

FOCUS ON WINE



RAY & ELEANOR HEALD

Seven Peaks strives for the summit

No doubt! Australian wines have made an impact on American palates. In 1998, shipments of Australian wine to the U.S. increased 25 percent and rose over 31 percent in value with 3.75 million cases sold. Now, the Aussies have landed on U.S. shores and are striving for the summit with the brand Seven Peaks.

Global positioning is the buzz phrase in every corporation. It's no different in the wine industry. In 1996, Southcorp Wines of Australia, parent company for high-profile brands such as Penfolds and Lindemans, went global. It created a joint venture with the Niven family, independent grapegrowers in California, and created the brand Seven Peaks.

Over 25 years ago, the Nivens pioneered grapegrowing in California's Edna Valley near San Luis Obispo, in the region most often referred to as the Central Coast. Today, the Nivens farm about 1,000 acres of grapes. The partnership allowed Penfolds to utilize a similar climate and culture. Aussies are a lot like Americans!

What's in a name

Over 25 million years ago, when the Edna Valley/San Luis Obispo area was under the sea, movement of the Pacific and North American plates probably caused development of a volcanic series, known as morros, in the area. The steep rocks, remains of seven volcanic plugs, are distinctive geographic features defining the area. Traveling toward the Pacific Ocean, one views the seventh "peak" at the touristry, yet appropriately named Morro Bay!

Therein lies the origin of the fitting name of the wine brand Seven Peaks. But if you look carefully at the labels on the Seven Peaks wines, you notice several appellations including Edna Valley, Paso Robles and Central Coast. What's this about?

Seven Peaks Chardonnays and Pinot Noir are made principally from pedigree grapes grown in the Niven's vineyards in the Edna Valley appellation. This region has garnered global respect for both of these grape varieties.

Please see WINE, B2

Wine Picks

Picks of the Pack: 1997 Matanzas Creek Sauvignon Blanc \$18. Hands down best sauvignon blanc from this vintage. Superb balance of fruit and oak. 1997 Iron Horse Chardonnay \$22, exquisitely delicate and finesseful.

Other wineries besides Seven Peaks are into labeling syrah the Aussie way, shiraz. Two others we like are 1996 Clos du Bois Shiraz \$16 and 1996 Geyser Peak Shiraz \$17.

Super chardonnays: 1997 Bonterra (organically-grown grapes) \$11; 1997 St. Francis \$12; 1997 Clos du Bois \$15; 1996 Chateau St. Jean Robert Young Vineyard \$24; 1997 Chateau St. Jean Belle Terre \$24; and 1996 Geyser Peak Reserve \$24.

Best buy chardonnays: 1997 Forest Glen \$10 and 1997 Amberhill \$9. Serious cabernets and merlot: 1996 Estancia \$12 (great value); 1995 Estancia Meritage \$26; 1995 Magnificent \$30 (one of the best from 1995).

Sena — new, signature wine from Chile produced by partnership between Robert Mondavi and Eduardo Chadwick, owner of Vina Errazuriz. Sena, about \$50, has been launched as an ultra-premium blend, principally cabernet sauvignon, showcasing the best of the best from Chile. You'll find it principally in upscale restaurants.

LOOKING AHEAD

What to watch for in Taste next week:

- Main Dish Miracle
- Plant the seeds of good nutrition during March, National Nutrition Month

LEARNING BY DOING



OCC'S RECIPE FOR SUCCESS



What's Cooking

WHERE: Oakland Community College, 27055 Orchard Lake Road, Farmington Hills.

• **Ridgewood Cafe & Bakery** — On the third floor of the J Building, 11 a.m. to 1 p.m. Tuesday-Thursday. Call (248) 471-7766 for information.

• **St. Patrick's Day Buffet**, 11 a.m. to 2 p.m. Thursday, March 11 in the Ridgewood Cafe, all you can eat Grand Buffet with a variety of salads, pastes, Irish dishes, French pastries, and homemade ice cream. Cost \$7.95 per person, first come, first served.

MARK YOUR CALENDAR:

• **Fourth Annual Great Lakes, Great Wine Tasting & Tasting**, Wednesday, May 12.

BY KEELY WYONIK
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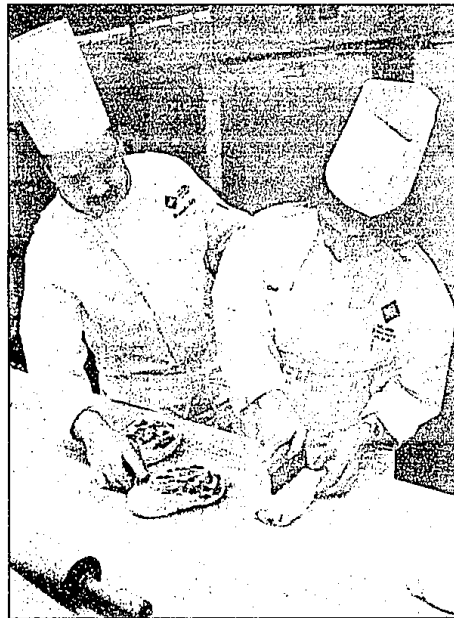
Baking is a science, cooking is an art, Christopher Galli tells students enrolled in his baking class at Oakland Community College. "It has to be precise."

Even the mixing time makes a difference. Yeast breads need more mixing than muffins. If you mix muffin dough too long it won't be tender.

