

FOCUS ON WINE



RAY & ELEANOR HEALD

Flavorful wines for Thanksgiving

A treasure trove of food flavors find their way to the traditional Thanksgiving dinner table. No one wine is perfect with both white and dark turkey meat, your special homemade dressing, cranberry sauce, sweet potatoes, or whatever else you may serve.

So, we're offering a bounty of flavorful wine suggestions in a special price range. Using our suggestions in each wine category below, you should find a few bottles that will please adults gathered around your Thanksgiving table.

Wines are listed by price and you may wonder, how can we recommend a \$40 wine with the same enthusiasm as an under \$10? That's easy. High-end recommendations are serious wines of complexity and depth. Lower-priced are simple, pleasant drinking.

Pinot grigio

Today's new and hot white is pinot grigio. It's a superb aperitif pour. Go right to its Italian origins and choose some dynamite values from among:

- 1998 Kris Pinot Grigio \$11.50
- 1998 Zenato Pinot Grigio \$10
- 1998 Stella Pinot Grigio \$7

Favorite white wine

Chardonnay, America's favorite white wine, is well suited to the Thanksgiving feast. Oakier, more complex styles are not overwhelmed by seasonings in the dressing or gravy. They aren't beat up by sweet potatoes or cranberries. Oranges in a cranberry relish actually showcase the bright tropical fruit of California chardonnays. Oakier styles cost more to produce and the price for the best are above \$20, but you'll find some price surprises.

- 1997 Matanzas Creek Winery Chardonnay, Sonoma Valley \$31 bested any chard in our tasting.
- 1998 Edna Valley Chardonnay, San Luis Obispo \$18.50 was number two, so we placed it here instead of by price to get your attention.
- 1997 Penfolds Adelaide Hills Chardonnay (Australia) \$27
- 1997 Beaulieu Carneros Reserve Chardonnay \$27
- 1997 Dry Creek Vineyard Reserve Chardonnay, Sonoma County \$22
- 1997 Acacia Chardonnay, Carneros \$21
- 1997 Venezia, Regusci Vineyard Chardonnay, Napa Valley \$20
- 1997 Belvedere Chardonnay, Russian River Valley \$19
- 1997 Franciscan Oakville Estate Chardonnay \$17
- 1997 Byington Chardonnay, Santa Cruz Mountain \$17
- 1998 William Hill Chardonnay, Napa Valley \$15
- 1997 Chateau Ste Michelle Chardonnay \$13 - none better under \$20 from Washington
- 1998 Penfolds Koonunga Hill Chardonnay \$10 - best buy

Light red

- Beaujolais Nouveau from France is best bet light red.

Please see WINE, D2

LOOKING AHEAD

What to watch for in Taste next week:

- Visit Awrey Bakery
- Hanukkah recipes

T U R K E Y

DO'S & DON'TS

HOME ECONOMISTS OFFER TIPS

BY KEELY WYGOMIX
STAFF WRITER
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Plan ahead - that is the secret to making a memorable Thanksgiving dinner. Lois Thieleke of Birmingham, a home economist for the Michigan State University Extension-Oakland County, has lots of tips to share.

"When buying a turkey, it is generally suggested that for every adult plan and buy 1 1/2 pounds of turkey," said Thieleke. "There is a lot of waste on a whole bird and you certainly want leftovers."

"What's the best way to thaw a turkey?" is one of the most frequently asked questions this time of year. Last year, 13,276 people called the Butterball Turkey Talk-Line (800) 323-4848, or www.butterball.com, to find out. Refrigerator thawing is recommended both by the 48 home economists and nutritionists who answer the Turkey Talk-Line, and by Sylvia Treitman, director of the MSU Extension-Oakland County's Food and Nutrition Hotline.

Thaw your turkey breast-side-up in its unopened wrapper on a tray in the refrigerator. Allow at least one day of thawing for every four pounds of turkey.

If you forget to take the turkey out of the freezer, you can use the cold water method - place the turkey breast-side-

down in its unopened wrapper in cold water to cover. Change the water every 30 minutes to keep the surface cold. Estimate minimum thawing time to be 30 minutes per pound for the whole turkey.

