



Women's Health/Anita Calero/AP

This really tasty, made-from-scratch chicken soup is an example of a dish that's not only comforting, but also packed with ingredients to boost your immune system and ward off illness.

Ultimate flu-busting chicken soup

Associated Press

If you're feeling under the weather this winter, before you head to your doctor's office, take a trip to your kitchen. When you feel the first signs of a winter-borne bug, a scratchy throat, a runny nose, an achy feeling, Women's Health magazine suggests it's time for some feel-good foods.

The January-February issue includes the following recipe for made-from-scratch chicken soup, as an example of a dish that's not only comforting, but is also packed with ingredients to boost your immune system and ward off illness. What it's not packed with is fat and empty calories.

Why it works: According to the magazine, researchers at the University of Nebraska found that homemade chicken soup really does make you feel better when you're sick. It reduces congestion and inflammation by limiting the movement of white blood cells that

produce infection-related mucus.

The result? Fewer sniffles. This version also harnesses the healthy power of tomatoes, potatoes and garlic.

Ultimate flu-busting chicken soup

3 chicken breasts (skin on and bone in, about 2 pounds)
2 stalks celery, cut in half
4 garlic cloves, peeled
1 medium yellow onion, cut in half
2 cups baby carrots, cut in half
1 sprig fresh oregano
1 tsp. extra-virgin olive oil
1 jalapeno pepper, seeded and minced (about 4 tsp.)
1 tbsp. chopped fresh oregano leaves
1 1/2 pounds red or purple potatoes, cut into bite-size pieces
3 medium plum tomatoes, seeded and chopped (about 2 cups)
Salt and pepper, to taste

1. Put chicken, celery, 2 garlic cloves, 1 cup carrots, the oregano

sprig and half the onion into a large pot. Fill pot with cold water; 2 inches above ingredients; put over high heat. When water boils, cover and reduce heat to medium. Simmer 1 hour.

2. Set aside chicken to cool and discard all veggies and herbs. Strain broth into a large bowl, skim fat from top and set aside.

3. Put oil, jalapeno, the chopped oregano leaves, 2 remaining garlic cloves (minced) and the remaining half onion (chopped) into a large pot. Cook at medium heat until vegetables are just soft, about 5 minutes. Turn heat to high; add broth, potatoes and remaining carrots. When broth boils, reduce heat to medium. Cook until potatoes and carrots are tender; about 15 minutes.

4. Remove skin and bones from chicken. Shred meat into bite-size pieces. Add chicken, tomatoes, salt and pepper to soup. Cook until warm. Makes about four 3-cup servings.

Quick cooking: Tuna with black pepper

Associated Press

When it comes to easy dinners, the trick is to keep the good taste while refining your recipe's ingredients down to a few well-chosen components that work really well together.

This recipe for fresh tuna with black pepper, artichokes and lemon calls for only 30 minutes' cooking and results in a winner on the table. The recipe is from the December issue of Real Simple magazine, from a feature on easy dinners, suggested for "ideal weeknight meals."

Tip: Look for artichokes packed

in water or oil, not marinade, the editors say. If you can't find them, rinse the artichokes thoroughly with water, then pat them dry.

Tuna with black pepper, artichokes and lemon

2 tbsp. olive oil
1/2 red onion, thinly sliced
Three 6.5-oz. jars artichoke hearts, drained and halved
1 lemon, cut into 8 slices
2 cloves garlic, thinly sliced
4 sprigs fresh thyme (optional)
1 1/2 lbs. fresh tuna, 1-inch cubes
1 1/2 tsp. kosher salt

1 tsp. black pepper
2 cups cooked rice

1. Heat 1 tbsp. of the oil in a large skillet over medium heat. Add the onion and cook until softened, about 3 minutes. Add the artichokes, lemon, garlic and thyme (if using).

2. Cook until heated through, 3 more minutes. Transfer to a plate. Season the tuna with the salt and pepper. Heat the remaining oil in the skillet. Cook the tuna, turning to brown all sides, to the desired doneness, about 2 minutes for medium.

