

WINE

FROM PAGE B1

that's the case, we're trying to correct the fallacy for our readers. Dominus can best be explained in Edouard's words: "A California wine with French education."

While Edouard did not mention it, we did. Dominus has suffered from another misconception, that it is a trophy wine, expensive and best suited to a collector's cellar. "The Moueix family does not need another trophy wine," Edouard remarked, "we already have one in Chateau Petrus (arguably the most celebrated wine from Bordeaux produced by the Moueix family)."

The 1999 Dominus \$90 has a big, concentrated fruit presence that gains structure from 15 percent cabernet franc. As is typical of the vintage, it has high acid that accentuates the tannins, yet not overly, because it finishes mellow with goys of fruit.

The 1999 Dominus \$115 is a blockbuster with dense, dark color. It's hugely concentrated with black fruit aromas and flavors. It will undoubtedly follow the typical Dominus maturing cycle that is fruit-forward early on.

This aspect will continue in the 1999 for about another six months. Then the wine will close for four to five years, to reopen with more complexity and balance. So collectors are not incorrect; it is a wine to cellar.

LAST FALLACY SMASHED

A third false impression about Dominus abounds. With the 1999 vintage, Napanook was released as a second and different style wine than Dominus. It was inappropriately called by some, "the second label of Dominus," Edouard noted. "Napanook is made from specific blocks in the vineyard to deliberately create a different style wine. Napanook showcases black fruits with spicy notes that Dominus does not. The label was designed to illustrate the difference and emphasize the soil with color brown, green for the grape varieties and red for the climate."

The 1998 Napanook \$38 is a

WINE PICKS

Sauvignon blanc, and its labeling permutation fume blanc, pairs well with seafood and fish, which health authorities tell us: eat more. The following are results from our recent taste-off.

■ Pick of the pack: 2001 Dry Creek Vineyard "DCV 3" Fume Blanc, \$18, brings with pear, grapefruit, lemongrass, gooseberry, melon and tarragon aromas and flavors. Pair it with crab, shrimp or grilled sea bass.

■ Excellent: 2001 Ferrari-Carano Fume Blanc \$16; 2001 Morgan Monterey Sauvignon Blanc \$14; 2001 St. Clement Sauvignon Blanc \$13; and 2000 Beringer Vineyards Sauvignon Blanc, Napa Valley \$12.

■ Very good: 2002 Fox Creek Semillon/Sauvignon Blanc, Australia \$15.

■ Top value: 2001 Chateau St. Jean Fume Blanc \$13. This wine tied with the pick of the pack but its price point moved it to this category. Serve it with pan seared scallops in tarragon cream sauce.

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.

pleasurable wine now and meant for drinking in the next three to five years. On the other hand, the 1999 Napanook \$42 has a fuller palate and is more generous and well structured. "This wine," said Edouard, "approaches the goal we have in mind for Napanook."

The Healds are two residents who write about wine, spirits, food, and restaurants for the Observer & Eccentric Newspapers. To leave them a voice mail message, dial (734) 953-2047, mailbox 18648.

Physicians' group rates celebrity cookbooks

Celebrities are not the best healthy cookbook authors, says a national health group.

The popular cookbook by Michigan rocker Ted Nugent received the lowest health rating by the Physicians' Committee for Responsible Medicine. A cookbook by actress Marilu Henner scored highest.

The PCRM, a non-profit public health watchdog group comprised of physicians and medical officials that promote preventive medicine through good nutrition, released the celebrity cookbook ratings in response to one of the most common New Year's resolutions:

To lose weight.

"Our prescription is to not look to celebrity cookbooks for healthy foods," says PCRM dietitian Jen Kellen. "The Sopranos Family Cookbook is packed with so much fat and cholesterol, it's a crime."

Doctors analyzed ten top books for their percentages of healthy recipes, amount of nutrition information, and overall presentation. A healthy recipe, says the PCRM, is low-fat, cholesterol-free and fiber-rich.

