

Wines from page B1

grampa I was fascinated with winemaking and that's what I wanted to do. He gave me the encouragement I needed."

Mentor
All young people making their way in a profession benefit from a mentor. In Marcello Monticelli, Gina has the best. Now in their sixth year working together, they are a winemaking team. But Gina knows she still has much to learn from the talented Monticelli.
Many winemaking families

send their children to apprentice outside the family winery before coming "home" to work. This makes little sense for Gallo. At the main headquarters for Gallo in Modesto, Calif., Gina worked in the experimental micro winery where several hundred experiments are conducted annually. The Frei Ranch facility has the latest technology.

Completed four years ago, the 130,000 square foot underground barrel cellar is home to more than 60,000 barrels, made at 18 of the world's finest cooperages

from every known wood suited for wine.

"Everything that Marcello and I do in the winery is decided in the vineyard," Gina said. "From about mid-August right through to the day we harvest, we're walking the vineyards and tasting the grapes. Once the wine is in barrel, we taste weekly with my brother Matt. He's most interested in seeing the vineyards showcased in the wines."

Are Gallo of Sonoma print ads believable? We think they are. The next time you're buying

wine, purchase a Gallo of Sonoma wine and be the judge.

Sherry cask whisky

Hiran Walker has introduced a new Canadian Club Sherry Cask whisky \$25.

It's doubly-matured, aged for at least eight years in white oak barrels and then "finished" by aging again in sherry casks, imported from the Jerez region of Spain. Double-matured Scotch whiskies have been produced for years using sherry casks as well as those of Port

and Madeira.

Hiran Walker's technique is essentially the same as those of a single malt Scotch and is the first Canadian whisky we know about that's doubly-matured.

Additional aromas and flavors imparted to the whisky come from the barrel, previously used for aging sherry wine. As a matter of fact some whisky producers select and purchase barrels, which are then provided free to the sherry producer with the condition that they are returned

after aging sherry.

This is an attractive dram with deep bronze color and rich, mellow flavor followed by a smooth, lingering finish. Enjoy Canadian Club Sherry Cask neat, on the rocks with a splash of spring water or in a classic Manhattan.

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

Scoop from page B1

there, but you want to reach for it. You always want them to want more.

Screaming for ice cream

John McGuire claims the United-States makes the best ice cream in the world. Judging by average American's consumption of 23.2 quarts a year, he may be correct. We love our ice cream.

Lots of people scream for Guernsey's butter pecan, once voted fourth best in the nation by a national magazine. And,

according to the Fred Inman, Jr. of Vicki's Ice Cream Factory, actor Robert De Niro has sampled their chocolate chip.

"One of our customers brought or sent some to him in New York."

Ice cream producers are constantly teasing the public with new flavors. Stroth's Ice Cream Company, now owned by Melody Farms in Livonia, has incorporated the best of the Sander's tradition by making "Hot Fudge Sundae" and "Bumpy Cake."

Both are "hot sellers," said Stephen M. George, vice president of product development.

However, one of the biggest flavors across the industry is the relatively new "Moose Tracks," chock full of miniature peanut butter cups. In both Stroth's and Melody Farms packaged ice creams, it is second to vanilla in sales.

George said he is a "plain chocolate" kind of guy whose job at Melody Farms is to develop

new flavors and improve old ones. If you now like Stroth's chocolate, thank George. He changed it from dark, bitter-sweet to a smooth-tasting milk chocolate.

"People love it," he said with pride.

Tom Davis & Sons Dairy Company in Oak Park, distributors of the luscious, condiment-laden Ashby's Sterling Ice Cream, holds a "flavor day" every January for their customers' fami-

lies. "We'll have about 50 different flavors, and they'll pick out their favorites," said Rick Davis, vice president of sales.

Ashby's Sterling has won several national awards for its flavors, including the National Ice Cream and Yogurt Retailers Association's "Best New Flavor" for its "Amaretto Cherry" and "Triple Chocolate Truffle."

