

**WINE**

FROM PAGE B1

Nice wine. All those terms, tropical fruit and lemon-citrus flooded our brain. With Subat Mater by Giovanni Battista Pergolesi from the original soundtrack of the film *Amadeus* playing, an immediate impression of the wine was created. We knew instantly whether we liked the wine or not, whether it was in balance, and were sensorily directed to discover all its nuances.

Try this out with two of Blackburn's wines, Byington 2000 Chardonnay, Santa Cruz Mountains \$18 and 2000 Byington Chardonnay, Sonoma County \$18 and discover what happens.

"We can continue to use terms such as lemony and buttery," Blackburn noted, "but I suggest we get to the big picture; that's whether the wine has charm, nuances and layers of interest."

Mozart's *Requiem Dies Irae Sequence* made the 1999 Byington Allie, Sonoma County \$21, a blend of cabernet sauvignon, merlot and cabernet franc, seem bigger, bolder and somewhat out of balance. Haydn's *Maria Theresa Symphony No. 48 in C Major* smoothed out the wine's youthful, rough-edged impression and made it more enjoyable overall.

Did the music change our mood so that perception of the wine was impacted? It seemed that way. Is synesthetic matching a new wine tool? "We need to better use all our senses to create a fuller enjoyment of wine," Blackburn concluded.

The Healds are Troy residents who write about wine, spirits, food, and restaurants for the Observer & Eccentric Newspapers. To leave them a voice mail message, dial (734) 953-2047, mailbox 18644.

# Make a tasty acquaintance with cabbage, cauliflower

See related story on Taste front

**RED CABBAGE WITH APPLES**

- 2 tablespoons canola oil
- 2 medium tart red apples, cored, seeded, quartered and sliced
- 1 medium head red cabbage, coarsely shredded (8 cups)
- 1/4 cup non-fat, reduced-sodium chicken broth
- 1/4 cup red wine vinegar
- 2 tablespoons sugar
- Salt and freshly ground black pepper, to taste

Heat oil in Dutch oven or deep pan over medium heat until hot. Add the apples and cook for 5 minutes, stirring occasionally. Stir in the remaining ingredients. Heat the mixture to boiling. Reduce heat, cover, and simmer 35 minutes, or until the cabbage is tender. Add salt and pepper, to taste. Makes 6 servings.

Source: American Institute for Cancer Research

**CAULIFLOWER WITH GINGER**

- 1 small head cauliflower, chopped into large florets (about 4 cups)
- 1/4 cup hot water
- 2 teaspoons canola oil
- 1/2 teaspoon cumin seeds
- 2 tablespoons fresh ginger root, minced
- 1/2 teaspoon turmeric
- 2 teaspoon freshly-squeezed lemon juice
- 2 tablespoons fresh cilantro (coriander) finely chopped
- Salt and freshly ground black pepper, to taste

Have chopped cauliflower, hot water, oil and spices near stove, ready to use.

Heat a large, non-stick skillet over medium-high heat about 30 seconds. Add oil and heat another 30 seconds. Add cumin and sauté just until the seeds turn brown, about 10 to 20 seconds. Add ginger and stir briefly. Add turmeric and stir to mix, then add cauliflower and stir to distribute spices evenly on cauliflower.

Add hot water, reduce heat to a simmer, cover and cook until the cauliflower is almost tender-crisp, about 3 to 4 minutes, stirring gently halfway through cooking.

Transfer liquid in skillet to a small pan and heat to a simmer. Cook gently to reduce amount by half. Meanwhile, increase heat under cauliflower to high and gently stir-fry

**PURCHASING & STORAGE TIPS**

- Cruciferous veggies last best when placed in a plastic bag and refrigerated. Use them within a week.
- Broccoli - buy broccoli when it is green and before the yellow buds open.
- Brussels sprouts - these "mini-cabbages" should have a bright green color with a firm texture.
- Cabbage - should feel heavy for its size and be free of blemishes or mold. Outer leaves should appear fresh, not wilted.
- Cauliflower - look for cauliflower that's white and firm, cut away slightly browned leaves.
- Greens - leafy greens should be crisp without signs of wilting and are best used within a few days.

Source: Communicating Food for Health, March, 2000

to lightly brown cauliflower (about 5 minutes). Add lemon juice and chopped cilantro to pan of reduced liquid, mix to blend and heat through. Add to cauliflower, gently stirring to evenly distribute. Add salt and pepper, to taste. Serve promptly. Makes 4 servings.

