

Wine from page B1

as "Chip T and Tonic." Over crushed ice in a wine glass, pour in 1/3 Taylor Fladgate Chip Dry \$19 and 2/3 tonic water. Add a twisted mint sprig for both color and a touch of flavor. This light, before-dinner drink is nice with unsalted almonds or Cheshire cheese.

Port-style wines are made in California. Try Domaine Charbay Distillers' Port, Four Barrel Release III \$75.

It's a ruby style made from cabernet sauvignon and petite syrah, fortified with Charbay-distilled brandies. No other U.S. winery distills its own brandy to fortify port.

Ruby ports take to full-flavored goat's milk cheeses. Young tawnies are complemented by cheeses from the French Pyrenees.

Older tawnies are best with desserts such as vanilla ice cream with a hazelnut, caramel topping or Creme Brulee.

Port and cheese

Full-flavored cheeses such as medium sharp cheddar or Pont L'Eveque go well with vintage character ports. LBVs take to Gorgonzola or Spanish cabrales.

Stilton cheese is the unparalleled match for a vintage port such as 1996 Fonseca Guimaraens \$60.

Soft cheeses with a creamy texture, such as Brie or St. Andre, make poor matches with LBVs.

They are too mild and come off sweet against the wine.

Port is an essential element in many classic dishes, such as duckling with

black cherries. Darker meats, such as beef or venison, are good candidates for ruby port in the sauce.

Lighter meats, such as veal and poultry, pair well with a younger tawny. Try deglazing a saute pan with a couple of ounces of port and a bit of stock to dress up an otherwise simple main course.

Port wine sauce can be made to taste by using a ruby port, veal or beef stock, minced shallot, orange and fresh lemon juice, orange zest, a sprig of fresh thyme and bay leaf.

Simmer all ingredients in a saucepan to make a reduction, then thicken with a butter-flour mixture. It's yummy served over duck, beef or game birds.

A few rules of thumb can guide you to a successful marriage of port with

dessert. Desserts based on strawberries, raspberries, or cherries work best with Vintage Character, LBV or vintage ports.

Desserts with apples, citrus fruit, nuts, caramel or butterscotch, or lacquered with spices such as nutmeg, cinnamon, or cloves, are marvelous with older tawny ports.

A bittersweet chocolate dessert is best with a ruby-style port. White chocolate or mocha desserts are nicely offset by the flavors of an aged tawny port.

The Healds are Troy residents who write about wine, spirits, food, and dining for the Observer & Eccentric Newspapers.

To leave them a voice mail message, dial (734) 953-2047, mailbox 1864.

Wine Picks

■ Crisp whites great for 2000 Domaine Seguinot-Boudet Premier Cru ■ Fourchaume Chablis '23; 2000 Joseph Phelps Sauvignon Blanc \$20; 2000 Kunde ■ Magnolia Lane Sauvignon Blanc \$14; and 2001 Santa Rita Reserve Sauvignon Blanc, Chile \$11.

Spanish wines get more popular every day. We highly recommend: 1997 Bodegas

■ Muga Rioja Reserva \$15 and 1995 Bodegas Muga Rioja Selección Especial \$24.

■ Best buy Spanish wine: 1999 Osborne Solez \$9.

Manicotti from page B1

thanks.

Send recipes to Susan Steinmueller, Observer & Eccentric Newspapers, 805 E. Maple, Birmingham, MI 48009.

To fax call (248) 844-1314, or by e-mail to steinmueller@oec.homecomm.net. Please send information in text form.

For more information call (248) 901-2576.

QUICK VEGETABLE MANICOTTI

One (15-ounce) container nonfat ricotta cheese

1/2 cup wheat germ

2 egg whites, lightly beaten
1/3 cup chopped fresh parsley
2 tablespoons Parmesan cheese
3/4 teaspoon Italian seasoning blend
1/2 teaspoon salt, optional
One (5 ounce) package manicotti, about (12 manicotti), uncooked
2/3 cup sliced zucchini or small broccoli florets
2/3 cup sliced yellow squash or parsnips
2/3 cup sliced mushrooms
One (28-ounce) jar reduced sodium spaghetti sauce
1/2 cup water

Heat oven to 350°F. Lightly spray a 13 by 9-inch baking dish with no-stick cooking spray.

