

FOCUS ON WINE



RAY & ELEANOR HEALD

Byron creates a passion for his pinot noir

For more than a quarter century, experience, dedication, and innovation have made Byron Vineyards and Winery a leader in the Santa Maria Valley of California's Santa Barbara County. "I've always had a passion for Burgundian varietals," said Byron "Ken" Brown, founder, winemaker and vice president of Byron.

Wine Picks

For holiday gifting, wine books and recipe books by world-renowned chefs top the list. Of the many published this year, we cite two as the best.

■ *Jacques Pepin Celebrates*, Jacques Pepin, Alfred A. Knopf \$40 offers more than 200 of Pepin's recipes to create seasonal meals for the major holidays. Pepin's daughter Claudine, with the aid of sommelier Larry Stone, suggests appropriate wine matches for each menu. Claudine notes, "Unlike baking, wine pairing is far from an exact science. Our only goal is to offer a starting point. So please experiment and, most important, enjoy!" Filled with helpful hints to guide the home cook through more complicated culinary tasks, this book makes cooking and wine pairing fun.

■ *On Wine: A Master Sommelier and Master of Wine Tells All*, Doug Frost, Rizzoli International Publications, \$40 is an essential reference for a novice wine drinker who'd like to get serious. Frost, who lives in Kansas City, is one of only three people in the world who holds both the title of Master Sommelier and Master of Wine. His knowledge on the subject of wine runs deep, but he writes about wine essentially in an easy, unflinching style.

Byron and grapes of world-class potential. With two partners, he founded Byron Vineyards and Winery. The property selected for the winery bordered on the oldest commercial vineyard in the region, planted by viticulturist Uriel Nielson in 1864. Today, that vineyard is part of the 640-acre Byron Estate Vineyard. It is complemented by the 645-acre Sierra Madre Estate Vineyard, located about eight miles west. Annually, the best fruit from each vineyard is chosen to produce about 40,000 cases of Byron wines.

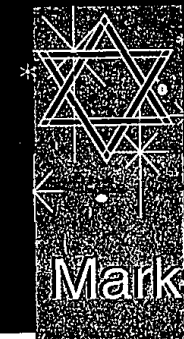
Robert Mondavi's vision

At the end of the 1980s, Brown continued to be dissatisfied with the overall quality of the estate's pinot noir. The principal vineyard problem was the clonal selection, coupled with less-than-modern planting densities and vine training. "When it comes to the way it's grown, pinot noir is very finicky," Brown emphasized. "I know the potential was there, but it just

Please see WINE, D2

LOOKING AHEAD

- Detroit Athletic Club
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Hanukkah

Marks the Jewish Festival of Lights



By Peggy Martinelli-Everts
Special to TASTE

Hanukkah, an eight-day commemoration that starts at sundown Sunday, Dec. 9, is the Jewish Festival of Dedication/Rededication and Light.

Hanukkah celebrates two rather different stories, one is the miracle of the oil, another a military victory involving a Jewish hero who saved her village. It also celebrates the return from the period of diminished daylight. Family and friends gather to share food and small gifts.

"David Bassett's family of Bloomfield Hills has a tradition of eating food cooked in oil as a remembrance of the miracle of the oil that burned for eight days. We eat fried potato latkes, not just for their symbolism, but because they are a rare treat that we all love," Bassett said.

Many families have traditional family recipes that have been passed down for generations. "I learned the recipe passed down by my grandmother," said Farmington Hills resident Amy Kollin.



Improve nutrition

It is easy and important to follow simple guidelines to improve the nutritional quality of Hanukkah foods. Consider using sweet potatoes rather than white potatoes for latkes. The longer the sweet potato sits, the more nutritious alternative it becomes.

When served either alone or on bread, the true character of fine caviar is experienced. Did you know that serving caviar with your silver passes a bitter flavor

into the eggs? When serving caviar, Mother-of-pearl, gold, stainless steel, wood, or even plastic spoons are highly recommended.

Dairy foods are frequently eaten since cheese was involved with the heroine's tale. Many dairy products are high in saturated fat and cholesterol. Eat foods prepared in butter in limited amounts. Butter is a rich source of saturated fat and cholesterol. Prepare cream-based soups with low fat or non-fat dairy products.

While a favorite topping for potato latkes is sour cream, it is the least desirable nutritionally because of the saturated fat and cholesterol content. Other favorites include applesauce or cinnamon and sugar, applesauce being the better choice as it offers the benefits of fruit. Including a grated apple in your potato latke recipe is a nutritious and flavorful addition.

Bake instead of fry
For lower fat content, consider baking rather than frying potato latkes. Preheat the oven to 350° F and place latke batter in a single layer. Turn after 10 minutes then bake another five minutes. Alternatively, fry for a minute or two on each side, and bake latkes for about 10 minutes at 400-450° F, then another five minutes on the other side.

If frying is a must, use canola or peanut oil. Lighter tasting oils allow the flavors of the latkes to emerge without being overpowered by a strong flavored oil. Fry the food in hot oil, (375-400 degrees Fahrenheit) so as to sear the outside. This prevents the food from absorbing as much oil. Also remember to blot fried foods with a paper towel before serving or eating.