Source: American Institute for Cancer Research

**LEMON-SAUCED BRUSSELS SPROUTS**

- 1 small package frozen Brussels sprouts, or half a large package, or 8 to 10 ounces fresh Brussels sprouts
- 2 tablespoons real butter
- 1 tablespoon fresh lemon juice
- 1/8 teaspoon finely grated lemon zest (optional)
- 1/2 teaspoon salt
- Freshly grated black pepper to taste (optional)

Separate the cauliflower into florets, then divide into smaller bite-sized pieces more or less of uniform size. Steam or cook by your favorite method until crispy tender or barely tender, according to your taste. Drain well.

Cut the onion in half stem to root, then slice thinly. Cut the bell pepper into thin julienne strips. Thinly slice the celery.

Heat the olive oil over medium heat. Add veggies and cook until just starting to brown. Cook a minute longer, stirring.

Add 3/4 cup of chicken broth (or water), reserving 1/4 cup to mix with the cornstarch. Add all the seasonings. Add cauliflower and bring to a boil. Reduce heat and simmer just until celery is as tender as you would like it to be.

Mix the cornstarch and 1/4 cup of broth well. Add to the cauliflower, stirring constantly, until it thickens.

Cook the sprouts according to package directions; if fresh, steam over boiling water on the stove or in the microwave. Cook only until crispy tender. They should be slightly chewy. If you overcook them by mistake so they are soft and mushy, do yourself and your family a favor and toss them out.

Place the butter over low heat in a small non-aluminum saucepan. When melted, add the lemon juice, the grated lemon peel and the salt. Let simmer for a minute.

Cut the Brussels sprouts in half (quarters for small children). Place them in a serving bowl. Pour the lemon-butter mixture over them. Stir gently but thoroughly to mix well and let the sauce get into the little crevices in the sprouts. Grate on some black pepper to taste.

Source: www.sneakykitchen.com

**SWEET AND SOUR CAULIFLOWER**

- 1 cauliflower
- 1 tablespoon olive oil
- 1 medium onion
- 1/2 sweet red bell pepper
- 2 medium stalks of celery
- 1 clove garlic
- 2 tablespoons fresh parsley, chopped, or 1 tablespoon dried parsley flakes
- 1 cup chicken broth, divided
- 1 teaspoon salt or to taste
- A few red pepper flakes to taste (optional)
- Black pepper to taste
- 1 tablespoon soy sauce
- 1 tablespoon balsamic vinegar
- 1 tablespoon sugar
- 1 tablespoon cornstarch

Separate the cauliflower into florets, then divide into smaller bite-sized pieces more or less of uniform size. Steam or cook by your favorite method until crispy tender or barely tender, according to your taste. Drain well.

Cut the onion in half stem to root, then slice thinly. Cut the bell pepper into thin julienne strips. Thinly slice the celery.

Heat the olive oil over medium heat. Add veggies and cook until just starting to brown. Cook a minute longer, stirring.

Add 3/4 cup of chicken broth (or water), reserving 1/4 cup to mix with the cornstarch. Add all the seasonings. Add cauliflower and bring to a boil. Reduce heat and simmer just until celery is as tender as you would like it to be.

Mix the cornstarch and 1/4 cup of broth well. Add to the cauliflower, stirring constantly, until it thickens.

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**VEGETABLES**

FROM PAGE B1

popular in Europe. He suggests broasting it, but because it takes a while to soften, it will lose some of its nutrients.

The same is true for mustard greens, Rowland said. Southern-style mustard greens are mixed with pork and simmered all-day long in a pressure cooker.

However, to avoid killing

nutrients that method isn't recommended.

It can be braised with orange juice or red wine vinegar to cut the acidity.

Raw cabbage and cauliflower are mild in flavor. Both are stronger when cooked and can be steamed, baked, sautéed, or grilled.

Cauliflower is perhaps more versatile. It often accompanies grilled chicken or fish in Asian dishes, and is widely used in Indian dishes such as curry.

Popular health guru Dr.

Andrew Weil writes on his Web site [www.askdrweil.com](http://www.askdrweil.com): "Eat cabbage with some regularity. It contains compounds which may block (harmful) estrogen surges from other sources, such as environmental pollutants. Compounds in broccoli, kale and collard greens - all cruciferous vegetables - are also good."

Here are some healthy tidbits from the public watch group Communicating Food for Health, reported in March:

- One serving of cauliflower, about 3/4 cup, contains a full

day's supply of vitamin C.

- One serving of cooked kale contains a whole day's supply of vitamin A.

- Collard greens, kale, and mustard greens are good sources of calcium.

