

FOCUS ON WINE



RAY & ELEANOR HEALD

Read label fine print to know quality

What makes a \$50 merlot that much better than a \$10 merlot? The grape is the same, so how can you judge quality? According to Agustín Huneeus, president of Napa Valley's Franciscan Estate Selections, you can best judge wine quality by "the place where the grapes were grown."

For the past few years, California wineries have operated with short supplies of grapes and wine. This was caused by low crop yields and replanting due to phylloxera, the vine louse that attacks grapevines at its roots. In the same period, consumer demand for wine has grown, due in part, to reports about health benefits associated with wine consumption.

With the large 1997 harvest in California and new vineyards bearing

fruit, predictions indicate the supply of wine will double by year 2000.

What worries Huneeus is that a large part of the increase

will come from California's hot, high-yielding Central Valley.

He's also concerned about the number of wines labeled chardonnay and merlot from places such as

Australia, Chile, Argentina, France and even Bulgaria.

This surge of imported wines increased 35 percent in 1997

due to California's short supply, growing market demand and a world-wide wine glut.

How can premium producers combat this double edged sword? By emphasizing where the wine was grown.

Place is everything

"Since ancient times, wine's hierarchy and pricing has been related to its place of origin," Huneeus explained.

"What sets apart a \$10 cabernet sauvignon from a \$50 wine, both from a quality standpoint and in the

consumer's mind? Simply, it's the place where the grapes were grown.

By putting emphasis on varietal (grape name) rather than appellation (place), the California wine industry has left the door open to the dragons.

The use of varietal as a point of distinction, without due importance given to appellation, can be used by any winery anywhere in the world."

Using chardonnay as an example Huneeus explains that California developed a special style that producers around the world copied and then used to enter the lucrative American market. He warns that it is now happening with merlot.

Please see WINE, B2

LOOKING AHEAD

What to watch for in Taste next week:

- 2 Unique
- Main Dish Miracle



DINNER WILL BE HEAVEN IF YOU PLAN AHEAD

STORY BY KEELY WYGONIK

Good cooks are good planners. "Take time once a week and sit down with your cookbooks," said Mollie Katzen best known as the author of "Moosewood Cookbook." "Pick out three or four things. Make a list, and get the groceries."

The time to think about food is not on your way home from work, but when you're not busy. "People make time to jog, but not cook," said Katzen who helped mainstream vegetarian cuisine in 1977 with her "Moosewood Cookbook," which was revised in 1992. "Plan to cook, and write down what you like in a book. You can make sauces and soup one week ahead, cut up vegetables the night before."

Katzen's goal is to make good food accessible to people, not complicated, joyful and good, so "they'll want to do it again."

Her newest book, "Mollie Katzen's Vegetable Heaven: Over 200 recipes for uncommon soups, tasty bites, side-by-side dishes, and too many desserts," (Hyperion, \$27.50) is a companion text to "Mollie Katzen's Cooking Show 2000: Vegetable Heaven," which airs on public television nationwide. The series features 26 menus created from recipes found in her newest book. Locally, WTVS Channel 58 is considering it for their lineup, but has not scheduled it yet. The series started in October; check your cable listing for out-of-town public TV stations which might offer Katzen's show, and stay tuned for an update from WTVS.

"It's really a cooking class," she said in an interview during a recent visit to metro Detroit.



TERENCE MCCARTHY

Author: Mollie Katzen shows readers that vegetables can really taste heavenly in her newest cookbook, "Mollie Katzen's Vegetable Heaven."

"I can't stand it when there's dead time. I talk about the origins of onions, and give people a lot of information about why I do what I do. I hope to teach people how to cook the way everyone is telling them to eat, to fit food into their lifestyle, that's beautiful and delicious."

Besides being a cook and writer, Katzen is a pianist and artist. She studied at the Eastman School of Music, Cornell University, and San Francisco Art Institute where she earned a fine arts degree with honors in painting.

This book, like others that preceded it, "The Enchanted Broccoli Forest," (1982), "Still Life with Menu" (1988), and "Pretend Soup and Other Real Recipes: A Cookbook for Preschoolers and Up" (1994) is beautifully illustrated with 55 of her vibrant paintings of vegetables, herbs and fruits and appetizing still-life paintings with culinary themes. Cooking tips and suggestions for hard-to-find ingredient substitutions accompany each recipe.

