

Sunday, June 2, 2002

FOCUS ON WINE



RAY & ELEANOR HEALD

1st DIWE awards 32 gold medals

In advance of today's Garden Party to benefit the St. Vincent & Sarah Fisher Center in Farmington Hills, the first Detroit International Wine Experience (DIWE) commercial wine competition was held on May 4. Attendees at the Garden Party will be the first to taste the medal-winning wines. If you'd still like to attend, tickets at \$150 per person are available at the entrance to the Center, 27400 West 12 Mile Road. Festivities begin at 1 p.m.

We were privileged to be among the judges at the DIWE, joining area

Spirits Picks
 Grey Goose Lo Citron Vodka \$29 from France. Perhaps we really like it because we tasted this vodka upon return from our recent trip to the world's most famous home of lemons, Italy's Amalfi Coast. The light, fresh and refreshing taste of lemons makes this a superior summertime pour on the rocks.

Ardbeg 20-year-old Single Islay Malt Scotch Whisky \$45 will please those who like a peaty, smoky single malt with a long, mellow finish. Subtle hints of salty sea spray add interest to the aroma and malted grain flavors are noted in the finish.

such limited supply that only those attending the awards celebration can taste them and be among the privileged few to purchase them.

Of 390 wines entered in the competition, 130 won a medal with only 32 winning gold medals. That's 8 percent. About the right number of golds for a fairly-judged event.

We generally dislike phrases such as "there's something here for everyone" because it smacks of dilution and mediocrity. Not in the case of the DIWE gold-medal winning wines. They range in price from \$6 to \$65 per bottle. What we also find interesting is that more than half of the gold medal winners have already appeared in this space on previous Sundays, over the last few months, as part of the column or given particular mention in Wine Picks.

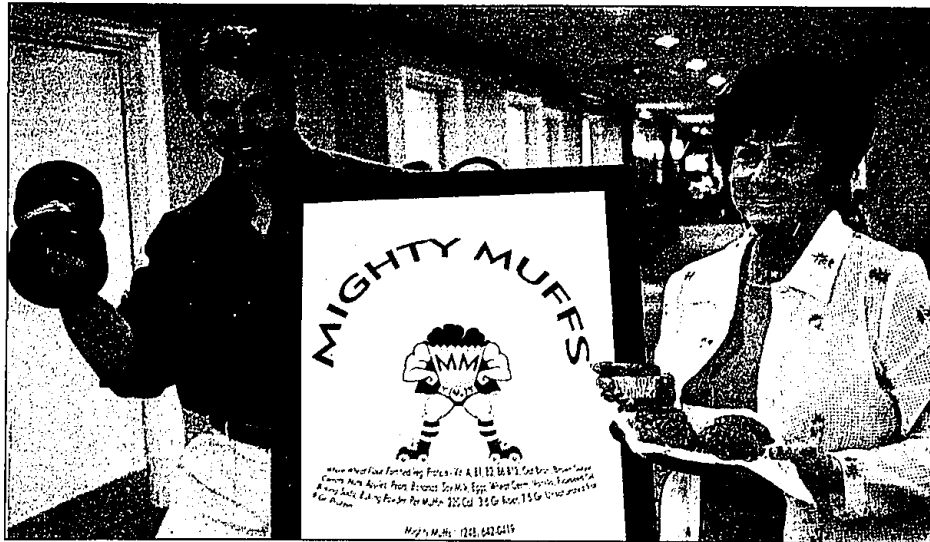
To make things easier for you to find your price-comfort range, gold medal winning wines are listed by price.

Winners over \$30
 1998 Geyser Peak Reserve Alexander Meritage \$36
 1998 Girard Napa Valley Red \$42
 1999 St. Clement Oropus \$41
 1997 Langtry Red Meritage \$55
 1997 Zenato Amarone \$66
 1998 Col Solare \$65

Winners \$21-30
 1999 Haywood Zinfandel - Los Chemical \$22
 2000 Villa Mt. Eden Grand Reserve Zinfandel \$22
 1998 Guenoe Victorian Claret \$22
 1999 Poggiopiano Chianti Classico \$22
 1997 Gallo of Sonoma Cabernet Sauvignon Barroli Creek \$25
 1998 Norzolo "La Forra" Chianti Classico Riserva \$25

Winners \$11-20
 2000 Alamos Cabernet Sauvignon \$11
 2000 Seven Peaks "Central Coast" Chardonnay \$11
 1999 Montero Merlot \$11
 1999 RII Phillips Cabernet Sauvignon \$11
 2000 Chateau de Segries "Cuvee Reservee," Lirac \$12

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Power Food: Joan Forgach and her son, Greg, show off their Mighty Muffs at the Beverly Hills Racquet and Health Club, where they recently distributed samples.

Healthy muffins are mighty fine!

BY SANDRA DALKA-PRYBY
SPECIAL WRITER

Take a Whole Foods tour

So what do you do when your last child goes away to college, you have time on your hands and you have a strong interest in healthy cooking and baking?

