



Pick of the Week

Try
TraminetteBy Lorraine
Hems

I drove out to Indiana recently. On the different state roads, I saw many winery signs. It reminded me of how lucky we are in the Finger Lakes to have so many great wineries within close proximity of one another.

I met up in Indianapolis with a former Rochester Institute of Technology student of mine and we talked about his new vineyard job. He now works for Oliver Winery, Indiana's oldest and largest winery. He shared a bottle of their Creekbend Traminette. It was off dry, smooth, full of pear aromas and flavors and delightful. He explained that the Indiana Wine Grape Council has chosen traminette wine to be that state's signature wine.

I have tasted many produced in New York, but where did this grape come from originally? It was developed in Illinois in 1965, but this cross was then sent to the New York State Agricultural Experiment Station grape breeding program at Cornell for development.

Arbor Hill, on the southern end of Canandaigua Lake, was the first winery in the world to introduce it commercially. There is the first traminette I ever tried and it is still one of my favorites. They use this grape in three of their award-winning wines. One of my other favorite traminettes was made by an amateur winemaker at the time. Jan Klapetsky now produces Young Sommer Winery's traminettes in Williamson.

There are many traminettes made in this area that have similar nose and flavor characteristics (floral, honey, apricot) as one of its parents — gewurztraminer. It can be produced in a variety of sweetness levels — which means it can be served with a wide range of foods, but is especially good with Asian cuisine. Traminette is more winter hardy and higher yielding than gewurztraminer, which helps keep the cost lower to you.

Not only is traminette planted in Pennsylvania, Ohio, Michigan and Indiana, you can find it in Missouri and even in Kentucky. Like my former student, traminette is thriving in the Midwest. Wherever you go, try some traminette. Enjoy!

Healthful comfort foods

Nothing warms up a cold winter day like a warm, comforting meal. However, we've all vowed at one time or another, maybe even within the last few weeks, to get on track, eat right, exercise more, be healthier and lose weight. Guess what — you can do both!

The following tips from the 2010 Dietary Guidelines for Americans are important to consider when eating cold weather "comfort" foods while taking into account your overall health.

► First, balance your calories: Enjoy your food, but eat less and avoid oversized portions.

To learn more

To learn more about healthful eating and activity, contact the Eat Smart New York Program of Cornell Cooperative Extension at 536-5123, visit www.counties.cce.cornell.edu/yates/ or like the Extension on Facebook.

printing and hanging on the refrigerator, with more in-depth information about these tips, at www.ChooseMyPlate.gov, "10 Tips Nutrition Education Series." Also new to the website are updated daily food plans and SuperTracker. SuperTracker allows you to get personalized nutrition and physical activity plans, track your foods and physical activities and get tips and support to help you make healthier choices and plan ahead.

So, get creative — want homemade macaroni and cheese? Great idea! Try adding 2 cups of cooked, chopped broccoli to your favorite recipe and be sure to use fat-free or 1 percent milk and choose low-fat cheese!

The following are some cozy winter recipes that you can feel good about eating.

BRUNSWICK STEW

Ingredients:

- 1 Tbsp. vegetable oil
- 1 medium sliced onion
- 2 cups fat-free, low-sodium chicken broth
- 2 cups cooked diced chicken or turkey
- 2 cups canned or cooked tomatoes
- 2 cups canned or cooked lima beans
- 2 cups canned or cooked whole-kernel corn

Directions:

1. Heat oil in a large pan. Add onion and

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cook in oil until tender.

2. Add chicken broth, diced chicken or turkey, tomatoes, lima beans and corn. Bring to a simmer for 30 minutes at medium-low heat.

Yields about 8 servings.

Source: *Loving Your Family, Feeding Their Future — The Healthy Family Guide Book (USDA)*

CHICKEN,
BROCCOLI AND
PASTA CASSEROLE

Ingredients:

- 1½ cups uncooked rotelle or ziti pasta (whole grain if possible)
- 1½ cups broccoli florets, cooked, about ½ bunch fresh
- 12 ounces cooked cubed skinless chicken breast
- 1 Tbsp. margarine
- 2 Tbsp. all-purpose flour
- 3 cups low-fat milk
- 1 tsp. dry mustard (1 Tbsp. prepared mustard can be substituted)
- ½ tsp. ground pepper
- 6 ounces reduced-fat cheddar cheese, grated

Directions:

Preheat oven to 350 degrees Fahrenheit. Prepare macaroni as directed on the package; drain and transfer to a large bowl. Add broccoli and cooked chicken, mix well. Set aside.

