

Ariel produces flavorful non-alcoholic wines

"Fetal Alcohol Syndrome (FAS) is seen exclusively in the offspring of alcoholic mothers with ponderously abusive consumption," contends pediatrician Dr. Wells Shoemaker, owner of California's Salamandre Wine Cellars.

"We're not likely to get confused with moderation here. Typical ingestion histories range from two or three six packs of beer to the better part of a fifth of distilled spirits daily. There have been no cases of FAS described with moderate consumption, and that's even more telling when one considers that patients nearly always understate their actual alcohol intake."

"Furthermore, there is no reported case of FAS in a mother using wine as a source of ethanol."

EVEN WITH these convincing statements, more and more women are abstaining from wine drinking during pregnancy. Is there an alternative?

California's Ariel Vineyards is producing premium wines without

alcohol. In fact, Ariel is the only premium non-alcoholic wine to have won a gold medal against wines with alcohol. In 1991, Ariel sold 140,000 cases of its de-alcoholized wines.

Diet watchers and teetotalers will enjoy Ariel's two sparklers, Prospero and Ariel Brut as a pleasant, flavorful and refreshing alternative to sparkling water, club soda or fruit juice. Non-alcoholic pours also make the perfect lunch accompaniment.

Ariel premium de-alcoholized wines are made from select California grapes using traditional winemaking methods. Winemaker Barry Ginkow developed a method of cold filtration that removes alcohol from fine wines while protecting their complex and delicate flavors. Ariel de-alcoholized wines contain less than half the calories of wines with alcohol.

Ariel wines are not less expensive than wines containing alcohol, since the process used to remove the alcohol isn't cheap. It is expensive to remove the alcohol from a wine while



focus on wine
Eleanor and Ray Heald

WINE SELECTIONS OF THE WEEK

1989 DeLoach Vineyards Cabernet Sauvignon (#18) is rich in chocolate cherry fruit with ripe, supple textures and a note of mint.

1989 Mouton-Cadet Red Bordeaux (#65.00) is easy to drink with

pleasant blackberry and black cherry flavors and hints of wood aging.

1990 Honig Sauvignon Blanc, Napa Valley (#12) showcases grapefruit, pears and vanilla aromas in a complexly flavored wine that can be handsomely paired with seafood preparations.

retaining characteristic wine flavors.

FROM A tasting of Ariel wines available locally, we prefer Ariel Blanc (#6), spley and semi-dry for warm weather sipping with fruit,

mild cheese or a light lunch on the deck. Ariel Riesling (#7) is dry and crisp with fresh apple flavors characteristic of a German Riesling. Ariel Brut (#11.50) has very fruity aromas and flavors while the 1983 Prospero (#23) is a Blanc de Blanc

sparkler made from chardonnay with complex toasty aromas and flavors of vanilla cream.

Some Good News from Burgundy — prices for the 1990 vintage are down 25 percent. Burgundies are the most expensive wines in the world, but winemaker Jacques Lardiere of Maison Louis Jadot told us that recessionary times have hit Europe too. Therefore, the 1990 Jadot burgundies, available as "futures" in fine wine shops now, have more attractive prices. It is possible to find excellent red and white burgundies between \$20-30 that cost \$25-40 from the comparable 1989 vintage.

Travels to French wine regions (or Euro Disney) need not produce sticker shock. If you're among the people who look advantage of low European airfares for summertime travel, you might want to check out both of the following reasonably priced alternatives.

If your trip will be three weeks or longer, Renault Eurodrive offers a brand new factory-fresh car, unlimited mileage and non-deductible col-

WINE BULLETIN BOARD

Monday, May 11, 7 p.m. at The Golden Mushroom in Southfield: hors d'oeuvres followed by a seven-course dinner featuring the wines of Chateau Lafite Rothschild. Cost is \$95/person. For reservations call, 313-559-4230.

lision insurance without a value-added tax (VAT) which runs as high as 22 percent in France. We've used this delivery system and it has been all that the program promises. A Renault-5 is available for \$695 for three weeks. For more information phone 1-800-221-1052.

