

Laurel Glen wines attractive young, age gracefully



James & Rita Heald

FOCUS ON WINE

So many people in California, especially in the wine-growing regions, are so used to the idea of wine that they are often surprised to find that wine is not a natural product of the state. It is a product that has been brought to the state by man.

James and Rita Heald, wine columnists, explain that wine is a product that has been brought to the state by man. It is a product that has been brought to the state by man.

California at Davis tend to enjoy wines of flavor and texture by following too many unnecessary manipulative procedures on the wine.

"In the early years, whenever I needed advice, I would telephone a neighboring winery," said Campbell. "They were always willing to discuss options that offered minimal handling of the wine."

Campbell divides the evolution of the Laurel Glen style into three periods. He refers to the wines of 1981-84 as his earliest wine-making days. From 1985-87 he admits that he really began to get a handle on making Bordeaux-style wine. From 1988 to present, his wines made a quantum leap in quality because he, like most of the great chateaux of Bordeaux, began to produce a second label called Counterpoint.

The importance of the second label cannot be overstated. It allows Campbell to make Laurel Glen Cabernet Sauvignon, the best wine he can in any given vintage. The key is that all of the wine is treated exactly the same, but barrels lending themselves to earlier enjoyment are put into Counterpoint while the very best are reserved for the main label.

"Since lot selection is not made until close to the bottling," Campbell explains, "Counter-

Wine Selection of the Week

1990 Terra Rosa (\$10) is bottled by Laurel Glen from wine not grown on the estate but blended and cellared by Patrick Campbell. It represents one of the most drinkable and delicious cabernets with character in this price range.

point is made only visited in the same manner as the Laurel Glen Cabernet, or not, the same new barrels are used."

Unfortunately, starting with 1988, Laurel Glen will be scarcer because of increasingly stringent lot selection. The 1988 vintage yielded only 23 percent of the 1986 vintage and only 33 percent of the 1987 vintage.

"I feel that it is absolutely imperative to make the best statement with the Laurel Glen," Campbell emphasizes, "even if it means that in some years we may make little or none at all."

This also means that the consumer can buy the Counterpoint (\$17) for about half the price of the Laurel Glen (\$30). Counterpoint is a more forward wine, rich and moderately tannic, full of the acidic and berry flavors typical of the fruit grown in Campbell's Sonoma Mountain vineyards.

An appellation concept em-

phasizes the importance of vineyard site and its accompanying soil and climate. It is the unique combination of his Sonoma Mountain site and Campbell's philosophy of gentle handling that defines the particular taste and aroma of Laurel Glen.

The Sonoma Mountains from the western boundary of Sonoma Valley, (Sonoma Valley is an AVA and Sonoma Mountain is an AVA within Sonoma Valley. It is no more confusing than Mount Diablo being a city within Detroit.) The well-drained, rocky clay-loam soils on the eastern slopes provide a diverse and complex range of growing conditions even within single vineyards.

Laurel Glen's vineyards face east, so do most of the great vineyards of the world. We cannot think of a single great vineyard that has a western exposure. The vineyards face the rising sun and warm up early, yet face away from the intense afternoon sun. This gives the grapes a relatively constant daily temperature and a moderate climate with a slightly longer growing season promoting even ripening and full grape maturity.

Still, uniqueness does not necessarily equate to quality and if this uniqueness does not yield excellent wine, then there is no story.

Clack Board

John Ash, culinary director of Fests Vineyards, and one of California's most influential chefs, will host three charity dinners in the area. Menus have been chosen to complement the wines of Fests Vineyards.

Two events will benefit the Ann Arbor Art Association — 5:30 p.m. Sunday, March 7 at Escudier restaurant in Ann Arbor, and 6:30 p.m. Monday, March 8 at the Fitz-Carlton.

Dearborn. Both dinners are \$85 per person, but the menus and wines are different. A vegetarian menu will be showcased at the Escudier, while New California Cuisine with rack of lamb will be highlighted at the Fitz-Carlton. For reservations, call 994-8004.

A dinner at Pike Street restaurant in Pontiac 6:20 p.m. Thursday, March 11, will benefit WDET-FM 101.9. Cost is \$55 per person. For reservations, call Merchant of Vino, 354-6506.

The Laurel Glen story destroys the myth that a great cabernet sauvignon must be a hard, tannic, blockbuster wine in its youth to be ageable. Laurel Glen cabernets taste good when young. They have the aroma of black currants, blackberries and cherries with smooth, rounded tannins and a persistent finish. The same balance of fruit, oak and tannins that make the wine attractive when young, also give it the requisite structure to age gracefully.