In a small saucepan melt margarine over low heat; stir in flour until smooth. Gradually stir in milk, mustard and pepper.

Cook, stirring constantly, until thickened and smooth. Stir in half of the cheese; continue to cook over low heat. Stir until cheese melts. Pour sauce over pasta mixture; mix well.

Pour mixture into a 1½ quart casserole dish. Sprinkle remaining cheese on top. Bake 25 minutes or until bubbly.

Yields about 4 servings.

Source: *Cornell University Cooperative Extension — New York City Nutrition and Health Programs Recipe Collection, 2006.*

IN THE
SERVICE

Submitted photo

A kitten investigates the chin strap of Marine Cpl. Josh West's helmet. He is stationed in Afghanistan.

West stationed
in Afghanistan

LYONS — Marine Cpl. Josh West, son of Bill and Tori Miller, is serving in Afghanistan.

He is the grandson of Sharon Larsen of Newark.

DEAN'S
LIST

WATERLOO — John Cottrell, son of Rian and Roseanne Cottrell, was named to the dean's list for the fall semester at State University College at Brockport.

A 2011 graduate of Waterloo High School, he is studying criminal justice, forensic science and computer information systems.

SENECA FALLS — Kathryn DiDonna, daughter of Frank and Alice DiDonna, was named to the dean's list for the fall semester at Monroe Community College.

A 2010 graduate of Mynderse Academy, she is studying liberal arts — health related.

WATERLOO — Brandon Cottrell, son of Rian and Roseanne Cottrell, was named to the dean's list for the fall semester at State University College at Geneseo.

A 2009 graduate of Waterloo High School, he is studying pre-law.

GENEVA — Lindsay DePalma, daughter of Christopher and Lisa DePalma, was named to the dean's list for the fall semester at Ithaca College.

A 2009 graduate of Geneva High School, she is studying speech pathology.

GENEVA — Colby M. Lapresi was named to the dean's list for the fall semester at Central Methodist University in Fayette, Mo.

He is studying biology.

GENEVA — Karlie George was named to the dean's list for the fall semester at Indiana University of Pennsylvania in Indiana, Pa.

A 2008 graduate of Geneva High School, she is studying dietetics.

GENEVA — Joseph Smaldone, son of Douglas and Pamela Smaldone, was named to the dean's list for the fall semester at Ithaca College.

He is a junior studying sports management.

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Expand wine IQ
at pairings events

The following is a partial list of upcoming wine and culinary events. E-mail events to Susan Porter at sporter@fltimes.com. To register for events at New York Wine and Culinary Center in Canandaigua, visit www.nywcc.com.

Bargain Bash on Seneca Lake Wine Trail, through Jan. 16. Wineries clean out inventory and reduce prices.

Sundays From the Library, 11:30 a.m. to 1:30 p.m. Jan. 15 at McGregor Vineyard Winery, 5503 Dutch St., Dundee. Matured Black Russian Red wines paired with gourmet hors d'oeuvres. \$45. Info: www.mcgregorwinery.com or (800) 272-0192.

Pasta and Wine Weekend on the Seneca Lake Wine Trail, 10 a.m. to 5 p.m. Jan. 15. Food and wine pairings. \$30 per person (\$20 for designated drivers). Info: www.senecalakewine.com.

January Wine Pairing Dinner at Veraisons Restaurant at Glenora, 6 p.m. Jan. 15, 5435 Route 14, Dundee. Chef Sarah Hassler presents British-themed meal. \$50 plus tax and gratuity. Info: (800) 243-5513.

Wine Wednesdays at Holiday Inn Waterloo/Seneca Falls, 5 to 6 p.m. Jan. 18, featuring Eleven Lakes Winery. Info: www.hiwaterloo.com.

Duck and Other Great Foods from the Hudson Valley, 6 to 8:30 p.m. Jan. 19 at NYWCC, \$75.

6th Annual Celebrity Guest Chef Pasta Nights, 5 to 8:30 p.m. Jan. 19, featuring Chef John McNabb of Knapp Winery on behalf of Autism Awareness, Veraisons Restaurant at Glenora Wine Cellars, 5435

■ See PAIRINGS on Page 3C

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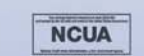
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