

## FOCUS ON WINE



RAY &amp; ELEANOR HEALD

## Rodet — a Burgundy star on the rise

If you've come to like delicately oaked chardonnay and the silky finesse, cherry fruit, and spicy nuances of pinot noir, you need to learn more about their origins.

That places you in the Burgundy region of France. All white Burgundy wines are made from Chardonnay. Red Burgundy wines are produced from pinot noir.

Many Burgundy domaines are centuries old with established reputations.

Depending on ownership and care taken, their wines can slip. Other properties are on the rise. One such is Maison Antonin Rodet with its Chateau de Chaligny wines from the Mercure region; Chateau de Rully in the Cote Chalonnaise; Domaine des Perrier and its wines from Nuits Saint Georges, Vosne Romanée and Echezeaux. Since 1988, Antoine Rodet owns half of Domaine Jacques Prieur, which today, is making superlative wines.

Talk to a Burgundy wine snob and they may speak to you in acronyms such as DRC (short for Domaine de la Romanée-Conté). Impressive wines. Prices in the stratosphere. That's not where you want to begin understanding Burgundy.

Enter Rodet with its wines from Mercure and Rully. They are a good place to begin your love affair with Burgundy wine. Since 1988, the Rodet family has been just entering the marketplace, get started here. Rodet's renowned winemaker Nadine Gublin offers a word of caution: due to the vagaries of weather, the quality of this vintage, varies greatly from producer to producer and vineyard to vineyard.

We recently tasted many 1998 Rodet Burgundies — our top recommendations are very good to exceptional wines in their price range.

White Burgundies — 100 percent chardonnay:

- 1998 A. Rodet Chateau de Rully, \$16, has generous fruit with nice oak imprint.
- 1998 A. Rodet Chassegnoy Montrachet, \$39, is a big step up. Sleek and finesseful.
- 1998 Domaine Jacques Prieur Meursault Clos de Mazeray Monopole, \$46. In one word, fabulous.
- 1998 Domaine Jacques Prieur Puligny Montrachet Premier Cru Les Combettes, \$72 (very limited quantity). Again, one word, incredible.

Red Burgundies — 100 percent pinot noir:

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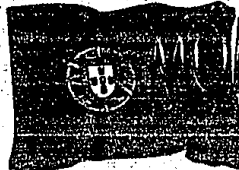
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BY SANDRA DALKA-PRZYBYL  
SPECIAL WRITER

A Birmingham Groves High School senior won't spend Mother's Day with her mom and family this year, but she has some special people who are great substitutes.

She'll share the day with her American "mom" and her family. Joana "Joe" Lima is a foreign exchange student from Lisbon, Portugal, and a member of the Greg Wagner family of Beverly Hills for the past school year.

"We, too, celebrate Mother's Day in Portugal with cards, flowers and by taking our mothers out to dinner," Joe said. "And on this special day, we hug our moms a little more than we usually do."

Although she is sad that she won't be with her mother, she's excited to take part in the Wagners' traditions. "I'm especially looking forward to helping to make breakfast for Mom Nancy."

For more than 20 years, "Dad Greg" has supervised the four Wagner children — Jake, 23; Julia, 21; Anna, 20, and Noel, 17 — in cooking and other kitchen activities to provide a special beginning on Mother's Day for their "queen for the day."

"When the kids were younger, breakfast was served to Mom in bed," Greg said. "The youngest children took a cup of coffee and the newspaper to our honor while the rest of us handled the kitchen duties."

"When the food was served, all the kids sat on the bed and talked with Nancy while she ate breakfast. Then, they gave her their cards and gifts."

Now that the kids are older, Nancy joins them at the table for



**Breadmakers: Noel and Joe pour the batter into bread pans. Noel and Joe expect to prepare recipes on Mother's Day to honor Nancy Wagner on that special day.**

# MOM GETS HUGS FROM PORTUGAL

## EXCHANGE STUDENT CELEBRATES MOTHER'S DAY WITH AMERICAN FAMILY



PHOTO BY ELIZABETH CANNON

**Exchanging families: Nancy and Greg Wagner of Beverly Hills (from left), have opened their house — and lives — to exchange student Joana "Joe" Lima from Portugal (right), who is a senior at Birmingham Groves High School. Here they pitch in with daughter Noel in preparing a batter for bread.**

breakfast. "They're too big to all fit on the bed," she said.

Nancy is pleased to have Joe around to celebrate this special day.

"With two of the children away (Jake is in Los Angeles pursuing a film career and Julia is completing her senior year at Arizona State University), it's nice to have Joe to fill out and add to the family."

Joe plans to do her share by preparing a Portuguese fish dish. "We eat a lot of fish and seafood in my country because of our proximity to the ocean."

While Joe is making her dish, Greg, Anna, who just completed her

sophomore year at Washington University in St. Louis, and Noel will be working on traditional family breakfast dishes.

"I really like making the day special for mom," says Noel, a junior at Groves. "It's a time to give back to her and to show our appreciation for everything she does for us."

Greg agrees. "Nancy does so much for us every day. It's nice to give her the opportunity to do what she wants on this special day."

In addition to her Portuguese dish, Joe plans to bring another touch of Portugal to her American mom on Mother's Day. "I plan to hug

her more than that."

According to the other members of the Wagner family, Joe will have to stand in line. "We all hug Mom a little more on Mother's Day."

