

Innkeepers from page B1

another in the works, is cozy, and reflects their love for the sea shore.

"By nature we are very home centered people," said Bernadette, "our home has always been the center of our life, and it still is."

While their children were growing up, the Van Lentons stayed in bed and breakfast on vacations. "In a hotel you have the sense of where you are. We wanted our children to have a much more memorable experi-

ence. When my son was 12 we stayed in an inn in Lincoln, Nebraska. He was bored because there was no TV. The innkeeper asked if he knew how to play chess. "Would you like to learn?" she asked. He did, and still plays today. Staying at bed & breakfasts opened a whole new world to us. We started really talking, and sat down and had breakfast together. It opened a whole new world to us."

Chris Mason who operates The Parish house Inn in Ypsilanti,

and is president of the Michigan Lake to Lake Bed & Breakfast Association, introduced the cookbook idea.

"It turned out lovely," she said. "It's a useful cookbook and guidebook."

Her Michigan Baked Oatmeal recipe was inspired by a guest who never came. "She sent me a recipe, and said you have to try this. I was skeptical, but it's just delightful."

Founded in 1982, the Michigan

Lake to Lake Bed & Breakfast Association is the oldest in the country. There are over 250 members.

Mason and Van Lenten both agree the secret to good breakfast is keeping it simple, and planning ahead.

"If you can save five minutes in the morning that's a lot of time," said Mason. "It sometimes means the difference between eating breakfast and not eating. On weekends you can make it

more special. Use pretty dishes, put flowers on the table, balance out your flavors."

Whether you're looking for ideas for a special weekend breakfast, or something quick and hearty for back-to-school mornings, you'll find it in "Inn Time For Breakfast Again."

It's also a great reference for people who are planning fall color tours. All of the inns have been inspected, and meet association criteria. The book retails

for \$15.95, and is available in bookstores, Michigan innkeepers, or through the publisher, Amherst Press, 800-333-8122.

Willow Brook Inn Bed & Breakfast is at 44255 Warren Road, Canton. Rates range from \$75 to \$105. Bernadette is also planning a Spa Weekend getaway package for women to be offered at a later date. For more information, or reservations, call (313) 464-0019 or (888) 464-1919.

Books from page B1

her Pineapple Cream Muffin recipe.

"When people go to bed and breakfasts they expect everything made from scratch," said Zahn. "This recipe calls for instant vanilla pudding, but I made an exception to the rule because they're so good."

Tart Cherry Crepes, a low-fat recipe from the Pentwater Inn was another of Zahn's favorite recipes.

Look for "Innkeeper's best quick breads and cookies," next fall.

Zahn's other project is a gift, hardcover cookbook, "Chocolate for Breakfast and Tea: B&B Innkeepers Share Their Finest Recipes," also published by Down to Earth Publications, \$21.95, which took two years to write.

"I'm really pleased with it," she said. "People are intimidated

by chocolate, but they shouldn't be. These are practical recipes innkeepers make, they're not fancy pants."

Beautifully illustrated with photographs, and descriptions of inns across the country, "Chocolate for Breakfast and Tea" is a mouthwatering collection of recipes, and useful guidebook too.

Three of Bernadette Van Lenten's recipes are included -

Chocolate Raspberry Date Bread, Toasted Walnut Fudge Bread, and Double Chocolate Delight Muffins.

"There are upwards of 20,000 bed and breakfasts in the country," said Zahn. "It's a very intriguing concept - the thrill of being able to stay in a house you could never afford to own, and the pleasure of having someone else cook for you."

Zahn enjoys staying at bed and breakfasts, especially when she travels on business. "I feel safer," she said. "I know there will be someone to talk to, and someone who genuinely cares how your trip is going."

She's also on a mission. "What I'm trying to do is promote the smaller bed and breakfast inns," she said. "These are the ones who capture my heart. These are small business owners who are

working real hard. The smaller innkeepers don't have five star chefs, but they are doing really good food that you can do at home."

Look for "Chocolate for Breakfast and Tea" in bookstores in September. The "Innkeeper's Best" cookbooks are available now. If you have trouble finding them, call the publisher, 800-685-6211.

Specialty Foods from page B1

Varieties sweetened with honey include Apple-Raspberry Honey crunch, Cherry Cherry Honey Crunch, and Blueberry Bliss Honey Crunch.

Each of the flavors is available in two ounce individual snack sizes, which retail for \$1.29 to \$1.49; and one pound packages, which retail for \$3.29 to \$7.49 a pound.

