

How to pair food and wine

Mary Evelyn, chef at Simi Winery in Healdsburg, Calif., grew up in Grasse Pointe Shores, where her mother still lives.

She has a sister who is professor of mathematics at Michigan State University. Mary's claim to fame is the food and wine program she created at Simi.

Believing that there were consumers who had an interest in both food and wine, she designed a series of affordable luncheons pairing food and wine. To preserve a group experience, encourage dialogue and reduce intimidation, participation is limited to 24 people.

"When people leave, they feel comfortable with wine and food because they realize there is no single correct match," Evelyn said. "They understand that personal choices are important. Simi wines are readily available, and people can repeat the experience in their home."

"I deliberately try to focus on food preparations that are traditionally considered difficult pairings with wine," Evelyn said. "Crudités, a simple appetizer, is not easily matched with a chenin blanc in the off-dry Simi style. An off-dry wine paired with vegetables loses its perceptible acidity and becomes flabby and finishes flat. You might consider using sweeter vegetables, but snow peas are sweet, and they make chenin blanc bitter."

"HOWEVER, IF YOU prepare a salad dressing or dip with mayonnaise base and tarragon, a sweet herb, you alter the flattening effect of the vegetables and complement the chenin blanc."

Evelyn specializes in simple recipe adaptations to make the preparation complementary with more than one wine. She uses palate trickery in her rice salad when she uses tarragon to pair with chenin blanc, then substitutes ground cumin for the tarragon to pair it with sauvignon blanc, or for a chardonnay match, she uses chopped fresh basil.

She finds the Foli Baked Chicken with Herb recipe from "The Silver Palate Cookbook" (Rosso and Lukins, McLaughlin Workman Publishing Co., Inc. 1982) a reliable match to Simi-style chenin blanc. To make

WINE SELECTION OF THE WEEK

Simi Winery makes some of the best chardonnay year after year. The 1988 Simi Chardonnay (\$16.50) is a blend of wines from Napa, Sonoma and Mendocino Counties. Aromas of buttered popcorn and toasty oak introduce a wine with rich fruit flavors. It is styled like a white Burgundy at half the price. Simi's 1988 Sauvignon Blanc (\$9.30) is also a winner. Generous flavors highlight tropical fruit that is clean and crisp with a long aftertaste.

it complementary to sauvignon blanc, she substitutes thyme for the mint and dill, one red onion, thinly sliced, in place of the lemon, and uses two tablespoons virgin olive oil for half the butter.

The sauvignon blanc variation pairs with cabernet sauvignon when two ripe, peeled, seeded and finely chopped tomatoes are added and the pepper mill is adjusted to very coarse and used generously.

For pasta with olive-accented fresh tomato sauce, Evelyn demonstrates that the type of olive used defines the wine that pairs best. For cabernet sauvignon, she suggests oil-cured olives. Sauvignon blanc is well-served by Kalamata olives and chardonnay does best with generic canned olives.

Evelyn says that with a mushroom risotto the type of mushroom determines the best wine combination. Shiitake and morels make the dish compatible with cabernet sauvignon, when a beef broth is used instead of chicken to prepare the rice.

Butter in the risotto echoes the



focus on wine
Eleanor and Ray Heald



Chef Mary Evelyn talks with consumers during lunches at California's Simi Winery.

butteriness in the Simi Chardonnay.

"The delicate, earthy flavors of fresh porcini are well balanced by the delicate, toasty notes in the wine," she said. "Fresh parsley, or even better, fresh chervil, with a sweet note, accents the fresh fruit

flavors of this chardonnay."

If you are traveling to California wine country and would like more information about Simi's wine and food program, write: Chef Mary Evelyn, Simi Winery, Box 698, Healdsburg, Calif. 95448.

Delicious muffins pick up morning

See Larry Jones' column Taste Buds on Page 1B.

BASIC MUFFINS (makes 12)

Use this for starters, then add additional ingredients suggested below.
2 1/4 cups flour
3/4 cup sugar
1 tablespoon baking powder
Pinch salt
3/4 cup milk
1/2 cup melted butter or vegetable oil

Preheat oven to 350 degrees. Sift dry ingredients together. Add wet ingredients and stir just to combine. Pour into prepared muffin pans, filling 3/4 full. Bake until golden and a toothpick inserted in the center comes clean (about 25-30 minutes).

