



## It's a Red alert

Hockey video, benefit are tied together. B3

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## Side dish

### Summer menu

Chilled carpaccio plus a sandwich with wasabi-crusted tuna and dark green greens sounds like a gourmet idea from one of metro-Detroit's more upscale restaurants.

Indeed it comes from the modestly priced T.G.I. Friday's chain.

This summer the chain offers 11 summer items that are created by Friday's head chef Bob Davis. Most are anything but typical.

The Lemon Chicken



Scallops are sautéed mushrooms, grilled artichokes and fried capers atop chicken and angel hair in a lemon wine sauce.

The Hurricane Shrimp is seven large shrimp with Jasmine rice and a coconut tropical sauce spiked in jalapeno jelly.

The Wasabi is white tuna with pineapple, celery, water chestnuts on toasted broche bread plus field greens and crisp Chinese noodles.

Also on the summer menu is chilled Carpaccio and Dole delecta, a rich caramel mousse dessert with vanilla crumb crust and caramel swirls. Visit T.G.I. Friday's on line at [www.tgifridays.com](http://www.tgifridays.com) or at: 3015 Lohr Road, Ann Arbor, (734) 997-7050; 720 Town Center Dr., Dearborn, (313) 271-2610; 3200 Crescent Blvd., Novi, (248) 347-0844; 26299 Evergreen Road, Southfield, MI 48076, (248) 353-5530.

### More on tuna

Starkist has offered summer easy recipes to keep cool in the dog days of



August; like the Herb and Garlic Tuna Wrap, it's easy enough for anyone to make even kids.

#### Ingredients:

- 1 Starkist Herb and Garlic Tuna in a pouch
- 1/2 cup shredded carrots
- 3 fresh basil leaves
- 3 tablespoons creamy Italian dressing
- 2 flour tortillas
- 1 cup shredded lettuce
- 1/2 cup diced tomato
- 4 oz. shredded mozzarella

Mix the tuna, carrots, basil and 2 tablespoons of dressing in a small bowl.

Then in the center of the tortilla place 1/2 cup lettuce, 1/4 cup tomatoes and 1/2 tablespoons of dressing plus half the tuna mix and two ounces of cheese.

Fold end of tortilla over the above ingredients and roll. Cut diagonally in half and serve.

## The Sicilian rules



Frank Chimento stirs a batch of marinara sauce cooking in the kitchen of Chimento's Italian Market in Livonia. He'll cook his sauce all day long.

## Time is key ingredient for authentic southern Italian fare

As a kid in the 1970s, I once said yes to spaghetti dinner at my friend's house. Then noticed the jar of Ragu sauce on the counter and quickly made an excuse to go home.

"That's not sauce," I'd say to myself at the sight of sauce in a jar — learned behavior from a straight-off-the boat Sicilian dad and a Romanian mom who's been cooking real Sicilian food since age 17.

Real sauce is made at home from garden fresh tomatoes and basil and is cooked for



Lana Mini

hours. That's the rule I grew up thinking.

Times change and rules can be altered — only slightly. Today, there's a few pre-made sauces, made at local markets and restaurants, that are good. While big brand commercial sauce is still very taboo, I found two locations in Wayne County definitely worth

trying.

Cafe Cortina in Farmington Hills — an Italian restaurant whose gourmet sauce can be found at Westborn and other local markets.

Chimento's Market in Livonia — an Italian market and deli with homemade everything.

Frank Chimento, of Chimento's at 33610 Plymouth Road, spends hours every day making sauce for his customers. One new sauce is cooked each day and at least six different types are available including mushroom and marinara.

"We start the sauce around 8 a.m. and finish around 4 p.m.," Chimento explained. "It cooks slow and simmers nicely."

Chimento was taught to make sauce by his mother and wife. He loves to cook and doesn't rush perfection. Time, my parents say, is the key ingredient to sauce.

#### HOW THINGS ARE

Many immigrants have strong feelings for the foods of their region. My father is an Italian baker who spent his childhood on a Sicilian lemon and olive farm. As a result, my family are savvy Sicilian food enthusiasts.

The rules for bread were the same as sauce. Chain supermarket bread sold in plastic bags isn't real bread, we'd say. Plastic makes the crust too soft anyway. There are rules for basil too. Best fresh, not dried.

