

Twist on Tradition



CHEF RANDY EMERT

Summer is near, it's time to cut the fat

As my wife and I get ready for our son's first summer at the beach, we realize it's time to get back into our swimsuits, which seem to have shrunk over the winter. Before we hit the sand, we plan to modify our eating habits to reduce our fat and sugar intake.

Our situation is not uncommon. Americans are looking for healthier ways to eat and for good reason.

One in three or 68 million American adults age 20 through 74 are overweight. According to data from the third National Health and Nutrition Examination Survey, the number of overweight Americans increased from 25 to 33 percent between 1980 and 1991.

We need to think of fat as the enemy. It is a constant battle, against fat, and right now fat is winning in the United States.

Fight fat one meal at a time. Be aware of what you put in your mouth and keep track of fat calories. No more than 30 percent of the calories in your diet should be fat, even less if you are trying to lose weight.

Making foods that are easy, quick and low in fat will help everyone feel better.

Here are a few recipes that I shared with a Weight Management class at Crittenton Hospital in Rochester. You're sure to enjoy these flavorful dishes that are pleasing to your palate and good for you too.

MUSHROOM AND GARLIC ROTINI WITH BALSAMIC VINEGAR

4 cups cooked rotini pasta
2 cups sliced button mushrooms
2 cups sliced shiitake mushrooms
2 cups sliced oyster mushrooms
2 cloves minced garlic
1/4 cup balsamic vinegar
1 tablespoon chopped fresh parsley
Water as needed
Salt and pepper to taste
Fat-free Parmesan cheese

Sweat mushrooms and garlic in covered sauté pan, use water if mushrooms are dry.

Cook over low heat for about 15 minutes. Add rotini, parsley, balsamic vinegar, salt and pepper. Add more water as needed, just enough to keep the pasta moist, but not enough to make it look like soup. Heat through and serve topped with fat-free Parmesan cheese.

MARINATED VEGETABLE SALAD

1 cucumber, peeled, seeded and largely diced
2 medium tomatoes, washed and largely diced
1 small red onion julienned and minced
1 medium green pepper, washed, seeded and thick julienne
1 package baby carrots cut in half
2 cloves minced garlic
2 sprigs chopped fresh basil or 1 tablespoon dried
1/4 cup fat-free Parmesan cheese
1/4 cup apple cider vinegar
1/4 cup apple sauce
Salt and pepper to taste
1 tablespoon granulated sugar

Mix together all ingredients, let stand overnight for better flavor.

Chef Randy Emert of Clarkston is Executive Chef at Paint Creek Cider Mill & Restaurant, 4480 Orion Road, Rochester. He will be preparing exotic international cuisine with a healthy twist for a Bayliss & Fortune Wine-maker's Dinner, 7 p.m. Wednesday, April 21. The food package is \$49 per person, a food and wine package is also available for \$60 per person. Call (248) 651-8361 for reservations and information.

LOOKING AHEAD

What to watch for in Taste next week:

- Cheers for Beer
- Barbecue Buddies

NEVER
COOKED
BEFORE



GOTTA
COOK
NOW!

Don't simmer and stew, learn how to cook

BY KEELY WYCONIK
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Like a lot of single parents, Leonard Charla of Bloomfield Township wanted to keep his teenage son close to home.

He wanted his home to be a place where his son Chris, then 15, would feel comfortable bringing friends home for dinner, or to just hang out.

There was a problem though, Leonard, an environmental attorney, didn't know how to cook or manage a kitchen.

"I called my mom, cousins, aunts and a lot of my friend's wives," said Charla who shares what he learned with others who, like him, "Never Cooked Before — Gotta Cook Now! A Total Guide for the Beginning Cook," (The Countinghouse Press, Inc.)

"I made a lot of mistakes, but I learned from

my mistakes" said Charla who soon learned to cook and enjoy it too. When his son, now grown, comes home to visit, he looks forward to dad's cooking.

