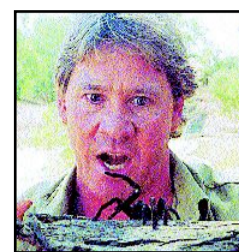




Taste

In sneakers

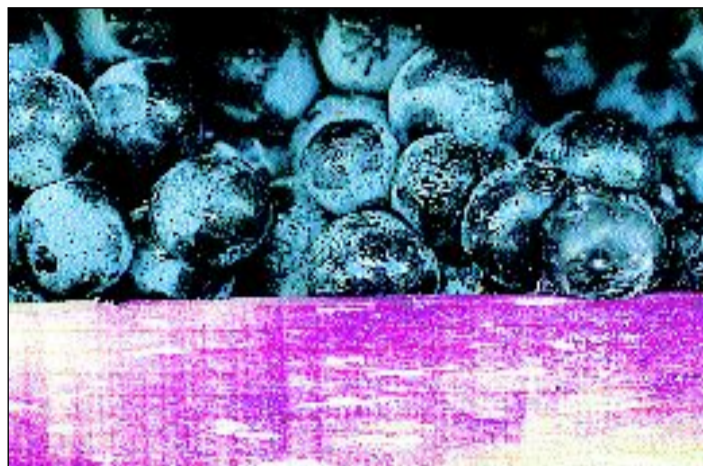
A remembrance of Steve Irwin, the Crocodile Hunter and wildlife enthusiast. **E6**



