

Side dish

Crunchy munchies

Satisfy your craving for crunchy munchies with Whole Foods tortilla chips, made with organic corn. Dip 'em in Morita Black Bean Dip, featuring black beans, the deep, smoky flavor of Morita



chilies and fire-roasted vegetables, or Salsa Caribe, which combines the sweetness of pineapple with hot Mexican quail chilies. Whole Foods has four metro Detroit locations - 2398 E. Stadium Blvd., Ann Arbor; 1404 Walton Blvd., Rochester Hills; 2880 W. Maple, Troy; and 7350 Orchard Lake Road, West Bloomfield. For more information, visit www.wholefoodsmarket.com

Beer tasting

Schoolcraft College's Gourmet Club and Merchant's Fine Wine of Gosse Pointe Woods, Dearborn and Royal Oak present the eighth annual Winterfest Beer Tasting 7 p.m. Wednesday, March 19, at the Schoolcraft College VisiTech Center, 18600 Haggerty in Livonia, one block west of I-75 between Six Mile and Seven Mile roads.

Fine culinary cuisine, and 80 to 100 beers will be among the choices, with tastings limited to 50 beers. Tickets are \$39 per person. Patrons must be 21 years of age and prove it to attend this event. Tickets can be purchased at the Student Activities Office, lower Waterman Center, or at Merchant's Fine Wine locations. Visa, MasterCard and Discover are accepted. Make checks payable to Schoolcraft College. Call for tickets at (734) 462-4422.

We enjoy fish

Joe Cudazzo from Slavic Seafoods in Boston reported to the Michigan Chefs de Cuisine Association recently that 71 percent of the 70 million American baby boomers like to eat seafood. Women who eat fish five times a week are 45 percent less likely to die from heart disease. Fish are high in Omega-3 fatty acids. The National Institute of Health recommends two servings of fatty fish per week for a healthy heart. The American Heart Association recommends more than two servings a week for a healthy heart.

Light and fresh

Most Americans eat less produce during the winter, but why eat fewer high-nutrient, low-calorie fruits and vegetables at a time when the body needs something light and fresh?

Eating fruits and vegetables consistently is key to overall better health.

Research shows that eating fruits and vegetables year-round appears to provide more heart and cancer protection than eating them just in the warmer months.



Eastern Europe cuisine includes dishes like Hungarian vegetable soup in a beef base; purple cabbage salad; sauerkraut, potatoes with tomatoes, marinated cucumbers and chicken, mushroom pie; and St. George sausage. Wanda's European Style Restaurant on John R. in Madison Heights is one of few restaurants outside Hamtramck that specializes exclusively on Eastern European food made from scratch.

Hearty meals

Eastern European foods can warm our cold bones

BY LANA MIHI
 STAFF WRITER

Michiganers don't need to travel to Romania or Hungary to experience bone-chilling temperatures, but it's hearty meals from those countries that can really keep us warm. And it's unknown whether the worst of the cold season is behind us.

Turn to the inside of Taste for traditional eastern European recipes with some modern time-saving shortcuts. **Taste, Page B2.**

Mile in Madison Heights.

Romanian and Hungarian dishes are spicy. It's about fresh garlic and Hungarian paprika. It's about horse radish and rye. It's also about cabbage and beef. Before trying to prepare it at home,

"The weather in Poland is like Michigan and the weather in Romania is like Illinois — cold," said Wanda Sileret, owner of Wanda's European Style Restaurant on John R., one block south of 13



Family members are the chefs specializing in their own dishes at Wanda's European Restaurant where foods from Hungary, Poland, Romania and Germany can be sampled. Chris Jazinski, owner Wanda Sileret, Wesley Borowski and Maciek Blaszczak each hold plates from different countries. Foods include, Romanian beef stew and dumplings; stuffed cabbage; goulash; marinated meats, dill pickle soup, and German schnitzel.

PLEASE SEE EUROPEAN, B2

Ridding amarone of its misconceptions

Amarone, produced only in Italy's Valpolicella Classico region near Verona in the Veneto, may be the most misunderstood wine in the world. Even to wine connoisseurs.

Dephful ruby hues, heady cherry fruit aromas, and captivating tastes, often nuanced with anise spice and smoky notes, climax in a rich, full-bodied, dry red wine. Yet, there is some misconception that this wine is sweet. It isn't.

Luce Desroches, Masi's commercial director for the



Focus on Wine

Ray & Eleanor Heald

Americas, recently told us, "Cheap wines from the Veneto earned the region little respect. But over the last three years, there's been a huge demand in the U.S. for amarone. With upfroot fruit and

because it is round and rich, it has attracted sophisticated red wine drinkers. Over the last 10 years at Masi, there has been more attention paid to preventing oxidation during the wine-making process. The wines are fresher and age gracefully."

MODERN METHODS

More than any other red wine, amarone today represents classic production methods that have been used for more than 2,000 years. Quantities are limited

due to the area, which despite its location in northeast Italy, has a climate as mild as Tuscany because the Alps block frigid air from the north and Lake Garda, Italy's largest lake, creates warm air flow from the west. Grapes grown in the region have disease associated with cooler regions, along with the strength and structure that stems from warmer growing areas.

Three indigenous grape

PLEASE SEE WINE, B4

Simple or complex, foods are enjoyable

My wife, Cheryl, and I are like most couples. We both arrive home anywhere between 6 and 7 p.m., sometimes mentally exhausted and physically



Culinary Adventures

Ken

Abramczyk

haggard from a day's work or a treacherous commute home.

Then you walk in and wonder ... what's for dinner?

Geez, I've driven and edited and written all day and planned stories and now, we have to figure out what to eat.

"What's for dinner?" "There's still tenderloin left," I replied. "Let's have that with a vegetable. I'm not that hungry."

"Well, we could have quesadillas ..."

"Why? We can finish the pork."

But my mind soon wandered ... hmum, those sound good for an appetizer.

Instead of a microwaved dinner of leftovers, it was a simple appetizer to add a little more warmth, a little more imagination, a little more life to a dreary overcast, eternally cold February evening.

Soon the pan was out. A jalapeno was rinsed, roasted over a flame on the range, then peeled, cut, seeded, rinsed and finely chopped.

"Don't we have cilantro?" I was asked. Yes, we do. That pungent odor diffuses the cold kitchen air as the herb is snipped from its stems. It's Thursday, and it's been several days since we've seen grape tomatoes in the house, so we'll forego dicing those veggies with the usual packing of cheese, cilantro and jalapeno inside the tortilla wraps.

Usually the quesadillas are enjoyed with a homemade salsa or a guacamole. Instead, leftover corn is tossed, sprinkled with a spice blend of chili powders once purchased on a trip out West. It's a good warmup. And it only took a few minutes.

That's what I enjoy about food. The simple pleasures balanced with its complexity.

Dinner can be as simple as a fresh steak seared on a grill or roasted with carrots, onions and potatoes, lots of them, coated with onion soup mix, or the complex array of flavors with scallops spiced with chili powder and a chili sauce, then covered with a mango sauce.

Food is something we all share. We may not like certain dishes the way someone else does. We may or may not like it spicy, we may or may not like it bland, we may or may not like certain herbs. We may or may not like meat, we may or may not like salads.

But we share that love of food.

Meals are times we share with family. It can be a simple dinner for two with simple inquiries on how the day went, to dinner with the children or a full-fledged family get-together with aunts, uncles, nieces and nephews.

Meals can be shared by campers after a successful day of fishing, enjoying the day's bounty. They can be

PLEASE SEE CULINARY, B2

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