



Side dish

Cheese for Dessert

Cheese please... America's pastry chefs are thinking "outside the cheesecake box" by introducing bolder cheese flavors to desserts.

With a variety of tastes and textures, cheese adds complexity to the simplest of sweets, creating non-traditional desserts out of classic favorites.



This summer, take apple pie and fruit tarts to a new level with a recipe for Cheddar Apple Tarts with Apricot-Mint Glaze. With sharp cheddar cheese baked into the crust and melted inside the gooey, custard apple filling, this treat is a cross between a delicate French pastry and mom's homemade apple pie. Find the cheese recipe, and other dessert recipes at www.lovecheese.com.

Summer salads

If "the best things in life are free," it may be that the best things in nutrition are natural. Scientists believe phytochemicals, naturally occurring substances in plant foods, may be one reason people who eat plenty of fruits and vegetables are less likely to develop cancer and other diseases. With markets brimming with the season's bounty for fresh, flavorful and phytochemical-rich foods, this is the perfect time to experience new ways to use fruits and vegetables in your summer salads.



Cruciferous vegetables like cabbage, broccoli, and watercress contain phytochemicals that may lower breast cancer risk. Indoles found in these vegetables repair DNA damage in cells before this genetic material gets the opportunity to mutate. Make a salad of broccoli, kappa cabbage and dillion radish dressed with balsamic vinegar, canola oil, and a bit of sesame oil.

Tomatoes contain lycopene, which has been linked to lowered prostate cancer risk. Try a simple Mediterranean salad of sliced tomatoes, low-fat mozzarella cheese and slivers of fresh basil leaves, dressed with olive oil, lemon juice, white wine vinegar, salt and pepper.

Phytochemicals called allyl sulfides, which may help protect against stomach and colon cancers, are found in garlic, onions, leeks, chives and shallots. For a simple salad, steam baby leeks and toss with a vinaigrette of red wine vinegar, Dijon mustard, olive oil, salt and pepper.

Taste the Islands

Cuba
Black Beans & Rice
Carne Fria
Sausage Luncheon

Bahamas
Cococonut
Pineapple

Jamaica
Lamb Jerk Meats
and Jerk Veggies;
Fried Plantain

Puerto Rico
Deep-Fried Cod Fritters
Beef Stew with
Chayote, Bananas and
Cilantro

St. Lucia
Traded nine times
between English and
French. French food
with a Caribbean flair.
Vegetable Stew; Ribs
Green Sauce

A popular fruit in the islands, bananas and plantains are used as ingredients in entrees, side dishes and desserts.

Caribbean eateries bring island food into the mainstream

BY LARA WINE
STAFF WRITER

A few wonderful secrets have hidden in a handful of metro-Detroit restaurants over the years. Little corner Caribbean diners whose owners, chefs or regular clientele are straight from the islands, offer authentic food to those who seek out the unassuming locations.

Shuck's Oyster Bar in Utica is a seafood lover's delight in an atmosphere that looks like it should be oceanside. It's clientele is filled with fans of the Caribbean. Be's Caribbean Kitchen on Packard in Ann Arbor serves genuine Jamaican food. The tiny Don Don's on Michigan Avenue in Detroit serves true Puerto Rican cuisine in a carry-out version only.

Like everything however, good ideas start small and quietly and eventually burst into the mainstream.

Enter Bahama Breeze.

The new Caribbean chain, with a location on busy Big Beaver Road in Troy, 48069 Haggerty Road in Livonia, has a delicious hit among the natives who

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MUSIC TO ACCOMPANY THE MEAL

- If you want to enjoy Caribbean without cooking it - and enjoy real Caribbean music, visit the Caribbean Music Store.
- Or, the right music can create a laid-back and relaxed atmosphere, or a lively energetic one at a home party. Check out the following:
- Music that you can't help but dance to: Shaggy - Shaggy Boombastic, Buju Banton - Unchained Spirit
- Music for a relaxed atmosphere: Bob Marley - The Very Best of Bob Marley
- Music that's relaxing and still enjoyable: Uprizin' - A fun, talented steel drum band from metro-Detroit, with island roots. A cd is hitting the stores in August. Cheerful songs that are easy on the ear and great for tropical dinner background music. Then turn it louder for casual dining. Check them out also at The Blueville Grill on August 1, 28 and 29. Or, at The Greentown Casino on August 7 and Detroit's Omni River Place on August 22.

Bahama Breeze

St. Hallett wines carry a Barossa signature

Adelaide is the principal city in South Australia, the state where more than half of all Australian wine is produced. An hour's drive north of Adelaide is the Barossa Valley, where warm summertime temperatures favor ripening red grapes that make big, flavorful shiraz and cabernet sauvignon. This is where the folks at St. Hallett winery have been laboring for the past 50 years, making exceptional wines that correctly represent their Barossa Valley origin.

Old-vine vineyards of the Barossa yielded wine before the



Focus on Wine
Eleanor & Ray Heald

American Civil War, the Russian Revolution and both World Wars. These vines, fed by their roots, firmly anchored in Barossa subsoil, continue to burst buds each year and are tended by sixth generation vineyard owners who consider themselves vine custodi-

ans. If one had to choose "the" place for shiraz with seemingly antithetical gusto and finesse, it would be the Barossa. Andrew Wigan, chief winemaker at Peter Lehmann Wines, said, "When God invented grapes, he obviously had the Barossa in mind for shiraz. Its climate and soils produce glowing black wines of intense flavor, strength and velvety finish."

GREATNESS OF THE BAROSSA

Since the 1940s, great reds,

principally based on shiraz, have come from the Barossa. Area lender St. Hallett makes compelling shiraz from dry-farmed old vines, crown jewels of today's shiraz bottlings. With old vines, individual grape bunches hold small, nearly-black berries. Without irrigation, their deep root systems help them survive the hot Barossa summer sun in extended periods of 100 degrees Fahrenheit and hotter.

Over the last several years, Barossa producers have spent much time and effort identifying the top shiraz vineyards. This has

given rise to some of the most exciting red wines in the world. One of these is St. Hallett's Old Block Shiraz, made from vines 70 years old to well over the century mark.

And so it is that one may say: there's shiraz and there's Barossa shiraz. The Barossa is one of the only premium international viticultural areas not ravaged by phylloxera in the late 1800s. A far-sighted quarantine policy created a repository of the world's oldest shiraz vineyards there.

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Are there cobwebs on your cultural calendar?

Turn to today's ARTS section. Get inspired with ideas for some worthwhile things to do.