In addition to specialty stores, Hearn's clients include department stores, restaurants, health food stores, clubs and hotels.

Her children and husband, who works full-time in the Waterford Schools, are supportive and help with the business. "I feel very blessed and fortun-

nate," she said.

Look for Michaelene's Gourmet Granola products at the stores listed, or call (248) 625-0156 for distribution or ordering information.

Got Milk?

Some people outgrow their taste for milk, not me. Melody Farms now portable, resealable bottles, which fit in the cup holder of a car, are great for milk lovers on the go.

"Drivers who are looking for a more healthful drink than soda or iced tea will appreciate these new containers," said Stephen George director of marketing for

Melody Farms, which is based in Livonia.

While, two percent and chocolate milk are available in the clear plastic bottle, as well as orange juice. Melody Farms has plans to add other fruit drinks in the spring of 1998. The bottles, which retail for 89 to 99 cents, are recyclable too.

Kroger Co.

Check out the produce department at Kroger 4395 Orchard Lake Road in Orchard Lake. It's

the largest produce department in the company's history, and one of two newly renovated Kroger stores in our area. The other is in Livonia, 30935 Five Mile Road. Ribbon cuttings took place on Aug. 21.

Keely Wygonik is Taste editor of the Observer & Recorder Newspapers, Inc., 36251 Schoolcraft, Livonia, MI 48150. Look for her Specialty Foods column in Taste on the fourth Sunday of the month.

Cookbook author shares best B&B have to offer

See related story on Taste front.

DATE BRAN MUFFINS

2 1/2 cups flour
1 cup wheat bran
2/3 cup sugar
2 1/2 teaspoons baking soda
2 eggs
1 1/2 cups buttermilk
1/2 cup oil
1/2 cup orange juice concentrate
1 cup pitted dates, chopped

Preheat oven to 350 degrees F.

Place flour, wheat bran, sugar, and baking soda in a large mixing bowl. In a small bowl, mix eggs, buttermilk, oil, and orange juice concentrate. Add to the flour mixture and mix well.

Fold in chopped dates. The batter will keep in the refrigerator, covered, overnight. Bake at 350 degrees F. for 20 minutes.

Recipe from Innkeeper Diane Shields, The Inn at Ludington, published in "Innkeepers' Best Low-Fat Breakfasts," by Laura Zahn (\$9.95 Down to Earth Publications).

3 1/2 ounces instant vanilla pudding
2/3 cups brown sugar
1 egg, beaten
1 cup sour cream (regular or low-fat)
1 8-ounce can crushed pineapple, with juice
1/2 cup oil

Preheat oven to 425 degrees F.

Spray muffin cups with nonstick cooking spray. In a large bowl, sift together the flour, baking powder, baking soda, pudding mix, and stir in brown sugar.

In a separate bowl, combine the egg and sour cream. Fold in the pineapple and oil. Add the egg-pineapple mixture to the flour mixture, stirring until moistened. Batter will be thick. Bake for 15 minutes. Makes 15 muffins.

Recipe from innkeeper Judy Bertram, innkeeper, The Lamp-lighter Bed & Breakfast, Ludington, published in "Innkeepers' Best Muffins," by Laura Zahn (\$9.95 Down to Earth Publications).

TART CHERRY CREPES

1 cup flour
1 tablespoon sugar
4 eggs, or equivalent egg substitute
1 1/2 cups milk
2 tablespoons oil (can be reduced to 2 teaspoons)

Put flour, sugar, eggs or egg substitute, milk and oil in a blender and blend until smooth.

Lightly oil an 8-inch frying pan over medium-high heat. Pour about 2 tablespoons of batter in a pan and swirl to coat bottom of pan. When the top of the crepe is dry, flip and cook the other side for 45 seconds. Crepes should be very thin. Keep crepes warm in oven, and cover with a plate.

TART CHERRY SAUCE

2 cups frozen or fresh tart, pitted cherries
1/2 cup sugar
1 tablespoon cornstarch
Powdered sugar for garnish

Combine cherries, sugar, and cornstarch in a large saucepan. Cook over medium-high heat, stirring until sugar dissolves and sauce thickens. Fold crepes in half and in half again to form triangles. Place 2 on a plate and ladle sauce in center.

Dust with powdered sugar around the edges and serve. Makes 6 servings.

Note: Blueberries or raspberries can be substituted for cherries.

