

Can Can Can

1-800-MICHAELS (1-800-642-4235)

Sunday 10AM-7PM

Mon-Sat. 9AM-9PM

2 Unique

from page D1

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nized by their round stems, mostly leathery akins, and deeply colored flesh. They include hubbard, buttercup, kabcha, chestnut, red kuri and green hokkaido. These squash tend to be starchy at harvest time, but sweetest during a menthly curo. Maximas have a firm, fillerous flesh that turns flaky when cooked and are wonderful purced or mashed.

The last family of squash to mature is the C. Moschata variety which features the butternut squash. Butternut has the butternut squash, taking a minimum of six weeks to arrive at full flavor. They are wonderful baked, stewed or in soup.

Chef Kelli L. Lewton is samer of 2 Unique Caterers and Boent Planners in Bloomfield Hills and Aunt Olive's Good Food 2 Go in Birmingham. Lewton is a graduate of Schooleraft College's Culinary Aris program. Look for her column in Taste on the second Sunday of reine month. See glossary and recipes on D3.

Game from page D1

more water if necessary.

To stew, cut meat into oneinch cubes, sprinkle with flour
and season with salt, pepper
and herbs. Brown meat on all
sides in hot fat. Cover tightly
with boiling water and simmer
until tender (or 2-3 hours). (Do
not boill) Add desired vegetables
and cook until tender.

Roast game meat by slow
cooking at 325° to 350° F. In general, dark meats should be
served rare and white meats
served well done.

Game meat can be stored in

served will done.
Game meat can be stored in the freezer for later use. For best quality, store no longer than four months. Fresh game meat should be wrapped in moisture-proof freezer wrap to prevent freezer burn, then quickly frozen to prevent growth in bacteria. Store frozen game meat at 0° for below.

Thaw frozen meat completely in the refrigerator at or below 40°F. (Game meat often contains bacteria, so thawing meat at room temperature can cause bacteria to grow and possibly

bacteria to grow and possibly create a food-borne illness.) Another note: Hunters should

watch cholesterol counts if they enjoy organ meats, such as liver at 460 milligrams in 100 grams of tissue and the heart at 275 milligrams for the same amount. If organ meats are caten only once a year, a moderate portion should not cause health problems.

lems.

Preparing game dishes is a great way to eat healthy and enjoy Michigan's resources. For many Michigan residents, hunting provides a beneficial game management tool, which has a long horitage in human existence.

tonce.
Peggy Martinelli-Everts, a
Clarkston resident, is a registered dietitian and director of
clinical operations for HDS Services, a 38-year-old Farmington
Hills-based food service and hos-Hills-based food service and hos-pitality management and con-sulting company, specializing in food and nutrition service man-agement for hospitals, long-term care facilities, businesses, pri-vate clubs and private schools. HDS Services has approximately 250 management accounts throughout the United States. See recipe on D3.

Wine from page D1

Hopefully, this will also help you unravel the myriad red wines produced by Penfolds. The 1999 Koonunga Hill Shiraz-Cabernet Sauvignon \$11 is 74 percent shiraz and definitely the value among these wines. It shows blackberry and dark fruit aroms and flavors. The Aussies love to blend wines from different growing regions, so don't look for a single appellation on the label.

ent growing regions, so don't look for a single appellation on the label.

The 1997 St. Henri Shiraz \$45 showcases ripe black fruits with balanced oak and smooth tannins. Penfolds has made the St. Henri since 1957, originally as a rival to Grange. The extra year in bottle before release makes it a much more approachable wine now with a great future for those who prefer further cellaring.

The 1998 Magill Estate Shiraz \$50 is the only single vineyard ahiraz in the Penfolds portfolio. Because of vintage variation, there is a risk whenever a wine is limited to the fruit of a single property. This wine makes the connection to the origins of Penfolds at Magill Estate. Notes of red and black currants with vanilla oak and teast highlight

red fruits with a complex taste.

Except for the Grange, the
1998 RWT Barossa Valley Shiraz \$70 made the biggest taste
impression. It's lush, plump, and
rich with great structure and
rich with great structure and
in great shiraz. It knocked
socks off. "The weather in 1998
was favorable at fruit set," sid
winemaker, John Duvid. "Crop
levels were good and summer
was warmer than usual. The
result was rich fruit and soft,
ripe tannins with no harshness
or aggression. They have very
lovely structure. The best '98
shiraz show masses of blackberry character with a hint of spicy
black pepper." The RWT (Red
Winemakers Trial) is a multivineyard but single region wine,
which showcases Barossa Valley
shiraz.

The Aussies love to bin num-

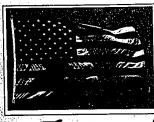
which showcases Barossa Valley shiraz.

The Aussies love to bin number wines which usually denotes a style. The 1998 Bin 707 Cabernet Sauvignon \$80, a blend of enbernet from Coonawarra, Padthaway, Barossa Valley and McLaren Vale, is opulent and flamboyant with exaggerated blueberry, blackberry fruit, layers of flavor, and pronounced

chewy, ripe tannins. According to Duval, "it is a wine to chal-lenge the great 707's of 1996 and 1990."

1990."
Penfolds Grange is the benchmark by which all other Australian red wines are measured.
The 1996 Penfolds Grange \$195 is flavor packed. Generously rich and layered, it conta the tongue. The fruit weight on the pnint comes from the finest, old, low-yielding shire vineyards.
Duval contended that Penfolds and the property of the

Duval contended that Penfolds multi-region, multi-vinoyan blending policy enables him to reduce the impact of vintage variation to the point where experts the world over consider of the world's great the world over consistent of the world's great vines. It is the ultimate answer, Duval suggested, the proponents of single-vineyard wines. The Healds are Troy residents who write about wine, spirit, food, and dining for the Observer, & Eccentric Newspapers. The Cauce them a voice mail mesage, dial (734) 953-2047, mailbox 18664.



Make a Difference Day Saturday, October 27, 2001 10 a.m. in MEMORIAL PARK

Northeast corner of 13 Mile and Woodward, Royal Oak

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> For more information, call 1-800-335-GROW



