

FOCUS ON WINE

RAY & ELEANOR HEALD

Italian varietals favored at Napa's Luna Vineyards

Napa Valley's Luna (Italian for moon) Vineyards is the brain child of Mike Moore (former Beringer CEO) and George Vare. Created to specialize in Cal-Italians (Italian varietals grown in California), Luna is an unparalleled winemaking story.

After replanting an old chardonnay vineyard to pinot grigio, and contracting reliable sources for sangiovese, former Newton Vineyards winemaker, John Kongsgaard was hired to make the wines. But he wanted to make merlot, as well as pinot grigio and sangiovese, that Moore and Vare had in mind. Before getting started, they agreed to add merlot as the third varietal in the Luna line up. After all, merlot is grown in Italy too.

"We're making Cal-Italians because we like them," Vare emphasized. "The last thing we wanted to do was to try and sell another cabernet sauvignon or chardonnay. There are already so many great bottles of these wines in the market. Our challenge is to make great Italian varietals. Besides, the fastest growing restaurant business in the U.S. is the neighborhood Italian restaurant."

Wine Picks

- Pick of the pack: 1999 Faling Star Merlot-Malbec \$5. An amazing wine at this price. A delicious light red for summer. You've got to try it.
- Big reds: 1996 Ferrari-Carano Trezor Reserve \$55 is a blend of all five Bordeaux varieties. 1998 Sangiovese Napa Valley Cabernet Sauvignon \$48 deserves an additional five years of bottle aging.
- 1997 Rodney Strong Alton Vineyards Cabernet Sauvignon \$30 is classic.
- 1999 Tommas Cabernet Sauvignon \$17 is the best we've tasted from Argentina.
- Drinking now cabernets: 1999 Haywood \$10; 2000 Vitis Tarapaca Chile \$9; and 1999 Canyon Road \$8.
- Don't neglect to look for future wine pleasures: 1998 Chateau de Paz Saint-Etienne \$30 and 1998 Haut-Sangiovese Estate \$24 are well-priced, cellar-worthy Bordeaux wines.

Pinot Grigio

In 1995, Luna had the largest single planting of pinot grigio in North Coast California, but needed to decide on the style. This grape is also called pinot gris and makes superb wines in France's Alsace region.

Research was needed. So the "Luna-ties" visited Alsace and Italy. While they thought highly of Alsace pinot gris, they knew they could not make wines in the Alsace style because the terror of Alsace and Napa Valley are so different.

Next they visited Italy's Alto Adige, a region with a much colder climate than the Napa Valley, so no model was discovered. They were most

impressed with the wines in Friuli, a region of northeastern Italy bordering Slovenia.

When you first pour the Luna Pinot Grigio or a good one from Friuli, you may be startled by the pale pink-copper color. Although considered a white grape variety, when fully ripe the berries have a pinkish-gray color and thus the French name pinot gris (gray pinot). When harvested, the crushed grapes are left in contact with the juice giving it color.

Sangiovese

Taking to the road again, Tuscany was Luna's role model for sangiovese. "Our best visits were with hands-on people who are continually conducting experiments," Kongsgaard remarked. "We spent more than half our time in the vineyard."

Problems with sangiovese are enormous because it tends to grow like a Mediterranean weed. "When we admired a particular chianti, we learned that yields at harvest were very low, grown in the rocky soil of the best hillside vineyards," Kongsgaard explained. "We're attempting a similar vineyard model on the most impoverished soils, located in vine-

Please see WINE, D2

LOOKING AHEAD

What to watch for in Taste next week:

- Tomatoes
- Focus on Wine



PHOTO BY TOM HOFFMANN

Good taste without eggs: From back left is an eggless potato salad with kale, a box of Ener-G Egg Replacer substitute, an eggless egg spinach wrap made with tofu, chocolate brownies with banana and Egg Replacer and an eggless egg salad with tofu and olives all made at Buday's Tasty Health on Woodward at 12 Mile Road in Berkeley.

Savory recipes packed with protein - minus cholesterol

 BY LANA MINI STAFF WRITER
 lmini@oe.homecomm.net

Salmonella.

Food poisoning. High cholesterol. Those are words sometimes associated with eggs and it seems health officials are constantly telling how to cook the food properly so we don't become sick.

Here's a thought shared by vegans: if a food must be cooked to be safe for consumption, maybe we shouldn't eat it at all.

Whether it's fear of salmonella, the desire for improved health with lower cholesterol foods or for ethical reasons of wanting to avoid food from those dark, over-crowded, small-caged chicken and hen farms... we can skip eating eggs, but still enjoy the favorite recipes that call for the bird embryos.

Today's marketplace has created alternatives to everything that is fattening or high in cholesterol — including eggs.

Mike Buday, a strict vegan who consumes no animal products or by-products whatsoever, opened Buday's Tasty Health in Berkeley just to specialize in vegan and vegetarian foods. One of his favorite products is that which replaces eggs.

