

# Try dishes with heart this Valentine's Day



BY LARA MINI  
STAFF WRITER

Valentine's Day isn't just for lovers—it's a day to share warm feelings with loved ones. Here are some Feb. 14 ideas that aren't cliché:

Have lunch 1 p.m. Friday, Feb. 14, at The Vineyard Cafe and Catering, 32418 Northwestern Highway Farmington Hills, reservations encouraged, but not required.

Elvis will arrive in a limousine and serenade the crowd with love songs. Guests will receive Maggie's decadent Double Dipped Strawberry Chocolate Rises along with nonalcoholic champagne. Anyone named "Elvis" or born on Feb. 14 will receive a dozen strawberry chocolate roses.

A portion of proceeds from lunch sales will go toward Children's Hospital of Michigan.

**HOLIDAY-INSPIRED RECIPES**  
Looking to cook for a loved one on Valentine's Day? Try a recipe from *Holiday Hearts: A Collection of Inspired Recipes, Gifts and Decorations*

(Ten Speed Press, \$14.95) by chef Pamela Sheldon Johns and designer Jennifer Barry.

Packed with color photos related to the heart, this book contains more than 40 recipes, 15 crafts and a chapter for children. Mini Heart Frittatas, Pink Sorbet placed in the center of a real rose, Parmesan Braided Hearts, Pink Coconut Cured hearts with Rose Petals, and nonedible heart-shaped rose soap are among the heartfelt creations you'll find in the book. Here's a recipe to try.

## RED BEET AND RED CHARD RISOTTO

- 2 bunches (about 15) small fresh beets
- 6 tablespoons extra virgin olive oil
- 1/2 chopped onion
- 2 ounces pancetta, chopped
- 4 to 5 cups chicken or vegetable stock
- 1 pound ruby red chard, washed and julienned
- 3 cups arborio or carnaroli rice
- 1 cup dry white wine at room temperature
- 2 tablespoons unsalted butter
- Salt and freshly ground black pepper to taste

Preheat oven to 400°F. Lightly oil a medium casserole. In a large saucepan bring three cups of salted water to a boil. Select six of the smallest and prettiest baby beets for garnish and set aside. Trim the roots and stems from the remaining beets and scrub well and quarter lengthwise.

Drop the quartered beets into the water and cook 8 to 12 minutes until tender when pierced with a fork. Drain, reserving the water and remove the beet skins. Place beets in the prepared casserole dish with two tablespoons olive oil added. Season with salt and pepper to taste. Roast in oven for 20 minutes or until lightly browned. Set aside.

Strain the reserved beet cooking water and combine it with the stock in a large saucepan over medium heat. Bring to simmer. In another large, heavy saucepan over medium heat, heat the remaining four tablespoons of olive oil. Add onion and pancetta and cook five minutes until onion is golden brown. Add the chard and cook four to five minutes until soft. With a slotted spoon, remove the chard mix and set aside. In the same pan, add rice and stir three to four minutes until grain is coated and rice is translucent. Add wine and stir



Beets are the main vegetable used to make this heart-shaped dish from the book *Holiday Hearts, A Collection of Inspired Recipes, Gifts and Decorations*.

until it's completely absorbed.

Begin to add the simmering beet stock, one-half cup at a time and stir frequently to prevent sticking. Wait until the stock is nearly absorbed but never dry on top before adding the next one-half cup. Reserve about one-quarter cup to add at the end. Stir 18 to 20 minutes.

When rice is tender, but still firm turn off heat and stir in the quartered beets, chard, butter and the remaining stock. Season with salt and pepper and garnish with reserved whole beets. Serve immediately on plate. Spoon rice mix into a heart shape and place a beet with stems onto top to mimic the human heart. Serves 6.

Info@eclectic.com.net (248) 901-2572

Maggie's Hand Dipped Chocolate Strawberries are part of the lunch treat at The Vineyard Cafe on Valentine's Day. Some are topped with caramel, chocolate chips, coconut, almonds or white chocolate. Cost is \$6.50 dozen for a bouquet box, visit [www.chocolatetwoberry.com](http://www.chocolatetwoberry.com) or call (877) 615-588.

## Traditional German dessert always in season

BY THE ASSOCIATED PRESS

A layered strudel is a traditional German dessert favorite. This stacked version is easy to make, especially if you use the fresh phyllo that's increasingly available in supermarkets' refrigerated sections.

