

**FOCUS ON WINE**



RAY & ELEANOR HEALD

## Port isn't just for dessert

**P**roduced in the Duoro River Valley, east of the city of Oporto in Northern Portugal, port is the world's greatest fortified wine. Although port is typically consumed as a dessert wine, it can be matched with some savory foods.

To zero in on the correct food match, it's best to understand that port falls into two broad categories — ruby port, characterized by intense, red and berry fruit flavors — and tawny port, mellow with nutty, caramel, and butter-scotch nuances.

**Ruby ports**

Ruby ports include wines simply labeled "Ruby," as well as those called Vintage Character and Late-Bottled Vintage, often referred to as LBV. Fonseca Bin No. 27 \$18 is a very good example of a vintage character port. The 1994 Taylor Fladgate LBV \$21 offers a superior taste experience. Neither of these wines requires decanting, and unlike a vintage port, both will stay fresh for three to four weeks after being opened. Even though LBV is a wine of a single year, don't confuse it with a vintage port.

**Tawny ports**

Tawny ports spend most of their "life" prior to being bottled, in large oak casks. The length of time, 10, 20, or up to 40 years, is noted on the label. Younger tawnies such as Taylor Fladgate 10-year Tawny \$28 or Ramos Pinto 10 year Tawny Quinta Ervamoira \$34 have a russet color with gentle fruit flavors and some toasty notes. Older tawnies like Taylor Fladgate 20-year \$49 or Ramos Pinto 20-year Quinta do Bom Retiro \$69 develop a bronze color and have concentrated butter-scotch and caramel flavors, topped with nutty, vanilla overtones.

Single quinta ports are vineyard-designated wines. The 1994 Ramos Pinto Quinta Ervamoira \$45 is elegant and approachable. Ramos Pinto Single Quinta da Urtiga \$16 is a vintage character port. There's also white port that makes a sensational aperitif

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## Share recipes that bring comfort, joy

Valentine's Day isn't just for lovers — it's a time for expressing love and affection for everyone — from your best friend to your mom.

We often say "I love you" to the special people in our life by preparing their favorite foods. We're collecting recipes prepared with love from readers to share in the Sunday, Feb. 10 edition of Pastimes.

Send your recipe, and short story about why this recipe is special, by Friday, Jan. 25, to Lana Mini, Observer & Eccentric Newspapers, 805 E. Maple, Birmingham, MI 48009. Please include your name and telephone number so that we can contact you. E-mail information as a text file to [imini@oe.homecomm.net](mailto:imini@oe.homecomm.net) or fax (248) 644-1314 or (734) 591-7279. For more information call Lana Mini (248) 901-2572.



Happy ever after: This Polish bride and groom are on their way to a wedding breakfast with their family following in 1950.

PHOTOS COURTESY OF THE DETROIT HISTORICAL SOCIETY GUILD

# Recipe for history

## Local cooks participate in historical, culinary

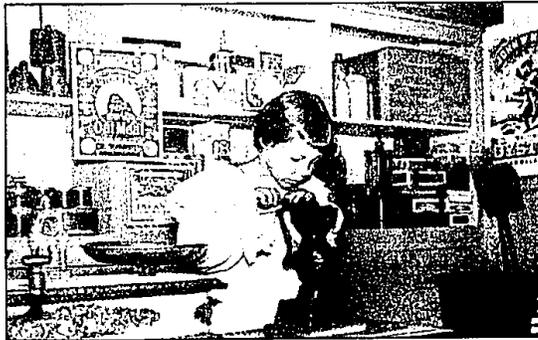
BY LANA MINI  
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Creamed fried partridges? Beaver tail soup? Okay so those might not be the most appetizing recipes in *Celebrating 300 Years of Detroit Cooking: 1701 to 2001*, a new cookbook compiled by the Detroit Historical Society Guild, but they certainly are interesting. The cookbook, edited by Marguerite Humes of the Detroit Historical Society Guild, takes readers on a culinary journey. "It's interesting because the book starts with primitive cooking that develops into gourmet meals," contributor Shirley Hartert said. "It's rich in history and is wonderful because the recipes are in sequence of Detroit's history."

