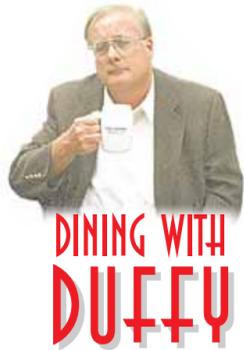


ACCENT

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DINING WITH DUFFY

Peppy Grill

Address: 1004 Virginia Ave., Indianapolis
Phone: 637-1158
Hours: 24 hours daily
Entrée price range: \$3 to \$8.50
Credit cards: Major cards accepted

Diner serves breakfast at all hours of day, night

As it entered the new millennium, Peppy Grill in the Fountain Square neighborhood of Indianapolis has quietly achieved icon status as one of the few independent, 24-hour, breakfast-anytime diners.

It began life on Virginia Avenue in the 1930s as part of a Midwest chain of more than 45 burger diners, competing with White Castle during the golden era of fried burgers and onions.

As the chain petered out in the '70s, Mary Wyman bought the Fountain Square outpost to maintain it as a haven for short-order comfort eats at whatever time we have to have it.

It's an appropriately cozy comfort food palace, seating about 50 in two small dining nooks, including five stools at the counter, where one can watch a meal being crafted.

The menu takes in grilled ribeyes and top sirloins, with change back for your ten, as well as hamburger steak, ham steak, chicken fingers, and breaded perch and pollock.

The sandwich board is highlighted by burgers, cheeseburgers, double burgers, double cheeseburgers, breaded and grilled tenderloins, smoked sausage, hoagies, tuna salad, and fried cod and perch.

The breakfast menu is a primary draw, no matter how near or far it is from the midnight hour.

Its massive portions of fried eggs, hot cakes, French toast, breakfast meats and signature biscuits and gravy, all cooked to order and not precisely built for speed, are designed for a relaxed session of good eats after a period of toil or bringing an evening of free-time activity to a close.

On the busy Friday morning I went to Peppy Grill, I was immediately endeared when my server referred to me, and everybody she conversed with, as "Baby."

This is comforting to a man whose women in his life have not felt compelled to call him "Baby" for several decades now.

I took on a Peppy Grill breakfast special of the rib-eye and eggs (\$7.45).

I might be one of the few male carnivores in America who feel fried eggs and grilled beef is not a marriage made in culinary heaven. I can't really explain why, other than that I have always been addicted to the salt licks that are bacon and pork sausage.

But I decided to give the rib-eye a try with the large portion of fried eggs, and it made for an enjoyable repast. The grilled six-ounce rib-eye was tender and flavorful.

Against my better judgment, I also sampled a Peppy hot cake, which my server alerted me could be more than I could handle in tandem with the steak and eggs.

That's because a Peppy hot cake is about the size and thickness of a Frisbee. I hadn't had a hot cake in a while, and this one really hit the spot, tastily absorbing my butter and syrup.

As Peppy's regulars can probably attest, part of the charm of a round-the-clock diner is that it gives you enough food so that you really don't have to eat for another 24 hours.

Veteran restaurant critic Reid Duffy writes a weekly review for the Daily Journal. Comments may be sent to letters@thejournalnet.com.

More people hitting the bottle

Novices needn't be intimidated by wine

By ANNETTE JONES
 DAILY JOURNAL FEATURES EDITOR
 ajones@thejournalnet.com

You've tried all the beer and cocktails you care to and have decided to expand your alcohol repertoire to wine.

You are not alone. Millions of Americans now claim an affection for wine. According to a 2005 Gallup poll, wine is edging out beer as the most popular alcoholic beverage in America. Thirty-nine percent of people surveyed said they preferred wine, compared to 36 percent who liked beer better.

That's a big change from a 1992 poll, the first time Gallup surveyed Americans about their drinking habits. Then, only 27 percent of people said wine was their alcohol of choice.

Yet many novice drinkers, confused by the variety of red, white and blush wines available, break out in a sweat when a waiter hands them a wine list.

