

FOCUS ON WINE



RAY & ELEANOR HEALD

Rosé wines take sizzle out of summer

For those who like sunshine, great outdoor picnics and barbecues, this has been a glorious summer. Suspecting that it will continue, we suggest you take some of the sizzle out of summer with rosé (ro-zay) wines.

Until recently, rosé has been a wine for people who know and really love it. Those who taste it for the first time (often in southern France) invariably comment on its pretty color, fruitiness, freshness and that it's much drier than they expected. In other words, a new taste experience. Freshness is the key to enjoyment and you should not buy anything other than a 1998 vintage now.

Rosé is not easy to make. To attain delicacy, the issues of correct color and flavor extraction, without excess tannin, need to be met. There are a number of red grape varieties chosen for a rosé. This difference impacts taste and style.

Style and taste

Joseph Phelps Vineyards Vin du Mitrail Grenache Rosé \$11 has achieved style consistency. Winemaker Craig Williams says, "I prefer a style that has bright deep color, more fruit, better balance and focus. Our Grenache Rosé is more like a light red wine than a rosé. It's one of the hallmarks compared to the gamut of rosés in the market."

"Part of the rosé connection that causes consumer rejection is light color. There's still the image that rosé is a second-class citizen in the wine world. Once people try rosé, they have a different view."

Another single grape, zinfandel, defines the Pedroncelli style of rosé \$9.50. It's similar at Simi Winery with its Rosé of Cabernet Sauvignon \$10. Tond Hollow Eye of the Tond \$10 is 90 percent pinot noir.

One might believe that a unifying theme among rosés is a lack of barrel influence. Not true. Preston Vineyards Le Petit Faux \$12, a Rhône-style rosé made from cinsault, grenache and mourvèdre takes its inspiration from the salmon-colored wines of France's Bandol region. Winemaker Kevin Hamel barrel ages Le Petit Faux to create a rich palate impression.

At Iron Horse, winemaker David Munksgaard says Rosato de Sangiovese \$14 is made because it is the winery's goal to make a bigger, bolder sangiovese. He draws off a portion of sangiovese from the fermentation tank after about three days and it is

