

Columnist wins award from dietitian association

By **KEN ABRAMCZYK**
STAFF WRITER
kabrancyk@oe.homecomm.net

A nutritionist and Taste columnist was awarded for her distinguished professional service by the 200-plus members of the Southeastern Michigan Dietetic Association.

Muriel Wagner, whose Main Dish Miracle column appears each month in the Taste section of the Observer & Eccentric Newspapers, received the award for her work on April 6 at Henry Ford Hospital.

"The award goes to an individual who does outstanding work



in nutrition," said Allan Levine, public relations and marketing chair of the Southeastern Michigan Dietetic Association, a local chapter of the American Dietetic Association.

Levine cited Wagner for her

work in consulting with businesses, governmental units and agencies on nutrition, namely the Ford Motor Co., the city of Detroit, the U.S. Senate and the American Dietetic Association.

"She's done amazing things for the community," said Levine. "She developed, coordinated and implemented 'Dial a Dietitian.' She's also received regional and national recognition for her programs."

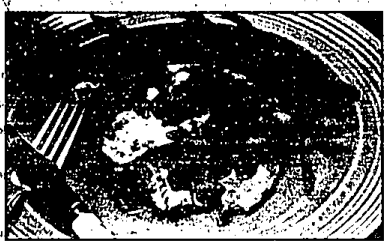
Wagner is a registered dietitian and nutrition therapist with an office in Southfield. She publishes "Eating Younger," a quarterly newsletter with recipes and nutrition tips. Wagner, who has

a doctorate and master's of science degrees, also teaches classes on nutrition.

Wagner has been published in the Journal of the American Dietetics Association, American Journal of Clinical Nutrition and Nursing Outlook. Wagner is listed in the books of "Who's Who in Medicine and Health Care" and "Who's Who of American Women."

"I've seen her work and I think she's reaching a lot of people," Levine said.

Wagner was excited about the award. "It's wonderful to be recognized by your colleagues," Wagner said.



Tender fish: Poaching allows fragile foods like fish to retain their shape, textures and delicate flavors.

Poaching is healthy, easy

When it comes to getting sound nutrition from your meals, how you cook can be as important as what you cook. Even the most wholesome foods benefit from cooking techniques that minimize nutrient loss and the use of added fat while maximizing flavor, color and texture.

Poaching is one such technique. It is favored by many chefs as a quick and easy way to prepare foods healthfully.

POACHED FISH WITH TOMATOES

- 1 to 1 1/2 pounds fresh or frozen, thawed fish, in fillets or steaks (swordfish, haddock, sole, mackerel, whitefish all work well)
- 1 tablespoon, olive oil
- 3/4 cup scallions, coarsely chopped
- 2-4 cloves garlic, minced
- 2 cups tomatoes, chopped
- 2 teaspoons red wine vinegar
- 1 bay leaf
- 2 whole cloves
- Dash hot pepper sauce
- Pepper to taste
- Heat olive oil in a large skillet; sauté scallions until very

lightly browned. Add garlic and cook for 30 seconds. Add all remaining ingredients except fish. Bring to a boil, then reduce heat, cover and cook for 5 minutes. Remove cover and cook about 20 minutes more, until sauce is beginning to thicken.

Add fish and cook about 10 minutes per inch of thickness of fish (measured at thickest point). To test that fish is done, see that it flakes easily with a fork and that it is opaque throughout. Do not overcook. Remove bay leaf and cloves; serve promptly.

Each of the 4 servings contains approximately 156 calories and 4 grams of fat (will differ depending on type of fish selected).

Recipe courtesy of the American Institute for Cancer Research. AICR offers the AICR Nutrition Hotline (1-800-843-8114). Open 9 a.m. to 5 p.m., Monday-Friday, this free service allows you to ask a registered dietitian your questions regarding diet, nutrition and cancer. AICR's Internet Web address is www.aicr.org.

Meatballs from page D1

since and have always received many compliments on the flavor," Promo said. "I have used turkey as well as ground beef, or a mixture of both, with equal success."

Promo likes it for potlucks, but always checks first with a host before bringing it, as it is a meat dish.

