

# Recipes suit sauvignon blanc

See related story, Page 1B.

These are recipes designed to complement Cakebread Cellars Sauvignon Blanc.

**SPINACH BALLS WITH MUSTARD SAUVIGNON BLANC SAUCE**  
Two 10-ounce packages frozen chopped spinach (fresh may be used)  
2 cups herb stuffing mix, crushed  
4 green onions, chopped  
1/4 cup grated Parmesan cheese  
3 eggs  
1 stick butter, melted  
2 finely chopped shallots  
Dash of grated nutmeg

Combine all ingredients and mix well. Shape into 1-inch balls and refrigerate or freeze until ready to bake. Bake at 350 degrees for 10 to 12 minutes, on an ungreased baking sheet. Serve warm with Mustard Sauvignon Blanc Sauce. Makes approximately 70. Allow 2-3 per person.

**Mustard Sauvignon Blanc Sauce**  
2 tablespoons Coleman's Dry Mustard  
2 tablespoons white wine vinegar  
Mix and let sit for 1 hour.

1/2 cup Cakebread Cellars Sauvignon Blanc  
1 teaspoon sugar  
1 egg  
3 tablespoons prepared Dijon mustard

Mix last 4 ingredients together in saucepan; add dry mustard mixture. Cook over low heat, mixing constantly until light, fluffy and thick. Add salt and white pepper to taste. Add a little more sauvignon blanc if too hot or thick.

One Spinach Ball equals: Calories: 50, Protein: 1.4g, Fat: 1.4g, Carbohydrates: 2.8g, Cholesterol: 17mg.

Sauce (200 dips) equals: Calories: 58, Protein: 0.9g, Fat: 0.005g, Carbohydrates: 0.05g, Cholesterol: 2.29mg.

**SEAFOOD TERRINE WITH RED BELL PEPPER SAUCE**  
(Serves 10)

1/2 pound boneless whitefish fillet, cut in 2-inch-long slices (flounder, sea bass, sole, grouper)  
2 large egg whites  
2 tablespoons dried french bread crumbs (white part)  
1 tablespoon fresh lemon juice  
1 tablespoon Dijon mustard  
1/2 teaspoon horseradish  
Dash tabasco  
1/2 cup plain lowfat yogurt  
1/2 pound raw shrimp, shelled and deveined

**Place whitefish, egg whites, bread crumbs, lemon juice, Dijon mustard, horseradish, Tabasco into food processor with steel blade.**

1/2 pound scallops  
1/2 cup medium shredded spinach  
3 tablespoons minced shallots  
2 green onions with tops, chopped  
1/2 teaspoon fresh thyme or dill  
White pepper to taste  
2 dashes of Worcestershire sauce  
Red bell pepper sauce (recipe follows)  
Red, yellow, green bell pepper for contrast  
Sprig of thyme or dill for garnish  
Edible flower such as Johnny Jump Up or Nasturtium

Place whitefish, egg whites, bread crumbs, lemon juice, Dijon mustard, horseradish, tabasco into food processor with steel blade. Process on and off until coarsely ground. Add yogurt; process until smooth. Keep refrigerated.

Dice shrimp and scallops. In medium mixing bowl, combine remaining ingredients. Stir in shrimp and scallops. Fold in whitefish mixture until thoroughly mixed.

Preheat oven to 350 degrees. Spray ten 4-ounce souffle cups with non-sticking vegetable spray. Lightly dust each cup with flour; shake out excess.

Fill cups 3/4 full; place in 2x13x19-inch baking dish. Add boiling wa-

ter to a 1-inch depth. Cover with waxed paper. Bake until a metal skewer comes clean 15-18 minutes. Remove to wire rack; cool to room temperature.

To serve, spoon 3 tablespoons red bell pepper sauce onto salad plate. Loosen terrine from cup by running a sharp knife around edge. Tap gently out of mold onto prepared plate. Garnish with strips of peppers, a sprig of thyme or dill and/or blossoms.

