Soy Month. Since soybeans are Michigan's number one crop, we have good reason to celebrate.

Soy products are increasing in popularity. They are good for you, economical, and available at your neighborhood grocery store.

Soy products can form the foundation of a nutritious diet. Soy protein, the actual protein found in soy products, can help lower cholesterol, improve diabetic control, relieve symptoms of menopause, prevent osteoporosis and help fight cancer.

There are many different soy products including soybeans, textured vegetable protein, soy milk and soy yogurt, tofu, tempeh, miso, and tamari. Let's look at the different types of soy products and how you can use them:

■ **Tofu** — often referred to by its Chinese name, "bean curd," takes on the flavor and character of foods it is prepared with. Extremely versatile, tofu can be used in stir-fries, soups, sandwiches, salad dressings, dips or desserts. Regular tofu is sold immersed in water in a plastic

tub; silken tofu is available in vacuum packages that can be stored on your kitchen shelf without refrigeration until opened.

Silken tofu, such as the Mori-Nu brand comes in soft, firm and extra-firm consistencies. Soft tofu is best used for dips, dressings, and sauces. Firm tofu is better for desserts and tofu salad. For stir-fries, cutlets, and kabobs, extra-firm tofu is the best choice.

■ **Tempeh** — is a fermented soyfood with a meaty texture. This staple of Indonesian is made from either whole soybeans or a soybean and grain combination.

The soybeans are mixed with cultured mushroom spores and are bound together by the growing mushroom fibers. The result is a thin cake with a fresh, yeasty aroma that is firm enough to slice or grate. Marinate or season tempeh and add it to stir-fries and salads or use as a sandwich filling.

■ **Textured vegetable protein** — is a quick-cooking soy food made from defatted soy flour. It is available in the form of granules or chunks. The granules can be used much like ground beef in recipes, while the chunks can be used for stews, stroganoff, soups or kabobs.

■ **Meat analogs** — there are many convenience foods made from soy such as vegetarian burgers, hot dogs, chicken, sausage, bacon and other lunch meats. These are available frozen, canned, or in easy-to-make mixes. Morningstar Farms has an extensive line of frozen products.

■ **Soy milk** — can be used instead of cow's milk as a beverage or in cooking. It is available plain or flavored.

Many brands are fortified with calcium and vitamin B12. Soy milk is delicious on cereal or as a base for smoothies. It also works great in cooking when preparing "cream" sauces.

■ **Miso** — is salty, fermented paste made from cooked, aged soybeans. Traditionally it is used as a soup base, and added at the end of cooking. Miso ranges in color from a rich, dark brown, with an almost "beefy" flavor, to light and creamy, with a tanginess that resembles blue cheese.

■ **Tamari** — the highly processed soy sauce that most of us are used to can't hold a candle to richly flavored tamari. Tamari also holds its flavor better during cooking than commercial soy sauce. Add tamari near the end of cooking, as long periods of heat will reduce

Please see SOY, B2