

FOCUS ON WINE



RAY & ELEANOR HEALD

International wines have Michigan touch

When someone local, who cut her teeth in the wine business here, returns from Italy as a wine consultant, that scenario translates as international with a special Michigan touch.

This year marks Colleen McKettrick's 20th year in the wine business. With family home in West Bloomfield, she recently paid a visit to see her parents Ann and Bill McKettrick. She brought along a stellar list of wine clients for her CMK Consulting company, founded and incorporated in January this year.

We've known Colleen for most of the 20 years she's been marketing wine. She graduated from the University of Michigan in 1980, with degrees in German and pre-law and a minor in performance flute. She spent her junior year abroad at the Albert Ludwig University of Freiburg, honing her German language skills. Since then, she has become fluent in French and Italian.

Shortly after graduating, Colleen entered the wine trade, selling wines in Michigan, and making connections with European wine producers.

Natural career choice

"Entering this career was a natural," she said. "My junior year abroad piqued my interest in travel, culture, food and wine. If you add my interest in music, it all goes together."

After 11 years state side, Colleen had the opportunity to market abroad for Kuentz-Bas, a producer of top-flight Alsace wines. For three years there, she went to Italy and internationally marketed Tenuta dell'Ornella wines for nearly five years.

"I feel connected to Europe," she remarked. "I'm happy there. It's a challenge as a single woman to do what I do in the international wine scene."

Over the years, travel opened new doors and I had a wealth of contacts and friends around the world. The decision to form my own company, independently consulting a small portfolio of selected wine estates, is a manifestation of my personal commitment to these relationships, developed over my years in the wine business.

The cover page of the CMK Consulting book of clients states Colleen's business and personal purpose best.

"Each estate exemplifies excellence and innovative winemaking; combines creativity with technical prowess and is a testimony to what passion can create, when from the vineyard to the cellar, no goal is considered unreachable."

Please see WINES, B2

Wine Picks

- Pick of the Peak: 2008 Matanzas Creek Winery Merlot \$50, dynamic, bright fruit with notes of cedar. Chocolatey notes in the finish complemented by toasty oak. Merlot at its best!
- Pair these chardonnays with pan-seared scallops for a deliciously simple dinner: 1998 Rosemount Chardonnay \$10; 1997 Canoe Ridge Vineyard Chardonnay \$15; and 1997 Ferrari-Carano Chardonnay \$22.
- Zinfandels are great for early spring barbecues: 1998 Chateau Sauvignon Zinfandel \$11; 1996 Pedroncelli Zinfandel \$13; 1996 Geyser Peak Zinfandel \$14; and 1996 Ferrari-Carano Zinfandel \$17 are delicious and tasted in a range from light to fuller-bodied.
- Proprietary wines are generally blends and do not include the varietal on the label: 1996 Rosemount GSM \$10 gives you a hint that the blend is grenache, syrah and mourvèdre; and 1996 Ferrari-Carano Siena \$28 is sangiovese, cabernet sauvignon and malbec.
- Best buys at \$10 and under: 1998 Heritage Road Chardonnay and Shiraz, both \$9.

LOOKING AHEAD

What to watch for in Taste next week:

- 2 Unique
- Ma'n Dish Miracle

Desserts

for spring

By KELLY WYGONIK
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Simple, short, sweet — these are the things we like our dessert recipes to be. Most of us don't have time to fuss in the kitchen.

Relax this Mother's Day, prepare a simply luscious dessert for mom that didn't take all day to prepare, but looks like it did.

Peach Lattice Bars, a recipe from the Kretschmer Wheat Germ Kitchens, is elegant, yet easy enough for beginners. You can even make it ahead of time and freeze for later.

After making the dough, half of it is set aside for a topping. The remainder is simply spread into a baking pan.

The dough, "base" is spread with peach or apricot preserves. Dough that was set aside is piped from a plastic bag with one corner removed into criss-cross strips on top of the preserves.

Rhubarb, one of the first fruits of the season, is ready to harvest. If you've got some growing in your backyard, and are hungry for something "Short & Sweet," Sophisticated Desserts in No Time at All, take a look at this newly published cookbook by Melanie Barnard, (Houghton Mifflin, Boston, New York, 1998, \$25).

A James Beard Award winner, Barnard dedicated the book to her mom who "baked every day... and baked for love."

The book is a collection of elegant desserts, including some for rhubarb, that can be prepared in under 30 minutes with seven or fewer ingredients.

A columnist for *Bon Appetit*, Barnard doesn't believe it's necessary to bake everything from scratch.

"I take advantage of the high-quality refrigerated pie crusts, puff pastry, and phyllo dough that are available," she writes. "With them I can make pies and tarts in fewer than 30 minutes, including the baking time. Store-bought pound and angel food cakes become memorable when filled with jams or preserves."

Beginning with suggestions for stocking "The



KATHLEEN WELSH/STYLING

Spring: There's no need to worry about dessert when you make Peach Lattice Bars. These easy bar cookies can be made ahead of time and frozen.

Baking tips

- Place the oven rack in the center of the oven when baking cakes or cookies. If the rack is too low the bottom will bake too quickly.
- Cookies brown more evenly when baked on a flat shiny aluminum cookie sheet with no sides.
- If a recipe calls for preheating the oven, allow 10 to 15 minutes to reach the proper temperature.
- Always place cookies on a greased or oiled cookie sheet, otherwise the dough spreads and results in irregularly shaped cookies.

Remove cookies immediately from the cookie sheet or they continue to cook.

■ If you don't have enough batter to completely fill a cookie sheet, cover the unused space with an inverted baking pan. The pan will absorb the heat so the cookies don't bake too fast.

