

MONDAY, JANUARY 6, 1997

TASTE

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FOCUS ON WINE



ELEANOR AND RAY HEALD

Lockwood bases reputation on superior vineyard

Lockwood Vineyard, located at the southern end of California's Monterey County, is an outgrowth of a project conceived more than 20 years ago in the mid-1970s. Even with its unprestigious zip code in Salinas, Lockwood is today a 60,000-case brand that has built its reputation on one of the region's finest vineyards. The winery started in 1989 as a pilot venture with a 600-case release. Because of available fruit source from its vineyard planted in 1981 and 1982, production quickly escalated to 3,000 cases the next year. In 1991 with a full scale, state-of-the-art winery built and current wine-maker Steve Pessagno on board, things really got rolling. Plans are for 95,000 cases this year.

Much of the credit for Lockwood's success goes to its energetic financier and managing partner,

78-year-old Paul Toepfen. In 1976, he took over the Monterey Vineyard winery on behalf of the insurance company that owned it. In 1979, he negotiated its sale to Cohn Cola. As part of that agreement, Toepfen consented to develop a substantial vineyard operation to supply high quality grapes. Toepfen and his partners, Butch Lindley and Phil Johnson have managed vineyards for over 20 years. Controlling their own destiny with cumulative expertise has paid off handsomely.

Monterey County may not be as familiar to you as Napa Valley or Sonoma County, but the region has a proven track record attracting the likes of Kendall-Jackson that now has more than 3,000 acres of grapes planted in the area. Robert Mondavi, Fetzer, Joseph Phelps, Bonny Doon, Morgan, Jekel and Talbot are also prestigious brands banking on the excellent grapes grown in Monterey County. For Lockwood, the annual production utilizes only seven percent of the grapes from a 1,700-acre vineyard. The remainder are sold to other wineries such as Robert Mondavi, Franciscan, Bonny Doon and Benziger Family Winery, to name a few.

In Monterey County, the temperate profile of a vineyard is dictated by winds, which begin blowing and cooling the terrain around noon each day. It has always amazed us that so many prime north coast appellations in both Napa and Sonoma counties claim a maritime effect when they are very far inland. This is not the case with Monterey — it truly has the cooling effects of maritime influence.

"This is important since a cooler climate preserves flavors in chardonnay, pinot blanc and pinot noir because the grapes mature slower," Pessagno noted. "In addition to climate, soils in the Lockwood Vineyard are also important. They are shaley loam, also referred to as chalk rock that's well drained, allowing vine roots to penetrate to depths of ten feet or more."

Pessagno also emphasized that for grapes requiring a warmer climate such as sauvignon blanc, merlot or cabernet sauvignon, plantings are made so that they receive protection from hillsides and valleys while receiving maximum sun exposure.

Significant synergy exists between a large vineyard and a small winery. This is the case at

See WINES, D2

Wines for a New Year

■ Wintertime whites for sipping or sipping with seafood and light pasta dishes

- 1995 Clos du Bois Chardonnay \$15 — superior value
- 1994 Kunde Kinneybrook Chardonnay \$15.75 — delicious
- 1993 Simi Reserve Chardonnay \$20 — one of the best reserves made
- 1995 Matanzas Creek Sauvignon Blanc \$17.50 — always a winner
- 1995 Beringer Chardonnay \$15 high quality to price ratio
- 1993 Rosemont Estate Reserve Chardonnay \$16.50 — superior Australian
- 1995 Vanzetti Regal Vineyard Chardonnay \$20 — if you haven't discovered this label, you're missing some great wines

■ These reds will stand up to hearty wintertime stews and ragouts

- 1993 Fetzer Barrel Select Cabernet Sauvignon \$13
- 1994 Louis Martini Cabernet Sauvignon \$10.50
- 1994 Clos du Bois Cabernet Sauvignon \$17
- 1994 Fetzer Barrel Select Pinot Noir \$13 — light but flavorful
- 1994 Hess Select Pinot Noir \$13.50 — excellent
- 1994 Silverado Sangiovese \$21 — deliciously fruity

■ Best buys at \$10 and under

- 1995 Haywood Chardonnay \$9
- 1995 Napa Ridge Chardonnay \$9
- 1994 Corte Cortini Sangiovese \$9