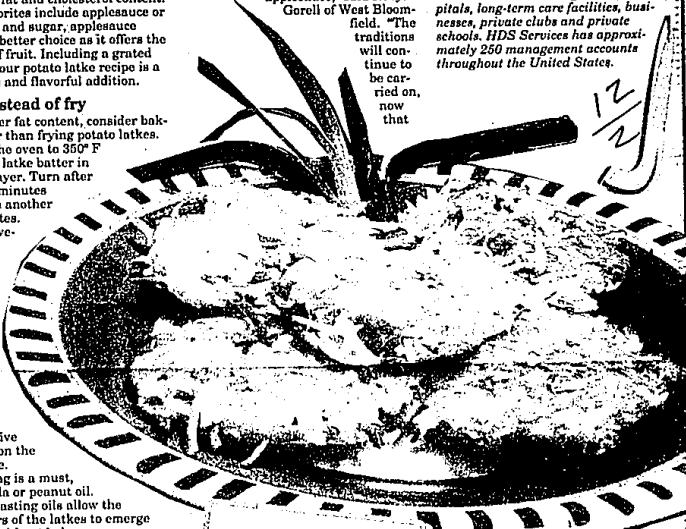
Make sure to choose lean meats and limit portion size to 3-4 ounces per meal, about the size of a deck of playing cards. Also try to avoid poultry skin and fat. Israeli auberginat, or jelly donuts, can be enjoyed in limited amounts. Be sure to also include fresh fruits for treats and dessert. Chocolate coins known as Hanukkah gelt as gifts for children

are a delightful addition to the celebration. A newer tradition is the baking of butter cookies or pretzels in the shape of Hanukkah symbols while relating the stories.

Many families include children in helping create and learn. "My children and I have great memories of sharing Hanukkah with family and friends, lighting the menorah, singing songs, sharing gifts and eating latkes with applesauce," said Robyn Gorell of West Bloomfield. "The traditions will continue to be carried on, now that

we have our first grandchild." It is important to remember that holidays are sometimes a cause for excess, so be sure to celebrate and enjoy the tastes of this festival season in modest portions.

Peggy Martinelli-Everts, a Clarkston resident, is a registered dietitian and director of clinical operations for HDS Services, a 35-year-old Farmington Hills-based food service and hospitality management and consulting company, specializing in food and nutrition service management for hospitals, long-term care facilities, businesses, private clubs and private schools. HDS Services has approximately 250 management accounts throughout the United States.



Potato Latkes

- 6 medium to large red-skinned, golden or white potatoes (1 1/2 to 3 3/4 pounds), peeled and grated
- 1 medium onion, finely grated
- 4 large eggs, lightly beaten
- 2 tablespoons flour
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1 teaspoon baking powder
- Vegetable oil for frying

Grate onion and add beaten eggs, flour, salt, pepper and baking powder. To fry, use an electric fry pan set at 375° F, or in a large deep skillet on the stove-top. Drop potato batter by heaping teaspoonfuls in dollops, flattening slightly with a metal spatula if desired. Fry until golden brown on one side, turn and complete cooking on the other side. Latkes should be crisp on the outside and puffy moist on the inside. Keep hot until ready to eat. Serves 6.

Recipe courtesy of HDS Services of Farmington Hills. See another recipe and related item on dreidel inside Taste.

Vegetarian 'caviar' offers a holiday alternative

LIVING BETTER SENSIBLY



BEVERLY PRICE

Holidays will feature party gatherings with plenty of hors d'oeuvres. Caviar is one item that may make its way onto plenty of plates. Caviar is the roe (eggs) of any one of several species of sturgeon. After it is graded, the caviar is salted to maintain freshness. The amount of salt added depends upon the quality of the roe. Malossol, meaning literally "little salt" in Russian, is a sign of the highest quality caviar available. Types of caviar include the roe of Beluga, Caspian, and the Sevraga sturgeons, which range from mild to strong flavors. There are also fine caviars native to North America, including that of the American sturgeon, originating from Tennessee. The traditional method of serving caviar is by itself, without any trills such as chopped egg or onion. When served either alone or on bread, the true character of fine caviar is experienced. Did you know that serving caviar with your silver passes a bitter flavor

into the eggs? When serving caviar, Mother-of-pearl, gold, stainless steel, wood, or even plastic spoons are highly recommended. But, for those of you who are looking for a vegetarian alternative, try the new, Cowboy Caviar is the answer. Traditionally served like caviar, as an hors d'oeuvre atop a toast point or cracker, these spectacular blends of fresh eggplant, complemented by other vegetables, are tasty appetizers that can be served in a variety of ways. Try Cowboy Caviar mixed with cream cheese on a water cracker, stuff into sautéed mushroom caps or serve with scrambled eggs for brunch (or egg substitute if you are ovo lacto vegetarian). I tried the original recipe, known as the "poor man's caviar." Not only did it go well with the bread I served with dinner, but also was excellent over my pasta. Actually, the Cowboy Eggplant Marinara are better suited for sauces. Other varieties include California Caponata, Black Olive and Red Bell Pepper. You can find this delicacy at Papa Joe's in Rochester and Holiday Market locations in Canton and Royal Oak.

Happy Holidays! Beverly Price is a registered dietitian and exercise physiologist. She is the co-owner of Health Ingenuity, providing educational programs in the community. Visit her Web site at www.healthingenuity.com. Look for her column on the first Sunday of each month in Taste.

CAVIAR BRUSCHETTA

- 1 (9 ounce) jar vegetable caviar
 - 1 medium tomato, seeds removed, diced
 - 1 garlic clove, minced
 - 6 medium slices crusty Italian or French bread
 - 1/3 cup extra virgin olive oil
- Combine vegetable caviar, diced tomato and minced garlic in a bowl and set aside. Toast or grill bread slices until crispy on the edges. Drizzle, brush or spoon extra virgin olive oil on warm bread. Place a generous serving of vegetable caviar mixture on each bread slice. Serve immediately.