

# LIFE + FOOD

THURSDAY, NOVEMBER 19, 2009

FRIDAY IN WEEKENDER

## 'TWILIGHT SAGA: NEW MOON' OPENS



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### PIECES OF THE PUZZLE

Putting together Thanksgiving dinner

# TWEAK THE TRADITIONS

*Don't get exotic  
with dinner; save  
it for dessert*

By Sharon Thompson

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The Thanksgiving meal is all about tradition, except when it comes to dessert.

You can't mess with grandma's stuffing recipe, but no one will grumble if you serve a sweet potato pie with an exotic twist. Or a chocolate-pumpkin bundt cake instead of a pumpkin pie.

A homemade pie crust will make the dessert even more delicious. If you need help, call the experts at the Crisco pie hot line, 1-877-367-7438. A staffer is available from 8 a.m. to 8 p.m. weekdays through Wednesday and Dec. 14 to 23. Videos and step-by-step visual instructions are at [www.crisco.com](http://www.crisco.com).

Cookbook author/pastry chef Gale

Gand will share holiday baking recipes and tips during an interactive virtual cooking demonstration at 1 p.m. Dec. 3 at [www.mccormick.com](http://www.mccormick.com).

Here are some new cookbooks that offer concise recipes and plenty of baking tips:

- *Bob's Red Mill Cookbook* by Miriam Backes and The Bob's Red Mill Family (Running Press, \$29.95).

- *Cake Keeper Cakes* by Lauren Chattman (Taunton, \$17.95).

- *Rose's Heavenly Cakes* by Rose Levy Beranbaum (Wiley, \$39.95).

- *Unforgettable Desserts* by Dede Wilson (Wiley, \$29.95).

Here are hot lines and Web sites that offer baking help during the holidays:

- Land O'Lakes, 1-800-782-9606, [www.landolakes.com](http://www.landolakes.com).

- Nestle Toll House, 1-800-637-8537, [www.verybestbaking.com](http://www.verybestbaking.com).

- King Arthur Flour, 1-802-649-3717, [www.kingarthurflour.com](http://www.kingarthurflour.com).

Reach Sharon Thompson at (859) 231-3321 or 1-800-950-6397, Ext. 3321.

### THE OTHER PARTS OF THIS SERIES



Nov. 4: Turkey



Nov. 11: Side dishes



Nov. 26: Leftovers

Recipes  
on Page  
B3.

### THE FRU-GAL

## Grab the great deals but don't overspend



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As we plunge into the holiday season, be wary of urges to show friends and family how much you love them by lavishing them with gifts.

When I visited Fayette Mall, I was amazed at the great deals being offered this season. You can give some wonderful gifts at

amazing prices. Start your mall journey with a visit to guest services, where you will receive a Season of Savings coupon booklet. The booklet has deals on many stores, restaurants and personalized services. Use this as a guide.

You will be tempted to overspend at this time of year. Remember that when giving a gift, you shouldn't be reminded of that gift in January by your credit card bill, so keep your budget in line.

### Want to save money?

- The new Black Friday is Cyber Monday. On Nov. 30, tap into the 500 virtual vendors that will offer discounts on items from clothes to electronics. Watch for deals for early and first-time shoppers.

- Get \$10 off your purchase of \$10 or more at JCPenney.com.

- Free samples and coupons with your mobile phone. Texting charges do apply.

- Free sample of New Green Works natural laundry detergent.

- Free Lubriderm sample.

- Get a coupon sent to your phone for a \$25 to \$50 purchase at Express stores.

- Get 40 percent off a \$40 purchase from Adidas shoes. If five friends use the coupon, you get a free pair of Adidas shoes of your choice.

- Receive \$5 off a See FRU-GAL, B2

### TIDBITS

## Lexington mom wins Splenda contest



SHARON  
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[Kentucky.com](http://Kentucky.com)

Check out Sharon Thompson's blog, *Flavors of Kentucky*, for recipes and lots of food talk.

Lisa Roberts of Lexington is the grand prize winner in the national Splenda Sweet Life contest. Moms across the country were asked to share their secrets for "living sweet."

Roberts, the mother of 3-year-old triplets and a 5-year-old, won a trip to visit her out-of-town family for the holidays. Her story is at [www.splendajourney.com](http://www.splendajourney.com).