"The appeauce gives it a different flavor," Promo said. "The kids were happy to have it. They love it."

The recipe's longevity remains a great symbol of the relationships and shared memories between families and friends.

CREOLE MEAT BALLS WITH APPEAUCE

- 1 pound ground beef or turkey (or combination)
- 1/2 cup appeauce
- 1/2 cup soft bread crumbs
- 1 egg
- Salt and pepper
- Flour
- 3 tablespoons cooking oil
- 1/2 stalk celery, sliced thin
- 1/3 cup green pepper, finely chopped
- 1/2 cup carrot, sliced thin
- 1 small onion, diced
- 1 cup tomato juice

Mix beef, appeauce and bread crumbs. Add egg. 1 teaspoon salt, 1/4 teaspoon pepper. Shape into rounds.

Roll in flour and brown in hot oil. Place balls in a 1-1/2 quart casserole after draining oil from pan.

To a small amount of the drippings, add celery,

green pepper, carrot and onion. Add tomato juice, then season with salt and pepper. Heat to boiling and pour over meat balls.

Cover and bake at 350° F for 40 minutes. Serve as is or over rice. Serves 6.

Everyone knows the best recipes are the ones you share. Send us your favorite original recipe, and if it's chosen to be featured in the Recipe to Share on the third Sunday of the month in Taste, we'll send you a cookbook.

Send recipes for consideration in Recipe to Share to Ken Abramczyk, Observer & Eccentric Newspapers, 36251 Schoolcraft, Livonia, MI 48150, or fax them to (734) 691-7279, or e-mail kabrancyk@oe.homecomm.net

Please include a daytime phone number and the best time to call, so we can contact you about your recipe. Try to be as specific with recipe details such as can and package sizes.

Wine from page D1

winery, Hess Collection, to make an initial 1,000 cases of sauvignon blanc, chardonnay and cabernet sauvignon.

"Back then, our style of wine moved away from big, oaky, overly alcoholic wines," Marketta said. "We tried to fashion them in a more subtle style, somewhere between the prevailing goals of California at that time and France — not too rich and not too austere because they are wines to complement food."

"It pleases us that today's California wine styles have moved in the direction we chose nearly 20 years ago."

Distinctive style

Understanding the distinctive character of mountain-grown grapes, in 1988 the Fourmeaux purchased a 273-acre property with home and winery on Mount Veeder, 1,800 feet above the Napa Valley floor. Wines produced from their mountain-side vineyards are packed with intensity and flavor.

Most ironic is the fact that Chateau Potelle's first world-class success came with the 1990 vintage, not with a French-origin grape, but with America's heritage zinfandel. It put the

winery on the map and fast track to recognition. "This made us very happy," Marketta said. "We fell in love with zinfandel during our 1980 business trip."

Such success required that Chateau Potelle expand production of zinfandel. More was planted on the Mount Veeder estate and Marketta and Jean Noel found a grower in California's Amador County, zinfandel heaven, willing to let them farm his vineyard to their specifications and buy the grapes.

After an intensive search, a 90-acre parcel was discovered in Paso Robles and purchased in 1997. Both zinfandel and syrah are planted there. This year, grenache, mourvedre and eight acres of cabernet sauvignon, merlot, and cabernet franc will be added.

Additionally, this year, 20 more vineyards acres of cabernet sauvignon and merlot will be

added to the Mount Veeder estate.

Proof in the tasting

All Chateau Potelle wines grown from estate grapes carry the VGS (Very Good SH-T, no joke!) designation. Try:

- 1997 Chateau Potelle Sauvignon Blanc, Napa Valley, \$13;
- 1998 Chateau Potelle Chardonnay, Central Coast, \$17;
- 1998 Chateau Potelle Chardonnay VGS, \$44;
- 1997 Chateau Potelle Zinfandel, Amador County, \$17;
- 1995 Chateau Potelle Cabernet Sauvignon VGS, \$46, available in very limited quantity, but worth a search.

Look for Focus on Wine on the first and third Sunday of the month in Taste. To leave a voice mail message for the Herald, dial (734) 953-2047; mailbox 1864.

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