Charla's advice is simple — "Use anything that works. Today, I opened a can of potatoes and sautéed them with some parsley, chopped onions and artichokes. It tasted real good. There are so many choices available. If a recipe calls for spinach there are recipes for fresh or frozen spinach. That way, the cook can stay with the same menu, no matter what the time constraints are."

Instead of making waffles from scratch, Charla dresses up plain frozen waffles with fresh sliced strawberries or sautéed apples and bananas flavored with molasses. You can make brownies from a mix, or try his easy "Scratch" brownies recipe.

"Never Cooked Before — Gotta Cook Now!" is

a comprehensive how-to for anyone who needs to learn how to cook — quickly or slowly. It's the perfect gift for a student off to college, bride or groom to be, or someone getting their first apartment.

Charla explains step-by-step how to stock a kitchen — everything from what pots and pans to buy to appliances, utensils and dishes.

He offers five weeks of menus and more than 160 recipes. Some recipes are original such as the one for broccoli and apple salad, others are Charla's version of classic American dishes such as tuna noodle casserole and spaghetti. There's

Please see **COOK, B2**

Dishing it up:

(At right)

Leonard

Charla pre-

pares Broc-

coli and

Apple Salad.

(Top photo)

Leonard

Charla pre-

sents one of

his favorite

recipes for

people who

"Never

Cooked

Before —

Gotta Cook

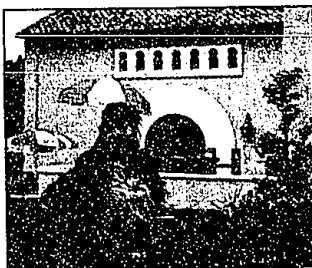
Now!"



STAFF PHOTO BY GUY WARREN



International traditions yield superior Sonoma County wines



RAY REED

Vintner: Marimar Torres at her Sonoma County California winery, built in the style of a Spanish Catalan farmhouse.

Marimar Torres is the only woman in the fifth generation of the Torres family, famous for its Spanish wines. If Marimar stayed in Spain, she knew she would lose her personal identity. She admitted that "with a father and brothers like mine, there was no room for me." Additionally, Spanish culture and traditions did not grant Marimar the choice she wanted — to become her own person.

U.S. market

In 1975, armed with a degree in business and economics from the University of Barcelona and fluency in six languages, Marimar left Spain for the United States to market Torres wines as president of Torres Wines North America.

"After experiencing California

wine country, I knew that the Torres name had to be represented here," she said. "It took until 1981 to convince my father that Torres should make an investment in California to make chardonnay and pinot noir, wines that are not made in Spain."

After receiving her father's consent, it took 18 months of careful searching to find the 56-acre property that has become the Don Miguel Vineyard, named after her father, and Marimar Torres Estate Winery. There, international traditions have given rise to superior wines from Sonoma County.

Vineyard

In 1985, Marimar's brother

Please see **WINES, B2**

Wine Picks

■ **Pick of the pack:** 1995 Niebaum Coppola Rubicon \$90 (blend of cabernet sauvignon, merlot and cabernet franc) is fruit-laden, intense and complex. Excellent now, it is a cellar candidate for maximum enjoyment in a few years. The following white wines sing springtime and will pair terrifically with all types of seafood.
1997 La Famiglia di Robert Mondavi Pinot Grigio \$16; 1996 King Estate Reserve Chardonnay \$18; 1997 Carmel Chardonnay, Sangiacomo Vineyard \$18; 1997 Stags' Leap Winery Chardonnay \$21.
■ **Great reds for grilling meats:** 1996 Clos du Bois Cabernet Sauvignon, Sonoma County \$19; 1996 Carneros Ridge Vineyard Cabernet Sauvignon \$25; 1995 Tenuta Marchesi Antinori Chianti Classico \$33; and 1995 Carmel Moon Mountain Estate Reserve \$40. ■ **Bordeaux style blend** of cabernet sauvignon, cabernet franc and petit verdot; and 1996 St. Supery Meritage Red \$40.
■ **Best buys at \$13 and under:** 1996 Mirassou Pinot Noir, Monterey \$11; and 1996 Pedroncelli Cabernet Sauvignon Napa Valley Vineyard (great value) \$13.