

Sunday, February 4, 2001

LIVING BETTER SENSIBLY

BEVERLY PRICE

Celebrate Valentine's Day with red foods

Celebrate Valentine's Day by including red nutritious foods in your diet.

February is also American Heart Month, so let's see how you can prevent heart disease and keep your body healthy by eating red foods.

Cherries help

Cherries are high in phytoestrogens and terpenes. Phytoestrogens and terpenes belong to a family called phytochemicals. Phytochemicals are substances 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 cancer cell growth. Foods containing phytoestrogen foods also can help reduce hot flashes and help prevent osteoporosis.

Tomatoes contain carotenoids. There are over 600 carotenoids in fruits and

vegetables and they are important in the prevention of chronic illness. Lycopene is a carotenoid found in red and pink fruits and vegetables such as strawberries, tomatoes, and pink grapefruit.

Red leaf is nutritional

Red leaf lettuce contains vitamin E, which can help boost the immune system, lower blood sugar in diabetes and improve arthritis. Vitamin E also protects against heart disease, especially in women.

Beans are the near-perfect food. They are very rich in nutrients including fiber, iron, calcium, thiamin, copper, vitamin B6, folacin, magnesium, manganese, phosphorus, and potassium. They are also an excellent source of protein. Beans are good for your digestive system, keeping up your energy level, making your bones strong and regulating your blood pressure.

Red apples contain boron, important for the prevention of coronary artery disease and for prevention of osteoporosis. Boron helps your body retain calcium and regulates bone metabolism.

How are people including nutritious foods in their diet this month? Nathan Peiss of Oak Park drinks cranberry juice instead of water to promote good prostate health. "I'm eating lots of cherry and grape tomatoes and red licorice because I like them!" Peiss said. (Well, two out of three foods isn't bad!) Happy Valentine's Day and enjoy red foods!

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. Visit her website at www.nutritionsecrets.com.

Look for her column on the first Sunday of each month in Taste. Feb. 25 - March 3 is National Eating Disorder Awareness Week. What are you or your child's school doing to increase your child's self-esteem? Call Beverly Price at (248) 539-9424 to find out how you can implement Eating Disorder Prevention/Intervention programs at your school.

LOOKING AHEAD

What to watch for in Taste next week:

- Healthy desserts
- Seasonal Sensations

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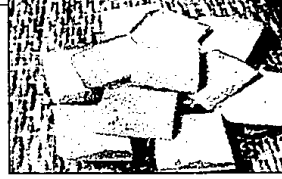
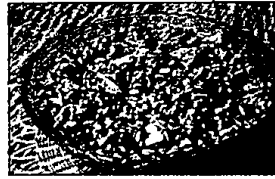
Raisin' the Rent

A culinary journey: Howard Paige, food historian, demonstrates African American cooking served up at rent parties of the Harlem Renaissance. Tenants used, admissions to the parties to pay rent. Below at right is corn pone, a mix of cornmeal, flour, bacon drippings, buttermilk and other ingredients. Hoppin' John, below, used black-eyed peas, onions, pepper and rice among the ingredients.



PHOTO COURTESY OF HENRY FORD MUSEUM

Dinners helped pay the bills and prevent eviction



BY KEN ABRAMCZYK
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A visitor to a Harlem neighborhood walks down the street following the sounds of someone banging on a piano or a saxophonist walling into the night.

He smells the chicken, onions, peppers and tomatoes stewing for jambalaya as he walks up the steps to the noisy apartment. Inside, furniture is re-arranged to create a dance floor. Tables are moved to allow room for guests to play cards and shoot craps.

The visitor, and several other partygoers, pay admission to get in, but it isn't just a social event for family and friends. The party helps raise money for the apartment tenant to pay the rent, a "fund-raiser" popular among blacks during the Harlem Renaissance in the late 1920s.

Adjusting to a situation

"(The parties were) a way for the African-American to adjust to a situation," said Howard Paige, a culinary historian and Southfield resident. Paige will demonstrate some of the African-American recipes served at these popular rent parties during the February Black History Month celebration at Henry Ford Museum in Dearborn.

Thirty to 40 percent of their income went to rent, and it was anywhere between \$15 and \$30 more per month than the average rent for a white person," Paige said. "Since they had a larger rent, they had to have more money. Neighbors and friends came to help the tenant fend off a Sunday deadline when the rent was due. If it wasn't paid, the landlord put the tenant's furniture on the street by Monday morning."

What? Howard Paige, food historian and chef, demonstrates African-American cooking.

Where: Henry Ford Museum, 20900 Oakwood Blvd. at Village Road in Dearborn, just west of the Southfield Freeway and south of Michigan Avenue, three miles north of I-94.
When: 10 a.m. to 4 p.m. Saturday-Sunday throughout the month of February. The museum is open 9 a.m. to 5 p.m.
Admission: Paige's presentation is included with museum admission — \$12.50, age 13 and older, \$11.50, seniors 63 and older, \$7.50, children ages 5-12. No charge for children under 5, or parking.
Information: Call (313) 271-1620 or visit www.hfmv.org.

The ways of food

Paige has studied culinary history for 20 years. His interest was fueled by the discovery that there was very little published information about African-American Foodways.

He's since researched and written three books. The most recent, "Aspects of African American Foodways," was published in 1999 by Aspect Publishing.

His research on African American food landed him a place on a culinary board at the Smithsonian Institution. Paige was selected as the culinary representative for Detroit's 300th birthday on Real Men Cook, an organization which holds an annual fund-raiser on Father's Day in Chicago to recognize the accomplishments of African-American men and to raise money for charities.

