



Side dish

3-A-Day Dairy

The American Dairy Association/National Dairy Council has launched the 3-A-Day Dairy campaign to remind parents to eat three servings of dairy a day to build stronger bones and better bodies.



A survey completed in November 2002 found that nearly half of mothers (48 percent) think they are getting enough calcium, but the U.S. Department of Agriculture confirms that 75 percent of Americans are not meeting calcium recommendations. The survey also found that only one of three moms drinks milk daily.

The United Dairy Association of Michigan encourages families to incorporate the 3-A-Day Dairy into family meal plans. Monday kicks off 3-A-Day Week (March 3-9).

Families should seek out milk, snackable cheeses and portable yogurt in at least three meals a day. The USDA recommends three servings a day can help get not only calcium, but potassium, phosphorus, protein, vitamins D and A, riboflavin and niacin.

Families can visit www.3aday.org for recipes and information.

Moore is the master

Derin Moore, a former executive chef at the Golden Mushroom and one-time part-time faculty member at Schockcraft College, has earned master chef status from the American Culinary Federation. Moore, executive chef at Dunwoody Country Club in Dunwoody, Ga., received the certified master chef certification from the ACF, which is the highest and most demanding level of achievement of all ACF certification levels, granted only after the candidate has passed an intensive 10-day test of culinary skills and knowledge.

The addition of these three CMCs brings the national total to 70 certified master chefs in the United States. The exam was given Jan. 30-Feb. 9 at The Culinary Institute of America in Hyde Park, N.Y. Moore graduated from the Culinary Institute of America in 1986. For the next 16 years, he worked in Michigan at the Bloomfield Hills Country Club, Pike Street Restaurant in Providence, and Bay Ridge Resort in 1997. He became executive chef at Detroit's Lakeside Golden Mushroom Restaurant as it celebrated its 25th anniversary. He also served as a part-time faculty member at Schockcraft College.

Moore has won many national and international cooking competitions. He was a member of ACF Culinary Team USA 1996, formed a regional team to compete in Louisville, Ky. 1998, and was a member of ACF Culinary Team USA 2002.

Lenten dinner isn't restricted to the frying pan

BY LANA MINI
STAFF WRITER

Lent is just three days away. Some Christians will recognize the 40-day period from Ash Wednesday to Holy Saturday, the day before Easter, by refraining from red meat consumption for that time period.

More common, however, is that many will just avoid meat altogether on Fridays and opt for fish instead. Local churches and some nonprofit organizations embrace the Lenten traditions by serving fish dinners. Today, the fish aren't just hitting the deep fryers. They're on the broilers and pans, too.

St. Michael's Catholic Church, 25225 Code Road in Southfield, hosts traditional Lenten Friday fish fries. And to attract new customers, the church also offers baked fish along with macaroni and cheese.

"There's no rule that says fish have to be fried during Lent. And there's no rule that says only Christians can enjoy the dinners."

"The golden days of the fish fries are mostly at the churches and pubs," said Peter Julian, executive chef of Hiller's Markets located in West Bloomfield, Ann Arbor, Berkley and Plymouth. "Trying fish is messy and it's a big event."

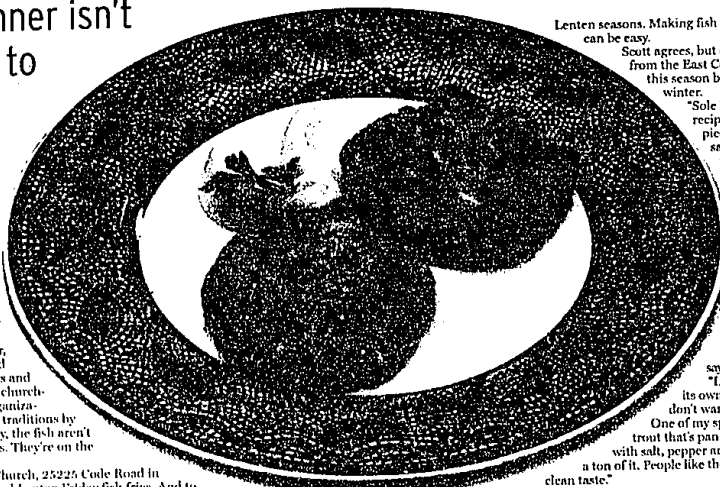
"Most people eat fish because of the good oils and vitamin content," said Nina Scott, chef at the Big Rock Chop & Brew House of Birmingham. "They really don't want fried fish very often — they'd rather have halibut or flounder that's poached or sautéed."

As a fried fish alternative, Julian recommends pan sautéed chicken orzo steak with calamata olives that can be purchased at Hiller's — or it can be made in residential kitchens. If customers want to create even simpler meals, Julian suggests sautéed pickled. Filet style pickled is easy to work with, he said.

"When preparing fish, keep it simple and use less than five ingredients," Julian said. "Marinate for just one hour. Lightly dust the fish with flour and white pepper and then pan fry in lightly coated canola oil for five minutes on each side."

And to be sure it's cooked thoroughly, heat an oven to 350°F and bake the pickled for an additional five minutes if needed.

"People aren't just eating their Lenten fish at restaurants anymore because cooking at home is so popular today," Julian said. He's seen an increase in fish sales during the



Lenten seasons. Making fish dinners at home can be easy.

Scott agrees, but does warn that fish from the East Coast prices are high this season because of the harsh winter.

"Sole Veronique is an easy recipe," Scott said. "Use a piece of fresh sole and sauté it in a white wine and brown butter sauce, add some sliced white grapes and it's perfect."