Mountain-grown wines tend to have intense flavors and a structure that makes them tough in their youth. Knowing this, Campbell has developed a winemaking regime that keeps the wine as soft as possible. Oak aging, for instance, is employed more for imparting the wine than for imparting an oak character that soft impresses some wine critics.

"We try to produce a wine that is lovely upon release and also develops a decade or two later," concludes Campbell.

To leave a Voice Mail message for wine columnist Eleanor and Roy Heald, dial 963-2047 on a Touch-Tone phone, mailbox 1864.

First-class from page 1B

Chefs who teach do it because they enjoy it. Teaching isn't easy, it's a lot of hard work. Height said he spends three hours of prep time for every hour he teaches.

"I'm very thorough. I double check my check list. If you forget an ingredient or piece of equipment, you're in trouble. They might not have it at the store or school."

Cibella spells it out — "You have to decide on a program. Write the recipe for people to use in their home kitchens. Type and proofread the recipes. Order special ingredients for the foods you'll prepare. Assemble and pack pots, pans, equipment, and ingredients. Figure out how you're going to stage the demonstration, and then break it down."

Commercial recipes are different from the ones you use at home. They use larger quantities. You can't take a recipe for 100, and reduce the quantities for six. The recipe has to be kitchen-tested to guarantee success.

Sometimes things don't go as planned. Once Cibella went to Boston to do a cooking demonstration at some Eddie Bauer store openings. Nothing went right. Now he laughs about it, he didn't then.

"The store had a low ceiling and it was dark. I was explaining how to cook fish on a camp stove. The stove wasn't putting out a lot of heat so they gave me a backpacking stove to use. I put the heat on under a dry pan because I wanted it to get really hot. When I put some butter in the pan it caught fire, and there was a cloud of smoke hanging in the air. I was really starting to sweat it out. I was afraid the sprinkler system would come on and ruin all those expensive clothes. Luckily it didn't."

The guy who was supposed to pick me up to go to another store two hours late. Then at the store 1/4 through the demonstration, the lights went out. The guy who was supposed to take me to

- KITCHEN CLASSES**
West Bloomfield Kitchen, Orchard Mall, N.E. corner Orchard Lake Rd. and Maple
Cost: \$40 per class
Time: 12:30 p.m. Sunday, March 7, 21, April 18, 25, 6:30 p.m. Monday, May 3
Call 527-1300 for details
- LES AUTEURS SCHOOL OF COOKING**
Les Salons, 304 West 4th Street, Royal Oak
Cost: \$25 per class, three-class series \$65
Time: 10 a.m. to noon Saturday, March 6, 13, 20, April 3, 24, 6-9 p.m. Tuesday, March 2, 9, 23, April 20, 27, 6-8 p.m. Thursday, March 11, 18, 25, April 1, 15
Call 545-3600 for details
- SCHOOLCRAFT COLLEGE**
18000 Haggerty Rd., Livonia, Chef's Seminar
Cost: \$150
Time: 8:30 a.m. to 4:30 p.m. Monday, March 8
Call 402-4448 for details

the recipes. The seminar at Schoolcraft College includes lunch.

Many area chefs teach classes at the Les Salons School of Cooking in Royal Oak. Participate in a seminar.

Chefs share recipes

BAKED STUFFED MUSHROOM CAPS WITH CHAMBRAY
24 mushrooms, 2 1/2 to 3 inches across
3 tablespoons butter
1 teaspoon lemon juice
pinch of salt
Stuffing:
1 1/2 cups crabmeat (Maryland, King, rock, etc.)
2 heaping tablespoons mayonnaise
1 heaping tablespoon sour cream
3 tablespoons scallions, sliced
1/2 cup cayenne pepper to taste
lemon juice to taste
1/2 cup sour cream for topping

Wash mushrooms briefly and drain. Break off stems and reserve them for other uses. In a saucepan or skillet, melt the butter, add the mushrooms, lemon juice and salt. Cover and over medium fire cook the mushrooms till they turn solid grey color (about 3 minutes). Drain and reserve juice for other uses.

Stuffing: If you use frozen crabmeat, squeeze all juice out. Pick any crab over for shell and cartilage fragments. Use up to 1/4-inch chunks, combine with rest of ingredients and mix to even consistency. Stuff caps and divide evenly. Put a dab of sour cream on top. Before serving, bake in 400-degree oven approximately 10 minutes or until heated through.

Note: For a cold appetizer, you can use raw mushroom caps stuffed

with same mixture. Serves 6 appetizer servings or 3-4 lunchbox servings.