Here's how each book scored:

- Healthy Holidays, Total Health Entertaining All Year Round, by Marilu and Lorin Henner - 83 percent
- Martha Stewart Living Annual Recipes, 2003, by Martha Stewart - 42 percent
- Live, Love, Eat! The Best of Wolfgang Puck, by Wolfgang Puck - 39 percent
- Happy Days with the Naked Chef, by Jamie Oliver - 39 percent
- Nigella Bites: From Family Meals to Elegant Dinners - Easy, Delectable Recipes for Any Occasion, by Nigella Lawson - 38 percent
- The Sopranos Family Cookbook: As Compiled by Artie Bucco by Allen Rucker and Michele Scicolone - 36 percent
- Al Roker's Big Bad Book of Barbecue: 100 Easy Recipes for Backyard Barbecue, by Al Roker - 36 percent
- The Wiseguy Cookbook: My Favorite Recipes from My Life As a Goodfella to Cooking on the Run, by Henry Hill - 34 percent
- Prime Time Emeril: More TV Dinners from America's Favorite Chef, by Emeril Lagasse - 8 percent
- Kill It & Grill It: A Guide to Preparing and Cooking Wild Game and Fish, by Ted and Sherman Nugent - 3 percent

- By Lana Mini

Foil quests with low-fat salmon-veggie bake

BY THE ASSOCIATED PRESS

This dish, salmon-veggie bake, has much to recommend it, including being baked in portions in foil. This proven technique wraps up all the flavor and nutrition, delivering juicy servings of fish and vegetables that have not needed much added fat in preparation.

The recipe is among the 1,200 featured in the latest edition of a classic cookbook, the 12th edition of *Better Homes and Gardens New Cook Book* (Merckish Books, 2002, hardcover \$29.95, softcover \$16.95). Nutrition information is included with every recipe, as are preparation and cooking times, and the book, which has inside ring binding, is illustrated with color photos.

The salmon recipe headlines warn that the packets will be

very hot when they come out of the oven. You can carefully transfer the contents of each to a dinner plate - or, for casual dining, leave the meal in the packet, and invite diners to grab a fork and dig in.

SALMON-VEGGIE BAKE
(Preparation 30 minutes, cooking time 30 minutes)

1 pound fresh or frozen skinless salmon, orange roughly cut, flounder or sea bass fillets, about 1/2 inch thick

2 cups thinly sliced carrots (4)

2 cups sliced fresh mushrooms

1/2 cup sliced green onions (4)

2 teaspoons finely shredded orange peel

2 teaspoons snipped fresh oregano, or 1/2 teaspoon dried oregano, crushed

4 clover garlic, halved

1/2 teaspoon salt

1/2 teaspoon black pepper

4 teaspoons olive oil

Salt and black pepper

2 medium onions, thinly sliced

4 sprigs fresh oregano (optional garnish)

Thaw fish, if frozen. Rinse fish; pat dry with paper towels. Cut into 4 serving pieces, if necessary. Set aside. In small saucepan cook carrots, covered, in a small amount of boiling water for 2 minutes. Drain and set aside.

Tear off four 24-inch pieces of 18-inch-wide heavy foil. Fold each in half to make four 18-by-12-inch pieces.

Preheat oven to 350°F.

In a large bowl combine carrots, mushrooms, green onions, orange peel, oregano, garlic, the 1/2-teaspoon salt, and the 1/2-teaspoon pepper; toss gently to combine.

Divide vegetables among the 4 pieces of foil, placing vegetables in center of each piece. Place 1

piece of salmon on top of each portion of vegetables. Drizzle 1 teaspoon of the oil over each piece of salmon. Sprinkle each lightly with additional salt and pepper, top with orange slices and, if desired, a sprig of oregano. Bring together 2 opposite edges of foil and seal with a double fold.

Fold remaining ends to completely enclose the food, allowing space for steam to build. Place the foil packets in a single layer on a baking pan.

Bake in a 350°F oven about 30 minutes, or until carrots are tender and fish flakes easily when tested with a fork. Open slowly to allow steam to escape. Transfer the packets to individual plates. Makes 4 servings.

Nutrition information per serving: 252 cal, 10 g total fat (1 g saturated fat), 59 mg chol, 393 mg sodium, 18 g carbs, 4 g fiber, 25 g pro.

RECIPES

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half the cheese and cook until melted, stirring occasionally to make a cheesy sauce.

Add the onion and margarine combination to the double boiler and milk. In a large glass casserole dish, stir in the cheese sauce from the double boiler, cooked rice and broccoli. Top with remaining cheese. Bake uncovered for 30 minutes at 350°F.

Submitted by Lisa Sawyer

instructions, but using the egg brings out its flavor more fully.)

