

Wine from page D1

■ 1998 A. Rodet Montheille Cave Privée, \$29, interesting black cherry aromas; full, rich flavors.

■ 1998 Domaine des Perdrix Nuits Saint Georges, Premier Cru Aux Perdrix, \$54; lovely, delicious and very balanced.

■ 1998 Domaine des Perdrix Echezeaux Grand Cru, \$90, is a big wine destined for extended cellar aging.

Earth sensitive wines. In seven years, the Bonterra Vineyards brand is the most successful using organically-grown grapes. All wines are made entirely from grapes, certified by the California Certified Organic Farmers.

Related to produce, there's been significant controversy over the use of the term organic, what is and what is not. No such debate when it comes to Bonterra wines. They are made from grapes grown without pesticides or synthetic fertilizers. Try Bon-

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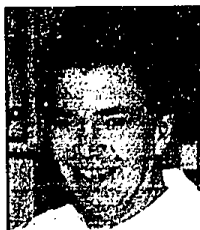
terra Vineyards Chardonnay, Viognier, Merlot, Sangiovese, Cabernet Sauvignon, and Syrah (absolutely fabulous with duck), ranging \$11.50 to \$23.50.

Terror, a French word, is now broadly used by the U.S. wine industry to mean wine characteristics inherited from the par-

ticular place where wine grapes are grown.

Between 1980 and 1994, Napa Valley's Cakebread Cellars' top cabernet sauvignon was its Rutherford Reserve. During those years, winemaker Bruce Cakebread noticed distinct parcels with unique, stand-alone "inherited" characteristics.

In 1995, Three Sisters from fairly rocky soils and Benchland Select from loamy soils were introduced. No knee jerk on our part to enthusiastically recommend — not that they weren't good, but we're interested in consistency. It's there in the 1998 Cakebread Three Sisters Cabernet Sauvignon and 1998 Cakebread Benchland Select Cabernet Sauvignon, both \$90. A barrel sample tasting of both wines from the 1998 vintage has us enthused. For full impact of the meaning of terror, try to taste these wines side by side. Quite amazing!



Richard Michel

Pastry chef joins bakery staff

Pastry chef Richard Michel now brings his skills to the Give Thanks Bakery — downtown Rochester's first European bakery cafe.

Michel's cakes, tortes, strudels, stollen and cookies add an exciting dimension to the bakery. German specialties are introduced each week and special orders can be filled at any time.

Richard works alongside Jean-Marc Seranon, who produces exquisite pastries in the classic

French tradition — ranging from the spectacular Croque-madame to the exotic ganache "opera" pastry, and whimsical mini-pastries shaped as frogs, kittens, piglets and chicks.

Owned by Seranon and Gerald Matthes, the bakery channels 10 percent of profits to local charities. It is open between 7 a.m. and 6 p.m., Tuesdays through Saturdays. The phone number for inquiries and special orders is (248) 601-1642.

WHAT'S COOKING

Send items for consideration to: *What's Cooking*, c/o Ken Abramczyk, Observer Newspapers, 36251 Schoolcraft, Livonia MI 48150, or e-mail kabramczyk@oc.hometeam.net

■ **Battling Hunger** — Tests of the Nation Detroit will help raise money for nonprofit organizations to battle hunger and poverty. The event is scheduled from 6:30 p.m. Sunday, May 7, at the Somerset Collection in Troy. It features the area's 50 best restaurants, caterers and purveyors. Tickets are \$75. About 70 percent of the proceeds will go to Gleaners Community Food Bank, The Food Bank of Oakland County, Forgotten Harvest and Detroit Entrepreneurship Institute. For information or to purchase tickets call Gleaners Community Food Bank at (313) 923-3535.

■ **Vegetarian Cooking** — Lenore Yallows Baum, author of "Lenore's Natural Cuisine, Your Essential Guide to Wholesome Vegetarian Cooking," conducts vegetarian cooking classes at Lenore's Natural Cuisine, 22899

Yallows Farmington Hills. Baum has scheduled sessions 6-9 p.m. on marvelous quick meals, Monday, May 8, and a model spring dinner, Monday, May 22. Learn the principles of macrobiotics, from 7:30 to 9 p.m., Tuesday, May 30. Baum also teaches a beginning cooking series of four classes from 6-9 p.m. on Wednesdays in May and another on Mondays in June. Call (248) 478-4455.

■ **Live Longer** — The Tree House, 22906 Mooney St., Farmington, currently has Wednesday classes at 7-9 p.m. about how to live longer and get well through nutrition and exercise. Call (248) 473-0624 for information.

■ **Rich Brioche Desserts** — Dolly Matolan will teach the techniques of creating light French brioche, including pecan sticky buns, a brioche chocolate bread pudding and an almond-brown sugar coffee cake. Sessions at Kitchen Glamor stores are 6:30 p.m. Tuesday, May 9, at the Novi Town Center; Thursday, May 11, at the Great Oaks Mall, Walton and

Livonia in Rochester. ■ **Cooking with Herbs** — Linda Kay Drysdale will offer a lesson on selecting the proper herb and preparing herb-stuffed honey time chicken, Greek pasta salad, icy gazpacho and mint lemonade. Sessions at Kitchen Glamor stores are 6:30 p.m. Tuesday, May 16, at the Novi Town Center; Thursday, May 18, at the Great Oaks Mall, Walton and Livonia in Rochester. Call (800) 641-1252.

