

# Taste

WINE ■ RECIPES ■ SPECIALTIES

## Side dish

### Market guide

The Michigan Department of Agriculture has published a new edition of its popular "Michigan Farm Market & U-Pick Directory." The publication is divided into seven regional sections ranging from the Upper Peninsula to metro Detroit, and includes a "Michigan Farm Fresh Produce Availability Calendar." This free directory can be ordered from the Michigan Department of Agriculture in a number of ways. You can mail in a request to the department at P.O. Box 30007, Lansing, MI 48909, call (517) 373-1004, fax a request to (517) 335-7071. To get farm market information online, go to [www.michigan.gov/mda](http://www.michigan.gov/mda)

### Apples

Originally Michigan had no apple trees. Apples are not native to the North American continent. They were brought here by early European settlers. The earliest apple trees planted in Michigan were probably at the French settlement of Detroit in the 18th century. Homesteaders planted apple seeds after clearing their land for crops. Now apples are Michigan's number one fruit crop. To learn more about apples, and where to pick them, check out the Michigan Apple Committee's Web site [www.michiganapples.com](http://www.michiganapples.com).

### Gail's tips

"Silk Soymlk - try it, you may love it," says Gail Posner, a registered dietitian with Healthy Ways Nutrition Counseling in West Bloomfield. "The silk version



is refrigerated and can be easily found in the dairy case and always tastes fresh."

According to the FDA, eating 25 grams of soy protein a day may help lower cholesterol. A diet high in soy protein has been linked to the reduction of some cancers, ease of hot flashes associated with menopause, and an improvement in bone health. Try soymlk with Soy Essence Cereal by Barbara's Bakery. This new whole grain, high fiber product is available at Whole Foods Markets.

### Chili Cook-Off

The Brooks' Great Lakes Regional Chili Cook-Off is 11 a.m. to 6 p.m. Sunday Oct. 13 at Kellogg Park in downtown Plymouth.

There's also a salsa contest with red chili, green chili and salsa as categories. At least 60 chili cooks are expected to vie for cash prizes and the chance to advance to the World Chili & Salsa Championship in Reno. You can sample competition chili at 3 p.m. for \$1 per taste.

# Northern Indian Cuisine

Your complete guide to the region's intricately spiced dishes



PHOTOS BY JIM JACOBELLO / OBSERVER

Gajjan Sandhu, owner of Shan-E-Punjab restaurant in Garden City, with his Northern Indian creations. Tandoori Chicken (left) and the chef's special, Vegetable Thali. It consists of three vegetables, raita, dhal, rice, naan.

BY LANA MINT  
STAFF WRITER



Two women enjoy a late lunch at Shan-E-Punjab. The restaurant closes after lunch at 2 p.m. and re-opens for dinner. Authentic Indian food is quite complicated and many restaurant owners allow themselves several hours to begin simmering spices for evening meals.

Perhaps you've wanted to visit an Indian grocer, but realized you know little about the cuisine or its exotic spices. Plus, many labels on Indian foods are written in Hindi and that can make a market trip seem even more overwhelming. Typically though there's a friendly atmosphere in most local Indian markets where customers and staffers spend relaxing moments chatting about food or life. Grab an item off a shelf and politely ask "how do I cook this?" and chances are more than one person will offer advice. Markets like the "India Grocers" stores in Garden City and Canton

Recipes, Indian recipes and Indian restaurants can be found on Pages B2 and B3

carry every ingredient imaginable. Past the aisles of upbeat Indian music CDs and celebratory henna tattoo ink are fresh mangoes, potatoes and ginger; pre-mixed spices like Chana Masala, dried lentils, rice and chutneys.

Gajjan Sandhu and son Bobby Sandhu of Shan-E-Punjab Restaurant, on Ford Road at Merriman in Garden City, often talk with customers who prefer to order a Northern Indian meal rather than try to make one at home. Heat from the

spice can overwhelm the flavor if too much is used by the novice.

"Many customers are people who love Indian food, but don't know how to make or don't want to spend the time making it at home," said Sandhu.

Chili powder, coriander, mustard seeds, ginger and garlic are the basic spices in many dishes, Sandhu said. To make traditional Northern Indian cooking even more difficult at home, a Tandoor oven is needed to make authentic fluffy Naan (a flat bread that is much thicker, softer and puffier than pita, spiced Lamb or Chicken Sheekh Kabab. Most people, of course, don't have the ancient, horizontally deep clay oven with the round hole - heated up to 6,000°F with

PLEASE SEE INDIAN, B2

## Discover California's Central Coast wines

Year-round balmy weather in and around Santa Barbara, Calif., about 100 miles north of Los Angeles, marks it as a magnet from which to explore Central Coast wine country. As a vacation spot, Santa Barbara compares well to Spain's Costa Brava.

Spanish colonial and Mediterranean-style buildings with red-tiled roofs are accented by colorful flowers in the city's lively downtown shopping and restaurant district.

Consider Santa Barbara as the southern anchor for a wine trip taking you north through the sand dunes of Pismo Beach and Avila Beach to San Simeon and the famed Hearst Castle with inland stops in Solvang, a mini Copenhagen, Santa Ynez, Los Olivos, Santa Maria, Santa Luis Obispo, Templeton and Paso Robles.

San Luis Obispo wine country is



Focus on Wine

Eleanor & Ray Heald

made up of two valleys. Edna Valley and Arroyo Grande Valley are the hot spots for great pinot noir at more affordable prices. Other varieties such as cabernet franc are gaining acclaim. Due to the unique geography of the South Central Coast, both valleys have east-west orientations. They are famous for the far-reaching maritime influence on the climate and calcareous soil, both of which promote wine complexity.

Our pick for the top wineries in the Edna Valley are Baileyana (these

wines will be available in Michigan and we'll feature them in an upcoming column) and Domaine Alfred with stunning wines from the replanted historic Chamaist Vineyard. Edna Valley Vineyard is a pioneer winery in the region.

Kynai Winery is a relative newcomer in an old, restored dairy. Stephen Ross produces a mere 2,500 cases annually, but the pinot noir is dynamic.

Winemaker Cathy MacGregor makes wines under her own and the Windemere label.

French "garagistes" may be all the rage in Bordeaux, but Cathy MacGregor is a California pioneer, making wines in an industrial park.

In Arroyo Grande Valley, Talley Vineyard pinot noir and Saucelito Canyon zinfandels are wines you

PLEASE SEE WINE PICKS, B2

### WINE PICKS

Chardonnay winners from our recent taste-off.

■ **Picks of the pack:** 2000 Gallo of Sonoma Laguna Ranch, Russian River Valley \$24 and 2000 Livingston-Moffett Genny's Vineyard, Carneros \$40.

■ **Awesome with a little bottle age:** 1999 Meridian Limited Release, Santa Barbara County \$22; 1998 Albert Pic Chablis Premier Cru Montmains \$36; 1999 Chalk Hill \$37; and 1999 Coldstream Hills \$18.

■ **Delicious:** 2000 Kunde Wildwood Vineyard, Sonoma Valley \$22

■ **Best under \$20:** 2000 Mazzocco River Lane Vineyards \$18; 2001 Justin, Paso Robles \$18; and 2000 St. Supery Napa Valley \$19.

■ **Best buys at \$12 and under:** 2000 Buena Vista \$8; 2001 Abbey Rock, Australia \$10; 2001 Rosemount \$10; 2001 Penfolds Koonunga Hill \$10; and 2001 Wolf Blass \$12.

ANDREA BOCELLI  
DECEMBER 1

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