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### FOCUS ON WINE



RAY & ELEANOR HEALD

## Winemakers set wine styles

**W**e've been lucky! We gained a reputation as wine writers in the same time period as some of today's top California winemakers. So, you might say we've "grown up" together.

Steve Test, winemaker at Merryvale Vineyards in the Napa Valley, is on this list. We first met Test in 1980, right after he completed enology graduate work at the University of California at Davis. We're fans of his wines, first in the early years at Domaine Laurier, then at Stonestreet.

About a year and a half ago, Merryvale put its top-of-the-line red wine Profile in a blind tasting against other big hitters in the Bordeaux-style blend category, 1995 vintage. Eleanor was one of the tasters. She found it interesting that her number one wine was the Stonestreet Legacy and number two was Merryvale Profile.

Steve Test left Stonestreet and became Merryvale winemaker in the summer of 1998. He made the 1995 Stonestreet Legacy that she liked. His predecessor made the 1995 Merryvale Profile.

And why did Eleanor rank the wines as she did? Her tasting notes tell it all. Stonestreet Legacy was opulent and the Merryvale Profile was elegant. For Bordeaux-style California reds, Eleanor prefers opulence over elegance.

**Wine Picks**  
 ■ To say "California chardonnay" doesn't nearly touch the truth. There are so many styles. You need to remember the appellation and the producer to repeat a taste experience you've enjoyed.  
 ■ Among our favorite new chardonnay releases:  
 ■ Best of tasting: 1997 Ferrari-Carano Reserve, \$32;  
 ■ Best with seafood: 1998 Robert Mondavi Winery, \$20;  
 ■ Most interesting style: 1995 Laetitia, \$15.50;  
 ■ Best new: 1999 Geyser Peak Block Collection Dig River Ranch, \$23;  
 ■ Best deal: 1998 R.H. Phillips Toasted Head, \$24;  
 ■ Absolute steals: 1998 R.H. Phillips Barrel Caves, \$9, and from Australia and blended with semillon, try Rosemount Semillon-Chardonnay, \$8.

**Looking for opulence**  
 In a recent face-to-face with Steve Test, Eleanor asked him to compare his winemaking style with his predecessor's. She about fell off her chair when he said, "I'm looking for opulence, fatness, big, dark, round wines, but with supple tanning. I guess you'd have to say the

change consumers will see with my wines is from elegance to opulence. These winemaking attitudes lead wine blends in different directions." Winemakers set wine styles!  
 With some 1998 Merryvale wines, all made by Steve Test, now in the market, it's a good time to learn if you, too, prefer the subtle changes.  
 The 1998 Merryvale white wines are brighter, fresher, and potentially longer-lived. The 1998 Sauvignin Blanc, \$19, is a departure from the former style. Varietal characters, such as ripe melon with some new-mown hay in the background are in focus. With leanings towards the style of a French Pouilly-Fumé, it's lovely.  
 Reserve 1998 Merryvale Sauvignin Blanc, \$24, is a step up. For a Reserve wine, I use slightly more oak and the best lots from the best barrels," Test said. "To me that means, those with the most distinctive, pumped-up varietal character."  
 Relatively unchanged in style, at the owner's decision (winemakers do answer to a higher being), is the 1998

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### LOOKING AHEAD

What to watch for in Taste next week:  
 ■ Main Dish Miracle  
 ■ Turkey on the grill

# PAMPERING DAD

## FAMILIES CELEBRATE FATHER'S DAY FOR TWO VERY DIFFERENT DADS



HELEN FURMAN / STAFF ARTIST

BY SANDRA DALKA-PRYSBY  
SPECIAL WRITER

**W**hat do you do on Father's Day for a man who eats "too well" most every day and a man who doesn't eat meat any day?

For two families, a barbecue is what's planned for this year's celebration.

Martin "Skip" Scully of Southfield will be treated to plain and basic food fare, compliments of his wife Linda and twins, Jennifer and Joe, age 17. There will be hamburgers, potato salad, baked beans and coleslaw.

"I'm happy that the meal will be just the normal 'usual stuff' that marks an American barbecue," said Skip, who is the manager of Woodruff's fine restaurant in Royal Oak.

"My job allows me to partake in gourmet meals and unique food offerings practically every night. The food is great, but I'm looking forward to simpler dishes and spending time with my family on Father's Day."

Linda and the twins are also looking forward to pampering "their man and dad" on his special day, which is June 18 this year.

"Potato salad is one of Skip's favorite foods. We're planning to make a big batch of this dish to accompany juicy grilled hamburgers—another of his favorite choices," Linda said.

While Linda and the Scully kids are cooking up this all-American meat and potato salad meal, the Perkins family is planning a less-traditional barbecue. Veggie burgers will be on the grill for their Father's Day celebration ... veggie burgers and red skin potatoes.

Both Pam and Dave Perkins are employed at Metropolitan Adventist

Junior Academy in Plymouth. Pam is the school secretary and Dave is a homeroom teacher for eighth- and ninth-grade students.

According to Pam, their family—which includes daughters, Tabitha, 17, and Brandilyn, 16—are vegetarians due, in part, to their religious beliefs but also because of the health benefits offered by this way of eating.

"The kids and I have never tasted meat and Dave gave it up when he was 17," Pam said. "Being vegetarians works for us, and for many others who want to eat healthy and nutritious foods."

"Just because meat is excluded from our diets and we limit dairy products, this doesn't mean our food isn't tasty. Our non-vegetarian friends have said how much they enjoy the dishes we make."

Dave enjoys the vegetarian diet, especially because of the health benefits. Eating primarily fruits, vegetables, grains and nuts can lower cholesterol, and significantly reduce the chances of contracting some chronic diseases, such as diabetes, arthritis and macular degeneration.

