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# Taste

WINE ■ RECIPES ■ SPECIALTIES

## Side dish

### Healthy Snack Tip

Want something sweet, but low in calories? Gail Posner, a registered dietitian at Healthy Ways Nutrition Counseling in West Bloomfield, recommends Hunt's Fat Free Snack Pack Pudding. This treat, she says, is only 90 calories per cup with a little calcium and no fat. It requires no refrigeration so it's handy to store at work or in the car. Having a healthy snack like pudding available has saved many of her clients from a candy bar or 300-calorie bagel.

### Minimizing

Beginning the week of Sept. 15, Marshall Field's is sending guests on a "soul-searching journey" to learn about relaxed and practical cooking. Field's Marketplace Fair will feature celebrities Michael Chiarello from PBS' cooking show "Season by Season" plus New York Times columnist Mark Bittman who writes "The Minimalist" and is the author of "The Minimalist Cooks Dinner."

Marshall Field's chefs will also host recipe demonstrations. The theme is Simple Living. Simple cooking. Simple decor. Simple entertaining. But don't exclude the sophistication.

Field's recommends a few items to help make life easier: Braun's Hand Blender, \$35, Cuisinart's Duet Blender, \$80, and the Lightning Chopper, \$10. These items are among the seven products that "should simplify life the most," and will be discussed 11 a.m. to 4 p.m. Sunday, Sept. 15 in the Marketplace at Marshall Field's in Eastland, Westland, Oakland, Fairlane, Southland, Lakeside, Twelve Oaks, Summit Place and the Somerset Collection.

The theme is All-Clad Day, 11 a.m. to 4 p.m. Monday, Sept. 16 at Eastland, Westland, Oakland, Southland, Fairlane, Lakeside, Twelve Oaks, Summit Place and Somerset.

Culinary pros will serve food cooked with All-Clad cookware. Trudeau Day will be celebrated 11 a.m. to 4 p.m. Wednesday, Sept. 18 at Lakeside, Summit Place, Somerset, Eastland, Oakland, Southland, Fairlane and Westland. The Marketplace will offer fondue demos and include items like Trudeau's Truiver wine opener and other products designed to make entertaining easy.

Compiled by Lana Mini

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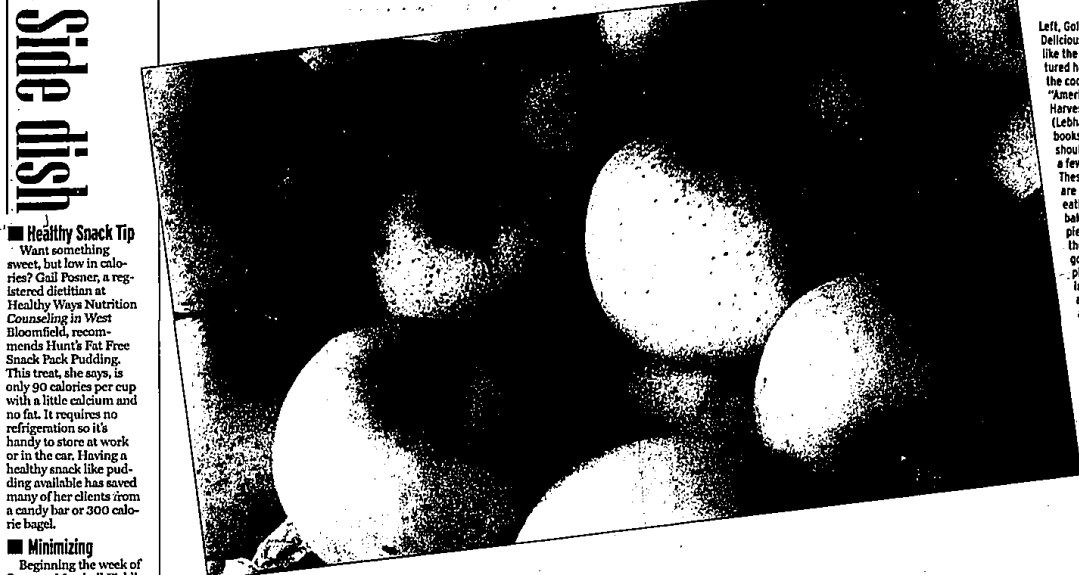
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Left, Golden Delicious apples, like the ones pictured here from the cookbook "American Harvest" (Lebanon-Friedman Books, \$39) should be ripe in a few weeks. These apples are great for eating fresh or baking in pies. Below, the secret to a good apple pie is combining sweet and tart apples in the filling mixture.

## This year's apple crop is little and late... BUT TASTY

BY LANA MINI  
STAFF WRITER

The Empire crop is poor but the Mustu are nice, said Beth Wasem of Wasem Fruit Farm in Milan.

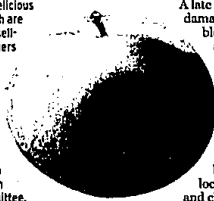
Firm Royal Gala and tart McIntosh will arrive this Sunday on Wasem Farm's opening day.

