

Applause, applause for the best wines of 1992

Among the thousands of wines we've blind tasted and critiqued during the past year, we've singled out several in a number of categories and dubbed them 1992's best.

Starting with the domestic industry, plaintiffs go to:
Best chardonnay: 1990 Chalk Hill Winery
Best sauvignon blanc: 1991 Murphy-Goodie Reserve Fume Blanc
Best heritage white: 1990 Guenoc Winery Langtry Meritage
Best pinot noir: 1990 Saintsbury Reserve
Best merlot: 1989 Robert Skink Key Vineyards Los Carneros Napa Valley
Best cabernet sauvignon: 1987 Shaffer Vineyards Hillside Select
Best zinfandel: 1990 Dry Creek Vineyards "Old Vines"
Best meritage red: 1988 Guenoc Winery Langtry Meritage Red
Best sparkling wine: Domaine Chandon Etolle
 Imported wine continues to capture America's interest, especially French Burgundies and

FOCUS ON WINE



ELEANOR & RAY HEALD

Bordeaux from an exceptional trilogy of vintages 1988, 1989 and 1990. These are connoisseur wines for cellaring and future enjoyment. European producers, particularly from Spain, have provided outstanding pours at reasonable prices. In general, the best Italian wines remain pricey.

Best Alsace producer: Zind-Humbrecht. Every wine is something unique and delicious. If you've not yet discovered the wines of Alsace, start with this winery and know the best.

Best French Bordeaux: 1989 Cos d'Estournel
 1990 (future) Chateau Palmer

Wine Bulletin Board

French Wine Seminar at Birmingham's Townsend Hotel 7:30-9:30 p.m. Wednesday, Jan. 20 through Feb. 17, conducted by Eleanor & Ray Heald. The cost is \$99 per person.

The wines of Champagne, Bordeaux, Burgundy, Rhone

Best French Burgundy: Mongeard Mignoret 1990
Best Champagne: Veuve Clicquot Brut
Best Rhone: 1990 M. Chapoutier Hermitage Monier de la Sixazanne

Best Italian White: Coppo 1991 Castablanchi Chardonnay
Best Italian Red: 1986 Ruffino Riserva Ducale (Gold Label)
Chianti Classics. This is a perfect wine for the meats of winter, beef, pork and game such as pheasant, quail, venison or wild boar.

Best Spanish White: 1991

Marques de Caeceras Rioja
Best Spanish Red: 1988 Condo de Valdemoro Rioja Reserva
Best Australian: 1989 Rosemont Show Reserve Cabernet Sauvignon

On the Michigan homefront we give the nod to two sparkling wines: L. Mawby Blanc de Blanc and St. Julian Wine Company Raspberry Champagne.

Valley and the spirits of France (cognac, armagnac and calvados) will be tasted and discussed. Pick up an enrollment form at the Townsend restaurant or leave a message on the Healds' voice mail — dial 953-2047, mailbox 1864, and they'll send you one.

Best new kid on the block: semillon-chardonnay blends (a.k.a. sau-chauds) — an Aussie idea that's taken hold in California.

The 1991 Geyser Peak is the best for about \$8.

Most attractive new label design: Reno Barber (and the wines are delicious too, priced between \$4 and \$8).

Most innovative new label design: Firestone Vineyard Prosperity White and Red. If wine, as much as any other food product, expresses the mood and historical moment of a country, then this label is in tune with the times. Down with depression mentality; drink to prosperity at \$5. What happened to a good \$5 red wine? It's back.

Best value overall: 1991 Santa Monica Chardonnay, Chile (\$8)
Winemaker of the year: Chalk Hill Winery's Dave Ramey who has changed the quality perception of this winery in only two years.