The calcium from kale is absorbed better than calcium from milk (50 percent vs. 32 percent).

Mark Twain said "Cauliflower is nothing but cabbage with an education."

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**EXTRAVAGANZA**

FROM PAGE B1

tered dietitian. "It's designed to introduce individuals to the vegetarian diet and help them determine if this way of eating is feasible for them or their family."

In addition to providing more than 50 vegetarian creations to taste, cookbooks are also available for purchase at the event. This year's cookbook, which celebrates the Extravaganza's 15th anniversary, is almost 500 pages and contains recipes for all the dishes presented at the event since it began in 1988.

"The cookbook was a great undertaking, but we felt it was worth the effort. It provides recipes for the three main types of vegetarians and can help cooks make healthier meals," said Weaver.

The total vegetarian or vegan eats only fruits, nuts, grain, seeds and vegetables. Those who add milk products to the vegan diet are lacto-vegetarians; those who add both milk products and eggs are lacto-ovo-vegetarians.

Weaver says that nutritional research indicates the vegetarian diet is the healthiest way to eat.

"All types of meat have been shown to be associated with an increase of some cancers. Also, the vegetarian diet can aid in the prevention of heart disease," she said.

A certified fitness instructor, Weaver suggests that when changing over to vegetarianism, it is best to make a few small changes at a time to allow body chemistry to adjust.

"A few meatless meals two or three times a week may be the best way to start," she said. "Then, slowly increase the meatless meals until meat is totally eliminated from the diet."

The Holiday Tasting Extravaganza focus-

es primarily on vegetarian dishes for special occasions. "Because of this, some of the dishes contain more fat and other ingredients than are used by vegetarians on a daily basis," said Weaver. "We wanted to showcase these special dishes so nonvegetarians can experience how good the food is and vegetarians can add new recipes to their holiday meals."

In addition to the food tasting, the event will offer holiday decorations and musical selections and a food store with a variety of vegetarian products for purchase.

"This event has become so popular that it has been sold out in past years," said Weaver. "It's advisable to order tickets in advance." The 15th anniversary cookbook costs \$25 including mailing, and may be ordered by calling (734) 495-0472.

Here are three recipes from the cookbook.

**BLACK BEAN RELISH**

- 3 (15 ounce) cans black beans, rinsed and drained
- 1 cup wheat berries, light colored and cooked\*
- 1 cup white rice, cooked
- 2 cups frozen corn, thawed
- 1 red (or green or yellow or one of each) bell pepper, diced
- 2 tablespoons red onion, diced
- 3 tablespoons cilantro, chopped
- 1 tablespoon olive oil
- 3 tablespoons red wine vinegar
- 2 teaspoons cumin
- Salt & pepper to taste

\*Wheat berries are the whole kernel of wheat before it is cracked. Cook in 2 parts water to 1 part wheat berries as you would brown rice.

Mix all the ingredients in the order given and refrigerate. Wrap in LaWash bread, tortillas or pita bread, or serve on a bed of lettuce for a hearty salad or side dish.

Makes 15 servings.

**BARLEY BURGERS**

- 3 cups water
- 1/2 cup pearly barley
- 1 teaspoon salt
- 1/2 cup chopped onion
- 2 tablespoons olive oil
- 3 tablespoons water
- 1/2 cup chopped walnuts
- 1 cup (2 medium) shredded raw potatoes
- 1 tablespoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/8 teaspoon thyme
- 1/8 teaspoon sage
- 1/8 teaspoon savory
- 1 cup soy milk
- 2 cups whole grain bread crumbs (Pepperidge Farm Stuffing Mix)

In saucepan, bring first three ingredients to a boil. Reduce heat; cover and simmer until water is absorbed (about 1 hour). While barley is cooking, in a skillet, sauté onions in olive oil and water until soft. In large bowl, combine barley, onions and other ingredients until well mixed. Make 1/2 cup patties and place on cookie sheet prepared with vegetable oil spray. Bake at 350° F. for 30 minutes. Turn over and bake 15 more minutes.

Makes 12 (1/2 cup) burgers

**CARROT MACAROONS**

- 1 cup carrots
- 1/4 cup honey (or up to 1 cup, as desired)
- 2 tablespoons vegetable oil
- 2 cups coconut, grated
- 1/4 cup water
- 1 cup whole wheat flour
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt

In a large bowl, thoroughly mix together all ingredients. Drop on cookie sheet that has been prepared with vegetable oil spray. Flatten with a fork. Bake in 350°F. oven until nicely browned.

Makes 24 cookies

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