

# Side dish

## Sweet ending

Wow guests with Frosted Cranberry-Cherry Pie. After all that holiday baking, give yourself a break. This beautiful fruit pie is made with canned filling and Pillsbury Refrigerated Pie Crusts. It's a no-hassle, festive dessert that's sure to please. Visit Pillsbury.com for more tips on making decorative pies.

### FROSTED CRANBERRY-CHERRY PIE

1 (16-ounce) package Pillsbury Refrigerated Pie Crusts, softened as directed on package

#### Filling

- 1 (21-ounce) can cherry pie filling
- 1 (16-ounce) can whole cranberry sauce
- 3 tablespoons cornstarch
- 1/2 teaspoon cinnamon
- Glaze and Topping
- 1/2 cup powdered sugar
- 1 tablespoon light corn syrup
- 3 to 4 teaspoons water
- 1/2 cup almond slices, if desired



Prepare pie crust as directed on package for two-crust pie using 9-inch glass pie pan.

Heat oven to 425°F. In large bowl, combine all filling ingredients. Spoon into crust-lined pan, leaving 1/2-inch crust seal edges and flute. Cut slits in places in top crust.

Bake at 425°F for 40 to 50 minutes until crust is golden brown. Cover edge of crust with strips of foil after 15 to 20 minutes of baking to prevent excessive browning.

Remove pie from oven. Immediately in small bowl combine powdered sugar, corn syrup and enough water for desired drizzling consistency. Drizzle over hot pie. Decorate with almonds. Cool at least one hour before serving. Makes 8 servings.

## Indoor tailgating

Are you planning a Super Bowl Party? Have a great casserole recipe to share? Join our team of Hometown Cooks and send your suggestions and recipes to: Keely Kaleski, Taste editor, Observer & Eccentric Newspapers, 805 E. Maple, Birmingham, MI 48039, or e-mail [kkaleski@oe-homecomm.net](mailto:kkaleski@oe-homecomm.net) or fax (248) 644-1314. If your recipe is chosen, you and your family could be featured in an upcoming edition of Taste.

## Shopping tip

When you want a crunchy snack, try soy nuts. "They contain 60 percent less fat than peanuts, and soy in the diet has been linked to reducing heart disease risks, reducing menopause symptoms, protecting against cancer and building stronger bones," said Gail Posner, a registered dietitian at Healthy Ways Nutrition Counseling in West Bloomfield. GenSoy soy nuts come in four flavors - unsalted, salted, barbecue and honey smoked. A 1-ounce serving of soy nuts (about 120 nuts) is 120 calories with 2 grams of fat, 5 grams of fiber and 12 grams of protein.

# Taste



Save leftover vegetables like the ends from sliced zucchini, the dark green tops of leeks, mushroom stems and potato peeling to make a rich, hearty vegetable broth.

# Comfort Soothe sniffles with good for cure you soups

BY LANA MINI  
STAFF WRITER

January and February are peak months for colds and flu, and homemade soup, especially chicken, along with plenty of rest and fluids, will make you feel better.

"Moms know best and chicken or vegetable soup is good for colds or the flu," said Mary Keats, a grandmother of 22 from Farmington.

"Trust me, when you're sick you need fluids and soup has the nutrition that you need."

Keats makes her soups from scratch. She simmers vegetables like spinach, carrots and broccoli in water with seasonings to make vegetable broth. To turn the vegetable broth into chicken soup she cooks a whole chicken and adds some of the pan juices to the broth, cooked chicken, garlic and thin noodles.

"And it has to be hot - burn the flu right out of you. When the grandkids are sick, I take soup with a lot of spinach. I take the spinach out after it simmers for one hour because little kids don't like the soggy leaves."

When making broth, keep sodium to a minimum to make it healthy. Use good spices instead, said Alex Slutsky of Omelet & Waffle Cafe in Plymouth. Slutsky makes three to five new soups every day.

"I make it from scratch, just like home," he said. "Soup should be packed with a lot of vegetables, if you

do that, it will be healthy and taste good."

For example, for his pasta vegetable soup, Slutsky starts by cooking carrots and potatoes. Then he adds cauliflower, cabbage, broccoli and tomatoes. "Just keep adding vegetables and simmer."