So far, this summer has been an ice cream blur for me. I've

continuously plunged my face into Ashby's Sterling's black cherry cones and repeatedly smacked my lips over dishes of Guernsey's tart cherry yogurt. And my freezer has served as a temporary home for gallons of all kinds of Stroth's.

So what. Who's counting calories? Summer is ice-cream time, so I'll indulge now and diet this winter. When it comes to ice cream, there's just too many flavors and too little time.

Cajun-Style Lemon Chicken quick and easy entree

BY THE ASSOCIATED PRESS

The authors of "The No-Time-to-Cook Cookbook" (Avery, \$19.95) promise that it is a 30-minute task to prepare Cajun-Style Lemon chicken.

Jeanne Abrams and Marie Caratzoslo entitle their book, "Fabulous Dishes for Today's Fast-paced Lifestyle." They say they were determined to keep it easy to use, to work out all the snags in advance.

The goal was foolproof recipes that were fast and easy to cook, low in sodium and fat. They point out that no recipe, from Soup Sensations to Dazzling Desserts, takes more than 45 minutes to prepare. Most call for no more than five main ingredients per recipe, plus staples such as seasonings and broths that you won't need to shop for.

Serve these spicy chicken cutlets over a bed of hot brown rice, with a cool, crisp green salad.

CAJUN-STYLE LEMON CHICKEN

- Main ingredients:**
- 4 boneless, skinless chicken breast halves (about 5 ounces each)
 - 1 medium lemon, cut into wedges
- Staples:**
- 1/4 cup all-purpose flour
 - 4 teaspoons Cajun spice blend
 - 2 teaspoons paprika
 - Cooking spray
 - 2 teaspoons canola oil
 - 1 cup reduced-sodium, fat-

free chicken broth
1 tablespoon lemon juice

Place the flour, 2 teaspoons of the Cajun spice blend and the paprika in a shallow plate and stir to blend.

Set aside 1 tablespoon of this flour mixture. Lightly coat both sides of the chicken with cooking spray, then dredge in the flour mixture.

Coat a 12-inch nonstick skillet with cooking spray, add the oil and heat over medium-low heat. Add the chicken and cook for 5 to 7 minutes on each side, or until no longer pink inside when cut with a knife. Transfer to a plate and cover to keep warm.

Add the broth, lemon juice and remaining 2 teaspoons Cajun spice blend to the skillet, along with the reserved 1 tablespoon of flour mixture. Mix well, stirring constantly, over medium-low heat, for 3 to 5 minutes, or until the sauce thickens slightly.

Arrange the chicken breasts on a serving platter and spoon the sauce on top. Garnish with the lemon wedges and serve immediately.

Makes 4 servings.
Nutrition information per serving: 225 cal., 11 g carbs, 82 mg chol., 4.5 g fat, 2 g fiber, 36 g pro., 610 mg sodium.

MEATS & DELI

Open Monday thru Friday 9 to 6, Saturday 9 to 5:30

7714 Cooley Lake Road, Union Lake - near Big Boy

Phone in your order and we will have it waiting for you:

363-2041




"I just can't wait for a great steak from Market Place Meats & Deli!"

WHOLE BONELESS N.Y. STRIPS
\$3.69 lb.
1/2 lb. wrapped \$1.99

WHOLE PEELED BEEF TENDERLOIN
\$8.99 lb.
1/2 lb. wrapped \$4.49

MARINATED CHICKEN OF BEEF KABOBS
\$3.99 lb.
1/2 lb. wrapped \$1.99

SEAFOOD

LARGE ALASKAN KING CRAB LEGS
\$7.99 lb.
1/2 lb. wrapped \$3.99

FROM THE DELI

Boiled Ham \$1.99 lb.
Lipin Turkey Breast \$2.49 lb.

Krakus Polish Ham
\$2.99 lb.
BUY ONE POUND GET ONE FREE

BULK HOT DOG SALE

Dearborn Dinner or German Franks \$4.95
6 lbs. box

Dearborn Cookouts or Sausages \$12.99
5 lbs. box

Eliminate Unwanted Hair...

