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Travel, B6

Taste

WINE ■ RECIPES ■ SPECIALTIES

B1 (F) Observer & Eccentric | Sunday, March 9, 2003

Side dish

Classics

Give roasted vegetables a savory twist with the addition of pickled beets or make a colorful relish from beets, diced bell peppers and corn. Beets can be enjoyed in salads, served over fresh steamed vegetables or grilled fish. Aunt Nellie's Farm Kitchens now presents many new ideas using pickled beets, cabbage and other foods in a collection of class-



sic vegetable creations. Need a quick dinner accompaniment? Sauteed apples added to sweet and sour red cabbage is ready in 15 minutes. For dessert, try a spicy cake made with beets. To receive a free copy of Contemporary Classics, send a self-addressed, stamped, business-size envelope to Seneca Foods Fulfillment, 3732 South Main, Seneca, NY 14505.

Who shops?

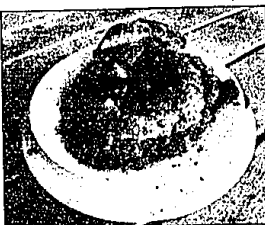
Women do most of the shopping for groceries, according to the Food Marketing Institute. According to the 69th annual report of the grocery industry, 69 percent of the shoppers are female head of households, while 20 percent are men, and 11 percent of households reported that both men and women shopped for food.

Saturday is the most popular day to shop with 22 percent heading to the grocery on that day. Shoppers under 35 usually shopped on Saturday (24 percent), as did those 35-55 years of age (28 percent). Shoppers over the age of 55 usually shopped on Friday (21 percent) or Thursday (20 percent). Friday was second at 16 percent, while Thursday and Sunday followed at 14 percent. If you want a less crowded store, shop on Tuesday and Wednesday, which reported 11 percent.

Beer tasting

Schoolcraft College's Gourmet Club and Merchant's Fine Wine of Grosse Pointe Woods, Dearborn and Royal Oak present the eighth annual Winterfest Beer Tasting 7 p.m. Wednesday, March 19, at the Schoolcraft College VistaTech Center, 18600 Haggerty in Livonia, one block west of I-275 between Six Mile and Seven Mile roads. Fine culinary cuisine, and 80 to 100 beers will be among the choices, with tastings limited to 50 beers. Tickets are \$38 per person. Patrons must be 21 years of age and prove it to attend this event. Tickets can be purchased at the Student Activities Office, Homer Wapman Center, or at Merchant's Fine Wine locations. Visa, MasterCard and Discover are accepted. Make checks payable to Schoolcraft College. Call for tickets at (734) 462-4422.

Traditional Irish cooking includes Irish stew. This version from Dick O'Dow's features lamb, a blend of thyme, rosemary and marjoram, cooked slowly in a beef-tomato base.



Irish fare



Tom Connors, manager of Dick O'Dow's, holds two favorite Irish dishes - a shepherd's pie (left) and a beef boxty.

Hearty, fresh foods bring charm to the table

BY KEN ABRAMCZYK
STAFF WRITER

When you think of Irish cuisine, the conversation almost always leads to Irish stew.

The popularity of the dish isn't surprising, whether you're a tourist visiting the Emerald Isle or just visiting a restaurant that features the dish to celebrate St. Patrick's Day, as sheep farming was one of the only ways of life in the barren

mountain areas of Ireland and remains so. "Lamb is really popular in Ireland, because they have so many farms and sheep there," said Tom Connors, manager at Dick O'Dow's in Birmingham.

Many of the lands in Ireland were unfit for farming, tillage or cattle, writes Noel Cullen in *Elegant Irish Cuisine*, Lehar-Friedman Books, New York, N.Y. (2001).

"Irish cuisine, like most others, is based upon the evolution of one-pot cooking," Cullen writes. "Irish stew is perhaps the best example of the Celtic version of one-pot cooking."

Some present-day Irish food habits go back to prehistoric times, Cullen writes. Large joints of meat

Traditional Irish recipes can be found inside *Taste*, page B2.

were wrapped in either straw or hide, tied with a straw rope, then lowered into the pits with heated stones added to bring the water in the pits to a boil.

"Indeed, anthropological and archaeological data suggests that crude ovens were also constructed by the ancient Irish, which would partially explain why the culinary principles of boiling and roasting in Irish cuisine arose simultaneously," Cullen reported.

Connors considers Irish food

PLEASE SEE IRISHA, B2

Cousino-Macul ranks among Chile's best wines

Last March, we had the pleasure of celebrating the end of harvest 2002 with a preview tasting of the 2001 wines of Cousino-Macul at the winery's new Buin (pronounced

"bween") estate in the Maipo Valley of Chile.

The 2002 Cousino-Macul Chardonnay and Merlot from the Buin Estate, both \$9, have just been released.

We celebrated their arrival!

Focus on
Wine

SIGNIFICANT

Ray & Eleanor
Heald

HERITAGE

In three years, Cousino-Macul, Chile's leading family-owned winery, will celebrate the 150-year anniversary of its wine estate in Santiago. To preserve its winemaking heritage, it made sense for the sixth-generation Cousino family to seek land outside the now overcrowded Santiago metropolis of 6 million people plagued with enormous pollution problems. Buin, with its unique microclimate for growing cabernet sauvignon, merlot, chardonnay, sauvignon blanc and riesling was the solution.

To continue the Cousino wine heritage, the most successful, select cuttings from the Santiago estate were used to plant the Buin vineyards in several different vine spacing patterns, depending on the variety. "The Cousino-Macul origins," winery president Arturo Cousino told us, "were inspired by the vines from the Bordeaux region of France. Even though we now have new vineyards and a state-of-the-art winery, our dedication is to world-class wines that are unmistakably Chilean, carrying the distinctive character of the Maipo Valley."

BUIN AND MAIPO

During the growing season, optimum sunlight, high daytime temperatures and cool nights create the unique microclimate of Buin in the Maipo. Similar to the original Macul vineyards, Buin is located near the foothills of the Andes mountains, the principal microclimate influence and major water source feeding the calcium-rich Maipo River. Such mineral composition defines some of the world's great vineyards, such as Burgundy and the Champagne region.

Soils at Buin, 25 miles south of Chile's capital Santiago, are rocky and infertile; the best in the Maipo Valley.

Write that in the book of good things because vines struggle to develop a deep root system to obtain nutrients. Struggling vines have reduced vigor and produce bunches with small berries that offer flavor concentration to the resulting wines. To control insect pests and vine diseases, modern organic grape-growing methods are practiced in Buin.

Vine crop load is regulated through a "green harvest," when some of the grape clusters are dropped while they are still green. This sacrifice of quantity assures full ripening of those bunches that are retained and ultimately top wine quality - another element for the book of good things that contributes to high flavor concentration.

WINE ASSESSMENT

The 2002 Cousino-Macul Chardonnay bears a citrusy, crisp style, that's designed for food. It was produced during a long, cool fermentation that turned up the fruit volume and preserved it. Crisp acidity was also safeguarded because the wine did not undergo malolactic fermentation and was aged only in stainless steel tanks. The rich character perceived is due to fruit concentration, derived from the vineyard methods

PLEASE SEE WINE, B2

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