■ Warped cookware conducts heat unevenly so cheap pots, cake pans, muffin tins or cookie sheets are not a bargain.

■ When using glass cookware for

baking, reduce the oven temperature by 25 degrees. Increase cooking time slightly to compensate. Glass retains heat longer than the average metal baking pan.

■ If your cake is done on the outside before the center of the cake you are probably using the wrong size pan or your oven temperature is too high.

Information from Lisa Theobald of Birmingham, an extension home economist for the Michigan State University Extension - Oakland County.

Short & Sweet Basic Pantry," Barnard shares recipes and tips that lead to sweet success.

Photos by Ann Stratton enhance this delicious culinary package that is sure to delight the sweets in your life.

Back to the rhubarb, which, if you're like me, is ignored until the stalks are too big and tough to be good.

Harvest rhubarb in early spring when the leaves are fully developed. Don't cut the stems, break and pull stalks from the crown.

After harvesting, tightly wrap rhubarb stalks in a plastic bag. Rhubarb will last about three days in the refrigerator. Freeze for up to nine months.

You'll want to have some rhubarb on hand in late June when Michigan strawberries are in season. If over there was a flavorful pair, it's strawberries and rhubarb.

By then, your rhubarb will be too tough to enjoy, and the strawberries will be perfect.

To freeze rhubarb, home economists at the Michigan State Cooperative Extension recommend choosing firm, tender, well-colored stalks with good flavor and few fibers.

Wash, trim and cut the stalks into 1- or 2-inch pieces in lengths to fit the freezer bag or container. Heat rhubarb in boiling water for 1 minute and cool promptly in cold water to retain color and flavor. Drain well.

For a sugar pack place raw or preheated rhubarb tightly into containers; cover with cold 50-percent syrup (1 cup sugar to 1 cup water). Leave 1/2-inch headspace. Seal, label and freeze.

Rhubarb is rich in vitamins A and C and a good source of calcium and potassium.

Whether you like your desserts cool, warm or frozen, Barnard has something that's sure to please and surprise mom. In addition to recipes and tips, the book is sprinkled with heartwarming anecdotes that will remind you of your family. Like the time you made your first cake.

See recipes inside.



Wheat, yeast, mold, milk make some people sick



BEVERLY PRICE

Do you ever wake up with swollen joints, sinus pain and drainage, puffy eyelids, and/or overwhelming fatigue?

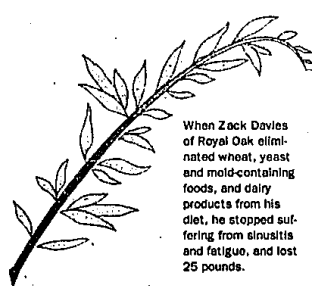
Could it be that spring is in the air along with the pollen that it brings? Or, do you have food allergies or intolerances that you may not be aware of?

Some people are born with food allergies and eventually outgrow them, while others develop food allergies over time. A weak immune system can be the cause of many food allergies or intolerances.

The goal is to strengthen the immune system through proper diet, exercise and stress management in order to avoid reactions to common foods. Common food allergens include wheat, yeast, mold, and milk. Let's explore how these foods affect various people, and how you can adjust your diet if one or more of these foods bother you:

■ **Wheat** — an allergy or intolerance to wheat can develop when you eat the same types of foods day in and day out. In this country, we overuse wheat, which is commonly found in breads, cereals and pasta. We sometimes ignore other grains, which can provide us with lots of great nutrients.

What's left to eat if wheat is in so many of our food products? Try other grains from around the globe such as quinoa, barley, spelt, millet, amaranth and kamut. These are grains of the ancients that are rich in B-vitamins, protein, fiber and trace minerals. Janet Styles, Plymouth was diagnosed with fibromyalgia, an autoimmune condition character-



When Zack Davies of Royal Oak eliminated wheat, yeast and mold-containing foods, and dairy products from his diet, he stopped suffering from sinusitis and fatigue, and lost 25 pounds.

ized by constant muscle pain, aching, stiffness, disturbed sleep, depression and/or fatigue. Styles said she felt awful shortly after eating wheat products. When she eliminated wheat from her diet, her energy increased dramatically.

■ **Yeast and mold** — leavened breads and cake mixes contain yeast. Mushrooms, vinegar and vinegar-containing condiments, soured dairy products, alcohol, and aged foods contain yeast-like substances as well as mold.

You may think of mold as being an environmental problem only. However, mold-containing foods also include dried fruits, cheese, and pickled foods.

Try making your own pizza with soy or rice cheeses. A variety of wheat and vinegar-free condiments are available at your neighborhood health food store.

■ **Milk** — Many children are born with a milk-protein allergy which can cause severe intestinal problems. If left untreated, permanent damage to the intestinal lining as well as lactose intolerance can occur. Although still controversial, juvenile diabetes has also been linked to a milk-protein allergy. Recurring sinus problems may also be traced to milk in the diet.

If a soy allergy is not a concern, try soy milk, soy cheese (including soy cream cheese), soy sour cream and soy yogurt. If a soy allergy is a concern, rice milks, cheeses, desserts and other rice products are available. Major grocery store chains are now carrying soy and rice products.

When Zack Davies of Royal Oak eliminated wheat, yeast and mold-containing foods, and dairy products from his diet, he stopped suffering from sinusitis and fatigue, and lost 25 pounds.

Although it may seem like a sacrifice, your health is priceless. Focusing on what you can eat will make you feel great when you wake up each morning.

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 website at www.nutritionsecrets.com.

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