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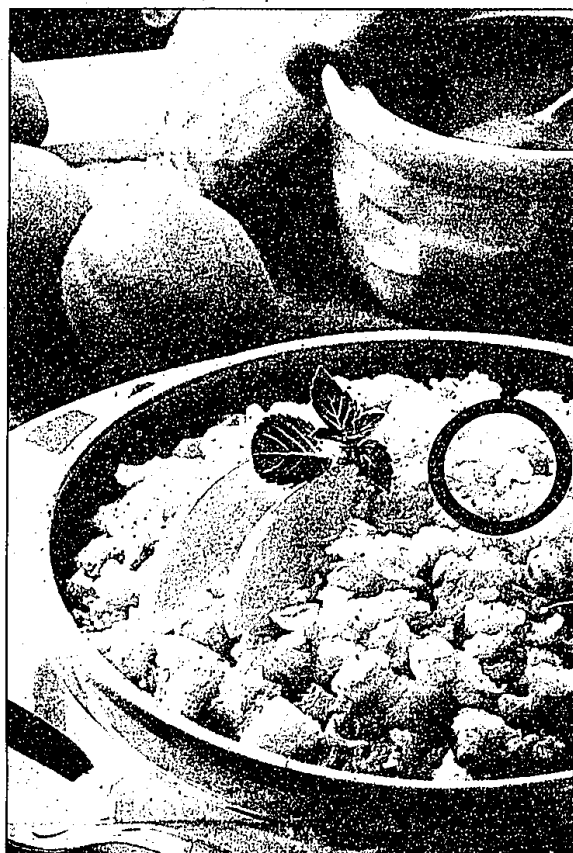
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Oatmeal Toppers

Oatmeal and...

- Raisins, brown sugar, cinnamon and nutmeg
- Apple sauce and cinnamon
- Raisinberry yogurt and dried cranberries
- Apricot fruit spread and sliced almonds
- Sliced strawberries, plain yogurt and brown sugar
- Maple flavor pancake syrup and chopped toasted pecans
- Caramelized pineapple, sliced bananas and chopped macadamia nuts
- Strawberry yogurt and sliced kiwi
- Sliced bananas and vanilla yogurt sprinkled with cinnamon
- Canned pear slices, maple flavor pancake syrup and cinnamon
- Diced dried apricots or diced dried mixed fruit and honey
- Orange marmalade and dried cranberries
- Cinnamon chopped apple, brown sugar, cinnamon and dates
- Orange or tangerine low fat yogurt and canned mandarin orange segments
- Cherry preserves and wheat germ
- Whole berry cranberry sauce
- Apple sauce and maple flavor pancake syrup
- Warm apple pie filling and skim milk
- Chopped dried figs and mashed ripe banana

QUAKER OATS

Winter warm-up: For a sunny start to a wintry morning, spoon into a bowl of *Apricot Honey Oatmeal*. Dried apricots, honey and cinnamon flavor every delicious bite. Add skim milk or low-fat yogurt, and you'll feel energized all morning long.

START YOUR DAY WITH A SPOONFUL

OF Oats

BY KEELY WYGONIK
STAFF WRITER

Oatmeal never goes out of style. It's good for you, really easy to make, inexpensive, and can, with a little dressing up, be delicious.

"I grew up in Illinois eating oatmeal," said Shirley Streshinsky who wrote "Oat! A Book of Whimsy," (Celestial Arts, Oct. 1, 1996, \$5.95) with her daughter Maria. "I would ask people about oatmeal, and they always had stories to tell. Oatmeal is full of wonderful memories. Our mothers gave it to us on cold days. Oatmeal is on everyone's shelf, and I want them to reach up and pay a little attention to it."

January is National Oatmeal Month, and a good time to rediscover this American classic. "Rolled oats are an American invention," said Shirley. "Rolled oats are groats that have been steamed and flattened on rollers. Groats are oats after the hull is removed."

In their book the Streshinskys explain how Ferdinand Schumacher "set up a small mill in Ohio to turn out oats for oatmeal, in the belief that it was a superbly nourishing and cheap human food. At first, only the German, Scottish and Irish immigrants believed him."

"Thirty years later, Schumacher had made a fortune and was known as The Oatmeal King. Schumacher's innovative milling techniques set the stage for the growth of the Quaker Oats Company. By the 1880s, Henry Parsons Crowell of Ravenna, Ohio, was selling his rolled oats under the brand name Quaker."

