



## Side dish

### Pair pizza, wine

It's hard to believe, but Americans eat approximately 100 acres of pizza each day or 350 slices per second. But all too often wine with pizza is overlooked in favor of beer or soda, says Leslie Sbrocco, www.wineanswers.com columnist and author of the upcoming book, *The Women's Guide to Buying, Pairing and Sharing Wine*, available October 2003. Here are some pizza/wine pairings to try—cheese pizza, Chardonnay, Beaujolais or Chianti; pepperoni pizza, Pinot Grigio (or Pinot Gris), Sauvignon Blanc or White Zinfandel; classic vegetable pizza (green pepper, fresh tomato, black olives, mushrooms, onion), Sauvignon Blanc or Pinot Noir; sausage, mushrooms and onions pizza, Chardonnay, Zinfandel or Syrah.

### Recipe to share

Have you started talking about Thanksgiving dinner at your house yet? We're collecting favorite family recipes for our Dish to Pass Taste feature on Sunday, Nov. 17.

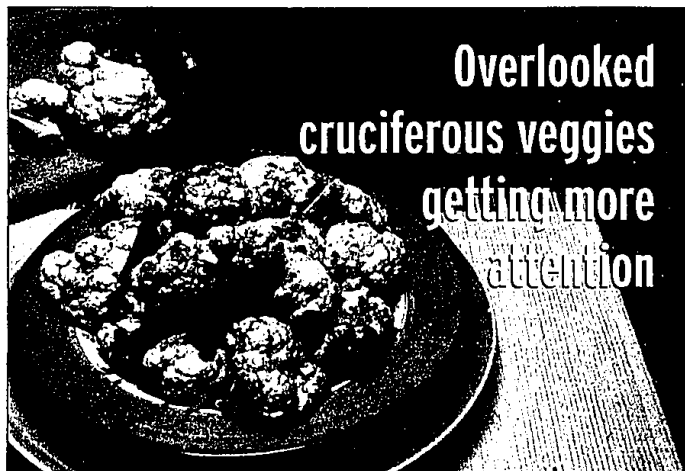
To participate, send, fax or e-mail your recipe no later than Wednesday, Nov. 6, along with a brief description of what makes this dish so special, to Keely Kaleski, Taste Editor, Observer & Eccentric Newspapers, 805 E. Maple, Birmingham, MI 48009, fax (248) 644-1314, or e-mail [kkaleski@eehomecomm.net](mailto:kkaleski@eehomecomm.net). Be sure to include a daytime phone number where you can be reached.

### Waffle sticks

Pillsbury's Waffle Sticks with Dipplin' Cups of maple syrup makes eating breakfast with your fingers "legal" for kids. The two flavors—Homestyle and Blueberry—take only minutes to toast and serve. Look for them in the frozen food section of your favorite grocery store.



In addition, the popular Pillsbury Toaster Strudel pastries line is introducing two kid-requested flavors—strawberry kiwi and watermelon. Pillsbury Waffle Sticks with Dipplin' Cups and Toaster Strudel pastries help support schools through General Mills' Box Tops for Education Initiative. Consumers collect Box Top coupons from these and other participating General Mills products, and in return the company donates 10 cents per box top directly to schools to help purchase needed items such as computers or sports equipment. Schools (K-8) can earn up to \$20,000 through the Box Tops program.



## Overlooked cruciferous veggies getting more attention

The American Institute for Cancer Research touts foods like cauliflower and cabbage for their colon-cancer fighting nutrients. Here, cauliflower is simmered with ginger, cilantro and cumin.

## Lowly vegetables pack a powerful nutritional punch

BY LANA MINI  
STAFF WRITER

It's strange that certain vegetables can actually go in and out of vogue. Take, for instance, cauliflower. Popular with families in the 1960s and 1970s, the white cruciferous vegetable took a back seat to its greener sister broccoli throughout the 1990s. Today, its health benefits are bringing cauliflower back to the lime-light.

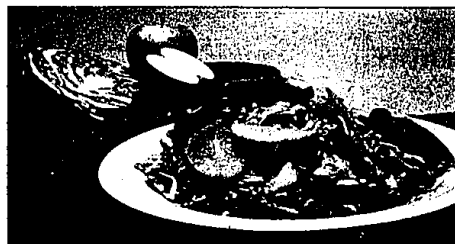
Other cruciferous vegetables are being touted for their nutrients too: kale, cabbage, Brussels sprouts, beets, mustard greens, watercress, radishes, turnips and rutabaga.

According to the American Institute for Cancer Research, these vegetables can help fight colon, stomach, lung and maybe even breast cancer.

Cauliflower needs to be well cared for to prevent its pungent scent from filling the air and to keep its color white.

Dan Rowison, a registered dietitian and chef instructor at Oakland Community College in Farmington Hills, recommends adding two teaspoons of lemon juice to a quart of water to help maintain cauliflower's color when boiling.

"Texture is important and cauliflower shouldn't be over cooked,"



Dark red cabbage with a splash of vinegar, cooked apples and fresh ground black pepper, adds a wonderful splash of color to an autumn meal.

Rowison said. "It's best cooked and served immediately. The presentation is important to encourage guests to eat. Mix cauliflower, for example, with dark greens or dried red pepper to give it some color."

Doug Ganhs, also a chef instructor at OCC, suggested flavoring cooked cauliflower with red wine or rice vinegar to taste. Add a dash of curry or juniper, then chill and serve as a side dish.

