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At Fetzter's Valley Oaks testing kitchens, John Ash keeps re-

"French food is heavy with one-dimensional flavors," he said. "With the infusion of Latin, Asi-

We then asked Ash to make specific wine and food recommendations using the Fetzter wines with which he is so familiar.

The Fetzter Sundial Chardonnay (\$9) has clean, citrus flavors with apple overtones. Ash takes his own advice about pairing similar flavors in wine and food by suggesting a grilled chicken breast marinated in an apple cider-citrus sauce.

WINE SELECTIONS

1991 Lyeth Chardonnay (\$12) is a textbook perfect wine with sensational citrus and complete integration of fruit and oak flavors. The lengthy finish keeps you coming back for more. It's superior to many priced at twice its price.

suggested fresh pasta with pine nuts or hazelnuts, cream and basil, topped with grated Asiago. These foods emphasize the toasty flavors of barrel aging. Ash recommends a gratin of salmon prepared with Gruyere to accompany the Fetzter Reserve Chardonnay (\$18). The nuttiness and richness of the wine and food make a great match. If the salmon is grilled, Ash prefers the Fetzter Reserve Pinot Noir (\$17). He recommends painting the salmon with olive oil infused with roasted

Cork Board

WineFest, the annual wine auction fund-raiser supporting the efforts of the Ann Arbor Art Association, will be 6 p.m. Saturday, April 24 at Radisson-on-the-Lake in Ypsilanti.

Tickets are \$40 per person, \$35 of which is tax deductible. Reservations for WineFest can be made by calling the Ann Arbor Art Association, 694-8004.

This year's auction is supported by Fetzter Vineyards whose president, Paul Dolan, is honorary chairman. Among Fetzter's donations to the auction is a trip to Fetzter's Valley Oaks Food and Wine Center and Culinary Retreat in Mendocino County.

garlic and grilling over charcoal. "Toss a little rosemary on the hot coals near the end of cooking time," he said. Ash said he prefers Fetzter Gewurztraminer (\$6.25) with Asiatto. He is partial to soy steamed chicken or game hen. Prepare a bouillon containing fresh ginger, chili, soy, sugar, white wine, a cinnamon stick and star anise. Steam the fowl in the liquid and then let it rest in the pot to absorb the spices. He likes a clean, crisp sauvignon blanc, such as the Valley Oaks Fume (\$6.25), with grilled

fresh fennel and roasted peppers with grilled scallops in a lemon-tarragon vinaigrette. His favorite meat to accompany Fetzter Gamay Beaujolais (\$6.25) is a Mexican pot roast (beef brisket) covered with tomato and peppers and served with crisp roasted potatoes. Ash said tomatoes and tomato sauce go best with red wines that are low in tannin. The acid in tomatoes serves to magnify the tannins in a big red wine. To leave a message on the Herald's voice mail - dial 953-2047, mailbox 1864.

Chef shares recipes, pairs wine, food

See wine column on Taste front. Recipes courtesy of John Ash, culinary director at Fetzter Vineyards.

WARM RED CABBAGE SALAD WITH PANCIETTA AND CALIFORNIA GOAT CHEESE
1/2 pound good quality pancetta, sliced in rounds
1 teaspoon peeled and minced garlic
1/4 cup olive oil
1 1/2 tablespoons wild honey
1/4 cup red wine vinegar
sea salt and fresh ground black pepper to taste
1 pound red cabbage, cored and finely shredded
5 ounces fresh California goat cheese

Cook pancetta until just beginning to color. Remove. Coarsely chop and set aside. Reserve the fat and combine in a bowl with the garlic, olive oil, honey, vinegar, salt and pepper. Taste and correct seasoning. In a large saute pan over moderately high heat, briefly warm the olive oil mixture, add the cabbage and toss quickly for a minute or two just to warm through. Add chopped pancetta and place on warm plates. Thinly slice goat cheese and arrange attractively on top along with baby fennel, mache or watercress, and nasturtium flowers. Serves 6-8.

This recipe pairs handsomely with the 1991 Fetzter Vineyards Barrel Select Chardonnay (\$13) or the 1989 Fetzter Barrel Select Zinfandel (\$10.50).