Combine ricotta cheese, wheat germ, egg whites, parsley, Parmesan cheese, Italian seasoning and salt; mix well.

Fill individual manicotti with cheese mixture using a teaspoon, small rounded knife or cake decorating bag. Top with vegetables.

Combine spaghetti sauce and water in medium bowl. Spoon over vegetables and pasta to cover completely. Cover dish with foil.

Bake 40 to 45 minutes or until pasta is tender and sauce is heated through. If

desired, sprinkle with additional Parmesan cheese and wheat germ. Serves 6.

Nutrition Information: Per serving

Calories 250, Calories from fat 16, Total fat 2g, Saturated Fat 0.5g, Cholesterol 0mg, Sodium 570mg, Total Carbohydrates 37g, Dietary Fiber 2g, Protein 21g, Folic Acid 102 mg (25% DV), Vitamin E 3 I.U. (15% DV).

Recipe compliments of Quaker Oats Company, makers of Kretschmer wheat germ.

Refreshing salad is easy to make in 20 minutes

BY THE ASSOCIATED PRESS

This refreshing salad that you can assemble in about 20 minutes has a combination of flavors to brighten up winter meals, including grapefruit, papaya, honey, black beans, cumin and cilantro.

Look for grapefruit that feel heavy for their size and have smooth blemish-free peels. The touch of honey helps the citrus taste blend with spicy seasonings in the salsa.

Serve the salad alone for a light lunch, or with chicken, breast or fish for a more substantial and still healthful meal.

GRAPEFRUIT SALAD WITH BLACK BEAN SALSA

Lettuce leaves
3 large grapefruit
1 medium cucumber, thinly sliced

For the salsa:
1/3 cup freshly squeezed grapefruit juice
3 tablespoons honey
2 tablespoons freshly squeezed lime juice

1 clove garlic, finely chopped

1/4 teaspoon ground cumin
1/4 teaspoon salt
15-ounce can black beans, drained
1 ripe papaya, peeled, seeded and cut into 1/4-inch cubes
1/4 cup chopped red onion

2 tablespoons chopped fresh cilantro

Line 4 salad plates with lettuce. Cut 1 grapefruit in half; reserve for juicing.

Peel remaining half and 2 whole grapefruits; slice into 1/4-inch rounds. Arrange grapefruit and cucumber slices on plates,

dividing evenly. Mound 1/4 of salsa on each plate.

To prepare salsa: In medium bowl, combine grapefruit juice, honey, lime juice, garlic, cumin and salt; mix well.

Stir in black beans, papaya, onion and cilantro; toss to coat. Cover; refrigerate until ready to serve.

Nutrition information per serving (1/4 of recipe): 228 cal., 1 g total fat (less than 1 g saturated fat), 0 mg chol., 536 mg sodium, 50 g carbo., 10 g dietary fiber, 9 g

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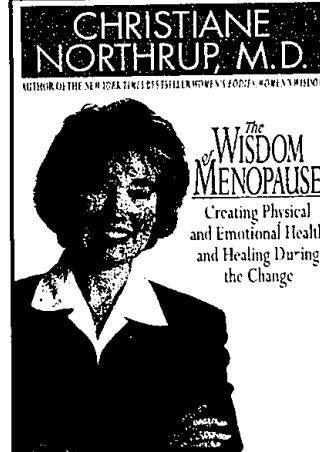
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All entries become the property of WJR and are not returnable. Entries must be received by April 12, 2002. No cash equivalent. Judges decision is final. No purchase necessary. Winner will be announced May 18, 2002.



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