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Conserve energy by upgrading the fridge

Efficient new models save money, offer more handy features

By ANNA WALLNER AND KRISTINA MATISIC
FINE LIVING NETWORK

Refrigerators are the single biggest energy consumer in most households.

Replacing a fridge purchased in 1990 with a more recent Energy Star qualified model can save enough energy to light the average household for five months.

Here's how to find the right fridge for your needs and your pocketbook.

- All refrigerators work basically the same way. Spending more will get you a quieter compressor muffled by thicker insulation and more cosmetic features, like a computerized shopping list, a stainless steel front, or a fancy door that matches your cabinets.

- There are three basic configurations to choose from, side by side, freezer on top, or freezer on bottom. The freezer-on-the-bottom configuration, with the less-utilized freezer section below, makes fresh food higher up therefore easier to see.

- Side by side refrigerators often come with extra features like ice machines, but they're usually more expensive. Freezers with this configuration often don't fit as many odd shaped items (like pizza boxes).

While handy, icemakers are notorious for breaking down and can be a costly repair. If you can't live without one, make sure the warranty covers icemaker repairs.

- You'll need 16 to 20 cubic feet for two people. Add an extra foot for every person.

- Glass shelves are sturdy and easy to clean, but they do show spills more easily. If you go for a fridge with wire shelves, look for a heavy gage and make sure the wires are close together and have center support.

- Stainless steel looks great, but it shows fingerprints, scratches easily and can be hard to keep clean, especially if you have little kids running around.

Anna Wallner and Kristina Maticic host "The Shopping Bags on Fine Living" on TV Network.



These Asian-inspired chicken wraps make use of chicken pre-cut into thin pieces. A marinade of soy sauce, rice vinegar, garlic, ginger and red and black pepper gives the meat a tasty finish when wrapped up with greens and baby corn.

Food fatigue pick-me-up

Wrap offers new life for omnipresent chicken breast

By J.M. HIRSCH
THE ASSOCIATED PRESS

The boneless, skinless chicken breast is suffering some serious dinner burnout.

Sure, it has a well-earned reputation as the go-to ingredient for healthy, speedy eating. And for good reason.

Chicken breasts cook quickly and easily, do well with just about any flavor or seasoning and are virtually fat-free.

But that's part of the problem. Flip through just about any food magazine and you'll likely be inundated by chicken breast recipes. It's all starting to feel a bit tired on the plate.

How to freshen it up? I started by looking at the many different chicken breast cuts now available at most grocers. Tenders, halves and thin-cut have become common. Granted, anyone could make these same cuts from regular breasts, but it's hard to beat the ease of these.

The thin-cut appealed to me because they cook faster than a regu-



Asian chicken wraps are an easy way to spice up dinner when chicken gets boring. For a Mexican flavor, use a purchased mole sauce to marinate the meat. Then top it with chopped red onion, cilantro and salsa.

lar breast. And they'd cook even faster if I took a meat mallet to them, making them uniformly thin and tenderizing the meat so it would readily accept a marinade.

And for that, I whipped up a speedy Asian-inspired blend of soy sauce, rice vinegar, fresh ginger and garlic. Of course, plenty of bottled marinades are similar to this recipe, but tossing these ingredients in the blender took almost no effort.

Once the chicken was fried and rested a moment, I cut it into thin

strips, which I arranged on a bed of baby greens in a whole-wheat wrap. Topped with sliced baby corn, scallions and a drizzle of sweet and spicy hoisin sauce, it was delicious.

Asian not your thing? It also would be easy to do a Mexican variation on this recipe. Use a purchased mole sauce for the marinade and substitute ground up tortilla chips for the panko.

Then replace the scallions and baby corn with chopped red onion and fresh cilantro, and lose the hoisin in favor of salsa.

ASIAN CHICKEN WRAP

Start to finish: 30 minutes
¼ cup soy sauce
¼ cup seasoned rice vinegar
2 cloves garlic
1 tablespoon ginger
¼ teaspoon red pepper flakes
¼ teaspoon freshly ground black pepper
4 thinly sliced chicken breasts
1 egg
1 cup panko (Japanese-style breadcrumbs)

¼ cup canola oil
4 large flatbread wraps
4 cups baby mixed greens
15-ounce can baby corn, drained
2 scallions, ends trimmed, thinly sliced
Hoisin sauce
Puree soy sauce, rice vinegar, garlic, ginger and red and black pepper in a blender.
One at a time, place the chicken breasts between two sheets of plastic wrap. Use a meat mallet or rolling pin

to pound the breast until uniformly thin.
Combine chicken with marinade, coating both sides. Cover and refrigerate 15 minutes.
Meanwhile, place the egg in a wide, shallow bowl and beat well with a fork. Place the breadcrumbs in a second bowl. Dip each breast first through the egg, then through the breadcrumbs, shaking off any excess.
In a skillet, heat oil over medium-high until it shimmers. Fry

the breasts, in batches if necessary, 3 to 4 minutes per side, or until golden crisp and cooked through.
Set aside on paper towels to absorb excess oil, and let it rest about 2 minutes.
Cut each breast into thin strips. Spread 1 cup of greens over each wrap, then top with strips of chicken, baby corn and scallions.
Drizzle each with hoisin sauce, then roll the wraps. Makes four servings.

GET BUSY

Symphonic council lunch includes style show

The annual meeting and membership luncheon of the Franklin Symphonic Council will take place at noon March 10 in the Napolitan Student Center's Branigin Room at Franklin College.

A style show presented by Coldwater Creek will follow the meal. Membership in the council helps support community musical events and music students.