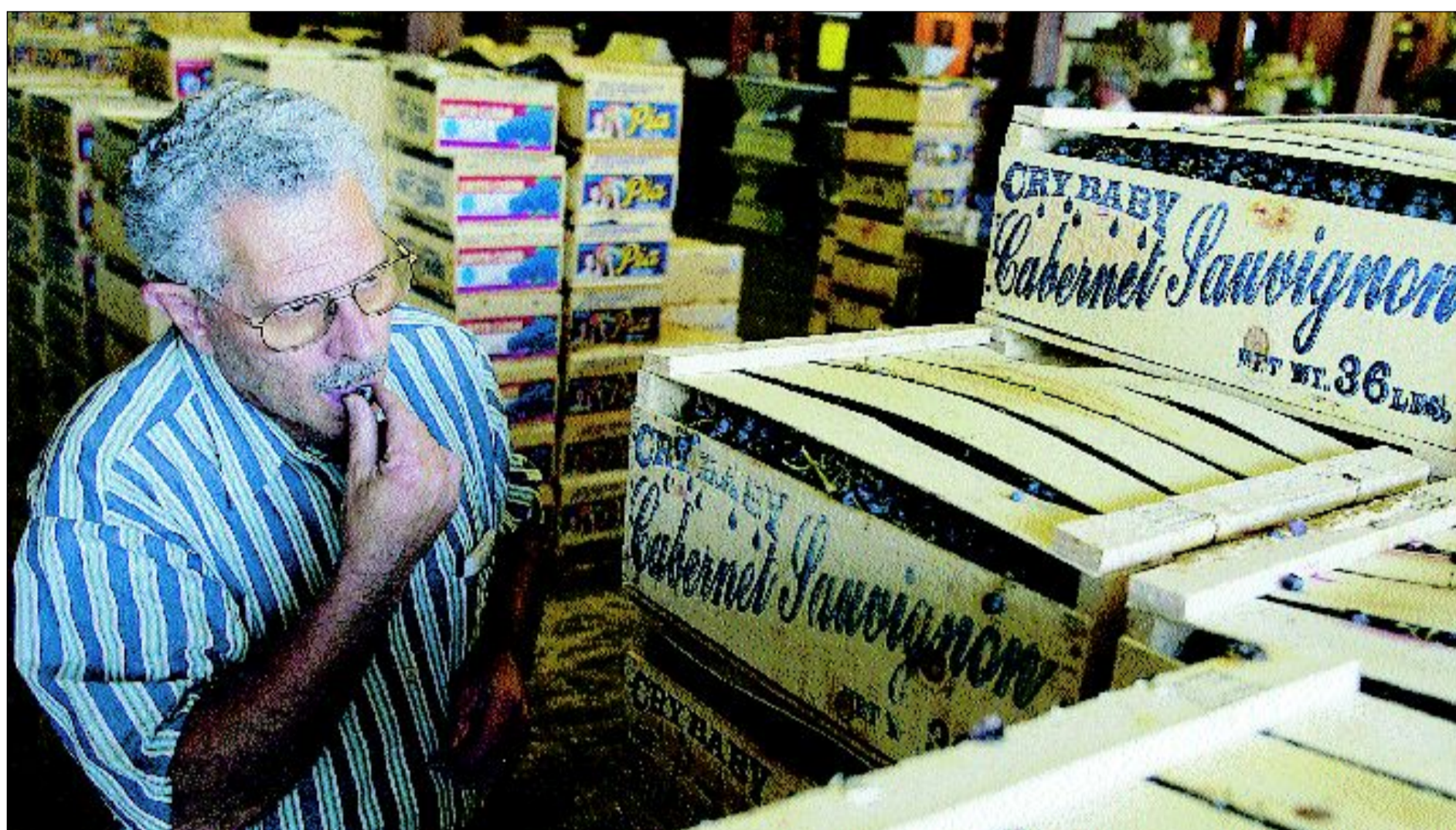
Spinach subs

What can you use in place of spinach in your diet? **E3**

SIGHTS AND SOUNDS



Fruits of the vine



Photos by MICHAEL KARAS / Herald News

Joe Longo of Waldwick samples some Cry Baby brand cabernet sauvignon grapes at Corrado's winemaking center in Clifton last weekend.

Enthusiasts gather at Corrado's to start home winemaking season

By CAROLINA BOLADO
Herald News

Soterios Georghiou is darting around the 5-foot-high cartons of grapes like the proverbial kid in a candy store. It's Saturday at Corrado's Winemaking Center, and he was just here on Thursday, but at this time of year, that's to be expected.

"Holy smokes, look at the color on this grape!" he says as he crushes a few zinfandel grapes in a small plastic bag. "If you're getting color like this in a bag, it's going to be pitch black when you make it into a wine."

The grapes are good this year, or so

says Georghiou's refractometer, which measures the brix, the sugar content of each grape. Most wine-makers will browse the stacks, tasting grapes and looking for small, sweet fruit – the more sugar content the better. Georghiou, a Ringwood resident, opts for a more precise tool than his tongue.

"You can taste, too, but the numbers don't lie," he says.

Last year, the grapes, for the most part, came in at 22 brix, meaning the grapes were 22 percent sugar. This year, Georghiou's meter regularly

Please see **GRAPES, E2**



Soterios Georghiou of Ringwood uses a refractometer to measure the brix (sugar content) of grapes at Corrado's.

Couscous just fills up with flavor

By CAROLE KOTKIN
McClatchy News Service

Couscous is not a grain, as many people think, but tiny pasta about a quarter the size of a grain of rice. This North African staple cooks in minutes and can be flavored any number of delicious ways.

In Morocco, one especially popular couscous made with seven kinds of vegetables is served on Rosh Hashana, the Jewish New Year, which begins Friday. In "The Book of Jewish Food," Claudia Roden writes that in Tunisia, "a sweet

TECHNIQUES

side dish made with pumpkin is traditionally served with couscous for Rosh Hashana; the gold of the pumpkin symbolizes the hope that the new year will be prosperous."

Our couscous is mostly the quick-cooking variety you find on the rice and pasta aisle in most supermarkets. Large Israeli (pearl) couscous is available in natural foods and Middle Eastern stores.

To make either kind, just add boiling liquid, let stand five minutes, and fluff with a fork.

Because couscous is bland and absorbent, it is especially good with

spicy, saucy dishes.

Here are more tips:
■ Look for a brand that is made from pure semolina flour. Couscous made with regular flour becomes mushy.

■ For contrasting texture and flavor, add raisins and/or chickpeas and garnish with toasted almonds or pine nuts.

■ For a quick, delicious salad, combine couscous with chopped fresh mint and parsley, grated lemon zest, cumin, turmeric and pepper, and dress with a lemon-juice vinaigrette.

Please see **TECHNIQUES, E2**



McClatchy News Service

Apricot and pumpkin couscous makes use of the tiny pasta's ability to pair well with spicy, saucy dishes.

Rosh Hashana recipes

An updated take on a classic: Beer Braised Brisket and Root Vegetables. **E5**
Single-sized Peach Noodle Kugel. **E5**