According to the Quaker Oats Company, the "Quaker Man" became the first registered trademark for a breakfast cereal in 1877. Henry Seymour, one of the founders of The Quaker Oats Company, selected this symbol to represent virtue and give consumers confidence in the quality of Quaker Oats.

"Quaker Oats is still the biggest-selling hot breakfast cereal in the world," write the Streshinskys.

The "Oat Experts," say Americans buy more

See OATS, B2

Take comfort in updated meatloaf

It's a new year! Give your meatloaf an update! The comfort food we remember from our childhood was a moist ground beef loaf seasoned with onions and topped with ketchup or brown gravy. Mashed potatoes were the accompaniment of choice.

Today, we still enjoy meatloaf with mashed potatoes — but, wow! — what a difference a few ingredients can make!

Three Mushroom Meatloaf is a delicious new take on meatloaf. Lean ground beef is combined with sautéed onion, garlic and a mixture of mushrooms — button, cremini and shiitake — as well as traditional ingredients like bread crumbs and egg. Thyme seasons the loaf.

For a moist, tender meatloaf, mix the ingredients lightly but thoroughly. Overmixing can make it compact and dry. Bake the meatloaf just until it's no longer pink in the center; a meat thermometer will register 160°F.

While the meatloaf bakes, prepare Pepper Gravy. Sauté colorful diced bell pepper until crisp-tender, then combine with jarred brown gravy and thyme. Drizzle it over slices of meatloaf and mashed potatoes.

Leave the potatoes a little lumpy — "mashed potatoes" they're called these days. Add steamed Brussels sprouts to finish the menu. For

dessert, redo a malt shop favorite — a hot fudge sundae with low-fat vanilla frozen yogurt, light chocolate fudge sauce and a sprinkling of dried cherries.

THREE MUSHROOM MEATLOAF

- Total preparation and cooking time: 1 1/2 hours
- 1 1/2 pounds ground beef
 - 2 teaspoons butter
 - 1/2 cup finely chopped onion
 - 8 ounces mushrooms (button, cremini, shiitake or a combination), sliced
 - 3 cloves garlic, crushed
 - 3/4 cup soft bread crumbs
 - 1 egg
 - 3/4 teaspoon dried thyme leaves
 - 1 teaspoon salt
 - 1/4 teaspoon pepper
- Pepper Gravy:
- 1 teaspoon butter
 - 1/2 cup diced red, yellow or green bell peppers
 - 1 jar (12 ounces) beef gravy
 - 1/2 teaspoon dried thyme leaves

Heat oven to 350°F. In large nonstick skillet, heat butter over medium heat until hot. Add onions; cook 3 minutes, stirring frequently. Add mushrooms and garlic; cook 6 to 8 minutes or until mushrooms are tender, stirring occa-

sionally. Remove from heat; cool 5 minutes.

In large bowl, combine ground beef, bread crumbs, egg, thyme, salt, pepper and mushroom mixture, mixing lightly but thoroughly. On rack in broiler pan, shape mixture into 6 by 4-inch loaf.

Bake in 350°F oven 1 hour and 15 minutes to medium doneness (160°F) or until center is no longer pink. (Due to the natural nitrate content of certain ingredients such as onions, celery and bell peppers often used to make meatloaf, meatloaf may be pink even if a 160°F internal temperature is reached. Always check the temperature with a meat thermometer.)

Meanwhile, prepare Pepper Gravy. In medium saucepan, heat butter over medium heat until hot. Add bell peppers; cook 5 minutes or until crisp-tender, stirring occasionally. Add jar gravy and thyme; heat through.

To serve, cut meatloaf into 1-inch thick slices; serve with Pepper Gravy.

Makes 6 servings.

Nutrition information per serving: (1/6 of recipe) 362 calories; 26 g protein; 14 g carbohydrate; 21 g fat; 3.4 mg iron; 849 mg sodium; 115 mg cholesterol.

Recipe and information from the National Cattlemen's Beef Association.



NATIONAL CATTLEMEN'S BEEF ASSOCIATION

Comfort food: Three Mushroom Meatloaf is easy and special. It's made with lean ground beef, sautéed mushrooms and a touch of thyme. It's the tradition we love — with a twist!