

## FOCUS ON WINE



RAY AND ELEANOR HEALD

Chilean wine  
quality improves

**S**antiago, Chile — There's a psychology to importing foreign wines to the United States. The French got it right. When they began shipping wines to the U.S., they sent their best.

The first Italian wines to appear in the U.S. were cheap chianti in straw baskets. They weren't very good and Americans got the impression that all Italian wines were light, thin and cheap. That has all changed now, but it took a long time to erase first impressions.

Until now, most Chilean wine imported to the U.S. has been under \$10 and of only average quality. Thankfully, that is changing rapidly. Popular-priced wines are improving and new wines from Chile are raising the quality bar.

With a coast line of about 2,700 miles, Chile occupies much of the west coast of South America. Wine growing areas are north-south valleys near Santiago. They are bordered on the east by the Andes Mountain range and on the west by the Pacific Ocean.

SANTA RITA estate is located in the heart of the Maipo Valley, 25 miles south of Santiago. The winery is surrounded by more than 1,700 acres of vineyards. The valley floor and surrounding foothills are planted to cabernet sauvignon, merlot and carmenere (an ancient Bordeaux variety that was once misidentified as merlot). Santa Rita has chardonnay and sauvignon blanc planted in the Casablanca Valley, which runs east-west near the coast. The climate is cooler than Maipo and perfect for these and other white varieties.

The 2001 Santa Rita Reserve Chardonnay \$13 boasts bright grapefruit and fresh, crisp flavors. Both the 2001 Reserve Chardonnay \$13 and Medalla Real Chardonnay \$16 are very good. As a group the Santa Rita red wines offer a big mouthful with solid structure. The highlight is the Casa Real Cabernet Sauvignon \$65 with an attractive coffee aroma and structure for the long haul.

CALITERRA is a partnership of two families, Robert Mondavi of Napa Valley and Eduardo Chadwick of Chile's Vina Errazuriz. Grapes for the vines are sourced from many Chilean growing regions under long term contracts. The vineyards are overseen by a team of viticulturists to ensure fruit quality.

The wines are widely available for \$8-10 and often represent best buys among our Wine Picks.

CASA LAPOSTOLLE is the pride of France's Marrier-Lapostolle family. After researching for several years, Alexandra Marrier-Lapostolle chose a vineyard site and built a winery in the Rapel Valley, about 100 miles south of Santiago. The best wine of Casa Lapostolle are labeled Cuvee Alexandre Cabernet Sauvignon \$22 and Merlot \$25. Clos Apalta \$60 is an outstanding blend of merlot, cabernet sauvignon, carmenere and malbec.

ERRAZURIZ is located in the Aconcagua Valley, incredibly beautiful and especially suited to growing quality red wines. With multiple soil types, each variety is planted in a site where unique characteristics favor develop-

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## WINE PICKS

With the exception of merlots cited in the column, we're not excited about it from South America. The following from elsewhere are the best we've tested recently:

**PICK OF THE PRICE PACK:** 2001 Yellow Tail Merlot, South East Australia \$6. This first release, joins the Yellow Tail best buy chardonnay and shiraz we've recommended before. Incredible at this price!

**GUTSY, BIG AND FULL MERLOTS:** 1999 Pine Ridge, Carneros \$42; 1999 Farnham "Tajut" Merlot, Col. Italy \$30; and 1999 William Hill \$21.

**BEST BUY MERLOTS:** 2001 Yangarra Park \$10; 2000 Ecco Domani \$10; 2001 Penfolds Rawson's Retreat \$9; and 2000 Barton & Guestier \$7.

**FLAVORFUL SHIRAZ:** 2000 Cheviot Bridge \$20; 2000 Redbank Long Paddock \$10; and 2001 Yangarra Park \$10.



STAFF PHOTO BY JERRY ZOLNATSKY

**Japanese fare:** Chef Tae Kwan Jung displays a sushi boat at Woo Lee Gardens in Southfield, which features Japanese and Korean fare. Sushi, one of the most popular Asian American dishes, consists of small cakes of cold cooked rice flavored with vinegar and typically garnished with fish and/or vegetables.

## Far East delight

Asian Pacific month celebrates flavorful heritage

BY LANA MIN  
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Many cultures make up the Asian Pacific region — and many styles of dining too. Today and next Sunday, the Taste section examines cuisines of the region in honor of Asian Pacific American Heritage Month in May. Korean, Filipino, and Vietnamese cuisines are highlighted today. Northern and southern Indian cuisines, plus Chinese and Japanese meal information, will be featured next week.

Nearly 275,000 Asian Americans live in the metro Detroit area, The U.S. Census Bureau reports. As its population continues to grow, so does the number of Asian Pacific restaurants that pop up in neighborhoods throughout Wayne and Oakland County.

