



Side dish

A martini lunch?

Lunch or dinner by the glass? The three-martini lunch is back, but this time, it doesn't



represent the potent potable of gin and dry vermouth, but rather a fun and elegant way of dining.

Forté Belanger Catering of Troy is offering martini lunches from a series of food stations that use martini glasses instead of plates. Forté is also adding Teeny Martinis, smaller colorful martini glasses just right for hors d'oeuvres.

Guests can create their own hors d'oeuvres or choose from premade martinis.

Some of the more popular martini meals are Caesar salad, turkey dinner, rock shrimp and diver sea scallop cosmopolitan, forest mushroom risotto, and lobster bisque with grissini stick, to name a few.

"People love the idea because it's so new and fun," said John Forté of Forté Belanger Catering. "We're always seeking out cutting edge and unique ideas to take our events from special to spectacular."

Forté Belanger Catering maintains 25 regular employees and bring as many as 100 staff for large catered events. The company works from an 8,500-square-foot kitchen and commissary in Troy.

For more information on Forté, call (248) 288-3300.

Eating healthy

Healthy fats (Omega 3) decrease tumor growth, stimulate the immune system and inhibit cancer-promoting hormones.

These fats can be found in salmon, sardines, trout, tuna, herring, canola oil, leafy green veggies, walnuts and flaxseed.

These foods should be incorporated in your diet along with three to five servings of vegetables and two to four servings of fruits, according to officials at Providence Hospital's Nutrition Services.

Nutritionists also suggest you read the package labels to make sure you are getting whole grain bread, whole grain cereal, crackers, pasta and brown rice.

Try using dried peas and beans (legumes) in salads, chili, soup and dips. Add zip to food by adding health protecting herbs and spices.

Nuts also contain healthy fat (monounsaturated), fiber, protein, vitamins and minerals. Dark chocolate is so stimulating "feel-good" chemicals and is being studied for cancer and health protection benefits.

Providence offers a variety of community health education classes that focus on understanding the importance of nutrition.

For a listing of current or upcoming class offerings, call (877) 345-5500 or go to www.providence-hospital.org



Dlu Corn Curry features cilantro, chilies, ginger and coconut.

Global warming

Chris and Carolyn Caldicott had a job that many vegetarians, or lovers of travel, would crave: They trekked across the world to find the planet's best vegetarian food.

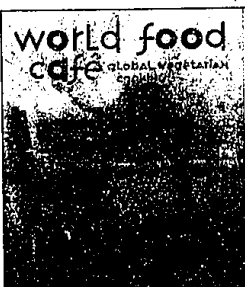
Their culinary journey is stunningly exhibited in a beautiful book appropriately titled *World Food Café, Global Vegetarian Cooking* (\$28, Publishers Group West).

The book contains full-page photos of colorful dishes from Sri Lanka, India, China, Jordan, Laos, Brazil, Peru, Mexico, Egypt and Cuba, along with beautiful photos of those lands, including the deserted beaches of the Seychelles; fruit merchants in Morocco; temples in Karnataka; elephants in the misty jungles of India; worshipers embracing stone Hindu effigies in Ganesh; and blocks of unrefined sugar in Mexican street markets.

Food specialties of every country are detailed by the Caldicotts.

"The best dish we ate in Ecuador was creamy pumpkin, potato and paprika soup flavored with thyme and oregano," the Caldicotts wrote. "We were served it while staying on a ranch in the Andean foothills near the small town of Vilcabamba."

Another story reads: "Never having been invaded or colonized (Thailand) has food that is undiluted ... and very good. Fresh ingredients are cooked in heavily spiced pastes and flavored with lemongrass, lime leaves, galangal, black



From the rice paddies of China to the fruit markets of southern India, 'World Food Café' opens your kitchen to the outside world.

pepper, basil, ginger, tamarind, coconut milk, peanuts and cilantro."

The section on "Buddhist meat" is interesting not just to vegetarians, but for anyone searching for high-protein, low-fat options.

"Buddhist meat," also known as seitan, is derived from wheat gluten and can be found in Chinese and natural food stores. It's packed with protein and B vitamins and is often used as a meat substitute in Chinese food. The authors said it was a delight to discover the "meat" while in Asia because many dishes

PLEASE SEE GLOBAL, B2

Story by Lana Mlin | Staff Writer

Port offers warm weather enjoyment

If you have the opinion that Port is a winter beverage to be enjoyed by a roaring fireplace, you really need to read this column.

"Chilled," said Churchill's proprietor/Portmaker Johnny Graham, "Churchill's White Port (\$18) is a marvelous warm weather aperitif. Most White Ports are 3 to 4 years old when bottled, but Churchill's is 10 years old. However by law, the age of a White Port is not allowed on the label."



Focus on Wine

Ray & Eleanor Heald

WINE PICKS

Whites less than \$20 to serve chilled as matches for shellfish, chicken, pasta with olives, fresh tomatoes and basil.

Unique tastes: 2002 Villa Maria Private Bin Riesling, Marlborough (\$13) and 2001 Chateau St. Jean Pinot Blanc, Robert Young Vineyard (\$18).

CHARDONNAYS: 2001 Geysler Peak (\$16); 2001 Beringer Founders' Estate (\$12); 2002 Lindemans Reserve (\$10); 2001 Painter Bridge (\$8); and 2002 Calterra (\$8).

PINOT NOIRS served below room temperature are wonderful with grilled salmon or grilled duck. Awesome: 2000 Etude, Carneros (\$40) and 2000 Morgan Gary's Vineyard (\$38).

A Burgundian touch: 2000 Archery Summit Red Hills Estate (\$75).

Unique regional style: 2001 Clos LaChance Santa Cruz Mountains (\$28).

Real deals: 2001 Anapamu, Monterey (\$16) and 2001 Robert Mondavi Private Selection (\$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.

CHURCHILL'S

When one thinks about a Port house, centuries of tradition come to mind.

Churchill's, founded in 1981, however, is the first independent British Port shipper in more than 70 years.

In the Port trade, Johnny Graham has a recognized family name. His great-grandfather founded Graham's. His father sold the company to the Symington family in 1970. And so it was that Johnny arrived in Oporto, Portugal, in 1973 without a family firm with which to apprentice.

However, he landed a trainee job with Cockburn's and for the next year worked with John Smithes, one of the great men of Port. In 1980, Johnny was made a Cockburn's director

and married Caroline Churchill. Together, they formed Churchill's (clearly, Johnny could not use his family name, which had been sold) and Johnny left Cockburn's to work at Taylor's while he started his company.

Finding vineyard sources and establishing Port

PLEASE SEE WINE, B2



PHOTO BY BILL BRESLER | STAFF PHOTOGRAPHER

Great Lakes great wines

Susan Platek opens boxes of bottles and hands them to Dave Mosturko in taking an inventory of wines arriving at Oakland Community College's Orchard Ridge campus in Farmington Hills for the eighth annual Great Lakes Great Wine Walk Around Tasting at 6 p.m., Wednesday, May 14. Tickets are \$45. For information and reservations, call (248) 522-3700.