Red or white, sweet or dry, pricey or inexpensive, it doesn't matter, say wine experts. Just find a wine you like and can afford.

Price is no indicator of good wine, says Mark Easley, owner of Easley Winery in Indianapolis.

While Americans typically like sweeter wines than Europeans, the longer they drink wine the more they are drawn to drier wines, wine producers have found.

For consumers just starting to experiment with wine, visit area wineries or wine shops, which stock a variety of American, Australian and European wines. The Wineries of Indiana Web site, www.indianawines.org, includes maps and information about Hoosier wineries.

Free tastings are typically offered at wine-specialty businesses, and wine-tasting events offer another way to try a variety of wines.

The "Wine, Cheese and All That Jazz" fund-raiser March 11 at the Johnson County Museum of History in Franklin is a good place to check out some Indiana wines.

Toast museum

"Wine, Cheese and All That Jazz" will take place from 7 to 9 p.m. March 11 at the Johnson County Museum of History, 135 N. Main St. in Franklin.

Live jazz music, cheese and Indiana wines from Mallow Run, Oliver and Grape Inspirations wineries will be featured.

Cost is \$25 in advance and \$30 at the door.

Proceeds of the event, for adults 21 and older, benefit the museum and the Johnson County Historical Society.

Tickets: 736-4655

VINTAGE VANTAGE

Wine at a glance

• Drink the wine you like regardless of price or variety.

• If food has elements of sweetness, try a sweeter wine. If the food is bitter, salty or acidic, choose a dry wine.

• Dry wines are consumed before sweeter ones and whites before reds when there is more than one wine served with a meal.

• Screw caps, once associated with cheap wine, are being used on premium wines.

What's in a name

• In Europe, wines are named after regions, such as Bordeaux.

• In the United States and Australia, wines are named after the grape from which they are made, such as Chardonnay.

• Wines with less than 75 percent of a particular grape are given fanciful names.

Sweet vs. dry

• Some dry white wines are Chardonnay, Sauvignon Blanc and Pino Grigio.

• Some dry red wines are Cabernet Sauvignon, Merlot and Pinot Noir.

• White wines with some sweetness include Zinfandel, Riesling and Muscat Canelli

• Sweet red wines include Lambrusco and Port.

Storage tips

• Store wine in a dark, cool place.

• Corked bottles should be stored on their side to prevent the cork from drying out.

• Bottles with screw tops can be stored upright.

• Once a bottle is opened, consume it within two days.

Serving wine

• If wine has been refrigerated, allow it to sit at room temperature for 20 to 30 minutes before serving.

• The best way to chill white wine is to store it at room temperature and then put it in the refrigerator for 20

to 30 minutes before serving.

• White wine should be served at about 50 degrees and red wine at about 60 degrees.

• Red wine should be opened a few minutes before serving to let it "breathe."

Wine glasses

• Wine is typically served in stemmed glasses. Stemless wine glasses, however, are becoming more common.

• The glass should be held by the stem so the hand doesn't warm the wine or get fingerprints on the bowl of the glass.

• Tulip-shaped glasses are preferable to straight-sided glasses because they concentrate the aroma of the wine at the rim of the glass.

• Wine glasses should be filled two-thirds full.

• Tall, narrow glasses called flutes are used to serve Champagne and are not ideal for wine.

SOURCES: John Richardson, co-owner of Mallow Run Winery in Bargersville; Charles Thomas, owner of Chateau Thomas Winery in Plainfield

STAFF PHOTO BY SCOTT ROBERSON/roberson@thejournalnet.com



SCRIPPS HOWARD ILLUSTRATION

A cell phone's features make it a handy, purse-size datebook.

Use cell to stay organized

Calendar, messaging options useful tools

By SARAH WELCH AND ALICIA ROCKMORE
 GETBUTTONEDUP.COM

Can you imagine life without your cell phone?

Losing one or even just leaving it at home can seriously raise stress levels.