Winery of the year: California's Chateau Souverain in Sonoma County. Most wineries have pared down their offerings — not Chateau Souverain. It continues to offer a broad spectrum of wines including some of the best-priced single-vineyard designated char-

donnays around. Among its reds, the merlots and zinfandels are soft, lush and drinkable. Search for 1988 Winemaker's Reserve Cabernet Sauvignon, 1990 Merlot and 1990 Carneros Vineyard Reserve Chardonnay.

Wine of the year? Two wines from the same producer ended in a dead heat, 1990 Kendall-Jackson Proprietor's Grand Reserve Zinfandel and 1990 Kendall-Jackson Vintner's Reserve Merlot.

Peering into the crystal ball, we see a continued resurgence of red zinfandel, a uniquely American wine without a European counterpart. Interest in Italian varietals grown in California will replace the Rhone-variety hype. Already ahead of the pack is Atlas Peak Vineyards with 1990 Sangiovese and 1990 Concanso, a blend of 60 percent cabernet sauvignon and 20 percent sangiovese. Atlas Peak wines are not yet available in Michigan, but are worth searching out if you travel.

Remove veal and sautee onion, adding a little more butter if needed. Return veal to the pan, add tomatoes, seasonings and beef. Cover and cook for 2 hours in a slow oven (275 to 300 degrees) or over medium-low heat. Moisten ginger snaps with water, crush and add to the meat mixture. Cook for 1 hour. Just before serving, add lemon juice. Serve with rice or potatoes.

Keep resolution: Eat healthy food

- See related story on *Taste front*. Recipes from "The No Red Meat Cookbook" by Amy Underdown, 1992.
- SPINACH WITH POMEGRANATE AND AVOCADO SALAD**
 10 cups torn spinach greens, stemmed
 1 medium avocado, thinly sliced and sprinkled with lemon juice
 1 pomegranate, seeds only
 Place leaves on individual salad plates. Arrange avocado and pomegranate seeds in the center. Drizzle each salad with dressing.
- WARM CHAMPAGNE DRESSING**
 ¼ cup champagne vinegar
 1½ teaspoons sugar
 1 teaspoon flour
 ½ teaspoon dry vermouth
 ¼ teaspoon Dijon mustard

- ¼ of an egg, beaten
 2¼ teaspoons heavy cream
 ½ cup olive oil
 Combine vinegar, sugar, flour, vermouth and mustard. Heat to slimmer over medium heat, whisking. Beat together egg and cream to first mixture over low heat, whisking constantly. Whisk oil in a slow, steady stream. Season with freshly ground pepper. Remove from heat, serve warm. Serves 8.
- BLACH BEANS AND RICE**
 2-15 ounce cans black beans
 1 cup onion, chopped
 ½ green bell pepper, chopped
 ½ red bell pepper, chopped
 3 cloves garlic, minced

- ½ teaspoon ground coriander
 ½ teaspoon salt
 ¼ teaspoon ground pepper
 ¼ teaspoon hot cayenne pepper sauce
 1 ¼ cups canned diced tomatoes
 2½ cups cooked rice
- Contain a 4-quart saucepan with cooking spray. Add onions, peppers and garlic, saute until tender. Add the beans, slightly drained and tomatoes to the onion mixture and stir well. Add the remaining spices and hot sauce and bring to a boil. Cover and reduce heat stirring occasionally, simmer for 30 minutes. Add hot rice and mix well. Garnish with shredded light cheddar cheese. Serves 4-6.
- Nutrition details per 1/6th recipe:** Calories: 229, Protein: 12 gm, Fat: 0.9 gm, Carbohydrate: 46 gm.

- BAIN'S HILTON HEAD CHOCOLATE CHEWIES**
 ½ cup canola oil
 4 squares unsweetened chocolate, melted
 2 cups sugar
 4 eggs
 2 teaspoons vanilla
 2 cups flour
 2 teaspoons baking powder
 ½ teaspoon salt
- Mix oil, chocolate, sugar, eggs and vanilla together. Stir dry ingredients together. Mix with oil mixture. Chill overnight or up to 3 days. Form a ball out of 1 teaspoon dough. Roll in powdered sugar. Bake on cookie sheet covered with parchment paper for 10-12 minutes at 350 degrees. Do not overbake, will scorch on bottom.
- Nutrition details per cookie:** Calories: 62, Protein: 1 gm, Fat: 3 gm, Carbohydrate: 9 gm.

