

Flavorful dishes complement wines

See related wine column on Taste front.

ROASTED PORK LOIN WITH BLUE CHEESE AND BLACKBERRY SAUCE

2 pound pork loin, trimmed and trussed
1/4-pound pork trimmings (no fat) from above
1 large carrot, diced
2 stalks celery, finely diced
1 medium onion, finely diced
1 tablespoon shallots, finely diced
1 tablespoon olive oil
1 cup red wine
3 tablespoons red wine vinegar
1 cup rich beef stock
4 tablespoons hazelnuts, toasted, skinned and ground
3/4 cup blackberries
1 ounce blue cheese
1 sprig fresh thyme
2 tablespoons unsalted butter
Salt and pepper to taste

Season loin and sear sides until brown. Place in roasting pan and bake at 350 degree preheated oven. Using a roasting thermometer, roast until internal temperature is 160 degrees. Meanwhile, heat oil in a pan over a medium flame. Brown pork trimmings. Add carrots, celery, onions, shallots and thyme. When vegetables are translucent deglaze with vinegar and wine. Reduce to almost dry. Add stock and reduce by 1/2 until

It coats the backside of a spoon. Strain and add blackberries to warm. Blend blue cheese and butter together to a smooth consistency. Break cheese/butter mixture into very small pieces, and partially whisk into sauce. Slice roast thinly and place on plate, coat with sauce, top with chopped nuts. Serve with Roasted Garlic Mashed Potatoes (recipe follows) and green or yellow vegetable.
Complements Shafer Merlot.
Yields 4-6 servings. Prep time: 1.5 hours.

ROASTED GARLIC MASHED POTATOES

4-6 potatoes
1 medium head garlic
1/2 tablespoon olive oil
Salt and white pepper to taste
2 tablespoons butter
1/2 cup milk
Slice off top of garlic. Pour olive oil into opening and wrap in foil. Place garlic into 350 degree oven for 30-45 minutes until soft. Remove from oven and allow to cool. Squeeze out garlic cloves. Remove any skins. Mash into a smooth paste.
Bring 3-4 quarts of salted water to a boil. Peel potatoes and cube 1/2-inch. Add potatoes to boiling water and cook until soft (approximately 10 minutes).
Drain and place in bowl with garlic and remaining ingredients. Mash until well incorporated and smooth. Serve with Roasted Pork

Loin. Yield 4 servings. Prep time 30 minutes.

VEAL CHOPS WITH RAGOUT OF MUSHROOMS

8 1/4-inch thick veal chops
1/2-pound Shitake mushrooms, sliced
1/2-pound Brown mushrooms, sliced
1 medium shallot, finely minced
1 clove garlic, finely minced
3/4 cup red wine
1 tablespoon red wine vinegar
2 tablespoons olive oil
1 cup beef stock
2 teaspoons Worcestershire sauce
Salt and freshly ground black pepper to taste

Salt and pepper veal chops and set aside. Heat oil in pan. Sauté mushrooms and add shallots and garlic. Deglaze with red wine and red wine vinegar. Reduce to almost dry. Add stock and Worcestershire sauce, reduce by half until a thick consistency. Salt and pepper to taste. Set aside.
Heat oil in oven-proof pan. Sauté veal chops until nicely browned. Finish in 350 degree oven for approximately 10 minutes. Place veal chops on a bed of mushroom ragout and serve with roasted garlic mashed potatoes and seasonal vegetables.
Complements Shafer Cabernet Sauvignon. Yields 4 servings. Prep time: 45 min. to 1 hour

APPLE-LEEK TART COMPLEMENTS

One 9-inch pie crust
3-4 apples, green and red (Granny Smith and Red Delicious)
4 medium leeks
1 tablespoon unsalted butter
1/4 cup walnuts, toasted/rough chop
2 ounces Havarti cheese
1/4 teaspoon salt
1/2 teaspoon white pepper
nutmeg to taste
1 lemon, juiced

Remove green from leeks, slice, rinse well and dice 1/4-inch. Core apples and cut in half. Dice one of the green apple halves 1/4-inch and add to leeks. Melt butter in skillet and sauté leeks and diced apples. When apples and leeks are soft, season with salt and white pepper. Add pinch of nutmeg and reserve leek mixture. Slice apples 1/4-inch thick across. Coat slices with lemon juice.