Chinese foods have been embraced in the Midwest since the early 1970s. As the plates of Americans yearn for more exotic foods, the acceptance of Japanese, Korean, Filipino, Vietnamese and Indian foods has followed.

The positive impacts Asian Pacific Americans have made in America — from food to culture to economic contributions — is being recognized Saturday, May 18 at *Splendor of the East* at Southfield's Millennium Center. Music and dance is the highlight and guests are also invited to a gourmet reception before the event.

Sponsored by metro-Detroit's Council of Asian Pacific Americans, *Splendor of the East* is just one

event in honor of Asian Pacific Heritage Month. It's a month that Asian Pacific Americans take seriously, said James Snider of CAPA — who is half Korean from his mother's side of the family. "We don't want to see our culture dissipate," Snider, of Farmington Hills, said. "Our culture is rich in tradition — and we want to share those traditions."

One way to share those traditions is through food — the age-old adage, of course, is that food can be used as a tool to bring others together.

The event for VIPS, sponsors and artists begins at 6 p.m. Ticket prices range from \$10-\$15 per person and includes cuisine from local restaurants including:

■ Woo Lee Gardens in Southfield, which features Korean and Japanese dining

■ Shangri-La in West Bloomfield, which features Chinese seafood

■ Rushi in Southfield, which features Indian dining

■ Red Ribbon in Madison Heights, which features Filipino food

Asian Pacific American food is lower in fat and cholesterol than most Western foods. What's the difference between all the style of Asian Pacific foods? Here's a condensed breakdown:

■ Korean and Japanese have the most similarities between the countries, Snider

explained. Both use simple ingredients yet pay close attention to detail — especially aesthetics. Think sushi for Japanese. Hot rice and vegetables for Korean.

Korean food uses more spice than Japanese cuisine. Korean food is hot, especially in temperature. Ceramic hot pots literally keep meals steaming for 60 minutes.

"A little onion, a little piece of fish and it's amazing what can be created," he said.

■ Filipino cuisine incorporates many different cultural influences, including Spanish. Mild spices. Egg rolls. Lots of fruit and especially mango. Think Pan Sit with small noodles and

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CUCUMBER VEGETABLE SALAD  
(KOREAN OL NAMUL)

- 3 cucumbers
- 1 tablespoon salt
- 1 clove garlic
- 1/2 teaspoon salt
- 1 teaspoon sesame seeds
- 1 teaspoon sesame oil
- 1/2 teaspoon cayenne pepper
- 1 teaspoon sugar

This simple cucumber salad is a pleasant accompaniment to a hot summer night. Small cucumbers are suggested; they are not quite as watery as the large ones nor do they require peeling.

Slice the cucumbers in circles. Sprinkle salt over the cucumber slices, mix well and let them stand for 30 minutes. Place the cucumbers in a damp cloth and gently but firmly squeeze out as much water as possible. The less watery the cucumbers, the better tasting the dish.

Crush the garlic, then combine it with the cucumbers, salt, sesame seeds, sesame oil, pepper and sugar in a bowl. Mix well.

Yield: 4 servings

Source: The Korean Cookbook, by Judy Hyun. [www.recipesource.com](http://www.recipesource.com)  
See more recipes on B2

## Put a rainbow on your plate

BY PEGGY MARTINELLI-EVANS, R.D.  
SPECIAL WRITER

If we could make one wish under the rainbow, many of us would wish for good health to live our life. The best way to stay healthy remains the same — eat a variety of foods from all five food groups, and get regular exercise.

Colorful foods have caught our eye since the beginning of time. We are drawn to beautiful, luscious foods. Go to the produce section of any grocery store to see it bursting with colors. These foods contain powerful phytochemicals to protect against illness and disease. Phytochemicals are from plant compounds and researchers theorize that they help sop up free radicals that attack and weaken healthy cells

making you more susceptible to cancer and other diseases. A diet rich in fruits and vegetables provides up to 25,000 different phytochemicals. No single phytochemical in a fruit or vegetable will be a panacea for cancer prevention. Choose a variety of different colored fruits and vegetables for diversity in phytochemicals.

Eileen Dobrotka of Farmington does a color tour of the grocery store. "I look for colorful foods because they have the highest levels of cancer-fighting chemicals." Her family likes stir-fried vegetables like peppers, onions and zucchini. "This dish takes a little longer to prepare, but then I throw in some chicken, serve it with bread, and it is a full meal."

Load your plate with color by choosing a plant-based diet. At least two-thirds of your plate should be from the fruit, vegetable or grain groups. Tamiara Christie-Glynn of Farmington eats "only a vegetarian diet. "I like to use different cooking techniques with vegetables. Being a vegetarian, I can be a little more liberal with cooking oils since I'm not eating all that animal fat."

Choosing colorful food is not the same thing as buying purple ketchup or blue margarine. Children love these funky colored foods, but they don't contain phytochemicals, only food coloring agents. There is no magic bullet

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