There are 4,200 associated hotel-restaurants in the L'Alsace de France. Accommodations are principally country inns in three comfort categories typically ranging \$95 to \$190 per day for a double. They are away from the bustling city with many near wine regions. Rates include dinner, continental breakfast, tax and service. For more information phone DMI Tours 1-800-553-5090.

Try some of momma's secret recipes

See related story on Taste front. This next recipe is, as momma says, "To die for." It was culled from momma's recipe box without her knowing, so don't tell anyone where you got it!

HOMEMADE BARBECUED BEEF

- 1 pound lean pork (for chop suet)
- 1 pound stewing beef
- 1 small can tomato soup
- 1 onion, chopped fine
- 1/2 cup sugar
- 1/2 cup vinegar
- 1/2 cup Worcestershire sauce
- 2 cup water
- 1/2 teaspoon celery seed
- 1/2 teaspoon garlic powder
- salt and pepper to taste

In a covered roasting pan, add pork and beef. Set aside. In a large bowl, combine remaining ingredients and mix well. Pour mixture over the pork and beef. Cover and bake in a preheated 350 degree oven for 3 hours. Mash with a potato masher to break up meat. Serve in buns, if desired.

MOMMA'S HOMEMADE BISCUIT MIX

- 8 cups flour (all purpose, wheat or a mix)
- 5 tablespoons baking powder
- 1 tablespoon salt
- 1/2 cup dry milk powder
- 1 1/2 cups butter or margarine
- Combine dry ingredients well in a

large bowl. Cut in butter or margarine to make fine crumbs. Store in a tightly covered container in the refrigerator 'til ready to use.

Chef's note: dry milk powder can be eliminated in case of milk allergies.

- To make biscuits: 2 cups mix, 1/2 cup butter milk or milk
- Stir milk into mix and mix until moistened. Knead briefly on a floured surface. Roll or cut into 1/2 inch thick biscuits. Bake at 450 degrees for 10 minutes.
- To make coffeecake: 2 cups mix, 1/2 cup brown sugar or honey, 1 egg

- 1/2 cup milk
- 3 tablespoons melted butter or margarine
- Topping: 2 tablespoons brown sugar, 1/2 biscuit mix, 1 teaspoon cinnamon, 1 tablespoon butter, 1/2 cup chopped nuts (optional)

Beat together brown sugar or honey and biscuit mix and melted butter until moistened. Fold in nuts, if desired. Spread batter into a lightly greased small baking pan. In another bowl, combine topping mix until crumbly. Sprinkle over batter. Bake at 400 degrees for 20-25 minutes.

Toss wild rice, tortellini in healthy salad

See related Chef's Secrets on Taste front.

WILD RICE AND TORTELLINI SALAD

- 1 eight oz. package of cheese filled spinach tortellini
- 1 cup wild rice
- 1 cup brown rice
- 2 stalks celery, (cut into matchstick pieces)
- 1 large carrot, (cut into matchstick pieces)

- 1 teaspoon fresh, minced garlic
- 1/2 teaspoon sea salt
- 1/2 teaspoon freshly ground pepper
- 1/2 teaspoon honey
- 1/2 cup Sherry
- 1/2 teaspoon celery seed
- 1/2 teaspoon white wine Worcestershire sauce
- 1 green onion, sliced fine
- 1/2 teaspoon, grated orange peel
- 1/2 cup water
- 1 teaspoon fat-free mayo

DRESSING

- 1/2 cup balsamic vinegar
- 1/2 cup red wine vinegar
- 1/2 cup Canola oil
- 1 1/2 teaspoons pesto paste concentrate

