

## WINE

FROM PAGE B1

from Recioto? For this unique wine, the authors do a splendid job of explaining exactly how Amarone is made and why it is dry, while Recioto is sweet.

Italy grows 800 different grape varieties from Aglianico to Viognier, planted in two million acres of vineyards divided among 21 regions, with each region subdivided into zones. In the Piedmont there are barolo and barbaresco plus 48 more. Tuscanity includes chianti, carignano, brunello di Montalcino and vernaccia di San Gimignano, plus another 36. This is why Part III, "The Data" is so great. You can research little known facts, but you need not linger.

Recently, visited southern Italy including Campania, Puglia and Calabria so it was fun to read stories about each. In Puglia, the authors visited a vineyard manager who spoke no English, but they were able to communicate by hand ges-

## SPRITS PICK

Riedel Crystal, expert crafters of wine glassware, and Jim Beam Brands Co. debuted the first Bourbon Glass, designed to showcase the unique characteristics of bourbon, America's native spirit. And why Jim Beam? To complement their ultra-premium Small Batch Bourbon Collection which features Booker's, Baker's, Knob Creek and Basil Hayden's bourbons.

If your favorite liquor shop has not stocked the glasses, a set of four can be ordered for \$27 plus shipping on the Web site [www.smallbatch.com](http://www.smallbatch.com) while supplies last. If you like bourbon, you'll really like the way it smells and tastes in these glasses.

tures. They say, "It's often noted that people in southern Italy use more hand gestures than people in the north... hands really start flying as you go farther and farther south of Rome."

In Calabria a visit to the Librandi winery takes the authors into the vineyards where men are busy with the arduous task of grafting rootstocks to the gaglioppo grape, the red grape of choice in the zone of Cirò. This backbreak-

ing work definitely took the romance out of wine for the authors. These types of stories help a reader to understand the people and the land as well as the wine. "Vino Italiano" puts celebration, culture and "ambience" into the wines of Italy.

The Healds are Troy residents who write about wine, spirits, food, and restaurants for the Observer & Eccentric Newspapers. To leave them a voice, message, dial (734) 953-2047, mailbox 18648.

# Try some Spanish favorites

See related story on Taste front.

## ALIOLI POTATOES

7 medium size potatoes  
1 garlic clove, peeled, and crushed  
1 cup mayonnaise  
Salt

Boil, minced, to taste

Pearl the potatoes, unpeeled, using plenty of water. Peel them, cut them into medium sized pieces and sprinkle with salt. When cold, cover with the Alioli sauce which is prepared separately. Sprinkle with plenty of parsley and mix well (carefully).

Alioli sauce: Mix the mayonnaise with the raw garlic to create a thin paste.

## FRIED OLIVES

Nine ounces green olives  
1 egg, beaten  
4 cups flour  
2 cups olive oil (the amount of oil

needed will vary depending on whether you use a frying pan or a deep fryer and on their sizes).

Coat olives with egg and flour. Fry them using plenty of hot oil until golden brown. Drain on paper towels. Serve warm.

## WHITE BEANS WITH VINAIGRETTE SAUCE

1 cup dried white beans  
1 red or green pepper  
1/2 medium size onion  
6 tablespoons red wine vinegar  
Salt  
Olive oil

Soak the beans in cold water overnight. Drain and bring to a boil in 7 cups of water. Cook over low heat until beans are tender. Drain well and mix with the vinaigrette sauce which is prepared separately. Vinaigrette Sauce: Mince the onion and green pepper. With a wooden spoon mix both vegetables with the olive oil, vinegar and salt.

## RED PEPPER WITH ANCHOVIES

2 large red peppers  
4 garlic cloves  
4 tablespoons olive oil  
1 small can of anchovies

Roast the peppers in the oven at 400°F for 15 minutes (the oven must be preheated). Turn them and leave for 15 more minutes until both sides are done. Wrap them one by one in paper towels and leave them aside to cool.