Sandra Dalka-Przybyl is a Beverly Hills resident and writes about food for the Observer & Eccentric Newspapers.

## Family, student share recipes

Here's some recipes for Mother's Day from the Wagner family of Beverly Hills and one from Joana Lima, an exchange student from Portugal who is visiting the family.

**BACALHAU A' GOMES DE SA' (SALT COD WITH POTATOES, EGGS, ONIONS AND BLACK OLIVES)**

- 1 1/2 pounds salt cod
- 6 medium potatoes, peeled and cut into 1/4 inch slices
- 1 cup olive oil
- 2 medium onions, cut into 1/8 inch slices and separated into rings
- 6 eggs
- 18 black pitted olives, thinly sliced

(Note: Do this step 24 hours ahead of time. Place cod in a large bowl and cover with cold water. Let soak, changing water every 8 hours. Prior to cooking, drain and rinse cod. Cut into bite-size pieces. Salt cod can be purchased at Vic's Market.)

Please see PORTUGUESE, D2

## Readers share mom's recipes

BY KEN ABRAMCZYK  
STAFF WRITER  
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When we asked for recipes from readers for Mother's Day, they responded with a common chord of love, respect and appreciation for their mothers.

Euni Rose of Southfield remembers her mother's Eastern European cooking origins. Rose's mother, Florence Margolis, learned from her mother-in-law and "never varied an inch from what she learned."

"When my twin sister and I each got married, our mother actually made recipes from her dishes for us," Rose recalls. "She really worked hard because she never ever used a recipe in her entire life — wow!"

"My twin and I have taken her recipes and done some changes

through the years, but the original feeling is still there."

Rose said her most favorite meal was a picnic meal her mother prepared nearly every Sunday in the summer.

"No one we knew ever had a picnic like this one. She made breaded veal cutlets — not chops — veal cutlets, bought from a kosher butcher — not that we kept kosher, but she liked the tenderness and flavor of those particular cutlets."

She fried the cutlets in Crisco or Spry, not oil, because when she was a child her stepmother would send her to the grocery store to buy oil and give her a jar for it. The grocer would pour the oil into the jar, Rose said.

"On the way home the oil would

Please see READERS, D2

## FAMILY FOOD

# Don't obsess about child's weight — just eat healthy



BEVERLY PRICE

**SENSEIBLE LIVING**  
How do you avoid obsessing about your child's weight while teaching them to eat healthy at the same time?

A study by Dr. Leanna Birch, published in the New England Journal of Medicine, confirmed that pre-schoolers have an innate ability to regulate their eating according to what their bodies' need for growth.

This holds true even when the child's eating seems to be horrendous. Researchers found that at a given meal, calorie intake was highly variable but it balanced out over time.

Yet, many parents assume that their young children cannot regulate food intake on their own. Often, parents implement coercive strategies in attempt to ensure that their child consumes a nutritionally balanced diet. However, research by Birch indicates

such control strategies are counter productive.

"Parents' attempts to control their child's eating were reported more often by obese adults than by adults of normal weight," Birch said in the study. Similarly, Duke University psychologist Philip Costanzo found that excess weight in school-age children was highly associated with the degree to which parents tried to restrain their children's eating.

## Develop intuitive eating

Costanzo found that even well meaning parents interfere with a child's intuitive eating, and when a parent tries to overrule a child's natural eating cues, the problem gets worse, not better.

Evelyn Tribole, author of Intuitive Eating, notes that a parent who feeds a child "whenever a hunger signal is heard and who stops feeding when the child shows that he's had enough, can play a powerful role in the initial development of intuitive eating."

Tribole also suggest that you attempt

to help your kids eat only about 10 percent "fun or play" foods while the other 90 percent contributes to their good health.

You can try to explain this concept to them as they approach adolescents and can grasp this information.

Therapist and dietitian, Elynn Satter points out that when the parents of overweight kids back off, and let them eat without pressure, the kids will eventually eat less. This way, the child begins to hear and understand her own inner signals of hunger and satiety.

"Children deprived of food in an attempt to be thin become preoccupied with food, afraid they won't get enough to eat, and are prone to overeat when they get the chance," Satter said.

## Children's menus

Let's look at a sample of young children's eating habits. Abbey Frink, of Wall Lake, is 4 years old and attends pre-school Beth Abraham in West Bloomfield. Her favorite foods are grapes, bananas and peanut butter and jelly. "They are

healthy, very tasty and good for you," Abbey said.

Five-year-old Elna Price, of Huntington Woods attends Kindergarten at Burton Elementary School. Her favorite foods are pizza because she likes the cheese. She likes soy meat and enjoys it in homemade tacos.

One of her favorite dishes is peanut butter pasta, and she also likes fruit. "I love strawberries because they remind me that I have little freckles on my nose."

Erica Mendelson, 6, of Farmington Hills attends Meadowbrook Elementary School in Wall Lake. She enjoys rice at Middle Eastern restaurants, along with salad and french fries.

"The inside of french fries are mashed potatoes!" Erica said. "I also like oranges 'cause you can drink them."

Erica even makes her own lunch, with assistance from her mom who sets certain boundaries such as no excessive junk.

Gail Hennes of Oak Park tries to

Please see SENSEIBLE, D3

## LOOKING AHEAD

What to watch for in Taste next week:

- Dishes for seniors
- Main Dish Miracle