Chicken soup recipes

Page 1, Section D unitay, March 5, 2000



Cal-Itals are steeped in tradition

talian-origin wine grapes grown in California are dubbed Cal-Itals.
California's wine heritage stems from Italian families who brought their wine traditions to the United States. Today, these families have 100 years or longer in the California wine business. They've gone back to their roots and are raising awareness of three red varietals in particular — burbora, sangiovese and nebbiolo.

Barbera-From its birthylace in Italy's Piedmont, barbera in challenged only by Tuscany's sangiovese in versatility. The Piedmontese refer to barbera as a "people's wine," meaning a wine to be drunk in youth or while waiting for the region's great wines, Barbaresec and Barolo, to age. Barbera excites California wine-makers. Some producers are old hands at it, but newcomers have added it to their growing portfolio of Cal-Itals.

Piedmontese barbera is bottled in a wide army voung and

Piedmontese barbera is bottled in a Pregmontese barbera is bouted in a wide array of styles from young and fruity to dark, intense, extracted versions with heady aromas. Some of this is due to variances among soil type and microclimates, but winemaking practices contribute significantly. Not all Piedmont barbera is oak orad

enntly. Not an recommendation oak aged.

California, too, is developing a wide range of styles. While most producers age their wine in oak, some are stylizing for early release and drinkability with minimum cellaring in older

ing for early release and drinkability with minimum cellaring in older cooperage.

If Sangloweae: From Italy's Tuscany region, Chianti is the best-known red wine? It draws its cherm from the saugiovese grape, but there seems to be no limit to variations. Tuscon producers have created when working with this varietal. Grown in California, sanglowese is beginning to show a similar potential.

Under 'traditional' Chianti wine-making, the law required a blend of 20 percent lesser grape varieties. This law stilled creative potential of both producer and grapegrower. A new law effected in 1984, allows up to 10 percent of non-traditional varieties such as cabernet sauvignon to be blended with a maximum of 90 percent sanglowee.

Mobbiolo: Native to the Piedmont region, it is the great red grape

■ Nobblolo: Native to the Piedmont region, it is the great red grape responsible for some of the longest-lived wines in Italy — Barbaresco and Barolo. The grape name derives frcm "nebbia," fog in Italian, a frequent phenomenon in the Piedmont during the October grape harvest.

Please see WINE, D2

Wine Picks

- Pick of the pack: Arruage Cliarus from Ribers del Duero In Spain (\$27) is everything a great Spanish red wine should be beautiof fruit, concentrated flavor with integrated cak. Spanish culsive is trendy, it deserves the complement of a great wine. This is lift.
- grast wine. This is lift in a summary wine and unfortunately, the 1997 Gayser Pask Research Alexandre Mettings (\$455) was not yet available for our comparative tasking. Gaserelleed, it would have been highly ranked as a magnificent blend of cabonet sourier, and mabble—all five of the great frace and mabble—all five of the great Bookseax varietials. Cellar if for a few yours and reap more teste (exards. See Oststanding Abriddonses vi 2000 Charachtes).
- years and resp more lests iterards.

 B Outstanding Landsonnys: 1998 Cass Lapostolie Cuyes Alesandre (Chile),
 181; 1998 Hogue Brard Select, \$14 (an absolute steel at this price); and 1998 William Hill Reserve, \$22 crearry and delicious); and 1998 Kumau River
 Made's Vineya'd (New Zealand), \$42, as when the selection of the select
- wines are, but very good.

 Finding good cabernet sewlignon with a Napa Vallay designation under \$20 gets noor difficult. Eurokal Try 1997

 Beauliou Vinoyard Cobernet Sauvignon (\$16) a great value.

LOOKING AHEAD

What to watch for in Taste next week: What's for Brookfast Main Dish Miracle





MEDITERRANEAN CHICKEN SOUP

One 6-pound stewing chicken

- 3 quarts water 1 cup boby carrots
- 3 ribs celery, sliced with tops
- 2 large onions, halved 1 (14 1/2 ounce) can artichoke bottoms
- (4 pieces, reserva remainder for another use) 1/2 (10 cunce) package frozen chopped spinach
- (thawed and drained)
- 3/4 cup long grain rice (raw) or 1 1/2 cups cooked rice (leftover) 1/2 cup freshly squeezed lemon Juice
- 2 bay leaves 3 large gerlic cloves (minced)
- Salt and peoper to taste

• 3 large gerific clows (minced)
• 3alt and peppor to teste
Cover chicken with water in a stockpot and bring to an immediate
boil. Then discard water and drain.

Return chicken to pot with 3 quarts water and 1/2 cup of the carrots,
the celery and tops, onions and bay leaves. Partially cover the pot and
simmer for 2 hours or until the chicken is tender but not falling apart.

Remove the chicken to a large platter, and when cool enough to handle, remove the meat from the bones. Shred the white meat, measure
out one cup and set axide. Reserve the remainder of the meat for chicken salad or other recipe.

Strain the liquid into a large bowl. Discard everything in the strainer.
Cool the soup and refrigerate overnight. Remove all fat that has
hardened on the surface.