A celebration of the Detroit Historical Society Guild's 50th anniversary, and the City of Detroit's 300th birthday, the book also includes a variety of recipes for ethnic dishes such as Irish Soda Bread and Russian Angel Wings. "The recipes themselves reflect the kind of foods enjoyed by Detroit inhabitants from the beginning," explains Humes. "It describes the every day foods the American Indians and settlers ate that were found in the forests and waters."

**Childhood memories**

Cookbook committee member Rennie



Daily grind: Nancy Jean Thomas gives a 19th century coffee mill a whirl. This photo was taken at the Detroit Historical Museum in 1951.

Hughes of Southfield contributed recipes and shared stories about her Italian grandmother and mother.

"Each meal had several courses, and we children would sit on telephone books at

the table with the adults and participate in the dining and conversation as well," Hughes said.

Some recipes are elaborate like the Red Snapper Rolls contributed by Hartert; oth-

ers are robust like Oriental Cabbage Salad by Viola Stone of Redford. Spanish Chicken Vegetables, Scandinavian vegetable casserole, and Armenian rice pilaf are just a few of the recipes that showcase the cultural diversity of metro Detroiters.

**Memories**

Readers will find themselves walking down memory lane as they gaze at the many black and white photos and illustrations sprinkled throughout the book. One of my favorites is a photo of a family on a picnic at Belle Isle, dressed in their Sunday finest. There are also vintage photos of the old Vernor's plant on Woodward Avenue, and photos of shoppers strolling through Eastern Market.

Pick a historical era, and enjoy a taste of the past. For example, the Civil War Gingerbread cookie is flavored with cloves, cinnamon, ginger and molasses.

Manners are timeless, and an important part of the dining experience. "Don't fuss with your attire, never scratch your head or pick your nails — or mess with your nose at the table," these words aren't my mother's but "Rules for Behavior" written in 1852.

Your culinary journey includes stops at important historical locations such as East Jefferson Avenue near Adair St. where the

Please see HISTORY, B2

## Family-style dinners

# Grab and go with Quick Vegetable Manicotti

**Too busy to cook**



KEELEY KALESKI WYGONIK

Community Band. My friend Ruth is teaching me how to knit, we've got a dinner/knitting date on Tuesday night. On Wednesday you'll find me at Ron's Fire-side Inn in Garden City listening to jazz, and in Troy at Walsh College on Thursday where I'm enrolled in an MBA level

accounting class.

Weekends are busy too — visiting family and friends — attending church services, meeting with my accounting study partners, and reading so that I'll be energized and ready to start all over again on Monday. My roommate Katie longs for the holidays when I had time to linger over cookbooks and surprise her with incredible edibles. Cooking for family and friends gives me much pleasure, but so do all of my activities.

"Keely, you've got to eat," Katie says. And I know she's secretly hoping I'll get into casserole mode, and make something now that can be enjoyed later.

Growing up I never was one for casseroles, but now I enjoy them. When I come home from band practice or school I'm usually starving, and in the grab, reach, reheat mode. Casseroles perfectly suit my busy lifestyle,

and Katie's too.

I've been experimenting with vegetarian dishes, it's a part of my stay healthy new year's resolution. Last year I lost over 60 pounds, and secretly fear those pounds will find me again.

I found a Meatless Manicotti recipe that's "easy and delicious." The filling is a blend of nonfat ricotta cheese, wheat germ, Parmesan cheese and seasonings. Wheat germ adds vitamin E and folie acid to the creamy filling.

A medley of vegetables — sliced zucchini, squash and mushrooms adds more nutritional power to this pasta dish that's become a favorite at the "RH House" and is sure to be a favorite at yours.

What's cooking at your house? Everyone knows the best recipes are ones you share. If your recipe is chosen for Taste, we'll send you a cookbook along with our



QUAKER OATS COMPANY/ROSETTICKER GREAT CREATIONS

Dinner in a hurry: When you're short on time, but hungry for something different, try Quick Vegetable Manicotti.

Please see MANICOTTI, B5