PURE

LASER HAIR REMOVAL & TREATMENT CLINIC



Smooth Solutions...
LASER HAIR REMOVAL

Formerly
allure
ADVANCED LASER CENTERS

Call for Your Complimentary Consultation
248.816.6307

3290 W. Big Beaver Road, Suite #10, Troy, MI 48064
Somerset Mall Area

Couscous lettuce wrap meatless meal

BY THE ASSOCIATED PRESS

For a meatless summer meal, roll up spiced couscous, beans and grapes in a lettuce leaf. This Couscous Lettuce Wrap recipe is low-fat and will not take long to make; it may be served hot or cold, for each diner to assemble at the table.
Testers found the fresh lettuce wraps attractive to look at but a crisp challenge to eat. The solution: some ate out-of-hand, the neat eaters used cutlery.

COUSCOUS LETTUCE WRAP

- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 1 garlic clove, minced
- 1 tablespoon vegetable oil
- 1 teaspoon salt
- 3/4 teaspoon ground turmeric
- 3/4 teaspoon lemon pepper
- 3/4 teaspoon grated fresh ginger root
- 2 cups water
- 1 cup whole-grain or regular couscous
- 16-ounce can garbanzo

beans, rinsed and drained
1 1/2 cups halved seedless grapes
8 large iceberg or leafy green lettuce leaves
Mango chutney, optional
Sauté onion, celery and garlic in oil until softened. Add salt, ground turmeric, lemon pepper and ginger root; mix well. Add water. Bring mixture to boil, stir in couscous and beans and return mixture to boil. Cover pan and let stand 5 minutes or until all the water is absorbed. Mix in grapes; cover and let stand 5 minutes. Fluff mixture with a fork.

To serve: Spoon 3/4 cup mixture in center of each lettuce leaf; roll up into flute or cone shape. Serve with mango chutney. May also be served cold. Makes 8 servings as a side dish, or 4 servings as a main dish.

Nutrition information per 1/8 serving: 115 cal., 5.9 g pro., 2.8 g fat, 32.1 g carb., 0 mg chol., 4.2 g fiber, 613 mg sodium.
Recipe from: California Table Grape Commission

35th Anniversary Tent Sale

Golf's Best Prices of the Season Begin July 21st Under the Pro Golf Tents

Shoe Sale \$29.99
as low as \$15
Close out sale from Etnic, Dexter, Nike, Footjoy and Rockport

Men's & Women's Clothing
up to **50% OFF**

Best Buy of the Year
A full set **\$98.00**
as low as \$89.99
Over-sized, partner-weighted, all in fitting design

Great names from the past.
Used Sets of Clubs
from **\$50.00** and **\$100.00**

Golf Bags
All the Name Brands
\$25.00 OFF
No red with other discounts

Wedges & Putters
as low as **\$9.99**

Golf Balls
any 12 or 15 pack
\$3.00 OFF
limit 2

Andrews, N228 • 248-745-7757 Rochester Hills • 248-556-9118
Canton • 248-445-2582 Roseville • 248-778-2206
Cassopolis • 248-564-6600 Royal Oak • 248-543-5116
Farmington Hills • 248-885-9300 Southgate • 734-285-7830
Redford • 313-513-2800 Southfield • 248-353-3333

New with most discounts, see store for details.

CLIP & SAVE

HOLIDAY SUPER 1/2 PRICE SALE

1/2 off all Pepperidge Farm Cookies, Crackers, Goldfish, Layer Cakes, Turnovers, and Bakery Items. No coupon necessary. May not be combined with any other offer or discount. *1/2 off the MSRP.

MONTH LONG SAVINGS Sale Ends July 31st

LIVONIA
29115
Eight Mile Rd.
(248) 477-2046

STERLING HEIGHTS
2183
17 Mile Rd. at Regency Dr.
(810) 264-3095



*Must be used in conjunction with other offers and discounts. See store for details.