



Anita's diet is over but breakfast drinks linger

When we last left Anita, she was struggling with a new diet. She stopped short of signing a blood oath that she would stick with it come rain or come shine.

My wife's struggle lasted one month. She lost seven pounds and took two inches off her waist and hips.

She drank for breakfast a special powder in such exotic juice drinks as Fruit Flip and Grape Crush. Her other two meals consisted of lean beef, chicken and fish, a variety of vegetables from beets to squash, lettuce and watercress, yogurt and skim milk, oranges and bananas, decaffeinated coffee and non-cola drinks.

She faithfully avoided some of her favorites: avocados, bacon, ham, kidney beans, olives, pickles, potatoes, real coffee and soft drinks.

"I didn't want to tell her, I told you so," but I did ask, "What happened to your nutritional weight control?"

"I can't follow it while I have a cold," Anita explained. Her cold lasted the next month.

"I'm going to start it again," she assured me. She never did, but one good thing came out of the discarded diet: some nutritional, tasty breakfast drinks that need no special powder to enjoy.

HAWAIIAN SLING
1/2 cup unsweetened apple juice
1/2 cup fresh or frozen unsweetened strawberries
4 to 5 ice cubes

Mix ingredients at high speed in blender until liquified. Pour into tall glass.

BLUE NECTAR
1/2 cup unsweetened apple juice
1/2 cup fresh or frozen blueberries
4 to 5 ice cubes

Mix ingredients in blender until liquified. Pour into tall glass.

PEACHES 'N' CREAM
1 fresh or canned peach
1 egg
1/2 cup orange juice

1 tsp. honey
2 tsp. peach yogurt

Mix ingredients in blender until liquified. Pour into tall glass.

IT WAS a pleasant surprise to receive a knife sharpener in the mail from Chantry of Bloomfield Hills. It looks more like a miniature white sculpture shaped in an artistic "U."

I had been sharpening my knives with a two-piece butcher's whetstone ever since I dropped it on the kitchen floor and it snapped at the handle.

The Chantry Sharpening Machine mechanically reproduces the movement used with a butcher's steel. It also eliminates butcher's elbow and the chance of slicing up a curtain with an errant swing. Thanks!

Greg Melikov welcomes letters from readers. If you have a problem, suggestion or question write to him at 650 NW 153rd St., Miami, Fla. 33169.

These fish steaks are real treasure

When you entertain this winter, take advantage of the abundance of seafood available at this time of year. A delicious entree, Treasure Isle Fish Steaks, captures the flavor of the Orient. The distinctive taste of soy sauce combined with other subtle Oriental seasonings creates a refreshing seafood marinade and sauce that enhances the delicate flavor of any fish — fresh or frozen. Today's busy cooks know that seafood is a great value and deserves a place on the guest menu, especially when it's this glamorous and enticing.

TREASURE ISLE FISH STEAKS
4 fresh or frozen fish steaks, each about 1/4 inch thick (thawed, if frozen)
1/4 cup soy sauce
1/4 cup chopped green onions & tops
1 tsp. lemon juice
1 tsp. sugar
1 clove garlic, pressed
1/4 tsp. ground ginger
1/4 tsp. black pepper
4 1/2 tsp. cornstarch

Rinse fish steaks and pat dry; place in single layer in shallow pan. Combine soy sauce, green onions, 2 tablespoon water, lemon juice, sugar, garlic, ginger and pepper; pour over fish steaks. Turn fish over to coat both sides. Marinate 30 minutes, turning fish over once. Remove fish; reserve marinade. Broil fish 5 to 6 minutes on each side, or until fish flakes easily with fork. Meanwhile, combine cornstarch, 1 1/2 cups water and reserved marinade in medium-size saucepan. Bring mixture to boil; cook and stir until sauce thickens and is glossy. To serve, spoon sauce over fish steaks. Makes 4 servings.



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