#### SICILIAN CAPONATA (AN APPETIZER OR AS A SIDE DISH)

- 1 large chopped onion
- 2 1/2 tablespoons extra virgin olive oil
- 1 1/2 tablespoons tomato paste
- 3/4 tablespoon sugar
- 1 large eggplant (about 1 1/4 to 1 1/2 pounds)
- 2 large celery stalks, chopped
- 1/4 cup water
- 2 vine-ripened tomatoes, peeled, seeded and chopped
- 2 tablespoons red wine vinegar
- 1/4 cup pitted kalamata or black olives, chopped
- 1/4 cup chopped green olives
- 1 tablespoon capers, drained (optional)
- dash of black pepper
- 2-3 tablespoons fresh chopped basil
- salt
- 1 loaf hard crust Italian bread (optional)

Preheat oven to 375°F. Brush a large baking sheet with 1/2 tablespoon olive oil. Cut eggplant into 1/4-1/2 inch cubes and place in a colander. Sprinkle with a dash of salt and let sit for 15 minutes so salt absorbs into eggplant. Rinse under water lightly and let dry or pat with paper towels. Spread eggplant on a single layer on the baking sheet and brush with 3/4 teaspoon olive oil. Bake for 20 minutes and turn sheet once and stir once.

Heat the remaining oil in a large nonstick skillet while eggplant is baking. Then add the celery and onion and sauté on medium-high until just soft which should take about 5-6 minutes. Add tomatoes and reduce heat to medium-low, uncovered for about 30 minutes or until tomatoes are reduced to a thick pulp-like texture. Add vinegar, water, tomato paste, sugar and stir. Add olives and capers and stir and cook for one minute. Add eggplant and pepper and cook for 5-10 minutes, stirring often. Serve hot or warm with hard crust bread. Top with basil.

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A plate of Italian eggplant caponata with prosciutto ham and fontinella cheese that's homemade at Chimento's Market.

PHOTOS BY TOM HORTWICKER/JOHNSON

## New wine frontier open for business

No doubt about it! New Zealand has emerged as the new frontier of wine.

Popularity of New Zealand sauvignon blancs has skyrocketed. How much do you know about this dual-island country?

During a recent meeting, Villa Maria Estate (third largest winery in New Zealand) viticulturist Stuart Devine shared these facts:

■ It's a 12-hour plane ride from Los Angeles to Auckland.

■ New Zealand is 1,000 miles from the nearest land mass, Australia.

■ Tip to tip, New Zealand is



Focus on Wine

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the same distance as Seattle to San Diego, about 700 miles.

■ The total population is four million with less than one million inhabitants on the South Island.

■ Every New Zealander owns 15 sheep or put another way, the

U.S. has as many sheep as New Zealand has people.

■ New Zealand is the only maritime growing region in the world. Most grape growing regions have a continental climate.

■ If you'd like to visit, February is the best month. The weather is excellent and there are many festivals.

■ Villa Maria may be New Zealand's third largest winery, but it is the largest owned by a person and not a corporation.

PLEASE SEE WINE, B3

#### WINE PICKS

Because it's crisp and brimming with citrus and lemon grass notes, SAUVIGNON BLANC is a great summertime wine.

■ **Awe-some:** 2001 Kunde Magnolia Lane \$14.

■ **Show-stoppers:** 2001 Whitehaven, Marlborough NZ \$14; 2000 Robert Mondavi Fume Blanc \$19; and 2000 Beringer Knights Valley Alluvium Blanc \$16.

■ **Earth-friendly excellence:** 2001 White Oak Sauvignon Musque, PatAnna Ranch

\$25 from certified organic, biodynamically-farmed grapes.

■ **Best buy:** 2000 Callaway

The crispness of Italian GAVI gives it the same refreshing edge as sauvignons. There's none better than 2001 Michele Chiarlo Gavi \$15.

■ **Best buy crisp white blends:** 2001 Dry Creek Vineyards Dry Chenin Blanc \$9;

2001 Lindemans Bin 77 Semillon Chardonnay \$9; and 2001 La Vieille Ferme, Cotes du Luberon \$8.

■ **Think pink and well chilled:** 2001 Chateau Potelle Riviera Rose \$14.

■ **A red to drink chilled:** 2000 Marc Sorel Chiron \$16.

PLEASE SEE SICILY, B2

Are there cobwebs on your cultural calendar?

Turn to today's ARTS section. Get inspired with ideas for some worthwhile things to do.