"Give your turkey a bath," said Treitman. "Remove the neck and giblets. Rinse inside and outside in cold water, drain well."

Some people like to stuff their turkeys, some don't. I like to cook my stuffing in a separate casserole dish. For flavoring, I fill the cavity of the turkey with quartered fresh apples, a bay leaf, two cinnamon sticks, and a sprinkle of nutmeg and ginger.

"Do not stuff the turkey the night before," said Thieleke. Home economists and nutritionists who answer the Turkey Talk-Line say to allow 1/2 to 3/4 cup of stuffing per pound of turkey. Pack the stuffing lightly in the turkey.

Roast your turkey at 325 degrees F, and use a meat thermometer to check for doneness - 180 degrees F in the thickest part of the inner thigh, or 170 degrees F for the white meat.

"Even if your turkey comes with a pop-up thermometer, check the temperature with a meat thermometer," said Thieleke. "Use a meat thermometer to make sure the center of the stuffing reaches 165 degrees F."

"Do as many things ahead of time as



BUTTERBALL TURKEY COMPANY

Holiday feast: Golden, roasted turkey, and sumptuous side dishes such as orange candied sweet potatoes and string beans with browned butter and almonds, make Thanksgiving dinner a memorable meal.

you can," said Marion Mahoney, administrator of Dayton-Hudson's Culinary Professional Department Store Program, which developed a Turkey 101 class for novice cooks. Timing is important.

"Be sure to let your turkey rest 20 minutes after roasting. If your turkey tastes dried out, you probably carved it too soon," she said.

When you're shopping for potatoes, Thieleke recommends a russet potato for mashing or baking. For boiling or roasting, buy red potatoes. For mashed or scalloped, buy Yukon gold.

For a truly traditional Thanksgiving,

don't forget the cranberry relish.

"Cranberries are one of only three major native North American fruits," said Thieleke. "The others are concord grapes and blueberries. Cranberries are very tart so sugar is generally added to make them sweet. Cut the calories when cooking cranberries for sauce by using apple juice for the sweetener. Bring one cup frozen apple juice concentrate to a boil in a saucepan and add four cups cranberries, reduce heat and simmer until thickened."

Please see TIPS, D2

Be thankful for the Internet

BY MAGGIE BOLEYN
SPECIAL WRITER

If you are looking for recipes to update your traditional Thanksgiving dinner fare, the Internet is invaluable. Start a new tradition as we head toward the millennium - surf for your supper.

Thanksgiving recipes, a reader exchange, glossary of cooking terms and more can be found at www.thanksgivingrecipe.com

Turkey cooking and carving instructions are available, as well as vegetarian fare. You can print recipes on 8 1/2 by 11-inch paper, 3 by 5 or 4 by 6-inch cards. Recipes are sorted by category or alphabetically.

Lots of interesting vegetarian recipes for Thanksgiving can be found at www.vegsource.com/thanks.htm

Visit the home page www.vegsource.com for links to more than 5,000 recipes.

You'll find more than 200 holiday recipes, home brewing tips and more at the Home Arts Web site <http://homearts.com/depts/toc/thanksc2.htm>

Visit any or all of these sites for recipes, you'll be thankful.

MAPLE AND TARRAGON SWEET POTATOES

Makes 8 to 10 servings
4 pounds sweet potatoes, peeled and sliced 1/4-inch thick
1/3 cup maple syrup
1/4 cup soy margarine, melted
1/4 cup orange juice
1/4 teaspoon cinnamon
1/2 teaspoon salt
2 teaspoons dried tarragon

Preheat the oven to 350°F. Arrange the sweet potato slices in overlapping rows in an oiled shallow 2-quart casserole. In a small bowl, combine the syrup, margarine, juice, cinnamon, and salt. Pour evenly over the potatoes.

Sprinkle the tarragon over the top. Cover with lid or foil and bake, covered, for 25 to 30 minutes, or until readily pierced with a fork but still firm. Bake another 20 to 25 minutes uncovered, or until glazed and golden around the edges.

Recipe from www.vegsource.com/thanks.htm
Maggie Boleyn is a registered nurse at Beaumont Hospital in Royal Oak and enjoys surfing the Internet for food and nutrition information.

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