Recipe from Innkeeper Donna Renshaw, The Pentwater Inn, published in "Innkeepers' Best Low-Fat Breakfasts."

DOUBLE CHOCOLATE DELIGHT MUFFINS

3 ounces unsweetened chocolate
1 cup sugar
1/2 cup unsalted butter, softened
2 eggs
1/2 cup sour cream
1/2 cup milk
2 cups flour
3/4 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 12-ounce bag semi-sweet chocolate chips (or vanilla chips)

Preheat oven to 375 degrees F.

Spray 6 giant-sized muffin cups or 12 regular cups with non-stick cooking spray.

In a microwave-safe bowl, melt chocolate in the microwave on medium-high for 25 second intervals, stirring in between until smooth. Set aside.

In a large bowl of an electric mixer, cream sugar and butter. Beat in eggs, then add sour cream and milk.

In a small bowl, stir together flour, baking powder, baking soda and salt. Pour flour mixture into butter mixture and stir together by hand. Stir in melted chocolate, then chocolate chips.

Fill muffin cups three-quarters full. Bake for about 20 minutes for standard-sized muffins or 25 minutes for giant muffins, or until a toothpick inserted into the center comes out clean. Makes 6 giant or 12 standard muffins.

Recipe from Bernadette Van Lenten, published in "Chocolate for Breakfast and Tea: B&B Innkeepers Share Their Finest Recipes," by Laura Zahn (Down to Earth Publications, \$21.95).

Let My Personalized Care Help You Look YOUR BEST

Advanced Care for Skin, Hair & Nail Problems
Cancer & Moles
Wrinkles, Pigment & Sun Damaged Skin

Call (248) 354-1850 for appointment
New Patients Welcome

Farmbrook Medical Building
29829 Telegraph, Suite #103 • Southfield, Michigan 48034

M.J. LIPNIK, M.D.
Board Certified Dermatologist
Graduate University of Pennsylvania

THE GREAT STEAK ROUNDUP

at **GFS Marketplace**

Prices Effective August 25 - 31, 1997

603716 GFS
GROUND SIRLOIN PATRIES
Individually wrapped. 15 - 1/3 lb. patties per 5 lb. box.
Regular Price \$11.99
\$9.99

478822 GFS USDA CHOICE
FILET OF SIRLOIN STEAKS
16 - 5 oz. steaks per 5 lb. box.
Regular Price \$18.49
\$14.99

478848 GFS USDA CHOICE
FILET OF SIRLOIN STEAKS
14 - 6 oz. steaks per 5 lb. box. Regular Price \$19.49
\$15.75

Open To The Public
No Membership Fee

M-Sat 8-8
Sun 12-5

Detroit Area Stores

Bloomington (313) 220-0110
Farmington Hills (248) 474-7910
Mt. Clemens (313) 792-7450
Westland (313) 654-6000
Ypsilanti (313) 291-0340

Westland (313) 254-5454
Westland (313) 993-3403
Westland (313) 773-4700
Westland (313) 928-0353

Our Finest Western Red Beef

These tender, juicy, USDA Choice steaks are sourced from the finest grain-fed Central Plains beef cattle. Steaks are hand trimmed and sealed in state-of-the-art packaging to preserve their mouth-watering flavor.

657522 GFS USDA CHOICE
BUNKER TENDERLOIN (FILET MIGNON)
4 - 14 oz. steaks
Regular Price \$ 23.49
\$21.99

657506 GFS USDA CHOICE
CENTER CUT BONELESS STEAK
4 - 10 oz. steaks.
Regular Price \$20.75
\$18.99

478857 GFS USDA CHOICE
FILET OF SIRLOIN STEAKS
10 - 8 oz. steaks per 5 lb. box.
Regular Price \$18.49
\$14.99

100202 ROYAL OAK
HARDWOOD CHARCOAL BRIQUETS
Fast lighting, long burning. 20 lb. bag.
Regular Price \$4.75
\$3.99

Emily's hosts wine dinner

Join Rick Halberg at Emily's, 605 N. Center, Northville, Wednesday, Aug. 27 for a special dinner featuring The Wines from Cline Cellars.

The cost is \$95 per person, (inclusive of tax and gratuity) call (248) 340-0505 for information and reservations. "When we look back at some old menus from past wine dinners some of my personal favorites are wines from the West Coast," said Halberg. Featured wines include Cline Marianne 1994, Cline Vignier 1995, Cline Carignanne 1995 and Cline Zinfandel 1994.