3. Return the artichoke mixture to skillet and toss to combine. Serve over the rice. Makes 4 servings.

SCOTT AND CINDY GREENBERG

VineGuy and VineGal



Wine resolutions

Well, another year has come and gone, and another list of resolutions has passed into our personal history book with some successes and a few (too many) unrequited promises. But making, and keeping, our resolutions isn't as arduous for us as it is for most. After all, we're wine writers. Our resolutions generally revolve around the concept of drinking better wine or attending more tastings.

But in the interest of tradition, we did indeed write our new resolutions down. Here are our respective resolutions for your review.

Hopefully, we'll give you a few ideas for your own goals this year.

VineGuy:

I know every year I claim that I am going to drink more varietals, but this year I will clarify that statement by trying to drink more Grenache and Petite Sirah wines.

I fell in love with Petite Sirah after the PS (Petite Sirah), I Love You organization supplied all of the wines for one of the Katrina fundraisers I was involved with.

Originally known as Durif, Petite Sirah is a hybrid cross of Syrah and Peloursin. It has gained in popularity over the last five years as a very food friendly wine and has definitely come into its own. I'll be looking for the **2003 Rosenblum Cellars Picket Road, Napa Valley, Calif.** (\$23) or the **2004 Michael-David Philips Earthquake, Lodi, Calif.** (\$27). Both possess explosive cherries and blueberries on the palate and a remarkably long finish with hints of licorice and cedar.

Grenache is one of the most ubiquitous grapes planted in the world, yet few wine drinkers are aware of the varietal even though it is used as a main component in many French red wines from the Rhône region as well as Spanish reds from Rioja, where it is known as Garnacha. Winemakers in Australia and Central California are doing some pretty magical things with the grape as well.

Some Grenache-based wines to look out for this year are the **2003 Turkey Flat Vineyards Grenache Noir Barossa Valley, South Australia** (\$25) or the **2001 Patrick Lesec Chateaufort du Pape Kristial, Rhone, France** (\$55).

VineGal:

Since I won't be attending the Winter Olympic Games in Torino, Italy, this year, I can at least go there symbolically. To that end, I resolve to have more Italian varietal wines this year. In particular, I would like to explore the Sangiovese (Super-Tuscans and Chiantis) and Nebbiolo (Barolo, Barbaresco and Gattinara) varietals. The Sangiovese wines were made to pair with everyday food such as a bowl of pasta smothered with a red sauce or a Florentine steak.

The Nebbiolo-based wines match better with food that is for special occasions than everyday fare. Think veal chop resting on a bed of polenta with a mushroom reduction sauce and Swiss chard on the side.

While some of these wines also have special occasion price tags, there are quite a number avail-

able in the affordable everyday price range. Don't forget to also look to Northern California to find some of these varietals. Remember, the Italians were there first major grape growers in Sonoma and Napa Valleys and planted some great vines (Sangiovese and Zinfandel).

Here are a few tall, dark (red, that is), full-bodied Italians that I'll be looking for in 2006: The **2000 Ciaci Piccolomini d'Aragona Ateo, Tuscany, Italy** (\$26) and the **1999 Poggio Bertario Cimbolo, Umbria, Italy** (\$30) should go great with pasta smothered with Grandpa Jules' almost famous Bolognese sauce while the **2001 Luigi Pira Barolo, Piedmont, Italy** (\$40) should be just the ticket to keeping warm on a cold night — just in case the VineGuy is out of town. And if I get a chance to splurge, I'll hunt down the **2000 Pio Cesare Barolo, Alba, Italy** (\$65) to savor with next season's white truffles.

We want to wish you a happy and healthy New Year and we hope that all of your New Year's resolutions come true — especially if one of them is to drink better wine. That's a constant in our household. Cheers.

Have a resolution you'd like to share with us? E-mail us at scott@vineguy.com.