### Tea with teddy bear

The Brown Hotel in Louisville will hold its Teddy Bear Tea again this year.

The hotel's executive chef, Laurent Géroli, and his staff will prepare treats for children ages 2 to 12 on Dec. 5 and 12. The cost is \$30 for adults, \$20 for children. Half the money from each child's reservation goes to the Home of the Innocents and Court Appointed Special Advocates. Call (502) 583-1234, Ext. 7166. The hotel is at 335 West Broadway.

The adult menu includes bourbon-smoked salmon; country ham brioche; roasted red pepper on toasted focaccia; Tandoori chicken on nine-grain bread; cranberry

scone with Devonshire cream and preserves; and chocolate madeleines, blueberry tarts and macadamia caramel tartlets.

Children will be served hot cocoa; cheddar and turkey tortilla rolls; Swiss and ham muffins; mini tomato, spinach and Swiss cheese quiche; chocolates; and raspberry tartlets.

### Old Washington Christmas

Step back in time to celebrate the holidays at the 42nd annual Frontier Christmas in Washington.

The historic village in Mason County will offer a weekend of horse-drawn carriage rides and demonstrations of candle-dipping, quilting and weaving. Entertainment will be provided by a harpist, a fiddler and a bagpiper.

Hours are 10 a.m. to 5 p.m. Dec. 5 and 10 a.m. to 6 p.m. Dec. 6. Go to [www.washingtonky.com](http://www.washingtonky.com).

Reach Sharon Thompson at (859) 231-3321 or 1-800-950-6397, Ext. 3321.

## These wines should blend with the feast

Use of 5 to 10 grapes perfects the pairings

By Fred Tasker

McClatchy Newspapers

With Thanksgiving just a week away, it's time to think about the most important part of the feast. And Thanksgiving wine pairings are a challenge. I mean, what wine goes with turkey, stuffing, mashed potatoes, gravy, yams, cranberries, green bean casserole, creamed onions and pumpkin pie?

I think I've found an answer. How about a wine made with five grapes? Or seven? Or even 10? With all those flavors swirling around in both food and wine, something's bound to click. So today we talk about "super-blend" wines. It might sound as if winemakers are cleaning out their bins, but some of these blends are great matches for multiflavored meals.

When I first tasted Conundrum white wine from California's Caymus Vineyard in 2000, it was made of five grapes — sauvignon blanc, chardonnay, semillon, viognier and muscat. The wine is rich and hearty, just right for Thanksgiving.

In California, iconoclastic Bonny Doon Vineyard blends multiple Rhone-style grapes seeking rich, complex "Old World" wines. Its Le Cigare Volant red wine is made of grenache, mourvèdre, syrah, carignane and cinsault; Le Cigare Blanc white wine has roussanne and grenache blanc; and Vin Gris de Cigare rosé has grenache, cinsault, roussanne, mourvèdre, syrah and grenache blanc.

Equally traditional is Blancaneaux, a Rhone-style blend by filmmaker Francis Ford Coppola's Rubicon Estate in California. In Oregon's Willamette Valley, the Sokol Blosser Winery has worked on the grape blend for its proprietary white wine to the point that it is called Evolution. It has nine grapes in the blend: muller-thurgau, white riesling, semillon, pinot gris, gewürztraminer, muscat canelli, chardonnay, pinot blanc and sylvaner. It's slightly sweet, with layers of flavor in the German style.

It's not certain that Kendall-Jackson's Summation white holds the record, but it's a blend of 10 grapes — sauvignon blanc, chardonnay, semillon, viognier, pinot blanc, roussanne, marsanne, grenache blanc, gewürztraminer and chenin blanc.

The name Summation comes from "the legal term for a final statement that summarizes principal points," says winemaker Randy Ullom.

### Highly recommended

- 2005 Bonny Doon Vineyard Le Cigare Volant red wine, California: aromas and flavors of black cherries, earth, maybe even truffles; rich and smooth and full-bodied, with ripe tannins; \$32.

- 2008 Conundrum white wine, California: aromas of lavender and honeysuckle, rich, complex flavors of green apples, ripe peaches and spice; silky smooth, lightly sweet; \$18.