Frances Gorlando, owner and chef of Frances's Cafe in Troy, loves to talk about soup. Food is his life, he says. He was born and raised in Sicily and also lived in Milano so he's been trained in northern and southern Italian cooking. He uses both ingredients for soups at his Troy restaurant.

For hearty soup on a cold winter's day, Gorlando recommends Sicilian Wedding Soup.

"The base is chicken (or beef) and then add very small browned meatballs," he said. "Small enough so there's many in every bowl. Then add just a little bit of greens, not a lot. Just whatever you have - like spinach."

Turn to Naples, Italy, for inspiration when looking for a unique soup such as Stracciatella, which is made with a chicken base. Gorlando adds whisked eggs to the

broth, Romano cheese, and pieces of cooked chicken breast that are sliced apart, not cut. Stracciatella, after all, means to rip away. The eggs, cheese, chicken and broth are simmered together to make a very thick soup.

Soup can be easy, said Slutsky, if you have a good basic recipe. Use pinches of fresh chopped garlic, thyme, rosemary or ginger for flavoring. Tomatoes are good to start a basic broth and can be used for almost any soup. Studies have shown that onions, garlic, chives and ginger can help alleviate cold and flu symptoms.

Slutsky uses traditional, but fresh ingredients for his soups. "The easiest soup is chicken noodle," he said. "It's not really fast, but it's simple."

Looking for natural cold or flu remedies? Try the following:

■ Kleenex offers Mom's Remedies on its Web site - [www.kleenex.com/us/coldflu/2003/remedies.asp](http://www.kleenex.com/us/coldflu/2003/remedies.asp).

■ Hot lemon with honey and other "cold comforts" can be found at [www.pioneerthinking.com/coldand-flu.html](http://www.pioneerthinking.com/coldand-flu.html).

## Special crisp, fruity winter white wines from Alsace

Pinot grigio is the popular white wine grown in the northern Italian wine regions of the Alto Adige and Friuli. The same grape variety, grown in France's Alsace region, is known as pinot gris. Alsace is famed for its delicious, fruity white wines that are labeled with the grape variety and must contain 100 percent of the named grape.

White wines from Alsace are frequently sweet and expensive, but one of our favorite producers, F.E. Trimbach, is known for its reasonably priced, dry, crisp, fruity wines that harmonize well with food. Dry-style Alsace wines are particularly satisfying in winter as we pull away from the heavy meals consumed during the holidays and seek to satisfy our need to return to lighter foods.

"Alsace Pinot Gris is the up and



### Focus on Wine

Ray & Eleanor Heald

coming white grape varietal," proprietor Hubert Trimbach said. "It has structure, freshness, purity and body, all achieved without oak aging. The pure fruit character of the wine is maintained with refreshing acidity that makes it such a great accompaniment to food." His words can be "tasted" in the dry 2001 Trimbach Pinot Gris Reserve \$19.

### ALSACE AND FOOD

The people of Alsace know how to

cook exceptional food. Of the 20 Michelin Guide three-star restaurants in France, three are located in Alsace, along with four two-stars and 26 one-stars. This is where the wines of Alsace are paired with great French cuisine.

Some of the all-star chefs of Alsace have been drawn to U.S. shores, where they continue to provide great wine and food experiences. Chicago's Everest restaurant is owned by Jean-John, New York's Jean-Georges is owned by Jean-Georges Vongerichten while Hubert Keller operates Fleur de Lys in San Francisco.

Other wines of Trimbach include pinot blanc, the perfect introduction to Alsace wines. Light, versatile and suitable for all occasions. The 2001 Trimbach Pinot Blanc \$13

### WINE PICKS

Some of today's most flavorful red wines come from Italy. The following are the "hits" from our recent tasting.

■ Picks of the pack: 1999 Borgo Scopeto Chianti Classico Misciano \$35 and 1999 Borgo Scopeto Borgonero Toscana \$35.

■ Excellent: 1999 Caparzo Ca del Pazzo Toscana Montalcino \$35 and 2000 Caparzo Rosso di Montalcino \$21.

■ Very good: 1999 Borgo Scopeto Chianti Classico Reserva S28; 1999 Borgo Scopeto Chianti Classico S20; and 2000 Rosso Caparzo Sangiovese Toscana \$14.

All wines mentioned are available in the metro Detroit area. If a retailer does not stock a specific wine, ask that it be ordered from the distributor.

PLEASE SEE WINE, B2

Are there cobwebs on your cultural calendar?



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