For Joan Forgach, a Beverly Hills mother of four, the answer was to create the "perfect" healthy muffin. This was no small deed considering that it took months of experimenting with a number of all natural ingredients to get the right mix of great taste and healthy benefits. "But all my hard work paid off and 'Mighty Muffs' were born," says Forgach.

The high fiber (3.6 grams per muffin) creation has everything that its originator had set out to achieve. Its ingredients include whole wheat flour, oat bran, fortified vegetable protein, and wheat germ. Two of the most important additions, according to Forgach, are flaxseed oil and soy milk.

"Flaxseed is a healthy source of fiber

and aids regularly. Soy milk is a vegetable based product that is lactose and cholesterol free and its health benefits are extensive," Forgach says. "It contains protein, dietary fiber, vitamins, minerals, iron and the much-touted Omega 3. It also has isoflavones to fight cancer."

The muffin creator adds that the "great taste" - her assessment, as well as family and others - is the result of the recipe's brown sugar, carrots, nuts, apples, pears, bananas and vanilla flavoring. "All this for only 220 calories per muffin!"

An interest in healthy eating
 Forgach's healthy muffin is the culmination of years of cooking classes and an interest in providing herself and family with healthy and natural food choices. Her family includes husband Matthew, and children Jen-

• Rochester Hills - 1404 Walton Blvd., west of Livermore (248) 652-2100.
 • Troy - 2880 West Maple at Coolidge (248) 649-9600.
 • West Bloomfield - 7350 Orchard Lake Road at 14 Mile (248) 538-4600.

ual food choices. Her family includes husband Matthew, and children Jen-

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LOIS MCCURRY'S CORNBREAD MUFFINS

Canola oil
 1 cup self-rising flour
 1 1/2 cups cornmeal
 1 egg
 3/4 cup low-fat milk

Preheat oven to 400 degrees. Put 1/2 tablespoon of oil in bottom of each 12 muffin cups. Put muffin tin(s) in oven to heat oil.

In bowl, add all remaining ingredients and mix thoroughly. Spoon equal amounts into muffin cups.

Bake for 20 to 25 minutes, or until toothpick inserted in center of muffin comes out clean.

Makes 12 muffins
 Per muffin: Calories, 173; Fat grams, 7.6; Fiber grams, 0.0.

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Grandma's book shares recipes of old Detroit Dishes serve many tastes

BY LANA MINI
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Grace Henry Williams was such a great cook that late at night her neighbors snuck into the house and ate her leftovers.

They really weren't too quiet as the bowls and pans banged on the tables and they talked in a normal tone of voice.

In bed Williams smiled with the satisfaction of another well-cooked meal accomplished.

Those were the days, back in the early 1900s, when Detroiters on 14th Street near the train station still left their doors unlocked.

Williams collected recipes from friends and co-workers of her husband Harvey Williams who worked with the Michigan Central Railroad, and then with Ford Motor Co. Many she used and others she just stored away.

In the 1970s, Grace Williams passed away, but her recipes aren't forgotten.

Her granddaughter, Connie Hitch, of Westland, published them in a book titled *Grandma's Recipe Box, Real recipes from the 1930s-1950s*.

"Her favorite foods were cookies and sweet icing," Hitch remembers. "My grandfather loved the barbecue sauces."

Hitch said the cookbook is her way to honor her grandmother and thought it would be a nice keepsake for Grace's fourteen children and grandchildren.

"As a member of the workforce in the city of Detroit for most of my career, I understood the importance of keeping the history alive in this great city," Hitch said. "The recipes are either family recipes or ones that my Grandmother collected from the new defunct *Detroit Mirror* or from the wives of the men that were employed at the railroad and Ford Rouge Plant."

Some of the recipes are common and some aren't such as: Cucumber Relish with celery seed and hot red peppers, Corn and Summer Squash, Turnip-

TONGUE AND CELERY

1 cup cooked or canned tongue
 1/4 cup diced boiled potatoes
 1/4 cup French dressing

Chilling time: 15 minutes
 1/2 cup asparagus tips
 1/4 cup salad dressing
 3/4 cup celery crescents
 1/2 cup green beans - cooked or canned
 1/4 cup baby beets
 1 head celery or fine lettuce

Lightly mix diced tongue, celery crescents, beans and diced potatoes with French dressing; let stand. Just before serving arrange celery or lettuce leaf crisps and green beans on salad platter or in bowl.

Pile tongue mixture upon green bed and arrange asparagus tips with heads pointing toward center of salad.

Mask with salad dressing; garnish with tiny beets, allowing 1 to 2 for each serving. Serve very cold.

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Potato Puff, Casserole of Oxtail, Whole-wheat Nut Loaf, Pineapple Coconut Pie Shell, Home Made Noodles, Armenian Lamb, Stuffed Egg-

plants and Two-tier Raspberry Pie. To purchase the book contact WMSFowandAssoci@aol.com or call (734)595-7272.