A variety of influences

Many black slaves cooked for whites in the early 1800s, and adopted their food traditions. Paige said they learned about the French

influences in Cajun and Creole cooking or what others may call "Southern" cooking.

But many of the foods prepared at rent parties have roots in Africa. That's why Paige prefers to call it "African-American cooking and not 'soul food.'"

"You really go back to the motherland," Paige said. He rattles off a menu like he is reading one written on the back of his hand. Similarly, he sprinkles his conversation with historical information about the food.

"Black-eyed peas are similar to cowpeas, which are indigenous to Africa," Paige said. "The rice also has its place with African-Americans." Many slaves grew it in South Carolina.

Corn pone, similar to cornbread except that it is made with buttermilk and bacon drippings, can be traced to west Africa. "Sweet potatoes can be made into a corn pone from certain species of yams from west Africa," Paige said.

Jambalaya created in the deep South helped black cooks distinguish themselves in Creole and Cajun cooking.

"They were greatly influenced by the French, but more seafood was available (in the deep South), and they added it to the jambalaya," Paige said.

Back to the homeland

The term "soul food" disconnects blacks from their African ancestry and history, Paige said. "The word 'soul food' is not used as frequently," Paige said. Using African-American food as a term helps blacks connect with their homeland.

Please see RENT, D2

JAMBALAYA

- 1/4 cup margarine
- 1 medium onion, chopped
- 1 cup green pepper, diced
- 3 cloves garlic, crushed
- 1 cup ham, chopped (all fat removed)
- 1 cup breast of turkey, cooked and chopped
- 3 cups chicken broth; low salt and low fat
- 1 1/2 cups long grain rice
- 1 tablespoon tomato paste in 1/4 to 1/2 cup water
- 1 teaspoon cayenne pepper
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup (8 ounces) shrimp, shelled and deveined
- 2 cups tomatoes, chopped

Sauté margarine, onion, green pepper and garlic until just tender. Set aside.

Fry ham and turkey in oil remaining in pan until done. Set aside and remove excess oil with paper towel.

Add rice to 3 cups boiling chicken broth so that chicken base rises just above the rice or about 1/2 to 1 inch. (You can use 1 tablespoon chicken base in 3 cups water and heat to boiling.) Let cook.

As rice absorbs chicken broth, and just begins to get soft, add tomato paste, cayenne pepper, salt and black pepper. Mix well. Let simmer 10 minutes.

Add shrimp. Let simmer 3-5 minutes.

Add chopped tomatoes. Mix well. Serves 6-8.

Recipe courtesy of Howard Paige.

Strong wines build faithful following

Some winery owners and wine-makers have become as well known as movie stars.

It's refreshing to meet those who seek to make a difference. Often, we find their wines are the superstars at sensible prices.

A decade ago, Tom Klein bought a winery with some one else's name. He had no intention of seeking the name Rodney Strong Vineyards to his own. Klein doesn't care that you've never heard of him. So what's in a name?

Wine business booms

In 1969, Tom Klein escaped the corporate world of McKinsey, an international management consulting firm, and was featured in Fortune magazine in 1990, along with other corporate refugees, hoping to slow down.

Well equipped with a Stanford Business School MBA, he chucked high pressure to join Klein Bros., his family's northern Cali-



fornia food business. He soon expanded the company's international sales and acquired the Rodney Strong Vineyards brand.

In 10 years, he engineered growth from a 60,000-case and a \$3 million producer to 420,000 cases and \$40 million in revenue. He spent \$21 million in the last few years, to cement the winery's future by purchasing new vineyard land and upgrading equipment.

Along with some stellar vineyard properties in the top appellations of California's Sonoma County, Klein's biggest asset is Rodney Strong's 30-year veteran winemaker Rick Soren. You may not have heard of him either. He doesn't care. If you've not bought his wines, however, you've been missing something.

Where's the emphasis?

As wineries have learned more about particular characteristics of their vineyard

sources, they've begun to bottle more vineyard-designated wines.

Rodney Strong pioneered vineyard-designating. Alexander's Crown Cabernet Sauvignon is legendary. To this pedigreed jewel, that celebrated its 25th anniversary in harvest 2000, the winery added only its second vineyard-designated cabernet, Rodney Strong Alden Ranch Cabernet Sauvignon.

Harmonious interplay of geographical diversity of land in the Rodney Strong vineyard portfolio is best witnessed in newly debuted Rodney Strong Symmetry.

While Rodney Strong Vineyards Alexander's Crown, reserve Cabernet Sauvignon and Symmetry are magnificent wines, it's the winery's Russian River Valley pinot noir that turns our heads. Like most pinots from the region, they're rich, plump, and generous. Most, however, are made by boutique producers and lack broad distribution. You read about these wines, but can't find them locally.

Rodney Strong Vineyards Pinot Noir is distributed in every state. This is not the

Please see WINE, D3

Wine Picks

Get to know Rodney Strong wines. We are especially impressed by:

■ 1998 Rodney Strong Pinot Noir, Russian River Valley \$29 with a big, puny fruit statement. A lively fruit finish is accented with gentle vanilla hints.

■ 1998 Rodney Strong Merlot, Sonoma County \$18 sporting berry, cherry fruit and mellow, brown spices in the finish.

■ 1997 Rodney Strong Merlot, Alexander Valley \$25 is big, full, generous, lush and round with long lasting brown spice notes.

■ 1999 Rodney Strong Chardonnay, Sonoma County \$16 has a nice balance of fruit, oak and weight.

■ 1996 Rodney Strong Reserve Cabernet Sauvignon, Northern Sonoma \$37 is brimming with red fruits and brown spices. The lengthy finish portends long aging potential.

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