Peel and seed the peppers, then cut them into 1/2 inch wide strips. Peel the garlic cloves and slice them thinly. Heat olive oil in a frying pan at low heat, add the garlic. When the garlic is golden brown, add the pepper strips. Saute for 10 minutes, shaking the pan a little.

Serve cold or warm, with the anchovies coiled around the peppers.

Recipes from [www.globalgourmet.com](http://www.globalgourmet.com)

## Cookbook looks at nutty past of goober peas

(AP) "Peanuts: The Illustrious History of the Goober Pea" (University of Illinois Press, \$29.95) by Andrew S. Smith tells the back story of one of the wonders of the national food scene. "Peanuts help define what it means to be an American," Smith says.

Quite a definition — bearing in mind that in antebellum America the peanut was shunned by Southern aristocrats and Northern elite, considered ungentle, fit only for the poor and slaves to eat. Thereafter, it soared in public esteem, of course. Fresh roasted peanuts soon found a wider

popular fan base, and now peanuts and peanut butter are part of the food mainstream.

Its long social history has converted the peanut into a culinary icon, he says.

The book surveys that long history, drawing from many scholarly sources.

Among Smith's offerings is a chapter titled "Historical Recipes." He found thousands and says they're quite different from modern recipes. Indeed, "Today's cookbooks probably wouldn't feature Liver With Peanuts, or even Peanut and Prune Ice Cream, recipes from a 1916 publication.

## SPAIN

FROM PAGE B1

And, for the record, Spaniards don't drink Sangria very often.

"That's more of a touristy thing," Smith said. Spaniards enjoy Tinto de Verano which means "red wine of summer" which consists of ice, wine, lemon Fanta or other sweet carbonated water.

## LIFE CHANGES

Smith said currently Bluefish serves more ethnic foods than most restaurants there — which serve Spanish cuisine. However, progress is hitting

Madrid. For example, sushi can be found rather easily. As can some Thai dishes. Still, some Spanish ways stay the same: Lunch is the big meal of the day so during the winter months the Bluefish is open from 2-5 p.m. and then doesn't re-open again until 8 p.m. Dinner isn't usually eaten until after 8 p.m., 11 p.m. and the meals are much smaller, hence the tapas.

"People know how to live there," she said. "They go out, they mingle on the streets... young and old. Sunday afternoon they sit in the cafes and drink cana — small beers — and spend all day with friends and family."

To accommodate the social

Sundays, the women have introduced American-style brunch which is taken hold.

Panakes, French toast, scrambled eggs, bloody Marys and more.

Smith doesn't know how long her career as a restaurateur will last, but she knows she'll never stop loving Spain. "It's not perfect of course. You still get bored and still get tired like in any place," Smith said. "But I can't imagine ever coming back (to live in the U.S.). I will always go back to Spain."

(If you're traveling to Spain and want to visit Bluefish, check out [bluefishspain.com](http://bluefishspain.com))

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## Here's where to find Spanish cuisine locally

■ **Sangria**  
401 W. Lafayette  
Rural Col.  
(248) 243-1964  
A professional Flamenco dancer entertains on some evenings, call to confirm days. A popular salsa-dance bar is upstairs. Restaurant serves Mexican and full dinners, specialties in Sangria. Tapas served with quality, hand-crusted French bread.

■ **Alegria's Restaurant & Banquet Center**  
3812 W. 10 Mile Road  
Farmington Hills  
(248) 478-7780  
Co-owner Jose Montes' daughters regularly perform

Flamenco style dance. Menu includes tapas and full dinners. Paella — the dish of Spain — semi-crunchy rice with saffron, chicken or vegetables, is a specialty.

## MEXICAN VS. SPANISH CUISINE

What's the difference between Mexican and Spanish cuisine?

A lot. Sure there are some similarities. Tortillas are a staple in Mexican food, and used in Spanish dishes, but only sparingly. Beans are a Mexican staple, as is salsa. Spanish food uses more potatoes, olive oil

and eggplant.