### BAVARIAN APPLE STRUDEL

- 1/2 cup golden raisins
- 1/4 cup rum
- 3/4 cup granulated sugar
- 1 teaspoon finely grated lemon rind
- 1 teaspoon ground cinnamon
- 5 Golden Delicious apples, peeled, cored and thinly sliced
- 14 sheets fresh or thawed frozen phyllo
- 1/2 cup (1 stick) butter, melted
- 1 cup creme fraiche or sour cream
- Confectioner's sugar

Combine raisins and rum; set aside 10 minutes to longer. Heat oven to 400°F. Butter a 9-inch-square baking pan. Combine granulated sugar, lemon rind and cinnamon; set aside. Place phyllo sheets between two sheets of waxed paper, then cover with damp towel to prevent

drying out. Remove one sheet of phyllo and brush completely with butter; repeat with 3 more sheets, layering them into a stack of 4.

Press phyllo stack into bottom of pan, folding it fit; onto it place half of prepared apples, topped with half of raisin mixture and granulated sugar mixture; spread half the creme fraiche on top. Stack another 4 sheets of phyllo on top of fruit layer, buttering and folding each as before. Top with remaining apples, raisins, sugar mixture and creme fraiche. Stack another 4 sheets of buttered, folded phyllo on top.

To give the top of the strudel a ruffled effect, butter and stack 2 more sheets of phyllo; cut them into 1 1/2-inch-wide strips. Gently crumple each strip and place them randomly on top of strudel. Bake strudel on bottom shelf of oven 25 to 30 minutes or until browned and bubbly. (If top begins to brown too much, cover loosely with aluminum foil.) Cool strudel; sprinkle with confectioner's sugar before serving. Makes 6 servings.

Nutrition information per serving: 619 cal., 6 g pro., 23 g fat, 65 g carb., 4 g fiber, 297 mg sodium, 58 mg chol. Recipe for AP from Washington Apple Commission

## WINE

FROM PAGE B1

If you prefer sweeter bubbles, then you'll like the Moët & Chandon Imperial Nectar Rose (\$48).

### SUPERB REDS

New in the Michigan wine market are the sensational Terra Valentine cabernets. Translation: Valentine land. Does it get more perfect? Aside from the ideal name and label design fit, the wines are spectacular renditions from the Spring Mountain District of the Napa Valley.

The 1999 Terra Valentine Wurtele Vineyard Cabernet Sauvignon (\$50) sings with dark cherry, blackberry, brown spices and chocolate notes. Full, rich and elegantly structured, it finishes with toasty oak notes.

The 1999 Terra Valentine Cabernet Sauvignon, Spring Mountain District (\$35) has generous plum aromas and flavors, complemented by blueberry accents with roasted coffee and chocolate nuances.

Terra Valentine is a new winery founded by Angus and Margaret Wurtele in 1995. Their artisanal fieldstone facility is surrounded by steeply sloped vineyards on rocky-slay soil, ideal for cabernet sauvignon. However, Terra Valentine wines are so new to the area, some retailers may not yet stock them. If you're interested, contact your favorite wine shop and have them order the wines for you from the

## WINE PICKS

No Valentine or kisses in the names, yet these Cabernet Sauvignon or Meritage wines are other sure-fire picks for Valentine's Day.

- Seriously delicious: 1999 Peju Reserve \$65; 1999 Franciscan Magnificent \$45; and 1999 Mount Veeder \$40.
- Generous and lush: 1999 Estancia Meritage \$35; 1999 Charles Krug Family Reserve Generations Meritage \$35; 2000 Ravenswood Rancho Salina Vineyard S32 (a Bordeaux varietal blend).
- Waflet friendly: 2000 Hess Select \$15 and 2000 Gallo of Sonoma \$13.

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.

distributor L&L Wine World. Strapped for cash? Select 2000 Kissing Bridge Shiraz (\$8) from the folks who produce Cheviot Bridge wines in Australia.

The Heeds are Troy 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.

## Bite into a juicy mango this month

BY LARA MINI  
STAFF WRITER

Citrus fruits are in season, of course, but did you know now is the prime time for mangos? "Mangos are great right now. Fortunately, we're in an age where we can get almost every food no matter what the season," said Vince Sciarino,



Mangos are in season and available at the Westborn Market.

general manager of Westborn Market's Berkley location. "And with such a large variety of ethnic restaurants in this country, we're looking for different kinds of produce too, unique things."

Eating a mango can make you feel like you're someplace warm. They're reminiscent of a peach, only sweeter and much, much juicier.