■ **Herbs and Spices** — Herbs and spices have many uses for enjoyment and good health. Peter Stark of Renaissance Acres and the M-Fit Culinary Team will show quick and easy recipes to incorporate herbs and spices into favorite foods 6-8 p.m. Wednesday, May 31, and Wednesday, June 7, at the demonstration kitchen of the East Ann Arbor Health Center, 4200 Plymouth Road in Ann Arbor. Call Nicole Coyarta at (734) 976-4387, Ext. 236, to pre-register. Class fee is \$20 for individuals, \$35 for couples.

Knock out the fat with these recipes

Here's some low-fat recipes from Beverly Price. See related column on Taste front.

SOFT SOY TACOS

- 1 (12 ounce) package Morningstar Farms Harvest Burger Recipe Crumbles
1 packet fat free taco seasoning mix
8 (10-inch) whole wheat flour tortillas
8 ounces Soy sour cream
2 cups chopped tomatoes
2 cups chopped lettuce
2 cups soy cheese, shredded
1 cup salsa

In a non-stick skillet, mix Recipe Crumbles with taco seasoning and saute. Warm the tortillas in microwave or in a frying pan. Place some soy mix in each tortilla and top with sour cream, tomato, lettuce, cheese and salsa. Fold to eat. Makes 8 servings.

Nutritional information per serving: Calories 243, fat 0g, pro. 14g, carb. 46g, chol. 1mg, fiber 1g, sodium

360mg

PEANUT BUTTER SPIRALS

- 12 ounces uncooked whole wheat spiral pasta
2/3 cup natural peanut butter
3/4 cup water
3 to 4 tablespoons low sodium soy sauce
2 tablespoons mild vinegar
1 scallion, coarsely chopped
1 tablespoon honey or rice syrup
1/2 teaspoon ground ginger
1/2 teaspoon chili powder
1 1/2 cups frozen green peas, thawed

In a large soup pot bring 4-6 cups of water to a boil. Once water is boiling add pasta and cook for 8 to 10 minutes or until pasta is tender. While pasta is cooking, combine all remaining ingredients except peas in a food processor or blender and process until smooth.

When pasta is done, drain well and transfer to a large serving bowl. Add peas and sauce; stir to combine thoroughly. Serve warm. Serves 8.

Sensible from page D1

expose her children, Rina, 8, Asher, 7, and Gila, 5, to a variety of foods. She leaves a relish tray loaded with vegetables for the kids to graze on after school. Hennes recalls a parenting magazine concept: "It takes a child 20 exposures to a new food before a child will try it."

Hennes also believes what par-

ents "model" for children directly affects their relationship with food.

Beverly Price is a registered dietitian and exercise physiologist. She operates *Living Better Sensibly*, a private nutrition practice in Farmington Hills that offers programs for individuals and corporations.

Reader shares salad recipe from mother

CATHERINE ZOTOS' GREEK N EASY PASTA SALAD (FROM SON GREG ZOTOS)

- 8 ounces rotini pasta
8 ounces cooked diced chicken
1 1/2 cup chopped red onion
Dried basil
Salt to taste
Black pepper to taste
Fresh basil, shredded
1/2 cup sun-dried tomatoes, poked in oil, cut in strips
1 cup cherry tomatoes, cut in halves
1/2 cup crumbled Feta cheese with tomato and

basil

Cesar salad dressing, regular or low-fat
1/2 cup chopped imported black olives

Cook pasta according to package directions, drain. Meanwhile, in a large bowl, combine chicken, sun-dried tomatoes, cherry tomatoes, Feta cheese, red onion, 2 tablespoons dried and 2 tablespoons fresh basil, salt and pepper to taste, and olives.

Blend in 1/3 cup salad dressing. Mix in warm pasta. Enjoy warm or chilled. Serve with crusty bread, pita chips and fresh fruit. Serves 4.

Look for her column on the first Sunday of each month.

MIGRAINES

If you suffer from migraines and...

- ☐ 18 years or older
- ☐ have at least 1 year history of migraines
- ☐ experience 3-8 moderate to severe migraines per month
- ☐ in good overall health

You may qualify for a medication research study for migraines. All research related care and study medication is provided at no cost to those who qualify. You will be paid for your participation in this research. All medication is taken orally at home. If interested, please call for more information.

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The City of Southfield Parks and Recreation Department presents

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May 10-14

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7:30 p.m. (Benefit Night)
Thursday, May 11
7:30 p.m.
Friday, May 12
7:30 p.m.
Saturday, May 13
12 p.m., 4 p.m. & 8 p.m.
Sunday, May 14
2 p.m.

TICKETS: \$9.50 - \$8.50

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