The next day start with the defatted chicken stock, the remaining 1/2
cup haby carrots (each cut in half), spinned, rice, lemns juice and 4
diced articheke bottoms and bring to a boil. Reduce heat and simmer 1
hour. Add more water to equal 2 1/2 to 3 quarts if necessary.

Mince garlie cloves and add to soup with shredded white chicken
meat 5 minutes before serving.

Beason with salt and pepper to taste.

Recipe compliments of Carolyn Silverstein

aking chicken soup is something people put their hearts into.

"Mine comes from the heart. I make it to make my kids feel better," said Sylvia Bernstein of West Illoomfield, one of the finalists in the second annual Ultimeto Chicken Soup Contest held Friday, Feb. 25, at Temple Kol Ami in West Bloomfield.

Sitting at a table waiting for the judges to begin tasting the chicken soups etimorism in Crock-Pata, Bernstein and Sandra Bingini of Clarketon, last year's winner and one of this year's inalists, struck up a conversation.

year's finalists, struck up a con-versation.

Both wore heart necklaces, and agreed making chicken soup is about the nicest thing you can do for someone who's not feeling well.

"It's just a way you show people you really care about them and that you're trying to do something to help them. It shows you're interested in their well-being, 'said Carolyn Silverstein of Franklin, who won this year's contest.

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creamier."

Reducing fat and cholesterol

creamier." Reducing fat and cholesterol has been a concern since Silverstein's husband, Barry, suffered a heart attack. When she makes soup, she lets it cool overnight, and removes the hardened fat the next day.

Attesting to its medicinal qualities, Chef Keith Famie, one of the judges who was fighting oold, said Silverstein's soup was 'refreshing. There's a balance of acids, the artichokes with lemon, 'he said. 'It does help code,' said Silverstein.' I' was coming down with one and this soup help stave it off."

Joe Wnuk and Curtis, soup has a coming down with one and this soup help stave it off."

Joe Wnuk and Curtis, hosts of a local cable cooking show, placed second in the contest.

They spent three weeks researching to develop their prize winning recipe.

I collect musical instruments and found the recipe tucked into not diviolin case," said Wnuk.

Please see SOUP, Di

Check your family's eating habits in March

March is National Nutrition Month. Do you know what you and your family should be eating? Let's take a look at the top-rated foods for the new mil-lennium.

Top-rated foods for 2000

E SOY

Throughout the '90s, health professionals recommended soy products for cholesterol lowering, cancer provention and alleviation of menopause symptoms.

Soy contains phytoestrogens. Physical Soy contains phytoestrogens.

symptoms.
Soy contains phytoestrogens. Phytoestrogens belong to a family called phytochemicals. Phytochemicals are sub-



phytochemicals. Phytochemicals are subschemes. A stances naturally
present in plants that
help protect the plant
from severe weather,
insects and stress. In
your body, they can
aid in preventing the
origination and
growth of cancerous
tumors and slow cantumors and slow cancontain the isoflavones genistein and
daidzein, which can prevent osteoporosis. Soyfoods include tofu, tempela, soy cheese, soymilk and "meatfree" products such as veggie burgers.

BRED GRAPES

RED GRAPES

Is wine good or bad for your heart?
Is wine good or bad for your heart?
In countries such as France, alcohol
consumption has been related to a
lower incidence of heart disease. But
some experts argue that the social
support or even the relaxation and
bonding that occurs during 'happy
hour' is perhaps more related to the
provention of heart
disease than the
alcohol itself. Alcohol, specifically red
wine, contains a
substance called
reseveratrol, which
helps prevent
arteries from elogigring up. However, red grapes and its
juice also has reasveratrol without any
of the negative aspects from alcohol,
Red wine contains polyphenols,
another phytochemical important for
heart disease and cancer prevention.
Green tea and chocolate also contain
polyphenols.

March le National Natrition -Month

BELAY

FIAM

Finasceds and flax oil have the highest omega-3 fatty acid and lignin content of any food. Omega-3 fatty acids can help prevent heart disease, promote energy and fight depression. Lignins are substances that act like estrogens in the body and can bind to estrogen receptors.

In this way, lignins can regulate your body's estrogen production in a way similar to isoflavones in soy preducts. In turn, lignins can be bone building, Sprinkle flaxeseds on your breakfast cereal or in your smoothie. If you are using flax oil, mix with herbs to make salad dressings or drizzle on foods after cooking. Do not heat the flax oil as heating destroys the omega-3 fatty acids.

BOLIVE OIL

Red grapes

• Flax

omega-3 intity acids.

Z OLIVE OIL

Don't be fat-phobic. Several years ongo, it was thought that only calories were important. You could not hot organd ince cream all day if you chose to, as long as you kept your calories below a certain number. Then fat became the only factor of importance. Eat as many calories as you want to, just don't eat any fat. This approach worked for some people and backfired for others, especially those who tended to overeat at snacks and meals. People gained weight of the control of

· Oilve oil • Gartic

BOARLIC

Ever try roasted garlie? Try a great, recipe from Farmington Hills resident

Please see MARCH, DE