Blueberry muffins: Add 1 cup fresh blueberries.
Cinnamon raisin: Sift 1/2 teaspoon cinnamon with dry ingredients and stir in 1 cup raisins into batter.
Lemon-poppyseed: Into dry ingredients, stir in 1 tablespoon grated lemon rind and 1/4 cup poppy seeds.

GRANDMA LORY'S BEST CAKE MUFFINS

1 1/2 cups flour
2 teaspoons baking powder
1/2 teaspoon baking soda
Pinch salt
1/2 cup butter
1/2 cup sugar
2 eggs
1 teaspoon vanilla extract
1/2 cup milk

Preheat oven to 350 degrees. Grease muffin pans and dust with flour. Sift together the dry ingredients. Set aside. In a medium bowl, cream butter with sugar until light and fluffy. Add eggs, one at a time. Stir in vanilla and milk. (If mix begins to curdle, don't worry, just add 1 tablespoon flour and beat on low until blended.) Fold in dry ingredients. Spoon batter into prepared pans. Fill 3/4 full and bake until golden for 20-25 minutes.

(Additions mentioned in basic muffin recipe can be added, if desired.)

BRAN MUFFINS

2 1/2 cups whole wheat flour
1 1/2 cups bran
2 tablespoons sugar
2 teaspoons baking soda
1/2 teaspoon salt
2 1/2 cups buttermilk
1 egg
1/2 cup molasses
3 tablespoons butter, melted
2 ripe bananas, mashed
1 cups raisins
Bran Topping
2 tablespoons bran
2 tablespoons sugar

Preheat oven to 400 degrees. Into a large bowl, sift together the dry ingredients. (Some of the flour and bran might not sift just add anyway.) Set aside. In a medium bowl, combine buttermilk, egg, molasses, melted butter and mashed banana. Add liquid to dry ingredients. Fold in raisins. Spoon into greased muffin cups. Combine bran topping. Sprinkle bran topping over each muffin and bake until golden, about 25-30 minutes.

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Meat rolls filled with prosciutto

These Italian-style meat rolls owe their robust flavor to prosciutto, dry-cured ham with a somewhat sweet flavor that develops through a long curing process. Look for it at an Italian specialty store or deli counter.

You also can use the prosciutto stuffing with beef. Cut 1 pound of 1/4-inch-thick boneless beef top round steak into four serving-size pieces. Pound and stuff, using 2 ounces prosciutto. Brown meat and add the sauce ingredients as directed. Then simmer, covered, for 1 to 1 1/4 hours.

PROSCIUTTO-STUFFED PORK ROLLS
4 ounces prosciutto, chopped
1/2 cup shredded mozzarella cheese (2 ounces)
2 tablespoons snipped parsley
1 clove garlic, minced
Four 4-ounce boneless pork loin chops, cut 1 1/2 inches thick
1 tablespoon cooking oil
One 12-ounce can whole Italian-style tomatoes, cut up, or one 12-ounce can Italian-style stewed tomatoes
1/2 teaspoon dried basil, crushed
1/2 teaspoon pepper
4 ounces packaged linguine, spaghetti, or other pasta, cooked and drained
1 tablespoon water
2 teaspoons cornstarch

For filling, in a small mixing bowl stir together prosciutto, mozzarella cheese, parsley and garlic. Set aside. With a meat mallet, pound each pork chop to 1/4- to 1/2-inch thickness. Place about 1/4 cup filling on each piece of meat. Roll up, jellyroll style, folding in sides as you roll. Secure with wooden toothpicks or tie with string. In a large skillet brown meat rolls on all sides in hot oil. Drain off excess fat.

Carefully add undrained tomatoes, basil and pepper. Bring to boiling. Reduce heat and simmer, covered, about 30 minutes or until meat is tender. Remove toothpicks or string.

Arrange hot cooked pasta on a platter. Add meat rolls, keep warm. Stir together water and cornstarch. Stir into tomato mixture. Cook and stir until thickened and bubbly, cook and stir for 2 minutes more. Serve over meat rolls and pasta. Makes 4 servings.

Nutrition information per serving: 449 cal., 43 g. pro., 31 g. carb., 17 g. fat, 107 mg. chol., 872 mg. sodium. U.S. RDA: 17 percent vit. A, 24 percent vit. C, 415 percent thiamine, 313 percent riboflavin, 77 percent niacin, 13 percent calcium, 32 percent iron.