Because nearly everybody has and uses one daily, cell phones represent an obvious tool in helping you get organized.

Take advantage of all the features they have that could help you better manage your life.

Facing the gizmo fear

Chances are you're probably using only the phone book to store numbers and maybe, when you're feeling really adventurous, the camera.

We know, you probably threw out the instruction manual long ago, and you may not feel as though you have time to figure out how to use those additional options.

But most functions are fairly easy to use, and taking five minutes now will save you hours in the long run (and some sanity points to boot).

Tool selection

If an organizational tool is going to be useful to you, it needs to fit into your life.

Because I'm often stuck in meetings, the two functions I find most useful are text messaging (so I can "talk" to people without "talking") and the date book (so I can stay on top of important appointments even if I'm not at my desk).

Must-try features

• **Calendar:** Look for it under the tools area on your phone under calendar or planner.

Once you select an appointment date, the phone will prompt you to enter the event details, such as title, start, duration, and when you want the "alarm" to remind you of the appointment.

• **Ring tones:** When you enter phone book information for new contacts, take five extra seconds to assign them a distinct ring.

If you're in the middle of something and it's not an "urgent-person" ring, you can call back whoever it is later.

• **Text messaging:** Text messaging is an efficient way to get a message to someone when you can't talk to them.

It's found in the message area on your phone. Simply create a new message and start typing.

If you are likely to send the same message frequently ("I'm on my way"), store it for use later.

The writers are co-founders of Buttoned Up, a company dedicated to helping women get organized.

Sulfites in wine keep red, white vintages true to their colors

The phrase "Contains Sulfites" is printed on every bottle of wine.

What does this mean exactly? It is intended as a warning of sorts, one that does not have merit in my judgement.

The substance can cause allergic reactions in extremely high amounts, so it was outlawed on salad bars, where it was used to keep lettuce fresh. But no mention is made with wine warnings that the small amount of the material in each bottle is not harmful.

Sulfites are a group of chemical compounds that contain sulfur dioxide. It is created by natural fermentation either by yeast or bacteria.



Charles R. Thomas

ON THE BARRELHEAD

Since wine often utilizes both kinds of fermentation, there is ample reason for sulfites to be present in wines. Few are sulfite-free.

Sulfites are also added to wine to preserve it from the decay of oxidation as the wine ages.

The practice has been applied for at least 3,000 years, since the

ancient Greeks and the Romans used it.

Levels of sulfite decline gradually over time as wine ages. The rate of decline depends on the acidity and the type of wine and the amount of sulfite in the wine before bottling.

Modern winemakers have sophisticated charts that indicate the precise amount of sulfite to add to a wine to maximize its protective effect without creating excess.

Sulfites have three important and powerful actions in wine. • First, sulfite kills most of the yeasts, molds, bacteria and other organisms that can get into wine.

It is the primary reason wines

can survive long periods of aging in the bottle.

• Secondly, sulfites are antioxidants. They scavenge oxygen that may enter wine during bottling or through the cork during aging.

Oxygen can harm the integrity of the wine, so this property is extremely important.

• Thirdly, sulfites prevent browning of the color of both red and white wines.

Sulfite must be present in 4,000 to 5,000 parts per million to create a significant allergic reaction. White wines typically contain 20 to 40 parts of sulfite per million. Red wines contain zero to 20 parts per million.

Any food that is fermented

contains sulfites, including beer, bread, cheese, cider and tea.

Other foods that contain sulfites include baked goods, soup mixes, jams, canned vegetables, pickled foods, gravies, dried fruit, potato chips, trail mix, vegetable juices, sparkling grape juice, lemon & lime juice, shrimp, molasses, guacamole and potatoes.

Many of these foods contain higher levels of sulfites than wine. Some are compelled by law to reveal the sulfite ingredient on the labels and some do not.

Charles R. Thomas, a certified wine judge, is owner of Chateau Thomas winery based in Plainfield.