GRILLED SCALLOPS, FENNEL AND LEMON-TARRAGON VINAIGRETTE
1 large fennel bulb, tops removed
olive oil
12 medium, fresh jumbo sea scallops
salt and freshly ground pepper to taste
Lemon-Tarragon Vinaigrette (recipe follows)

Slice fennel lengthwise into 1/4-inch thick slices. Lightly oil and season and grill over coals until attractively marked and crisp-tender. Arrange on warm plates. Lightly oil and season scallops and grill until just done. Be careful not to overcook - centers should still be slightly translucent. Arrange on top of fennel along with garnish ingredients. Drizzle vinaigrette over to taste and serve immediately. Serves 4.
Garnish: Roasted red pepper strips; salmon caviar and tarragon sprigs along with available baby vegetables such as asparagus, carrots and peas. Pairs with Fetzter Barrel Select Sauvignon Blanc (\$10.50).

LEMON-TARRAGON VINAIGRETTE
1/4 cup fresh lemon juice
1 teaspoon grated lemon zest
2 tablespoons white wine vinegar
1 tablespoon minced shallot
2 tablespoons minced fresh tarragon
2 teaspoons honey (or to taste)
1/2 to 1 cup olive oil
salt and freshly ground white pepper to taste

Either whisking by hand or in a food processor combine all ingredients except oil and salt and pepper. Whisk in oil slowly or pulse 2 or 3 times in the processor to form the vinaigrette. If using the processor be careful not to emulsify. Vinaigrette should be very light in body. Season to taste with salt and pepper. Yields approximately 2 cups.
Note: Reduced defatted chicken stock can be substituted for part of the oil to reduce fat. Store refrigerated for up to 3 days.

CREAMY POLENTA WITH WILD MUSHROOMS
1 cup finely chopped yellow onion
1/2 cup coarsely chopped mushrooms
1 tablespoon finely chopped garlic

1 ounce dried porcini or ceps mushrooms, rinsed, soaked in 1 cup water for one hour, drained and roughly chopped
1/4 cup olive oil
2 teaspoons finely chopped fresh basil
1/2 teaspoon finely chopped fresh oregano
4 cups flavorful chicken or vegetable stock
1 cup coarse polenta common salt and freshly ground white pepper to taste
1 cup heavy cream
1/2 cup finely grated aged Asiago or Fontina cheeses

In a large sauce pan, saute the onion, mushrooms, garlic and porcini in olive oil until very lightly colored. Add basil, oregano and stock to pan and bring to a boil. Slowly, stir in polenta with a wooden spoon to prevent lumps. Reduce heat and simmer for 10 minutes, stirring regularly. Polenta should be thick and creamy. Add more stock if necessary. Correct seasoning and keep warm. Just before serving, add the cream and cheese and stir vigorously. Spoon onto warm plates and garnish with lightly sauteed wild mushrooms and a sprig of fresh basil. Serves 6-8.
Recommended with 1991 Fetzter Barrel Select Chardonnay (\$13)

Salads from page 1B

Nino Salvaggio's offers several salad mixes. The most popular mix is an assortment of baby greens, flown in daily from California.

Jeffrey Thompson of Troy, manager of Fabrique of Birmingham, munches on carrot sticks instead of peanuts while he's watching television. "And I have a big salad from Kroger's salad bar for supper," he said. "Before I discovered the convenience of ready-to-eat veggies I ate an awful lot of pizza. Who wants to cook after working all day? Now, I feel better and I'm not consuming as many calories." "There just isn't a typical salad bar customer," said Mike Layno, spokesperson for Kroger's.

"Prepared fresh produce is popular with everybody. Of the 77 Kroger stores, 38 have salad

bars, typically offering a variety of 60 fresh vegetables and fruits. Clearly, people on the go like the convenience.

"Just a few years ago, if you had told John Lang, produce manager of Shopping Center Market in Bloomfield Hills, that sales of prepared produce would reach the current height of popularity, he wouldn't have believed you. "I can't think of anything prepared that doesn't sell," he said. "A couple of weeks ago, I introduced a julienne mix of carrots, cabbage and broccoli, and it's a big seller already. Working women run in and buy a bag of prepared salad mix. They just don't have the time to prepare it themselves. You're a life saver, they call over their shoulder, as they dash out of the store."

Salad mixes save time

See related story on Taste front.

Salad mix suggestions

Give your salad mix an individual touch. Here are some suggestions from Jean Wass, Strawberry Hill market, Farmington Hills.
■ For a basic garden vegetable salad, select from anow peas, slices of red and green pepper, baby carrots, sweet onion slices, toasted walnuts, cucumber slices, zucchini slices or cherry tomatoes.
■ Add zucchini, tomatoes, Genoa salami, Provolone cheese and Italian style dressing for an Italian salad.
■ Add a diced red apple and a diced green pear, crumbled blue cheese, and walnut halves. Serve with buttermilk dressing.