Hands on experience, lots of it, is what students enrolled in OCC's American Culinary Federation accredited culinary arts program get; from working in the kitchen and classroom with Galli and other chef-instructors, to waiting tables in the student-run Ridgewood Cafe.

What's for lunch is always a pleasant surprise at the Ridgewood Cafe. The menu changes daily and the products served are part of the day's lesson plan. "The cafe and bakery are outlets for student work," explained chef-instructor Kevin Enright.

Making mistakes is part of the learning process, and "sometimes



STAFF PHOTOS BY BILL DIEZEL

Standing by: Above, Chef Christopher Galli watches student Fran Collins prepare pizza rolls for baking. Top left, Bonciare Lewis rolls out dough for danish. Chef Christopher Galli and student Matthew Welemirov watch her progress. Lower left, Chef Roger Holden prepared a white chocolate Grand Marnier raspberry Chambord Bavarian served with an apricot sorbet, garnished with black currant serpentine.

"It's painful to watch," said Susan Baier who chairs the school's hospitality department and was recently named teacher of the year by the Michigan Restaurant Association. "We work with students to help them develop their skills."

OCC emphasizes fundamental cooking skills, management skills and personnel skills. When you're working in a kitchen, you've got to be a team player and get along with people. The college offers degrees in restaurant and hotel management and culinary arts.

Baier is working with her staff on some curriculum changes including a new one-year certificate pastry arts program to help students enhance or upgrade their skills.

"We'll have day and evening classes available," said Baier. "The program will also be open to people who want to take a serious approach to pastry arts. We hope to have it available by January."

The average student enrolled in OCC's culinary arts program is 27-32. Some have just graduated from high school or vocational school, others are making a transition into a new career. Over 100 students ranging in age from 19 to 60 are enrolled in the program. Some will work in restaurants, country clubs and resorts, others will open their own businesses after they graduate.

Recent graduates include Richard and Linda O'Leary who operate the Acorn Cafe in Charlevoix; Don Welch of Confectionery Yours bakery in Livonia; Brad Dockery and Julie Horman of Annabel's Catering in Southfield.

Student who want to work full time and attend school, have the option of enrolling in a three-year apprentice program that's been offered at the school for the past 20 years. It's accredited by the American Culinary Federation.

Please see OCC, B2

Celebrate 'The Great American Meatout' March 20

LIVING BETTER SENSIBLY



BEVERLY PRICE

education campaigns in the United States. It is sponsored by the Farm Animal Reform Movement in Bethesda, Md.

The Meatout challenges Americans to "kick the meat habit" for at least one day.

Dr. Dean Ornish spoke to more than 300 members of Congress and their staffs on Capitol Hill at last year's Meatout celebration. Dr. Ornish, one of the leading cardiologists in preventive medicine, is director of the Preventive Medicine Research Institute in Sausalito, Calif. He has demonstrated that blockage of arteries can be reversed by following a low-fat, vegetarian diet in conjunction with exercise and stress management.

Since even small improvements in arterial blockages can significantly improve blood flow to the heart, this is a

On March 20th:

- Be kind to animals, don't eat them.
- A non-violent lifestyle begins at breakfast.
- Get the meat out.
- If you hate forests, eat a hamburger.
- Friends don't let friends eat meat.

wonderful option for anyone who has considered surgery to be their only choice.

Vegetarian diet

Over 30 million Americans have experimented with a vegetarian diet. Beef and veal consumption are down by 25 and 70 percent, respectively.

Vegetarianism among teenagers is growing at a fast pace, and it is not hard to go to a restaurant and order a vegetarian dish or purchase vegetarian products at the grocery store.

If you want to include more meatless dishes in your menus, try vegetarian products from Worthington Foods (Morningstar Farms and Natural Touch line), ShariAnn's Organics (yummy soups and beans) and Morningstar Nutritional Products (makers of Mori Nu tofu and the Mori Nu mates which can be made into tasty desserts).

What are you doing on March 20th? FARM suggest the following: Be kind to animals, don't eat them. A non-violent lifestyle begins at breakfast.

Get the meat out. If you hate forests, eat a hamburger. Friends don't let friends eat meat. To find out what is happening to observe Meatout in your area, call 1-(800)-MEATOUT.

To order your "Get glad cow disease" T-shirts, contact Worthington Foods at www.morningstarfarms.com.

Beverly Price is a registered dietitian and exercise physiologist. She operates Living Better Sensibly, a private nutrition practice in Farmington Hills that offers programs for individuals and corporations. She is the co-author of "Nutrition Secrets for Optimal Health," Tall Tree Publishing Company. Visit her web site at www.nutritionsecrets.com.

Look for her column on the first Sunday of each month in Taste. See recipes inside.

DESSERT ANYONE?

Share your Passover recipes

Passover is a time when friends and family gather around the Seder table. But making creative and satisfying desserts can be a challenge during this time because the use of standard baking ingredients such as flour, yeast, baking soda and baking powder are forbidden.

What's your favorite Passover dessert? Send recipes to Keely Wygonik, Taste editor, 36251 Schoolcraft, Livonia, MI 48150, fax (734) 591-7279, or e-mail kwyonik@occc.homedomain.net by Friday, March 12. Be sure to explain why this is a good dessert. If you have a photograph of your dessert, send it along. We'll be happy to return it.

We'll share as many recipes as space permits with readers on Sunday, March 21. Everyone knows, the best recipes are ones you share.