Most Mexican dishes are served for one and can be eaten with your hands. A tostada, for example, may make-up the entire meal.

Spanish tapas are meant for sharing — diners usually order several different tapas (little Spanish appetizers) that are typically eaten with fork-and-spoon or scooped with a hard-crust thick bread.

The seasonings vary greatly. Cilantro and chili peppers are used in many Mexican dishes. However, fresh cilantro is very difficult to find in Spain. Spanish food isn't nearly as spicy hot.

# Tasty events benefit students

Merchant's Fine Wine will present a Fall Wine Tasting event Thursday, Sept. 10, at the College for Creative Studies. The event benefits the College's scholarship and community outreach programs.

More than 60 varieties of wine and cheeses from around the globe will be available for tasting. The Fall WineTasting is a prelude event to the Detroit International Wine Auction, sponsored by General Motors Corporation, Saturday, Oct. 19 at the Detroit Marriott Renaissance Center.

Many of the wines to be sold

at the Detroit International Wine Auction will be featured at the Fall Wine Tasting. Including acclaimed Far Niente wines, from this year's Honorary Wine Auction Chair Larry Maguire, president and CEO of Far Niente Winery. The auction is the main fund-raising event for CCS student scholarships and community outreach programs. Proceeds from the Fall Wine Tasting will also go to fund student scholarships and community outreach programs. For more information and reservations to the Fall Wine Tasting, call the CCS Office of Special Events, (313) 664-

7664, or Merchant's Fine Wine, (313) 563-8700. For information and tickets to the Detroit International Wine Auction, call (313) 664-7464.

Also of note: Schoolcraft College's Culinary Extravaganza for student scholarships, 2-5 p.m. Sunday, Sept. 22 in the Waterman Campus Center, Schoolcraft College, 18600 Haggerty Road, Livonia, features a taste of over 50 popular metro Detroit restaurants, and award-winning wine samples. The cost is \$50 per person. To reserve tickets, call (734) 462-4670

## Easy ratatouille has Mediterranean flair

BY THE ASSOCIATED PRESS

Harvest your own backyard vegetables or choose some from the farmers' market for this high-speed dish with a Mediterranean flair.

The grill makes short work of an easy version of ratatouille, the lovely dish of vegetables usually simmered in olive oil that's associated with Provence, France.

## GRILLED RATATOUILLE SANDWICH WITH OLIVE TAPENADE

(Preparation 25 minutes, cooking time 5 minutes)  
1/3 cup olive oil  
1/3 cup deli-style mustard  
1 tablesp chopped fresh rosemary

3 cloves garlic, minced  
1/2 cup kalamata olives, pitted and chopped  
1/2 small eggplant  
1 medium zucchini  
1 large red onion  
2 large ripe plum tomatoes  
1 large red bell pepper  
One 12-inch sourdough baguette, cut lengthwise in half

Combine olive oil, mustard, rosemary and garlic in small bowl. Mix olives in food processor; add 2 tablespoons mustard mixture. Cover and process until smooth; set aside. Reserve remaining mustard mixture.

Cut eggplant and zucchini lengthwise into 1/4-inch-thick slices. Cut onion and tomatoes crosswise into 1/2-inch-thick

slices. Cut red bell pepper lengthwise into 2-inch-wide pieces; discard seeds. Place vegetables on platter. Baste with reserved mustard mixture.

Place vegetables on oiled grid or in vegetable basket. Grill over medium-high heat 3 to 5 minutes or until vegetables are tender, basting and turning once.

To serve, scoop out a little of the inside cut surface of the baguette, if necessary, to make room for the filling. Spread olive mixture on both surfaces of bread.

Layer vegetables on bottom half of bread; cover with top half. Cut crosswise into 4 portions. Makes 4 servings.

Recipe from French's Mustard