In tart shell, arrange apple slices in rows standing up 1-inch apart. Between rows fill half-way with leek mixture. Sprinkle lightly with 1/4 walnuts and cheese. Cover with remaining leek mixture making sure the rows of apples are still showing. Top with remaining walnuts and cheese. Bake at 350 degrees for 45 minutes or until apples are soft. Let set for 5-10 minutes, serve warm.

Complements Shafer Chardonnay. Yields 4 servings. Prep time 45 minutes.

Napa from page 2B

And this time, the fracas will include producers of these modestly-priced (\$5-\$8) bottlings from southern France, Chile and South Africa where wines have improved significantly over the last three years. There'll be plenty of quality, everyday drinking wine at some of the best prices ever.

While the Napa Valley realtor multitasker is nearly as thick as the area's Yellow Pages, many Napa Valley wineries are doing just fine, thank you, and that's the upside of the report.

One winery riding at the top of its game is Shafer Vineyards. The Shafer has begun replanting efforts while at the same time releasing some of winemaker Doug Shafer's best wines to date.

Released this month is Firebreak (\$19), a new wine in the Shafer stables. It is truly a smokin' and hot offering of 61 percent sangiovese and 39 percent cabernet sauvignon.

The Italian Super Tuscan blends set the style that is the new wave in California reds. Shafer's bottling is up to the

competition in this category. The downside here is that this wine is in very limited quantity.
Also dynamite from Shafer is the 1990 Cabernet Sauvignon, Napa Valley, Stage Leap District (\$19). This focused, nearly seamless wine is complex and rich. Shafer 1991 Merlot (\$18) is power-packed in flavors with a seducing finish.

Coming soon to this market is Shafer's 1992 Chardonnay (\$15). Buy this one for winter drinking. You'll vision yourself in a tropical paradise.

When you purchase wines at this price, you want to make certain they fully complement the meal they accompany. Four sure-fire recipes tested at the Shafer kitchen follow inside.

Over the next several months, we'll be reviewing several California wineries and their wines. These producers are practicing their craft well and remain sound amid uncertain financial times.

To leave a message on the Heads' voice mail - dial 953-2047, mailbox 1864. See recipes inside

Experts share recipes for catch of the day

See related story on Taste front.

CAPTAIN JOHN'S FISH PARMESAN

The catch of the day (1 pound fillets)
3 to 4 cups spaghetti sauce
1 tablespoon Parmesan cheese
1 1/2 cups mozzarella cheese
Fresh garlic or garlic powder to taste
1 chopped onion

Preheat oven to 350 degrees. Pour two cups spaghetti sauce into the bottom of a baking dish, sprinkle 1/2 cup of mozzarella, a tablespoon of Parmesan, and onions into the sauce. Lay fillets on the cheese and continue layering the pan with sauce, cheese and fish. Save a layer

of mozzarella. Top with seasonings and bake for 30 minutes.

Sprinkle the top with remaining mozzarella and broil until cheese is lightly brown and bubbling.
To create a lasagna effect just add cooked lasagna noodles when layering the fish, cheese and spaghetti sauce.
Recipe submitted by John Giordano.

FISH AND FRESH VEGETABLES FOR TWO

Enough fresh fillet fish for two people
1 medium cucumber, sliced
1 large tomato, sliced
1/2 lime, sliced
Pinch fresh dill

Taste is also an issue. According to Mitchell and Giordano, small fish taste better than large fish.

If you catch walleye, keep the one- to three-pound fish and throw the others back, said Mitchell. Pike should be between three and 10 pounds to be considered keepers.

See recipes inside.

Tablespoon butter, (optional)
1 cup white wine, preferably dry

Aluminum foil
Preheat oven to 350 degrees. Lay a piece of aluminum foil, at least twice the size of the fish, on the counter. Cover half of it with the fillets, cucumbers, tomatoes and lime slices. Add a pinch of dill. Drizzle the wine and the optional butter on top of the ingredients. Wrap and bake until the aluminum foil puffs up. Then serve.
Recipe submitted by Chef Pascal Paviant, manager of Scallop in Rochester.