On the subject of kale, both chefs laughed.

"Old school chefs will remember kale as the inexpensive, pretty garnish on the side of the dish," Ganhs said. "Look at any photo of a cruise ship dinner and the kale is always there." But Ganhs also said that kale is under-used in America, and is more

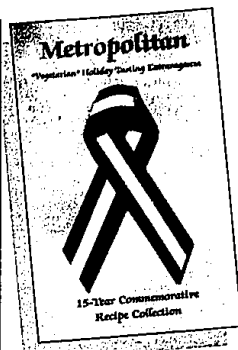
### COOKING TIPS

■ Cut broccoli or cauliflower into small florets. Place in bags and refrigerate. Marinate in lemon juice from half a lemon and 3 tablespoons vinegar mixed with one half tablespoon olive oil and herbs such as basil, thyme or mustard and eat cold as a snack.

■ Toss slightly steamed cauliflower or broccoli with linguine, garlic and fresh herbs.

■ Add chopped kale or collard greens to pasta or pizza sauce.

PLEASE SEE VEGETABLES, B2



This cookbook, which celebrates the Vegetarian Holiday Extravaganza's 15th Anniversary, contains recipes for all the dishes presented at the event since it began in 1988.

## Extravaganza celebrates vegetarian fare

BY SANDRA DALKA-PRYSBY  
CORRESPONDENT

For 15 years on one Sunday in November, hundreds of hungry people have made their way to the Metropolitan Seventh Day Adventist School of Plymouth to sample table after table of holiday foods. This tasting event, however, offers less than traditional holiday fare...for this is the annual Vegetarian Holiday Tasting Extravaganza. This year's event will be held on Sunday, Nov. 17.

"The idea for the event was born from a desire to share good, healthy food for the holidays with friends from the community and let them experience how wonderful a meal can taste without the turkey or ham," said Jennie Weaver, event coordinator, and a regis-

PLEASE SEE EXTRAVAGANZA, B2

### TASTE EXTRAVAGANZA

What: Vegetarian Holiday Tasting Extravaganza

When: Sunday, Nov. 17.

Three seatings - 11 a.m. to 12:30 p.m.; 12:30-2 p.m. and 2:30-5 p.m.

Where: Metropolitan Seventh Day Adventist School, 15585 Haggerty (north of Five Mile Road), Plymouth.

Tickets: \$12 adults, \$4 children ages 6-12. No charge for children age 5 and younger. Call (734) 495-0472 for reservations.

## Enjoy wine more with classical music

Don Blackburn, winemaker at Byington Winery & Vineyard in Los Gatos, Calif., said, "Wine's purpose is to please people." He suggested that wine's pleasure has been over-focused on aroma and flavor, which use only 40 percent of a person's sensory capability.

He applied the term synesthesia to refer to the process by which the stimulation of one of the senses, in turn, causes another sense to be stimulated. He used music as the principal stimulant.

Synesthesia was in its prime from 1850 to 1900. Today, there's a renewed interest in how it impacts wine enjoyment. A number of artists in the late 19th century were true synesthetes and experienced a degree of trans-sensual perception beyond the average person. OK, but we're just a lot of average folks trying to enjoy wine!

"For whatever price a consumer is willing to pay for wine, it must not merely taste good or have vari-



### Focus on Wine

Ray & Eleanor Heald

etal character," Blackburn continued. "To be stimulating, the wine must offer a uniqueness of aroma and flavor. It doesn't really matter whether it smells like peaches or apricots. The most important element is whether the wine is balanced; whether it's awkward or elegant - and that's hard to put into words but it is sensed."

A good wine, Blackburn said, can never be characterized in its entirety but the tool that has offered him the most insight is music.

### EXPERIENCE WINE WITH MUSIC

Blackburn further referred to

research done at Yale University which suggests rotten apples, when inhaled, can elevate a person's mood, without otherwise altering consciousness. "I have not tested the rotten apples theory," he contended, "because music gives me the same result. Not just any music. Classical music, composed between the 17th and 19th centuries because it causes a predictable reaction. It has the test of time."

Being very left brained, we belong to the "show me" school. Since wine is part of the food pleasure process, Blackburn used a lunch setting as backdrop to have us discover the nuances of synesthesia, wine and music.

"People desire to be seduced by wine, therefore the mouthfeel of a wine is most important," Blackburn noted. He served a chardonnay without playing background music.

PLEASE SEE WINE, B2

### WINE PICKS

#### CHARDONNAYS

■ Pick of the pack: 2000 Kunde C.S. Ridge Vineyard, Sonoma Valley \$22  
■ Delicious value: 2000 Rutherford Ranch \$12  
■ Best buys: 2001 Rothbury Estate \$7 and 2001 Baron Philippe de Rothschild Reserve Maipo Chile \$10

#### MERLOTS

■ Pick of the pack: 1999

Geyser Peak Reserve \$40  
■ Delicious value: 1999 Dry Creek Vineyards \$19

#### BEST FROM THE RHONE

■ Pick of the pack: 1999 Jaboulet Gigondas "Pierre Alquielle" \$28  
■ Best buys: 2000 La Vieille Ferme Cotes du Ventoux \$8; 1999 Jaboulet Cotes du Rhone "Parallele 45" Rouge \$10; and 2000 Perrin Reserve Cotes du Rhone Rouge \$11



And the winner is...

YOU! If you've studied the proposals and the learned about the candidates and plan to vote, you are part of what makes this country free. See you at the polls!