Please see WINES, B2

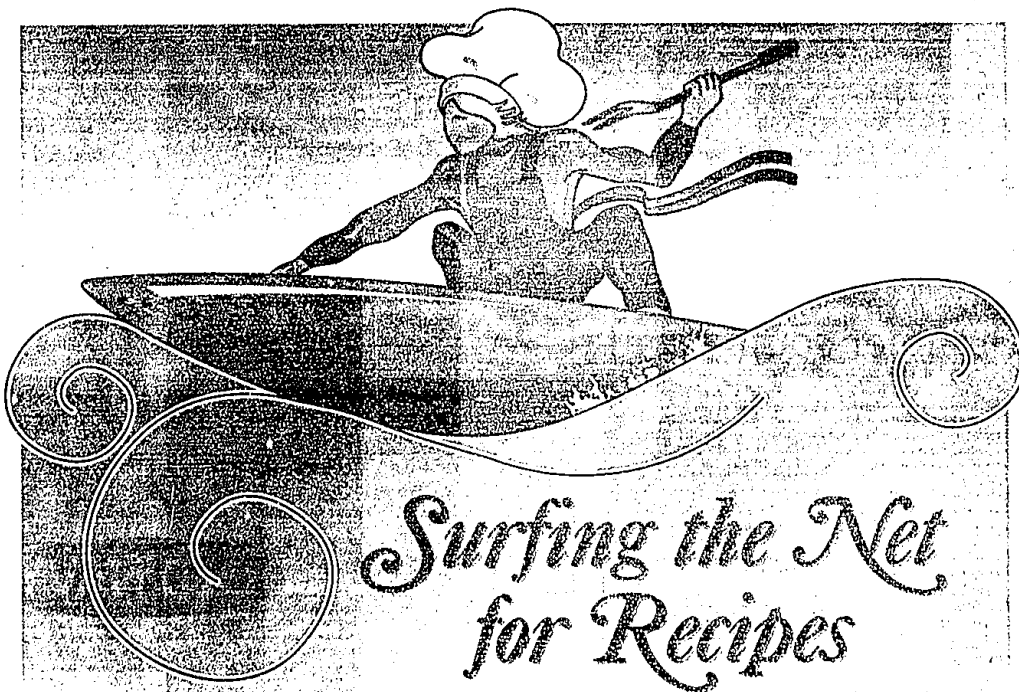
Wine Picks

- Pick of the pack: 1998 Byron Estate Pinot Noir, Santa Maria Valley, \$40. If you've not discovered the Central Coast's Santa Maria Valley for fabulous pinot noir, start right here. Drinking well now, this wine is a keeper for several years if well cellared.
- Less expensive, but still very good pinot noirs are: 1998 Benziger \$18 and Kling Estate, Oregon \$18.
- Sauvignon blanc is another make-for-summer wine. Serve these well chilled: 1998 Preston Sauvignon Blanc, Dry Creek Valley \$12 and 1998 Morgan Barrel Fermented Sauvignon Blanc \$12.
- For maximum pleasure, serve any wine well chilled in this assortment of unusual and well-priced whites: 1998 F. Coppola Bianco \$10; 1998 D'Albino Pinot Grigio, Friuli \$10; 1998 Antinori Camporegio Orvieto \$10.
- Wines to be served, again well chilled, for dessert: 1997 St. Supéry Moscato \$12 and 1997 Cestaleto Moscato \$19/\$35ML.

LOOKING AHEAD

What to watch for in Taste next week:

- 2 Unique
- Main Dish Miracle



Great meals are just a click away

BY MAGGIE BOLEY
SPECIAL WRITER

Looking for new recipes? The Internet is a treasure trove.

A recent trip to a search engine yielded 535,424 Web pages for recipes. Forget the kitchen television, get a computer. It could replace your cookbook shelf. Recipes can be saved on your hard drive, or printed out on paper. Here are just a few good Web sites to get you started.

Begin with SOAR—the Searchable Online Archived Recipes Web site at <http://soar.berkeley.edu/recipes>. This site has 63,000-plus recipes, currently indexed and growing. New recipes are added to the site on a regular basis. From Medieval to microwaved, appetizers to Vulcan Wedding Cake (a non-ritual version), you are sure to find something new and fun to try here.

Go ahead—type in an ingredient. You will be quickly presented with hundreds (thousands!) of recipes using the item. I tried "garlic" and had to stop after 400 listings. From an Alpine Mushroom Salad to Garlic Ice Cream, as well as a recipe for grilled shark, you

Cyberspace cooking

Here are some places to search for recipes on the Internet:

- SOAR: the Searchable Online Archived Recipes — <http://soar.berkeley.edu/recipes>
- American Diabetes Association — www.diabetes.org
- American Heart Association — www.heart.org
- Vegetarian Resource Group — <http://www.vrg.org>

could be overwhelmed. You can also search the site by clicking on one of the eleven food categories, such as main dishes, snacks, and so on.

These eleven categories are further broken down into 163 groups, such as breakfasts, salads, soups and more.

If the 55,000 plus recipes aren't enough, SOAR is part of a "Recipe WebRing"—a collection of Web sites that have joined together to allow users to find other interesting sites. This Berkeley, Calif.-based site is the creation of people who "enjoy cooking and computers," and cannot provide specific information on diets or medical conditions.

Healthy matters

If you are looking for specific

information on special diets and other health matters, two very good Web sites to try are those from the American Diabetes Association and the American Heart Association.

The Web site of the American Diabetes Association www.diabetes.org presents information on nutrition, exercise and risk factors for diabetes. While the information is sometimes specific to persons with diabetes, nutrition basics, such as cutting fat, or handling holiday overeating, are also covered. A new recipe is posted each day. There are archives of past recipes.

Recipes list diet exchanges, calorie counts as well as protein, sugar and fat information. Each week features selections from a different diabetic cookbook. The cookbooks are available for purchase from the Web site at a discount.

The American Heart Association Web site at www.heart.org offers a good selection of recipes that are low in fat, cholesterol, and sodium, along with fitness tips and a dieting workshop. The site is visually pleasing, with the format presented as a spiral-bound book.