Recipe compliments of Miles Chelco, Golden Mushroom, Southfield.

SILVER HAKE WITH POTATO-VEGETABLE CRUST
Hake (or any firm flaked fish), about 2 pounds
Shrimp Mousse (see below)
1 medium potato
1 medium zucchini
1 carrot
Oil or butter for browning fish
Spread Shrimp Mousse over fillets. Peel, julienne and blanch vegetables. Press julienne vegetables into mousse. Heat oil or butter in skillet.
Add fish, vegetable side down. Brown and finish in 350 degree oven. (Figure 10 minutes cooking time for every inch of fish thickness. About 8 to 10 minutes.)
Serve with pea pods and a butter or vegetable sauce. Serves 6-8.

SHRIMP MOUSSE
1 pound shrimp, raw
2 egg whites
1 cup heavy cream
Good oil, to taste
Puree shrimp in food processor, add whites and incorporate well. Slowly add cream until mixture is thick and creamy. Add dill to taste.

Recipe compliments of Mary Brady, Diamond Jim Brady's Bar & Grill, Novi.

Chicken, potato kebabs low in fat, easy to make

See Chef Larry Jones' column on Taste Free. Recipes supplied by Gail Posner, registered dietitian and nutritionist.

Posner conducts monthly guided supermarket nutrition tours at Shopping Center Market in West Bloomfield. For more information, call 354-4450.

reserve pan liquid.
Sourround chicken with lemon slices. Cook liquid over medium high heat until reduced to a thin, syrupy glaze. Pour sauce over chicken. Serves 4.
Each serving contains: 225 calories, 8 gm fat, 33 gm protein, 402 mg sodium, 89 mg cholesterol, 4 gm carbohydrates.

- CHICKEN PICCATA**
1 1/4 pounds chicken or turkey breasts, boned and skinned
2 tablespoons flour
pepper to taste
2 tablespoons low calorie margarine
1/4 cup chicken bouillon or defatted chicken broth
2 tablespoons lemon juice
6 paper thin lemon slices
Pound chicken into thin cutlets between sheets of waxed paper with a mallet. Mix together flour and pepper and dredge chicken lightly in seasoned flour, shaking off the excess.
Melt margarine in a skillet and saute chicken 2-3 minutes on each side or until golden. Remove chicken and set aside.
Add chicken bouillon and lemon juice to skillet, bring to a boil and boil 1-2 minutes. Return chicken to the skillet and place one lemon slice on each cutlet. Cover and simmer 5 minutes, or until chicken is tender. Remove chicken with a slotted spoon and place on a heated serving platter;
- POTATO KEBABS**
2 small potatoes, each cut into 6 wedges
4 large mushrooms
1/2 large tomato, cut into quarters
1/2 green pepper, cut into quarters
4 pieces of onion paprika
2 tablespoons diet margarine, melted
4 bamboo skewers
Place potato wedges in a saucepan with 1 inch of cold water. Bring water to a boil, cover and cook 10 minutes. Place partially cooked potato wedges on bamboo skewers, alternating with remaining vegetables.
Brush with melted margarine, sprinkle with paprika. Spray a cookie sheet with vegetable spray. Place skewers on sheet, bake 20 minutes in a 350 degree oven. Serves 2.
Each serving contains: 120 calories, 42 mg sodium, 4 gm protein, 0 cholesterol, 3 gm fat, 23 carbohydrates.

the airport couldn't find his keys. We got to the airport late, but it was OK because the plan was late anyway because of bad weather. It was like something you would see in a funny movie."

Haight, Janos and Cibella said they work really hard to give people their money's worth at cooking seminars. They encourage participants to take notes and even bring their tape recorders to tape the session. "If something is not clear, ask questions," said Cibella.

Besides learning how to prepare some tasty dishes, chef cooking class participants get to taste the foods prepared and get copies of

the airport couldn't find his keys. We got to the airport late, but it was OK because the plan was late anyway because of bad weather. It was like something you would see in a funny movie."

Haight, Janos and Cibella said they work really hard to give people their money's worth at cooking seminars. They encourage participants to take notes and even bring their tape recorders to tape the session. "If something is not clear, ask questions," said Cibella.

Besides learning how to prepare some tasty dishes, chef cooking class participants get to taste the foods prepared and get copies of

the airport couldn't find his keys. We got to the airport late, but it was OK because the plan was late anyway because of bad weather. It was like something you would see in a funny movie."

Haight, Janos and Cibella said they work really hard to give people their money's worth at cooking seminars. They encourage participants to take notes and even bring their tape recorders to tape the session. "If something is not clear, ask questions," said Cibella.

