



## Side dish

### Heartfelt dishes

We want to hear about the dishes you prepare to show someone you care about them. Perhaps you have a famous cake recipe, or a main course that's served only on very special occasions. Send recipes, along with a brief explanation of why these entrees, salads, soups or desserts are special to those you love, to Lana Mini, Observer & Eccentric Newspapers, 805 E. Maple, Birmingham, MI 48009 or e-mail lmini@oehomecomm.net. Look for our feature on dishes from the heart in Taste on Sunday, Feb. 9.

### An apple a day

We've all heard the saying, "an apple a day keeps the doctor away," but did you know that eating apples can help keep your skin from wrinkling? It's just one of the



many health benefits you'll learn by visiting the Michigan Apple Committee Web site, www.michiganapples.com. Besides offering bushels of information about Michigan apples, the site offers plenty of good recipes too. If you're hungry for something a little different, this site might be just what the doctor ordered.

### APPLE-CABBAGE SALAD

- 1/2 cup vanilla lowfat yogurt
  - 2 tablespoons lowfat mayonnaise
  - 1/8 teaspoon salt
  - 2 teaspoons celery seeds
  - 3 tablespoons honey
  - 1 tablespoon spicy brown mustard
  - 3 cups shredded green cabbage
  - 1 cup julienne-cut, peeled jicama (1 1/2-by-1/4-inch pieces)
  - 4 cups diced red apples
- Combine yogurt, mayonnaise, salt, celery seeds, honey and mustard. Set aside. In large mixing bowl, combine remaining ingredients. Add yogurt mixture, tossing until combined. Serve immediately. Yield: 8 servings. Variation: To omit jicama, add extra 1 cup shredded cabbage.

### Shopping tip

If you dislike tofu, try edamame — soybeans in the pod. The beans have a subtle nutty taste. To prepare, just boil the frozen green soybeans for five minutes and drain. Serve warm or cold as an appetizer, snack or light meal. The beans are a great source of protein, fiber, healthy fat, and protective isoflavones.

### Clarification

The Michigan State University Extension of Oakland County maintains a food nutrition and food safety telephone hotline to answer your "burning" questions. Call (248) 858-0904 and ask your question and they'll find the answer for you.



## Winner's Circle

### Mom makes a hobby of winning cooking contests

BY ELEANOR HEALD  
CORRESPONDENT

Put Sally Sibthorpe of Rochester Hills in the recipe contest winners hall of fame. "For 20 years, I've been entering recipes in various categories of the Michigan State Fair competition," she said. "Winning there encouraged me to enter national competitions. In 2001, it started happening and I won several."

Among them was the Grand Prize of a trip to Orlando, Fla., and \$5,000 in Maria Mary's Contest for her Peach Melba Pizza (\$2,500 of which went to her favorite charity, St. Jude's Children's Hospital).

As a finalist in the 2001 Pillsbury Cookoff for her Luau Pork Stir-Fry, she won a GE Advantium oven, worth about \$1,000 and a trip to Orlando for the cookoff. She didn't win the \$1 million grand prize, but plans to enter again until she does.

Sibthorpe hit big jackpots in 2002. Remy Martin "Perfect Match" competition earned her a seven-day, all-expenses paid trip for two to Pau in the Cognac region. Her Pork Tenderloins with Apple-Onion Relish, served with Remy Martin Extra, a top-of-the-line cognac, bested recipes submitted by 205 other gourmands who entered.

If you're interested in matching foods with cognac, "The Spirit of Excellence," compiled by David Shaw \$26.95, ISBN 0-9722750-0-2, contains recipes matching Remy Martin cognac from many of America's top chefs.

Prior to learning about her French trip prize, Sibthorpe won the Grand Prize in the vegetarian Great ToFurky Cooking Contest. For her recipe Roast ToFurky Baked with Caramelized Onions and Cherry Relish, she and a companion will be guests of Alaska Wildlife Adventures for five days and four nights at their lodge on Kani Peninsula viewing wildlife.