In the meantime, heat a large, nonstick skillet over medium heat. Add 1 tablespoon oil, coating the bottom of the pan, and heat until hot. Add the carrot and sauté until almost soft (about 4 minutes), stirring occasionally. Add onion and sauté, stirring, just until it turns translucent. Remove carrot and onion and set aside.

Heat remaining oil in the skillet over high heat until very hot. Add mushrooms and jicama. Sauté, stirring often, until mushrooms are lightly browned and tender. Add chicken and stir until heated through. Return carrots and onion to pan and stir to combine. Add cooked kasha and mix well. Season to taste with salt and pepper.

*Brown rice may be used in place of kasha, using package directions to cook. Makes 4 servings. Per serving: 169 calories, 8 g total fat (1 g saturated fat), 11 g carbohydrate, 14 g protein, 3 g dietary fiber, 104 mg sodium.

From the American Institute for Cancer Research

SUNFLOWER CASSEROLE

2 cups sunflower seeds

2 cups cashews

1 cup water

1 cup onion, finely chopped

1 cup mushrooms, finely chopped

5 cups cooked brown rice

2 1/2 teaspoons vegetable bouillon

3 tablespoons soy sauce

2 tablespoons nutritional yeast

Flakes (optional, can be found at any health market or the natural food section of some grocery store. Nutritional yeast is nutty in flavor and used as a thickening agent. It's high in vitamin B12)

1/2 teaspoon garlic powder

Salt to taste

Finely grind the sunflower seeds in a food processor. Place them in a large bowl. Blend together cashews and water in the food processor until smooth. Combine all ingredients. Mix thoroughly. Place in a greased 13 by 9 by 2-inch baking pan. Bake at 325°F, covered, for 45 minutes. Remove cover and continue baking an additional 45 minutes.

Makes 6 to 8 servings.

MEXICAN LENTIL CASSEROLE

1/2 cup onions

1/2 cup green bell peppers

1/2 cup celery

4 cups water

1 cup lentils, uncooked (1 1/2 quarts)

1/2 cup cooked brown rice

1 (6 ounce) can tomato paste

1 ounce packet dry taco seasoning mix

1/2 teaspoon chili powder

In a medium saucepan, combine onions, green pepper, celery and water. Bring to a boil over medium heat. Stir in lentils, cover pot, reduce heat to low and simmer 40 minutes. Preheat oven to 375°F. Lightly spray a 1 1/2-quart casserole with vegetable cooking spray. Remove saucepan from heat and stir in remaining ingredients, mixing well. Spoon into prepared casserole. Bake uncovered, 25 minutes. Let stand five minutes before serving.

Source: Vegans In Motion, Oakland County

ZUCCHINI CASSEROLE

3 cups zucchini, sliced thin

1 cup Bismarck

1/2 cup onion, chopped

1/2 cup grated sharp cheddar cheese

2 tablespoons chopped parsley

1/2 teaspoon salt

1/2 teaspoon oregano

1/2 cup oil

3 eggs, beaten

1/2 teaspoon seasoned salt


1/2 teaspoon garlic powder

Mix all ingredients stirring in zucchini last. Bake 30 minutes or until brown.

Submitted by Evelyn Carey, from the *Tried & True* cookbook compiled by the United Methodist Church of Plymouth. Books can be purchased for \$12 at the church, 45201 N. Territorial Road, Plymouth.

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STATE OF MICHIGAN, PROBATE COURT, COUNTY OF OAKLAND

NOTICE TO CREDITORS

Deceased's Trust Estate

TO ALL CREDITORS:

NOTICE TO CREDITORS: The decedent, **ETIA M. ALLEN**, who lived at 305 Marlborough, Westland, MI, Michigan, died March 15, 2002. There is no probate estate.

Creditors of the decedent are notified that all claims against the Estate of ETIA M. ALLEN, deceased, must be presented to the Administrator, **ETIA M. ALLEN, Successor Trustee, c/o P. O. Box 2774, Westland, MI 48186**, within 4 months after the date of publication of this notice.

Respectfully, **ETIA M. ALLEN and ETIA M. ALLEN, c/o P. O. Box 2774, Westland, MI 48186**

Attorney: **Lawrence A. King, Attorney, 646 W. Long Lake Rd., Suite 200, Troy, MI 48068**

Public Hearing: January 13, 2003