"I went vegan and stopped eating eggs 10 years ago and never looked back," Buday said. "There are so many alternatives to eggs that are healthier and just as tasty." Buday's deli is packed with eggless foods like eggless egg salad, chocolate brownies, eggless French toast, raw almond and date bars, eggless and dairyless ice cream, fake turkey sandwiches and strawberry fruit smoothies.

Love scrambled eggs? You can make it with soft, protein-packed tofu, turmeric, garlic, salt

and pepper, chopped onion and mushroom sautéed together for about 20 minutes.

Crave summer egg salad? Soft mashed tofu again, with turmeric, dill, lime and celery is a delicious substitute.

How about the need for eggs in good, old-fashioned chocolate brownies?

That's simple. Just use a half mashed banana for each egg needed. Or avoid the added egg flavor with an egg-free substitute called Ener-G brand Egg Replacer. It's one of Buday's most popular products.

The boxed eggless egg replacer uses potato starch as its prime ingredient and can be used in cakes, rice, cookies, muffins, and more. At less than \$5 per box, it literally lasts for months. It can be used in almost any egg dish imaginable, he said.

Buday creates elaborate and simple dishes in his store deli with ingredients pulled right off the store shelves.

"The hardest part is getting people to try it (eggless dishes)," he said. "Once they do, they always love it."

From Ener-G brand Egg Replacer to tofu to pre-packaged pancake mixes without eggs, Buday said he carries the vegan products because of the increasing demand for it.

"People want delicious healthy food — food that didn't bring harm to an animal or to the environment."

In some vegetarian and vegan recipes (like cake and muffin), eggs are used as a leavening agent to make the dish rise. One replacement idea is a teaspoon of baking powder to do the trick or the Egg Replacer. In other recipes, eggs act as a binder to hold the recipe together.

er. In cookie and brownie recipes, use banana for the egg, or the Egg Replacer. Applesauce also makes a great egg substitute and adds nice flavor.

In most other vegetarian recipes that need

Please see EGGLESS, D2



Perfect: The chocolate brownies and raw almond and date bar were also made without eggs by Mike Buday. Almond milk was substituted for cow's milk. Applesauce was used as an egg replacer. The Tofu Scrambler by "Fantastic" is a powdered seasoning used to make omelets, which use tofu instead of eggs.

Authors guide shoppers through Detroit's Eastern Market

 BY KEELY KALESKI-WYONIK STAFF WRITER
 kwyonik@oe.homecomm.net

It started out as casual dinner conversation and turned into an event — a shopping expedition to Detroit's Eastern Market followed by an evening of cooking.

Lois Johnson, who co-authored "Detroit's Eastern Market: A Farmers Market Shopping and Cooking Guide" with Margaret Thomas, was the inspiration.

She and her husband, Christopher, a history professor at Wayne State University, recently had dinner with my friends Kathy and Mike, who live in Livonia. Christopher was Mike's graduate student advisor, and they've kept in touch.

"Keely, Lois made this delicious appetizer with yogurt cheese. It's featured in her book. Have you seen it?" I hadn't, so while Mike grilled steaks, Kathy went inside to get the

book. Before long, we were passing it around the table, looking at the recipes, and planning our next dinner party.

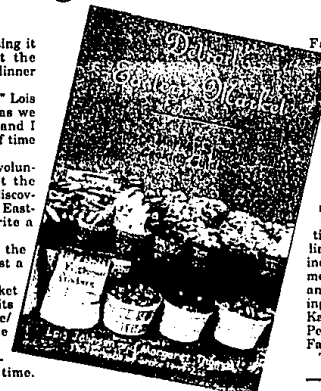
"I'm always planning a menu," Lois said with a smile in her voice as we talked about the menu Kathy and I planned. "I like to know ahead of time what I'm cooking."

She and Margaret met while volunteering in gallery services at the Detroit Institute of Arts. They discovered a mutual love for Detroit's Eastern Market, and decided to write a book together.

"It focuses on the people and the products," Lois said. "There's just a thumbnail history."

Fans of Detroit's Eastern Market will be surprised to learn that it's the largest open-air wholesale/retail market of its kind in the United States.

If you've never shopped at Eastern Market, this is the perfect time.



Farmer stalls are brimming with picked in the morning fruits and veggies.

"I've always gone to markets," said Lois. "I like the quality and freshness of the food. It's the most important part of cooking. I like talking to the people who grow the food I eat."

Johnson and Thomas interviewed a lot of people at the market, and reading their book is a good way to meet them.

Their guide starts with a description of the shops and restaurants that line the periphery of the market sheds including R. Hirt Jr. Co., which offers more than 300 varieties of imported and domestic cheese, Gabriel Importing Co., which sells the yogurt cheese Kathy loves, Rafal Spice Co., the Rocky Peanut Co., Butcher's Saloon, and the Farmers Restaurant.

Then you'll meet some of the vendors

See MARKET, D2