Besides learning how to prepare some tasty dishes, chef cooking class participants get to taste the foods prepared and get copies of

College from page 1B

ture was a pirate on a ship fighting a sea serpent.

Teuple is a certified National Ice Carving Association judge and helped write the National Ice Carving Judging Guidelines used at competitions across the county.

Family:
"I'm looking forward to spending time with my new family," said a beaming Teuple who was married Dec. 28 to Linda, a biology teacher he met at the college. They live in Plymouth with Linda's children, Jeff, 7, and Kellie, 5. "I learn something new every day from them."

Who does the cooking at your house?
"Linda."

What's a normal dinner at your house?
"Chicken in a wine sauce with fresh herbs and vegetables."

What's the most rewarding part of your job?
"Students. I see them when they come into the program, like a gemstone in the rough. When they leave they're polished. I like to see them get placed at nice jobs."

Cooking tip:
"Don't over-cook seafood. It dries out and takes out flavor. When it's translucent, and just starting to flake, it's done. Buy fresh fish from good suppliers."

Food questions answered
For answers to questions about food safety, nutrition and preservation, call the Food and Nutrition Hot Line, 8:30 a.m. to 6 p.m. Monday through Friday, 858-6904 in Oakland County, 494-3013 in Wayne County.

What's your favorite food?
"Seafood. I can thank Chuck Muer for that. I discovered seafood working at Northville Charley's (it's now called Rocky's)."

How have restaurant customers changed?
"Customers are more educated, and want more choices. They want sauces served on the side instead of under the dish. They want fresh vegetables, and edible garnishes."

What's the most rewarding part of your job?
"Students. I see them when they come into the program, like a gemstone in the rough. When they leave they're polished. I like to see them get placed at nice jobs."

Cooking tip:
"Don't over-cook seafood. It dries out and takes out flavor. When it's translucent, and just starting to flake, it's done. Buy fresh fish from good suppliers."

Food questions answered
For answers to questions about food safety, nutrition and preservation, call the Food and Nutrition Hot Line, 8:30 a.m. to 6 p.m. Monday through Friday, 858-6904 in Oakland County, 494-3013 in Wayne County.

Old-fashioned potpie lean, delicious

8 ounces cubed cooked turkey or chicken (1 1/2 cups)
1/4 cup packed biscuit mix
1/4 cup skim milk
1 tablespoon grated Parmesan cheese
1 teaspoon dried parsley flakes

In a small mixing bowl stir together 2 tablespoons of the vegetable juice cocktail and cornstarch; set aside.

In a large saucepan combine ranch and/or summer squash, tomatoes, onion, Italian seasoning, garlic powder, pepper and remaining vegetable juice cocktail. Bring to boiling. Add turkey or chicken and cornstarch mixture. Cook and stir until thickened and bubbly. Reduce heat and keep warm.

For biscuit topping, in a medium mixing bowl combine biscuit mix, milk, Parmesan cheese and parsley; stir just until moistened.

Transfer the hot chicken mixture to a 1 1/2-quart casserole. Immediately drop biscuit topping in four

mounds atop chicken mixture. Place casserole on a baking sheet.

Bake, uncovered, in a 400-degree oven for 15 to 20 minutes or until the topping is golden. Makes 4 servings.

Nutrition information per serving: 207 cal., 6 g fat, 50 mg chol., 21 g prot., 20 g carbs., 266 mg sodium. RDA: 12 percent iron, 16 percent vit. A, 43 percent vit. C, 12 percent thiamine, 10 percent riboflavin, 32 percent niacin.

Recipe compliments of Mary Brady, Diamond Jim Brady's Bar & Grill, Novi.

hours cold water method.

Turkey that has been kept frozen for a year should be safe to eat. For maximum flavor, experts recommend storing a turkey no longer than six to seven months. If the turkey is stored longer than a year, you may want to use it for casseroles and soups. Cooked turkey can be stored three days in the refrigerator; two months in the freezer.

Exercise caution when thawing whole turkeys

Here are some turkey tips. Left in its original wrapper on a tray in the refrigerator, it will take about three days to thaw a 16-pound turkey.

Thawed breast side down submerged in cold water, it will take about nine hours. Change water frequently, never thaw at room temperature.

A turkey breast will thaw in one to two days, four to eight

hours cold water method.

Turkey that has been kept frozen for a year should be safe to eat. For maximum flavor, experts recommend storing a turkey no longer than six to seven months. If the turkey is stored longer than a year, you may want to use it for casseroles and soups. Cooked turkey can be stored three days in the refrigerator; two months in the freezer.