Warm up with bowl of delicious stew

- See *Larry Jones' column on Taste front*.
- BEEF AND PORK STEW**
 serves 6-8
 ½ pound bacon
 1 pound carrots, sliced
 2 or 3 bay leaves
 1 tablespoon thyme
 3 cloves garlic, chopped fine
 1 pound onions, sliced
 3 pounds stew beef, cut into cubes
 1 pound boneless pork, cut into cubes
 1 pound mushrooms, sliced thick
 1 cup brandy (optional)
 2 quarts red wine or 2 quarts apple juice

- In a large Dutch oven, sautee bacon until crisp, add beef, one pound at a time and cook just to brown. Add remaining ingredients except mushrooms and mix well. Cover and bake at 325 degrees for 3 hours. Remove the cover, correct the seasonings (salt and fresh ground pepper) and gently stir in mushrooms. Bake, uncovered for 1½ hours or until reduced by half. Enjoy.

- Butter veal and sautee onion, adding a little more butter if needed. Return veal to the pan, add tomatoes, seasonings and beef. Cover and cook for 2 hours in a slow oven (275 to 300 degrees) or over medium-low heat. Moisten ginger snaps with water, crush and add to the meat mixture. Cook for 1 hour. Just before serving, add lemon juice. Serve with rice or potatoes.

- RAOUD OF LAMB**
 serves 10-12
 4 pounds boneless lamb, cut into cubes
 ¼ cup oil
 1½ tablespoons sugar
 1½ tablespoons salt
 dash pepper
 ¼ cup flour
 3 cups beef broth or bouillon
 3 tablespoons tomato paste
 3 cloves garlic, mashed
 pinch rosemary
 1 bay leaf
 12 new potatoes, unpeeled
 6 carrots, sliced
 6 turnips peeled and cubed
 16 small white onions, peeled
 2 cups fresh or frozen peas
 2 cups fresh green beans, cut into 1-inch pieces

- LUXEMBOURG STEW**
 serves 8
 3 pounds veal shoulder, cubed
 ¼ cup flour
 ¼ cup butter
 1 onion, sliced
 1 pound tomatoes, skinned and seeded
 5 whole cloves
 1 bay leaf
 pinch thyme, rosemary, marjoram
 2½ cups beer (non alcoholic works fine)
 6 gingersnaps
 Juice of 1 lemon
 Roll veal cubes in flour. Melt

Brown lamb a few pieces at a time in hot oil. Place in a casserole or Dutch oven and sprinkle with sugar and toss over high heat until sugar caramelizes. Sprinkle with salt, pepper and flour. Cook a few minutes until the flour browns. Add broth to the pan and cook, stirring to mix liquid and flour. Add tomatoes, paste and seasonings. Cover and simmer for 1 hour. Add potatoes, carrots, turnips and onions, simmer covered for 1 hour. Add green beans, cook 30 minutes. Five before serving, stir in peas. Taste and correct seasonings.

Teen from page 1B

"There is a general feeling that meat is bad for you," she said. Many of the students Devore talks to are concerned about the lives of animals. Students are more conscious about what they're eating and are more vocal about food preferences than they were 20 to 30 years ago. What worries her most is that some of the information they're getting isn't accurate.

When a parent tells her that their son or daughter is a vegetarian, Devore tells parents to make sure their child gets enough protein.