1 teaspoon fresh, minced garlic

- 1/2 teaspoon sea salt
- 1/2 teaspoon freshly ground pepper
- 1/2 teaspoon honey
- 1/2 cup Sherry
- 1/2 teaspoon celery seed
- 1/2 teaspoon white wine Worcestershire sauce
- 1 green onion, sliced fine
- 1/2 teaspoon, grated orange peel
- 1/2 cup water
- 1 teaspoon fat-free mayo

1/2 teaspoon spley mustard

Cook tortellini, wild rice, and brown rice according to package directions. Add other ingredients. To make dressing, mix all ingredients except mayo and mustard in a big bowl. Mix with wire whisk until mixed well. Add mayo and mustard while mixing. Pour dressing over salad, let marinate overnight. Re-toss before serving. serve cold. Serves 8.

Children enjoy making desserts

See related story on Taste front

SUGAR COOKIES

- 2 cups flour
- 1/2 teaspoon baking powder
- 1/2 cup butter
- 1/2 cup vegetable oil
- 1/2 cup sugar
- 1 teaspoon vanilla
- 1 egg plus milk to make 1/2 cup

Stir flour, baking powder and salt in a bowl. Add oil, blend well with a fork. Beat sugar, vanilla and egg-milk mixture until very light and fluffy. Stir into flour mixture. Chill for 1 hour. Roll and cut out. Bake at 400 degrees for 9 minutes. Frost with favorite icing and decorate.

BLACK BOTTOM CUPCAKES

- 1 egg
- 1/2 cup granulated sugar
- 1/2 teaspoon salt
- Stir in 1 cup chocolate chips
- In another mixing bowl, combine: 1/2 cup flour, 1/2 cup granulated sugar, 1/2 cup cocoa

1 teaspoon baking soda

- 1/2 teaspoon salt
- After these above ingredients are mixed, add: 1 cup water, 1/2 cup sugar, 1 tablespoon vinegar, 1 tablespoon vanilla.
- Line 24 cupcake molds with papers, and spoon chocolate mixture into molds. Add a spoonful of cream cheese mixture. Sprinkle granulated sugar over each cupcake (optional). Bake at 350 degrees for 30-35 minutes. Makes 24 cupcakes. These cupcakes freeze well.

MONKEY BREAD

Tear two leaves of Pillsbury Pippin Hot Bread dough into pieces and roll into walnut size balls. Roll ball in a mixture of 1/2 cup sugar and 1 teaspoon cinnamon. Layer the balls in a greased 9 x 5 inch loaf pan.

Roll the following mixture and pour over the balls: 1/2 cup butter, 1/2 cup sugar and 1/2 teaspoon cinnamon. Bake at 350 degrees for 35-40 minutes.

Pull apart like little monkeys and enjoy!

cooking calendar

HUDSON'S

Hudson's is going bananas through May 4. Local chefs are competing for the "Golden Banana" award for the best and most original banana recipes in metro-Detroit. Hudson's Twelve Oaks, 1-3 p.m. Tuesday, May 5, dessert/drink recipes, 1-3 p.m. Wednesday, entree/salad recipes, Hudson's Oakland, 1-3 p.m. Thursday, May 7, dessert/drink recipes, and 1-3 p.m. Friday, May 8, entree/salad recipes. At each store's two-day fair, live entertainment will be provided by the Unity Island Band. They will perform calypso music in Caribbean fashion. Customers will be invited to stop by the "Banana Shack" noon to 4 p.m. each day for a banana drink.

KITCHEN GLAMOR

Introduction to gourmet vegetari-

an cuisine, 1 and 7 p.m. Tuesday, May 5, in Novi; and 7 p.m. Wednesday, May 6, in Redford; 1 and 7 p.m. Thursday, May 7 in West Bloomfield; and 1 and 7 p.m. Friday, May 8, in Rochester. There is a \$3 fee. Call 537-1360 for information.

THE COMMUNITY CENTER

The Community Center, 24705 Farmington Road, is offering a variety of cooking classes this spring, including cooking for singles. fit for company, hurry up supper. Call 477-8404 for information.

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