"We'll have cider about a week later," Wasem said.

Things are moving slowly at Michigan's apple orchards this year.

White Red Delicious and McIntosh are the largest sellers, newcomers like crunchy

Braeburns are steadily climbing the sales charts, according to the Michigan Apple Committee.



A late spring frost severely damaged many apple blossoms. The crop and even the size of the apples are smaller than average this year, growers say.

The dry summer didn't help. The crop is about a week behind and most local apple orchards and cider mills said the varieties are only trickling in. Normally, the state's moist, but humid climate with sunny days and mild evenings is ideal for healthy apple crops. Despite the problems, local uptick orchards will open doors to customers looking for apples to eat, cook and can.

And it's not just Michigan apples that are late — crops throughout the Midwest suffered from late spring frost, said Kim Krogmeier of Plymouth Orchards in Plymouth.

"We'll have Paula Red and Ginger Gold soon, but everything is delayed," Krogmeier said adding that the good flavors will be worth the wait.

The opening of the apple tent at Yates Cider Mill in Rochester Hills was postponed seven days until this weekend because there just weren't any apples to sell.

"Peak apple season, where we'll have a large variety, won't hit until the end of September this year," Dee Posey of Yates said.

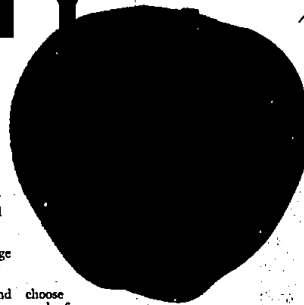
The apples that we have are Paula Red and Red Delicious and they are taste very good only they're smaller in size," said Posey.

And right now, the taste of the cider at Yates is milder than usual since the tart apples haven't arrived yet.

### POPULARITY CONTINUES

Apples are the state's largest fruit crop by volume — an average of 850 million pounds are harvested here annually. Last year's crop size was one billion pounds, according to the Michigan Apple Committee. The state ranks third in apple growing — beaten only by Washington and New York.

Most people still buy apples just for eating fresh, but experts offer advice on how to to



choose apples for a perfect old-fashioned apple pie and applesauce.

"Ginger Gold and Paula Red are softer apples that are good for eating and cooking," Krogmeier said.

Ginger Gold was discovered in Virginia and looks and tastes similar to a Golden Delicious, but it ripens earlier. Paula Red was discovered in Michigan and is similar to a McIntosh but ripens earlier also. Typical pie apples varieties are also Jonathan, Northern Spy, Golden Delicious, Rome and Ida Red.

Wasem said Cortland's and McIntosh are ideal for applesauce because both apples cook

PLEASE SEE APPLES, B2

## Atlas Peak Vineyards worthy of another peek

By no stretch of the imagination is Atlas Peak Vineyards a new kid on the California wine block. Yet with a new winemaker on board and a more focused program for its vineyards and wine-making, Atlas Peak deserves another look.

To get a sense of what's new, we're going to go retro for a bit. Amid much global chatter in the 1980s, Atlas Peak was founded by Whitbread, a large British brewer, in partnership with two renowned wine names, Italy's Antinori and the French Champagne House Bollinger. Serious money was spent on buying land and developing the Atlas Peak property in Napa Valley's southeastern hills.

Conjecture was that these hills could potentially produce sangiovese as good as that grown in



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Tuscany. The rush was on by other wineries to compete with the variety in different locations to make a New World chianti-style wine.

Questions arose. Should California sangiovese be blended with another variety? If so, which one? Cabernet sauvignon was chosen by many and the early wines were disappointing. After a few years of bottle age, sangiovese began to take on the character of cabernet, but tart because sangiovese has naturally high acidity. Since sangiovese

is a lighter red, the mid-palate of the sangiovese-cabernet blends sagged and were dubbed thin.

Consumers were turned off by New World sangiovese and today, a number of California wineries no longer make it.

### GETTING INTO A GROOVE

Whitbread and Bollinger are no longer associated with Atlas Peak but Antinori still owns the vineyards, winery and caves. With what's new under winemaker Jeff Brinkman who came on board in 1999, Piero Antinori should be happy. And it takes a lot to make this producer of world-renowned chianti happy when it comes to world-class wine.

PLEASE SEE HEADS, B2

### WINE PICKS

There's enough summer left to enjoy some refreshing white wines such as Sauvignon Blanc

■ Awesome: 2001 White Oak \$18.

■ Exceptional values: 2001 Justin \$13.50 and 2001 Dry Creek Vineyard Fume Blanc \$13.

■ Peerless elegance: 2000 Chalk Hill \$34.

■ Really delicious: 2001 Preston of Dry Creek \$18; 2001 Wattle Creek \$17; 2001 Lambert Bridge \$16; and 2001 Chateau Souverain \$12.

■ Need a new, crisp white wine taste? Try: 2001 Lambert Bridge Viognier Damiano Vineyards \$20 or the slightly oakier style of 2000 Mazzocco Bevil Vineyards Viognier \$24. The 2001 Michele Chiarlo Gavi \$15 is sensational.

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