Brown butter sauce is created by melting whole unsalted butter in a frying pan until it's almost "burnt," then add splashes of lemon and clam juice.

Like Julian, Scott says simple is better.

"Let the fish stand on its own," Scott said. "You don't want to mask the flavor."

One of his specials is Carolina trout that's pan seared and flavored with salt, pepper and lemon and we sell a ton of it. People like their fish to have a light, clean taste."

Many diners are moving away from the tradition of fried fish.

"Sure, we sell the fried fish, but we also offer broiled haddock and orange roughly and sautéed perch," said Mark Kromk, manager of the Knights of Columbus on Farmington Road in Livonia. "We also have deep fried cod and shrimp."

The K of C opens its restaurant to the public every Friday throughout the year. Fish, prepared in a variety of ways, is the specialty. It offers hand-battered fish and chips with coleslaw and bread or customers can order shrimp, perch and roughy.

The evolution of the basic perch fish fry stems from public demand, Kromk said.

"Twenty-five years ago, we'd serve 700 people each Friday during Lent," Kromk said. "But then regular restaurants starting getting in on the fish dinners. Today, we serve about 300 people which is still good... this is what pays our building rent."

The days of worrying about fish tasting "too fishy" aren't as common either, Julian said. Today, markets and good restaurants receive fresh fish daily and the fishy taste isn't quite as common.

Ventimiglia's Italian grocers, on Dodge Park north of 15 Mile in Sterling Heights, has a deli full of prepared fish during Lent that's sold as carryout — the deli specialty is fried calamari, but it also offers cod and such that's breaded and fried in tomatoes and cream.

At Hiller's, salmon is the "big fish."

"Salmon is huge such as dill poached salmon with white wine, sea salt and white pepper, but right now cod and scrod are, too," Julian said.

Fried salmon cakes with green onions, mayonnaise and bread crumbs (above) are an easy creation for Lent. How this is an easy creation (below). Pre-purchased ready-to-eat shrimp is simply marinated in lime juice and added to a mixture of red pepper, pineapple, avocado and cilantro. Chill and serve.



FISH FRY — INDIAN STYLE

- One pound of flounder, or any fish of your choice
- 1 teaspoon red chili powder
- 1 teaspoon turmeric powder
- 1 teaspoon onion paste (found at gourmet markets or Indian grocers)
- 1 teaspoon garlic paste
- 1 teaspoon black pepper
- 1 teaspoon salt to taste
- 1 cup canola oil

Clean the fish well and marinate it with the ingredients for one hour. Heat the oil in a frying pan on medium heat. Put the fish and fry both sides in low heat until cooked about five minutes on each side. Serve it hot. If desired, fish can be baked for an additional five to 10 minutes in oven at 350°F.

BROILED SHAD OR SALMON WITH HERBED LEMON BUTTER

- 2 pounds salmon or shad fillet
- 1 cup butter, melted
- 2 tablespoons lemon juice
- 2 tablespoons chopped parsley
- 1 teaspoon dill weed, or rosemary or marjoram, crushed
- 1 teaspoon salt
- 1 teaspoon coarsely ground pepper

Line broiler pan with foil and place fish on the well greased rack. Combine remaining ingredients; baste shad with mixture. Broil four inches from heat, rest part or until shad flakes easily when tested with a fork. Baste several times during cooking. Makes 8 servings. May also be charcoal grilled.

Recipe courtesy of www.adelphiaseafood.com.

Many reasons to like Badia a Coltibuono wines

Badia a Coltibuono, one of Tuscany's loveliest wine estates, situated amid rolling hills, planted in vineyards and olive groves, is only an hour's drive from Florence. Situated high on a Tuscan hill in the heart of the Chianti Classico wine zone, this one-acre property has a commanding view of 2,000 acres of forests, vineyards, ancient farmhouses and olive trees.



Focus on wine

Ray & Eleanor Heald

whose numerous books on Italian culinary arts have been published worldwide.

Her son, Roberto Stuechi, is the winemaker for the famous wines of Badia a Coltibuono.

MAGNIFICENT TASTES

Coltibuono's 2000 Drappello

(\$19), a blend of chardonnay and pinot blanc, challenges many pinot grigio at this price point!

The 2000 Coltibuono "Canevelli" Sangiovese di Toscana (\$29) will change your mind about a 100 percent sangiovese. Forget some weak, flavorless stuff from California. This is the real, delicious McCoy — great with a gourmet pizza.

The 2000 Coltibuono "Canevelli" Chianti (\$11) is 90 percent sangiovese and 10 percent canaiolo. The absence of oak aging retains natural fruit characters in a pleasant quaff at this price.

The 2000 Coltibuono "Roberto Stuechi," Chianti Classico (\$19) steps things up. Aged in oak casks and small French oak barrels, this wine showcases the skills of Stuechi in producing a wine from growers. "And I'm bent on doing it without adding merlot to the blend," he said. "I don't like what blending with merlot or cabernet sauvignon does to the true character of sangiovese and chianti."

With 1999 Badia a Coltibuono Chianti Classico (\$20), the first estate expression is spotlighted in a concentrated, layered wine with a long finish.

In the 1999 Coltibuono Chianti Classico Riserva (\$33), grapes from the estate's 13- to 15-year-old vines offer a gorgeous, ripe fruit profile with a rich finish. The ultimate estate expression is revealed in Coltibuono's 1999 Sangiovese di Toscana (\$70). Sangiovese is the old Tuscan name for sangiovese and this wine should be paired with a great steak or savory Italian-style stew.

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