"My concern is the risk that they'll become anemic," she added. Some kids are not drinking milk and she worries about their

■ The calorie, fat, protein and carbohydrate calculations included with each recipe were based on Jean A.T. Pennington's Food Values of Portions Commonly Used, nutritional information from food product labels, and the computer software program "Diet Analyzer 2.0.1." by Natural Software Limited.

of Seaholm High School in Birmingham said he's also become more food conscious.

"Some of my friends are vegetarians and I've been learning about healthy eating from them. Also my biology teacher has influenced my thinking somewhat. He's made the students aware of the chemicals which are used to treat animals in their diet."

Paterson said he likes eating a variety of healthy foods especially vegetables which he didn't like before when he was eating potato chips and "fast food."

"Eating healthy is easy. It's basic and generally more economical when you eliminate red meat from your diet."

Chef shares recipe for fish, vegetable dish

- See related story on *Taste front*.
- BLANC DE TURBOT AUX AROMATES (FILET OF SOLE WITH AROMATIC VEGETABLES)**
 2 pounds Fillet of Sole
 2 garlic cloves
 3 large basil leaves
 20 chive leaves — fresh

- 2 medium tomatoes — peeled and seeded
 ½ cup olive oil
 Juice of ½ lemon
 2 shallots
 5 ounces red pepper
 3 ounces green pepper
 2 ounces yellow pepper
 10 black olives
 10 green olives
- 1 small zucchini squash
 1 celery stick

- small leaves of basil and sheared chives on each fillet and wrap in Saran wrap.
- Steam wrapped fillets for approximately five minutes.
- Warm mixed vegetables. Unwrap fillets and serve on a bed of raw baby spinach leaves topped with warm vegetables, sprinkles with tomatoes.

Pound cake has chocolate, orange flavor

- AP** — Familiarly flavored with vanilla, or orange or lemon zest, Anne Willan's recipe for pound cake is darkened with cocoa and flavored with candied orange peel.
- Make your own orange peel or use commercial peel. If the commercial peel seems dry, soak it in boiling water for 5 to 10 minutes, then drain and dry before chopping. The recipe is from Willan's "Look & Cook Chocolate Desserts" (Dorling Kindersley, \$19.95).
- CHOCOLATE ORANGE POUND CAKE**
 For the pound cake:
 4 ounces candied orange peel
 Butter and flour for the pan
 1 cup flour
 3 tablespoons cocoa powder
 2 teaspoons baking powder
 Salt
 ¼ cup unsalted butter
 1 cup granulated sugar
 3 eggs

Adjust the consistency of the icing by adding more confectioners' sugar if the icing is too thin or more orange juice if it is too thick.

Set the bowl containing the icing over a saucepan of hot, not simmering, water, and heat until the icing is warm and will pour easily from the spoon. Keep the icing warm.

Remove the cake from the oven. Run a small knife around the sides of the warm cake to loosen it, then transfer to a wire rack, with a tray below the rack to catch the drips from the icing. Strip the paper from the cake.

Pour the warm icing over the cake. Decorate the top with the reserved pieces of candied orange peel. Leave until the cake is cool and the icing has set. To serve, transfer the cake to a serving plate and cut into thin slices. Makes 1 loaf cake.

Note: The cake can be stored up to one week in an airtight container.

For the orange icing:
 ½ cup confectioners' sugar
 2 to 3 teaspoons orange juice

Reserve several pieces of the orange peel for decoration. Finely chop the rest. Heat the oven to 350 degrees F.

Using 2 to 3 tablespoons of melted butter, brush the inside of an 8½- by 4½- by 3-inch loaf pan. Make sure the bottom and top edges are covered. Line the pan with the parchment paper. Butter the parchment paper and flour, tapping out excess.

Sift the 1 cup flour into a medium bowl with the cocoa powder, baking powder and a pinch of salt. Set aside.

With an electric mixer, cream the butter. Add the ¼ cup sugar and continue beating until light and fluffy, about 2 to 3 minutes. Add the eggs, one by one, to the butter and sugar mixture, beating thoroughly with the electric mixer after

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