PHOTOS BY TOM HEALD/STAFF PHOTOGRAPHER

Above, Sally Sibthorpe presents Pork Tenderloins with Apple-Onion Relish, a dish that earned her an all-expenses paid trip for two to Paris and the Cognac region. Top left, Sally Sibthorpe paired Pork Tenderloins with Apple-Onion Relish and Remy-Martin Extra Cognac.

rafting the Kenai River, hiking the mountains in the Kenai National Wildlife Refuge, enjoying a small ship exploration of Kenai Fjords National Park and eating first-class vegetarian meals.

First Place for her Mom's Chicken Pasties with Creamy Gravy in the 2002 Herb-Ox Bouillon "Comfort Food" Contest garnered her \$300, good enough for groceries to try more recipes for other contests. And only a few weeks ago, she learned that she was a finalist in the National Chicken Cooking Contest.

In May 2003, she will participate in that cookoff in Baltimore for the \$25,000 Grand Prize.

### NOT ALWAYS GLAMOROUS

Sibthorpe's broad interest in cooking extends from poultry and meat to vegetarian as well as edible weeds. She won the \$500 first prize (more grocery money) in the Ninth

Annual National Dandelion Cookoff for her Dandelion Ravioli in Tomato Cream Sauce. One judge said, "The taste was very flavorful; it was well put together and made good use of dandelions. Overall, the majority of judges felt it was just a great package."

Sibthorpe, a mother of three and a technical writer for EDS in Troy, admits she has entered hundreds of recipe contests and has won at least 50.

All prizes have not been glamorous. There was a case of pasta in the 2001 It Has to Be Pasta Contest for her Very Garlicky Chicken and Pasta in

PLEASE SEE HOBBY, B3

## Consider Sauternes for a unique dinner party with wines

Sauternes in the Bordeaux region of France is well-known for its sweet white wines. Five villages in the Graves appellation of Bordeaux make this unforgotten wine style, principally from semillon, along with small percentages of sauvignon blanc and muscadelle.

What makes Sauternes special? Because the Graves region is located near a river, the resulting humid conditions help breed a "noble rot," known as pourriture noble in French.

Early in the history of winemaking in the Graves appellation, winemakers found that this



Focus on Wine

Ray & Eleanor Heald

rot turned the flavor of the grapes into a rich, honeyed, eminently ageable wine.

"Sauternes is difficult to produce," said Caroline Dedicu, marketing director for Chateau Suduiraut, Premier Cru Classe Sauternes.

"The rot must be of just the right level, and only the most

affected grapes are picked during many passes through the vineyard on different days. More than any other wine type, vintage in Sauternes is extremely important. Weather conditions can make or break an entire year's crop in this region."

Noble rot dehydrates the grapes to a potential of 15 percent alcohol, which kills the yeast before fermentation is complete, leaving behind natural sugar to be enjoyed in a smooth and creamy wine with a range of flavors from apricot, peach and pineapple to vanilla.

### CRAFTING A FOOD MATCH

Through its long history, Sauternes became placed at the table as an accompaniment to a first course of fete gras or ending the meal as liquid dessert. Today, creative chefs like Stephen Jalbert, chef de cuisine of The Ritz-Carlton in Dearborn, are crafting menus with foods to accompany a meal featuring only Sauternes.

If you're seeking ideas for a unique winter dinner party with wine, consider Sauternes, using some of the ideas we gleaned from Chef Steve and several Sauternes producers, who

visited metro Detroit recently.

"The wines need to be sampled in advance," Chef Steve began.

"Then they need to be ordered from mildest to richest, which is not necessarily youngest to oldest, as one might suspect. Once the style of each Sauternes is understood, then a milder wine can be showcased with a richer one by two different food choices on the same plate. This also works to flatter the style of a specific Sauternes producer with wines from several vintages."

PLEASE SEE WINE, B2

## Love and marriage... go together like a horse and carriage



So the song goes. Weddings don't go together at all without a lot of intense planning. Look for our 2003 Wedding Guide on Sunday, February 16 and discover ideas, advice and interesting features to assist with your wedding.