When picking out mangos, look for red, soft skin rather than green and firm. Sciarino said. Peel off the bitter skin, and slice the pieces off the large pit. Mango pits are like avocados—sometimes more than half the size of the fruit. A very ripe mango will stay fresh in the refrigerator for at least a week. Sciarino recommends eating them plain, juicing them or add as a topping on seared tuna.

Look for mangos at your favorite market or at Westborn Market on Woodward in Berkley.

### SEARED TUNA WITH MANGO TOPPING

- 2 tablespoons olive oil, plus extra for searing
- 1 1/2 cups diced yellow onions (2 onions)
- 2 teaspoons peeled, minced fresh ginger
- 1/2 teaspoon minced garlic
- 2 ripe mangos, peeled, seeded, and small diced
- 1/3 cup freshly squeezed orange juice
- 2 teaspoons light brown sugar
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1 to 2 teaspoons minced fresh jalapeno pepper, to taste (if desired)
- 2 teaspoons minced fresh mint leaves
- 2 tuna steaks

Sauté the olive oil, onions, and ginger in a large sauté pan over medium-low heat for 10 minutes, or until the onions are translucent. Add the garlic and cook for one more minute. Add the mangos, reduce the heat to low and cook for 10 more minutes. Add the orange juice, brown sugar, salt, black pepper, and jalapeno; cook for 10 more minutes, until orange juice is reduced, stirring occasionally. Remove from the heat and add the mint. Serve warm, at room temperature, or chilled.

Heat a sauté pan over high heat for 5 minutes until very hot. Season the tuna liberally with salt and pepper. When the pan is very hot, add a drizzle of olive oil and then the tuna steaks.

Sear for two to three minutes on each side, or until the outside is browned, but the inside is very rare.

Serve the tuna on top of the mango salsa. Serves 2.

Source: [www.wholefoods.com](http://www.wholefoods.com)

Now is the time! This is the place!

NOVEMBER 19-20, 2003  
I-96 & Novi Road

**February 12-16, 2003**

**RV Show Highlights**

- Over 300 units displayed
- 2003 models
- RVs priced from \$5,000 to more than \$300,000
- Great deals and special show pricing
- Free camping information
- Seniors admitted for just \$5 on Wednesday and Thursday
- Kids 12 and under get in FREE
- First 750 visitors on Friday get a free Woodall's ball cap

Register to win a \$2500 Gift Certificate from Gander Mountain!

Sponsored by: **National City** Oldies 104.3 WJMC FOX 12

**FREE 2003 edition of RV & Campsite!**  
[marvac.org](http://marvac.org)

**FREE FINANCING UNTIL JANUARY 2006!**

Down Blend Demin Slipcover Sofa **\$599\***

BELLSMITH ■ All Leather Sofa **\$799\*** Red

**LEATHER**

Roseville 32467 Grabot Ave. (586) 415-0700 Utica 13201 Hall Rd. (586) 728-0130 Ann Arbor 850 West Eisenhower Pkwy. (734) 669-2700 Birmingham 116 S. Woodward Ave. (248) 644-8250 Dearborn Fairlane Town Ctr. (313) 271-3410 Novi 27783 Novi Rd. (248) 347-3555  
Mon.-Fri. 10-9 Sat. 10-8 Sun. 11-8

2.5% Down Payment and payment of tax & delivery charges required at time of purchase. Minimum purchase \$100. Subject to credit review. During promotional period, no finance charges will accrue and the balance will be repaid in equal monthly payments based on the total amount of months between the delivery date & Jan. 2006. If not paid in full by Jan. 2006, finance charges will be assessed from date of delivery at current annual interest rate of 23.99%. Not good on prior sales. Sorry, not all products available in all storerooms.

**DON'T PAINT YOUR RADIATORS**

Paint drastically reduces the efficiency of steam & hot water radiators and could even become an ever heat conductor.

Attestable Air Radiator Enclosures.

- Their durability of steel with baked enamel finish in decorative colors
- No rust, scale, & clogging clean
- Protect heat out into the room

8550  
Special Product Brochure FREE Drive Estimate  
2864 Blue Rock Road, Columbus, Ohio 43247  
[www.8550.com](http://www.8550.com)  
1-800-643-7840

Enjoy Fine Dining at Home by KRISTEN your PRIVATE CHEF.

Experienced Culinary Institute Graduate Offers:

- Multi-course menu planning
- Creative wine & food pairing
- Grocery shopping
- Food preparation & clean-up

Call 248-496-7635

Plan your weekend activities each Thursday with Arts & Entertainment