"I find that most of my readers don't identify

themselves as strict vegetarians," said Katzen. "Forget the labels. Most people just want to eat good food, some with meat, some without. I have tried to keep time, cost, and labor to a minimum without compromising the quality and novelty of the results. I know that many of us are seeking simple pleasures, attempting to live well within our means and the constraints of our daily lives."

Married, and the mother of a son and daughter, Katzen knows it's difficult to please everyone. "Pizza is a really good way to make dinner for a family where everyone wants something different," she said. "Everyone can customize the toppings."

Katzen suggests keeping a supply of pizza dough in the freezer, and a few topping ingredients such as canned artichoke hearts, grated Parmesan or pecorino cheese, and ripe tomato slices on hand. "Take the container out of the freezer before you go to work, and it will be ready to roll, so to speak, when you get home."

Please see HEAVEN, B2

Diet rich in fiber, fruits, veggies won't tip the scale

LIVING BETTER SENSIBLY



BEVERLY PRICE

There is no time like the present to consider carbohydrates such as white rice, white rice, noodles, snack crackers, fat-free cookies, and candy, particularly jolly beans and licorice. This led them to an overconsumption of calories, and therefore, weight gain.

Your body has a built-in sensor that knows what kinds of nutrients you are eating. When you feed your body natural, wholesome foods, its needs are satisfied. When you feed your body candy, processed foods, and fat-free junk, it doesn't sense any nutrients coming in. It then urges you to continue eating. Eating a high refined carbohydrate

diet stimulates your body to produce insulin which in turn activates your fat storage mechanism. Eating a moderate amount of fat can alter this mechanism causing you to use more calories for energy. Also, consuming whole grains in place of the refined variety creates a feeling of fullness and satiety which helps you to consume less calories. In addition, with very low-fat diets, you may not be eating enough fat to absorb fat-soluble vitamins such as A, D and E.

■ **Fat-free cookies** - If you take a look at the ingredients on most brands of fat-free cookies, they are loaded with sugar, filled with preservatives and chemicals, and contain small amounts of hydrogenated fats, which are detrimental to you. Most of all, they lack fiber so you have no sense of fullness when you're eating them. You may rationalize that you can eat two, fat-free 50 calorie cookies in place of a 100 calorie apple, but you will end up eating more cookies in the long run, which adds up to extra calories.

■ **Nutrition Secret:** If you want a treat, look for whole grain, fruit juice sweetened, high fiber snacks made by Health Valley or Auburn Farms. They are tasty and filling. Your best bet is to

grab fruit (fresh or dried) or raw vegetables as an in between meal snack. It's almost impossible for fruit and vegetable calories to turn into fat. If everyone ate the recommended five or more servings of fruits and vegetables, the overall cancer incidence rates could decline by 20 percent.

■ **Traditional pasta dishes** - Many people think they are eating healthy when they are actually harming themselves by eating traditional pasta dishes made with white flour noodles. In the refining process, 23 different nutrients, including fiber, are stripped away with only four added back (this is called enrichment). In addition, the lack of fiber in white pasta makes it hard to tell when you're full, so you just keep eating until you have consumed too many calories. Just one cup of cooked pasta contains about 200 calories, and those can add up fast.

■ **Nutrition Secret:** Try a nutritious and tasty pasta dish made with buckwheat noodles. The whole grain pasta will fill you up quickly.

■ **Big bagels and other breads** - Many bagels weight six ounces and contain approximately 480 calories, and that's with nothing on them! There is very little nutritional value in most



bagels as they are made with white flour. They contain no fat, which is why people are flocking to bagel stores.

■ **Nutrition Secret:** Look for 100 percent whole grain bagels, and small bagels, which are whole grain as well.

■ **Chicken and fish** - Eating chicken and fish instead of meat isn't as good for you as you think. Many people switch to these when trying to lower their cholesterol only to find little or no change in their blood values and weight. Another problem is that all animal protein, including chicken and fish, causes calcium loss, which increases your risk of osteoporosis.

Please see DIET, B2