High benefits aside, Dave and the Perkins "girls" are all looking forward to the veggie burgers on whole wheat rolls, the grilled potatoes and a large tray of vegetables on June 18—Father's Day.

The Scully and Perkins moms may be preparing different main meals for their husbands on the upcoming special day, but they are in agreement when it comes to dessert. Both families will end their celebrations with strawberry shortcake!

Sandra Dalka-Prsby is a Beverly Hills resident and writes about food for the Observer & Eccentric Newspapers.

### Fix Dad these delightful dishes

#### OLD-FASHIONED POTATO SALAD

- 7 to 8 medium potatoes, cooked, peeled and cubed
- 4 hard-boiled eggs, chopped
- 1/2 cup red onion, chopped
- 3/4 cup celery, chopped
- 1-1/2 cups mayonnaise or salad dressing
- 2 tablespoons prepared mustard
- Salt and pepper to taste
- 1 hard-boiled egg, sliced, and paprika for garnish

In large bowl, combine all but egg slices and paprika. Toss lightly. Arrange egg slices on top and sprinkle with paprika. Chill at least 2 hours before serving. Makes 8 servings.

Recipe submitted by Linda Scully.

#### VEGGIE BURGERS

- Olive oil
- 1 medium onion, chopped fine
- 1/2 green pepper, chopped fine
- 1 can (1 pound, 4 ounces) veggie burger
- 1/2 cup tomato ketchup
- 2 cups oatmeal
- 3 eggs (egg substitute is preferred)

Heat small amount of oil in skillet and saute onion and green pepper. Remove to bowl and add remaining ingredients. Mix well. Make into patties and grill on each side. (I use a little oil in a Teflon griddle on the grill.) Makes 4-6 patties, depending on size.

Recipe submitted by Pam Perkins.

#### RED POTATOES

- 8-8 medium red potatoes
- Olive oil
- Onion powder
- Celery salt

Wash potatoes and leave skins on. Cook in boiling water until tender. Do not overcook. (You can do this step the day before, then drain and keep refrigerated overnight.)

Cut potatoes with skins into 1/4-inch slices. Place in a single layer in Teflon skillet with small amount of oil. Sprinkle lightly with onion powder and celery salt. Cook until brown and crispy; turn once.

Makes 4-6 servings.  
 Recipe submitted by Pam Perkins.

### NUTRITION

## Send power-packed lunches to camp with kids



**SUBSISTING LIVING**  
**BEVERLY PRICE**

■ It keeps their energy up all afternoon.  
 ■ It keeps their blood sugar at a normal level so they are not cranky.  
 ■ It keeps them from feeling famished by the time they come home in the afternoon.  
 ■ It provides one-quarter to one-third of their daily requirements for calories, protein, vitamins and minerals.  
 If you can stick to basic principles, brown bag lunches can be a breeze. Stick to the following premise:

Getting ready to send your kids off to camp? For younger ones attending day camp, a lunch is generally the routine. But how do you make those lunches healthy?

Let's start with the basics. Why should your child eat a power-packed lunch? Here are some of the main reasons:

- Include a grain, protein, vegetable and fruit for a well-balanced lunch.
- Sandwich ideas**  
 Here are some ideas for a basic roll-up sandwich. Use whole wheat lavash or pita bread and fill with some of the following:  
 Sauces: Barbecue, pesto, honey mustard, ketchup, salad dressing, mayonnaise, Tamar, Dijon mustard, Bragg's Liquid Aminos (sold at a natural food store).  
 Veggie fillings: Shredded carrots, shredded broccoli, celery, sprouts, mushrooms, sliced tomatoes, green pepper, onion, pea pods, zucchini/squash, spinach or leaf lettuce.  
 Protein fillings: Vegetarian fried beans, humus, feta or soy cheese, soy meat free products (tofu, turkey and veggie slices), nutbutters (peanut, almond, walnut, cashew, soy).  
 Accompaniments: Fresh fruit, pudding cups, Health Valley or Hain Fruit filled treats or fruited yogurt.  
 Or, try leftovers like cold pizza or pasta. Contrary to popular belief with

#### Look for recipes inside

sandwiches or salads, it is not the mayonnaise that spoils on a hot day, but the protein filling.  
 If you stick with a vegetarian protein, this can solve the spoilage problem. You can also pack an ice block with the lunch to keep foods cool. Add a juice box or soy milk box and your little one is on his way!

#### Packing snacks

What about snacks? Try packing dried fruit, baked chips, whole grain pretzels or snack bars sweetened with brown rice syrup and a multi-grain base. What do you do if your youngster demands candy or sweets in her lunch? Gretchen Baron, mother of Hannah, 9, Caroline, 6, and baby Katie feels, "If you give your kid a simple box of 'Nords' rather than fighting a battle, it empowers them to make a conscious choice on whether to eat the candy for lunch, save it for a snack or share it with her friends."  
 "If you include a fun food along with their healthy lunch, you'll find that

your child is satisfied with one treat versus making the rest of the day a "junk food frenzy."

Baron also hands her kids some raw veggies to eat after school. That way, if they refuse to eat their veggies at dinner, she knows that she covered that base earlier.

"As an afternoon snack, my kids don't think that they're really eating vegetables," Baron said.

Beverly Price is a registered dietitian and exercise physiologist. She practices Living Better Sensibly, a private nutrition practice in Farmington Hills, that offers programs for individuals and corporations. Visit her website at [www.nutritionsecrets.com](http://www.nutritionsecrets.com) and look for her column on the first Sunday of each month in Taste.

Four out of five children at the age of 10 are afraid of being fat. Almost half of American elementary school students between the first and third grades want to be thinner. Call Price at (248) 539-9424 to find out how you can implement Eating Disorder Prevention/Intervention programs at your school.