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know this is a very healthy way of eating," said the granddaughter of an Arkansas cattle rancher.

"I was raised on meat and Southern cooking, a very high fat and highly processed diet," she said. "Studies have shown that this kind of diet is no longer healthy nor fashionable. Vegetarians have always known that meat is not the best thing for the body."

Her three young children are even aware of the benefits of a vegetarian diet. "My 10-year-old son says that 'body brushes' keep his insides cleaned out. I have explained to the children how a regular high-fiber diet of vegetables and fruits is like brushes that keep impurities out of their bodies."

Although Jeanie, and her husband Robert, an oral surgeon at St. Mary Hospital in Livonia, have chosen to be vegetarians, they do not restrict the choices of their children.

"We also teach the children that persons who don't follow a vegetarian lifestyle are not 'bad' nor is food, such as meat, 'bad.' It's just that we have a different way of eating."

There won't be a turkey on their Thanksgiving table, but there will be a wide assortment of dishes that will make it a special meal.

"One favorite dish that I serve on Thanksgiving is Southern Sweet Potato Casserole," she said. "This dish reminds me of my Southern origins. The only difference between my casserole

and what I ate as a child is that I cut out the fat, and I cut down on the sugar. My way is a little bit healthier than traditional Southern cooking."

Weaver said the secret to good vegetarian cooking is using seasonings to increase flavor.

Jennifer Thomas of Farmington is also a vegetarian and is also still learning how to prepare good vegetarian meals. This young career woman became a vegetarian 11 years ago as a protest against the slaughter of animals. "But I've stayed with this way of eating because it's so healthy," she said.

Thomas said her parents were upset when she first told them about her decision. "My father was 'Mr. Meat and Potatoes,' and he thought I was nuts. And my mother said that she was not

going to fix any special meals for me.

"But they've changed. They have accepted my way of eating and have even enjoyed many vegetarian dishes. My mother accommodates my diet on special occasions, such as Thanksgiving, by serving meatless dishes that I can eat. I especially like my mom's vegetable chowder."

Thomas added that restaurants are also accommodating the special dietary needs of its customers, including vegetarians, by offering more food choices. "It's easier to be a vegetarian these days. Everyone is interested in healthy foods, and vegetarian foods fit the bill."

See recipes inside.

Birthday turkey may be workable

A year-old frozen turkey is good enough for this year's Thanksgiving table if proper care has been taken.

A turkey that has been kept in a freezer with no interruptions in power is safe to consume even after a year, according to home economist Sylvia Treitman of the Oakland County Cooperative Extension Service.

The quality, however, is affected by the length of time frozen and the type of wrapping on the turkey. A whole, commercially frozen turkey will stay at good quality for about

12 months, Treitman said. It is difficult to know, however, how long the turkey was kept in the store's freezer previous to your purchase.

To check the condition of the older, frozen turkey examine the wrapping to make sure it is not torn. Freezer burn can occur if the wrapper is ripped. If the skin appears white, pucky or dry, the meat may be tough, dry and taste poorly.

Check the date on the label. If it is more than a year old, the turkey will probably taste poorly.

Holiday from page 1B

Tawny Ports are light and elegant and may have aged longer than Ruby Port. This is the reason for their amber tones. "Tawny should be served slightly chilled," advises Dominic Symington. Warre's King's Tawny (\$11) is mellow with nutty hints — a good introduction to Tawny Ports in general. Warre's Sir William (\$19) is a 10-Year Tawny with nutty, black cherry and vanilla flavors. Warre's Nimrod (\$26.50), a 20-Year Tawny, is a step up in flavor, elegance and richness.

Warre's 1968 Reserve Tawny (\$48) is an exceptional Tawny that's full of fruit, nuts and vanilla flavors with a mellow and delicious finish.

"We bottled the first of this wine about four years ago," Symington said. "We bottle it periodically. The consumer should know that this type of Port should not be cellared for longer than two years. It is a good practice, therefore, to check the bottling date on the back label."

In our opinion, the best value overall is represented by the

Warre's 1991 Traditional Late Bottled Vintage Port (LBV) are Ports of a single year of better-than-average quality, but less than a declared year. They are matured in cask and bottled between their fourth and sixth year. They are similar in style to a vintage character Port but carry the signature of the vintage rather than the "house" blend. The 1991 LBV offers a big, rich, generous fruit impression finishing balanced and delicious.

Warre's 1982 Quinta da Cava-

dinha (\$25) showcases one of the finest properties in the Alto Douro region of Portugal. This single quinta wine is rich and fruity with a velvety, chocolate mouth feel.

Warre's 1991 Vintage Port will retail for about \$25 upon release. Other Warre's Vintage Ports still available are 1990 (\$120), 1993 (\$170), 1977 (\$58), 1980 (\$39) and 1985 (\$42).

For desserts in a hurry during the holidays, serve Ports after dinner with freshly shelled nuts and Cheddar or Stilton cheese.

ATTENTION READERS:

The MR. Z's ad that was in the Thursday, November 11 edition was incorrect. It should have read:

Open Thanksgiving 2-8 P.M. Turkey Dinner (Adults) \$5.95

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