SHRIMP NICOISE
1 bag (10 oz) Dole French Blend Salad mix
18 medium shrimp, cooked and cleaned
12 small red potatoes, boiled and sliced
1 1/2 cups cooked green beans
12 black olives
Hard-cooked egg, sliced (optional)

To prepare salad: Toss salad mix with 1/4 cup tomato vinaigrette. Arrange shrimp, potatoes, green beans and olives on top of salad mix. Garnish with sliced egg, if desired. Drizzle with additional dressing. Serves 6.

TOMATO VINAIGRETTE
1/2 cup olive oil
2 to 3 tablespoons red wine vinegar
1 tablespoon tomato paste
1 tablespoon mayonnaise
1/2 teaspoon salt
Pepper to taste
1 small tomato, diced
2 tablespoons chopped red onion

Whisk together oil, vinegar, tomato paste, mayonnaise, salt and pepper. Stir in tomato and onions. Pour into jar and refrigerate. Shake before using. Recipe courtesy of Dole Food Company.

RASPBERRY DIP
1/4 cup fresh or (thawed and drained) frozen raspberries
1/4 cup balsamic vinegar
1/4 cup sour cream

Place the raspberries and vinegar in a small bowl and stir. Cover, and let sit for 30 minutes at room temperature. Pour the raspberry mixture into a blender or food processor, and process until smooth. Place the sour cream in a serving bowl, and gently fold in the raspberry mixture. Refrigerate before serving.

ZESTY GUACAMOLE
2 green onions, minced
1 large garlic clove, minced or pressed
1 large tomato, diced
1 tablespoon fresh lemon juice
1/2 cup minced fresh parsley
1/4 cup minced cilantro
1 teaspoon ground cumin
1/4 teaspoon chili powder
cayenne to taste
4 ripe avocados, peeled, seeded, and mashed (approximately 2 cups)
salt and pepper to taste

Mix ingredients thoroughly in an attractive serving bowl. Chill before serving. Adjust the amounts of chili powder and cayenne to suit your own taste. Recipe courtesy of Mary Ann Maiorana, Joe's Produce Market, Livonia.

Food questions answered

For answers to questions about food safety, nutrition and preparation, call the Food and Nutrition Hot Line, 8:30 a.m. to 6 p.m.

Monday through Friday, 858-0901 in Oakland County, 494-3013 in Wayne County.

Learn how to be a budget gourmet

Be a budget gourmet

AP - If April 15 brought thoughts of bell-lightening, you can earn money deliciously in the food department. Learn how to be a budget gourmet. Shop the supermarket for values; use unit pricing to determine which choices are the best buys. Stock up on sale items that your family likes - and that you have space to store properly. Make use of seasonal produce - it's less expensive than out-of-season items.

For example, at this time of year, fresh asparagus is in season. Stretch it by pairing with other ingredients to make a one-dish meal, complete with sausage, vegetables and pasta. Dried pasta is only pennies per serving. You can vary the flavor of the dish by choosing mild or hot Italian sau-

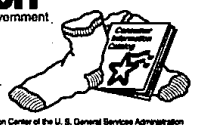
sage. Check the store brands of sausage - many supermarkets make their own, and it's sometimes less expensive. Italian bread or garlic toast is all you need to round out the meal.
SAUSAGE PASTA PRIMAVERA
1 pound fresh Italian sausage, cut into 2-inch pieces
1 medium onion, cut into 16 wedges
1/4 cup water
1 cup uncooked spiral or wagon wheel-shaped pasta

8 ounces asparagus, cut diagonally into 1-inch pieces, or 10-ounce package frozen cut asparagus, thawed
1 clove garlic, crushed
1 teaspoon dried basil leaves
2 medium tomatoes, coarsely chopped
2 tablespoons freshly grated Parmesan cheese
Place Italian sausage, onion and water in a large skillet. Cover lightly; cook over medium heat 11 to 13 minutes, turning once. Meanwhile,

cook pasta according to package directions; drain and keep hot. Stir asparagus, garlic and basil into skillet with sausage. Continue cooking 7 to 9 minutes or until sausage is cooked through and browned and asparagus is crisp-tender, stirring occasionally. Add tomatoes and reserved pasta, tossing lightly to combine. Cook 1 minute or just until heated through. Sprinkle with Parmesan cheese. Makes 4 servings.
Recipe from: Meat Board Test Kitchens.

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