FISH PACKETS

Aluminum foil
Fish fillets
Potatoes cut in 1/4-inch slices
1 onion, sliced
1 lemon, sliced

Set a piece of aluminum foil down that's larger than the fillet. Cover it with sliced potatoes, leaving enough room on the edges for folding. Cover the first layer of potatoes with a fish fillet. Place onion slices, lemon and butter over the fish and cover with a second layer of potatoes. Finish with another piece of foil and securely roll up the ends creating a packet to toss on the grill.
Cook the first side for 20 minutes then flip over and grill the second side for 10 minutes. Remove the foil

and eat. The fish will be steamed and the potatoes will be grilled.

KEN'S FAMOUS FISH CHOWDER

The catch of the day filleted and cut into chunks
2 medium potatoes, diced
1 medium onion, sliced
1 quart of half-and-half
Flour
Salt and pepper to taste
Boil a half a pot of water, add potatoes and cook until almost done. Add fish chunks and half-and-half. Bring nearly to a boil. You don't want the ingredients to come to a full boil because it will scald the milk. Thicken with flour and water mixture. Salt and pepper to taste.
Recipes submitted by Bill Blacha.

Dip fish in seasonings

See Larry Jones' column Taste Buds on Taste front.

I can't really imagine why anyone would want to mask the taste of fresh fish, especially with something as potent as cajun spices but a recent Voice Mail request from Dan Huvenier of Garden City prompted this recipe.

CAJUN PAN FRIED PERCH

1 tablespoon onion powder
1 tablespoon garlic powder
1 tablespoon paprika
1 tablespoon chili powder
1 teaspoon dried oregano
1/2 teaspoon dried rosemary
1/2 teaspoon salt
Pinch cayenne pepper
1 pound perch fillets
1 lime, cut into quarters

Combine all the spices in a small bowl and set aside. Dip the perch fillets in some melted butter or margarine, then roll and coat in the cajun spices.
Place the coated fillets on a platter and refrigerate until ready to

cook. Heat a heavy fry pan over high heat. Make sure the vent fan is operating.

Place fillets in hot skillet and cook for 30 seconds on one side, flip, then continue cooking for 2 minutes or until fish is cooked. Serve immediately with lime slices. Serves 4.

COATING MIX FOR PAN FRYING FISH FILLETS

1/2 cup homemade bread crumbs, cornmeal or crumbled dried bread
3 tablespoons Parmesan cheese
3 tablespoons fresh parsley, finely chopped
A pinch of salt and fresh ground white pepper to taste

Combine all ingredients and mix well. Dip fish fillets in an egg wash and gently roll in coating mixture. Shake off excess.
Place on a plate but do not stack as coating will come off.

Fisherman from page 1B

than six months."

The second process is for small fish like bluegills, crappies and other panfish. Mitchell doesn't have a name for this technique, but it is just as effective at preventing freezer burn as the Three Stage Wrapping Process.

Mitchell begins by rinsing the small fillets thoroughly and placing 12 pieces in a freezer bag.

"Make sure to squeeze all the air out," said Mitchell. "Freeze the bags overnight. The next day take the bags from the freezer and drizzle a small amount of water over the fish in the bag. Just so they are damp. Freeze over night and repeat the process two more times. It creates a fine coating of ice which prevents freezer burn."

Mitchell's favorite inland lake fish is pike. Its pure white meat and mild flavor is perfect accompanied by a minimum of spices.

"White pepper is much better than the standard black variety for pike," said Mitchell. "Sesame oil instead of butter also enhances the flavor."

Mitchell recommends placing the top of a roasting pan on a barbecue grill to prevent the fish from over cooking. Before placing the fish on the grill, brush it with sesame oil and cook three minutes on each side.

The only problem with pike, according to Mitchell, is learning how to remove the Y bone in the back of the fish. It takes quite a bit of practice, but it is well worth it. Pike is one of the least fatty fish in local lakes.

Removing the fat from your fish is very important because that is where many of the toxins reside, said Mitchell.

"Since pike doesn't have much visible fat, check for dark flesh on the meat," said Mitchell. "That is where the fatty content is. Leaving it on adds a negative flavor as well as toxins to the meat."

Another thing to remember when cooking fish is that bigger is not necessarily better.

"Fish that live to be trophy size deserve to be let go to make more fish," said Mitchell. "Plus it's better for the environment to take several small fish versus one large. It keeps the fish from over populating."



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