Tickets can be reserved before March 2 by calling 736-5430 or 738-9761.

Craft fair wares will include candles, jewelry, woodcrafts

The Johnson County Extension Homemakers will sponsor its annual spring craft fair from 9 a.m. to 3 p.m. March 3 at Scott Hall on the Johnson County fairgrounds, off U.S. 31 in Franklin. Vendors will sell floral arrangements, candles, gift items, embellished clothing,

woodcrafts, jewelry and more. Food will be available. Admission is free. Information: 736-3724

Lieutenant governor to speak at Franklin College women's event

Franklin College will host a luncheon and lecture in celebration of Women's History Month with guest speaker Lt. Gov. Becky Skillman at 11:30 a.m. March 23 in the Branigin Room of the Napolitan Student Center.

A buffet lunch will begin at 11:30 a.m., followed by remarks by Skillman. Admission is \$5 for college alumni and \$10 for the public. Reservations: 738-8185

Quilt show to feature displays, remarks from craftswoman

The Nimble Thimbles Quilt Club's quilt show will open at 6 p.m. April 20 at Scott Hall on the Johnson County Fairgrounds in Franklin.

Guests can view the quilts on display

and visit the vendors present.

Nancy Odom, a nationally known quilter and quilting author, will speak at 7 p.m. Following her talk and trunk show, visitors can purchase her books, which she will sign.

Free hors d'oeuvres will be served after the presentation. Cost for the evening is \$8 in advance or \$10 at the door.

The quilt show will continue from 9 a.m. to 4 p.m. April 21. Admission is \$3. Advance tickets are available from club members or by calling 736-7093 or 881-5415.

Humane society wants to build emergency vet care fund

The Humane Society of Johnson County is seeking funds to provide emergency veterinary care.

Donations can be made to the society's Dudley Fund. The fund was established when an injured Jack Russell terrier named Dudley needed orthopedic surgery for an injury.

Send donations to Humane Society of

Johnson County Dudley Fund, 550 E. Jefferson St., Suite 205, Franklin, IN 46131.

Concert benefits area's only free medical clinic for needy

The second in a series of benefit concerts at St. Thomas Episcopal Church will take place at 3 p.m. March 18.

The series benefits the St. Thomas Clinic, Johnson County's only free medical clinic for the underserved.

The concert will feature Alair, a Celtic quartet of Indianapolis-based musicians. In addition to classical music, the group's repertoire includes traditional Celtic tunes with a contemporary twist.

The third concert on June 10 will showcase St. Thomas' organist Andy Chislett, who established career experience playing piano in New York City and Seattle.

The suggested donation at each concert is \$10 per person. Complimentary desserts and beverages will be served.

St. Thomas is at 600 Paul Hand Blvd., a quarter-mile east of U.S. 31 and 1 mile south of Whiteland Road.



Charles R. Thomas

ON THE BARRELHEAD

Wine styles affected by grape types, weather

I don't suppose most of you spend time thinking about how much style has to do with the goods and services we encounter every day.

The style of wine depends on many factors.

A wine's style can be characterized as all the factors that create the effect it has on the consumer.

This starts with the type of grape that's used, the place where the grape is planted, the methods of growing the grape, the weather that impacted the grape during the growing season, the type of farming that was employed, the timing of the harvest, the method of harvest and how the wine was taken to the winery.

These all represent just aspects of getting the grape to the winemaker.

Different wine styles are produced partly by design and partly by necessity. Factors include the grape that's used, the place where the grapes are grown and the place where the wine is made.

All these factors precede the influence the winemaker has on style.

Wine styles vary as the types of wine vary. There are white, red, pink, sparkling, fortified, simple, complex, dry, medium, sweet and dessert wines.

Winemakers will make their wine according to what they prefer or what they perceive their market prefers.

Beyond that, they make the best wine they can give the grapes they harvested.

Of all the factors that can impact the style and outcome of wine, the winemaker has the greatest ability to exercise a stylistic change in the wine.

You can make a bad wine from good grapes, but you can't make a good wine from bad grapes.

Flavor styles are included in four broad categories: fruity, herbal, tropical fruit and floral wines.

There are also oxidized wines and artificially flavored ones.

As far as acid styles go, there are wines with simple, brightly acidic flavors; others, such as red and white table wines, have medium acidity. Low acidity wines are usually much more complex.

Sweetness styles are factors as well. Most are food-friendly table wines are dry. Sweet wines have limited usefulness at the table except as a sipping wine or with dessert.

In tannin styles, one finds wines that are both low and high in tannins, which create the dry, puckering sensation in wine.

White wines that are not barrel treated and some red wines like Beaujolais or Nouveaux styles that are not exposed to any significant barrel aging are low in tannin.

Medium and higher tannin wines consist mostly of dry table wines that are food-friendly.

Alcohol styles should also be considered in wines.

Low-alcohol wines are sweet dessert wines, which frequently are 9 percent or 10 percent alcohol or less.

Most wines fall in the range of 9 percent to 14 percent, and this is the range where the mouth-feel of the wine is most appropriate.

High-alcohol wines such as Zinfandel, Syrah, Shiraz are all high-alcohol wines because of their sugar content at the time of harvest.

Fortified wines, however, are all higher than the normal alcohol concentration of 14 percent and have their own class (14 percent to 24 percent alcohol). This includes Sherry, Port, Madiera and Marsala.

Brandy is a much higher alcohol level and is not considered wine, although it is a wine derivative. Brandy must be at least 40 percent alcohol by volume.

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