**RED BELL PEPPER SAUCE**  
1 medium onion, chopped  
2 clove garlic, minced  
2 teaspoons homemade chicken stock without salt, defatted  
4 medium red bell pepper, seeded and chopped  
1/4 cup Cakebread Cellars Sauvignon Blanc  
1 cup defatted homemade chicken stock (no salt added)  
1 sprig thyme  
1 bay leaf  
1 tablespoon plain lowfat yogurt  
1-2 teaspoons lemon juice  
White pepper to taste

In medium saucepan, cook onion and garlic in chicken stock over low heat until soft. Add pepper, sauvignon blanc, chicken stock, thyme or dill, and bay leaf. Cover over medium-high heat until liquid is reduced to 1/2.

Remove bay leaf and thyme. Transfer 1/2 mixture to food processor or blender and puree. Strain through coarse sieve. Repeat with remaining mixture. Cool to room temperature.

Season to taste with lemon, pepper and yogurt.

Per serving: 112 Calories, 0.93g Fat, 144.26mg Sodium and 29mg Cholesterol.

# Time to turn the crank on the ice cream freezer

See related story, Page 1B.

The following recipes are for a 4-quart (1-gallon) freezer but may be cut or increased depending on the size of your freezer.

This is the easiest ice cream recipe I've ever found. A nice variation is to stir in 2 tablespoons instant coffee powder (not freeze dried) and substitute brandy or almond extract for the vanilla.

**EASY, NO-COOK ICE CREAM**  
10 cups light cream or half and half  
2 cups sugar  
2 tablespoons vanilla extract  
Dash salt

Pour cream into ice cream freezer. Gradually add sugar, stirring until dissolved. Stir in vanilla and salt. Freeze as directed.

This ice cream takes a little longer, but the result is a creamier, richer-tasting ice cream.

**VANILLA CUSTARD ICE CREAM**  
2 1/4 cups sugar  
6 tablespoons flour  
1/4 teaspoon salt  
5 cups milk, scalded  
6 eggs  
4 cups heavy cream  
1 tablespoon vanilla extract

Combine sugar, flour and salt in a saucepan; slowly stir in hot milk. Cook over low heat, stirring frequently, until mixture is thickened

**She used ingredients she had on hand to make a wonderful chocolate ice cream.**

(about 10 minutes). In small bowl whisk eggs with fork until blended; stir in about 1 cup hot mixture to warm eggs, then stir back into mixture in saucepan. Cook about a minute longer. Chill in refrigerator until completely cool; stir in cream and vanilla. Freeze as directed.

I was raised on a farm, and my mother was (and is) a very resourceful cook. She used ingredients she had on hand to make a wonderful chocolate ice cream.

**MOM'S CHOCOLATE ICE CREAM**

4 tablespoons cornstarch  
2 1/4 cups sugar  
1 cup corn syrup  
4 eggs, beaten  
2 large cans evaporated milk  
1 tablespoon flavoring (vanilla, almond, etc.)  
2 cups milk  
1 cup cocoa  
1/4 teaspoon salt  
4 cups milk

Cook cornstarch and 2 cups milk over medium heat, stirring frequently, until bubbly and thickened. Remove from heat and stir in sugar, cocoa, corn syrup and salt, and beaten

eggs. Put back on the stove and cook about 5 minutes more. Remove from heat and add the 4 cups milk, the evaporated milk and the flavoring. Chill until completely cool, then freeze as directed.

This is an excellent ice cream or dessert topping. It's thicker than the usual chocolate syrup but not as sweet.

**NOT-TOO-SWEET CHOCOLATE SAUCE**

1 cup chocolate chips  
1 ounce square unsweetened baking chocolate  
1/2 cup whipping cream  
1/4 cup milk  
1 teaspoon flavoring (such as vanilla, almond or brandy)

In saucepan combine chocolate chips, baking chocolate and cream. Cook over low heat, until chocolate is melted and mixture is smooth. Remove from heat and stir in milk and flavoring. Serve warm.

My favorite topping for any ice cream is the simplest — fresh fruit mixed with sugar.

**EASY FRUIT TOPPING**

Combine 2 cups fresh raspberries, sliced strawberries or sliced peaches with sugar to taste. Set aside until the sugar dissolves and forms a syrup, about 20 minutes. Stir before serving over ice cream.

## clarification

**● BELUGA CAVIAR**  
The amount of Beluga caviar per serving was given incorrectly in the review of the Golden Mushroom restaurant in Southfield that ran in the Monday, June 24, issue of Taste. The correct information is: A 1/4-ounce serving of Beluga caviar is \$55.

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