Navigate the site by clicking on tabs of the book to access a new subject. You can search AHA recipes by category, from breakfast

to desserts, or by main ingredient.

Feeling like Italian, French, German? Select from one of seven international categories. You can even select low salt, or easy to prepare options. A note of caution, if you make your request too specific sometimes the search engine will not produce a result. While the recipes are all low in salt and fat, no exact dietary exchanges or sodium and fat content measures are given.

Vegetarian

The Vegetarian Resource Group, <http://www.vrg.org> is easy to read and navigate, the site provides news, recipes, nutrition information, links and ideas for those interested in becoming or remaining vegetarians. A fun, 20-question vegetarian game is also included. Your score is tallied at the end of the test, and you can review any incorrect answers.

Online ordering of vegetarian cookbooks is provided. Calorie counts and total fat grams are provided for all recipes. A grilled portobello mushroom recipe was a good find from this site.

One warning—when you start surfing the net for recipes, make sure you stop in time to cook what you've found!

See recipes inside

TAMARA GRAVER/STAFF ARTIST

Consider the benefits of organically grown food

LIVING BETTER



BEVERLY PRICE

fruits and vegetables as those which are grown and harvested on farms that do not use any fertilizers containing synthetic ingredients or any commercially blended fertilizers containing natural poisons such as arsenic or lead salts.

The use of nitrogen, sulfates, or heavy metals, along with the use of any packaging materials or storage containers that contain synthetic fungicides, preservatives or fumigants is prohibited.

Standards

Are there standards that organic farms must meet?

A certified organic farm is required to meet national standards recommended by the NOBB, but is certified

by independent state agents. Currently, the United States Department of Agriculture is attempting to standardize the use of the term "organic."

Health benefits

What are the health benefits of eating organic foods?

Joyce Word of Southfield was concerned about potential pesticide residues in the large amount of juice that her two-year-old daughter, Breanna, was drinking. She now gives her daughter organic apple juice which is 100 percent juice.

With any juice, however, experts recommend limiting the amount to no more than 12 ounces per day so your child can receive a variety of nutrients from other foods as well.

Judy Miller of Oak Park buys only organic produce for her family because fruits and vegetables grown in organic soil have a larger variety of nutrients.

Because one of her children has special needs, and another is a vegetarian, Judy is always seeking information to maximize the health of her family.

She and her friends belong to an organic "co-op" where they purchase organic foods together and learn from each other.

"I do this out of love for my kids," said Miller. "I want the best for them, and for them to understand what good

nutrition is all about. Kids think and learn better when they are receiving proper nutrition. Besides, the taste of organically grown produce is so much better! My husband, Greg, now eats pears and tomatoes where he would not touch them prior to our switch to organic produce."

Purchasing

Where can you purchase organic foods?

Full-service, specialty grocery stores, such as Holiday Market in Royal Oak and Canton, stock organic produce and traditionally grown fruits and vegetables. Whole Foods Market, in Farmington Hills, Troy, Birmingham, Ann Arbor and Rochester Hills, offers a full line of organic products.

Whole Foods Market is committed to foods that are fresh, wholesome and safe to eat. They seek out and promote organically grown foods along with those that are free of artificial preservatives, colors, flavors and sweeteners.

Cost

Are organically grown foods more expensive?

Generally, yes. But, this is a choice people make and hold as priority in their lives.

Your neighborhood can organize its own buying club through organic dis-

tributors. Check out the web at www.u.s.food-co-op.directory.com for an organic cooperative closest to you.

Forming a buying club can offer you a more affordable means of purchasing organic foods.

How do you know if organically labeled food is truly organic?

You must know and trust the farmer that you are dealing with. Since we are not dealing directly with the farmer on the consumer level, don't be afraid to ask questions of your grocer.

In addition, it never hurts to thoroughly wash any produce that you buy with a formulated wash, such as Allergo Fruit and Veggie Wash, to remove wax, oily pesticides, soil and chemicals that may remain on your foods.

Hopefully, we will see more standardization of organic food production in the near future.

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.