

# Learn about maple syrup at Cranbrook

Could anything be sweeter than the fresh taste of real maple syrup?

Learn about maple syrup production 1-4 p.m. Saturday, Feb. 26, and Sunday, Feb. 27, at the Cranbrook Institute of Science, 1221 N. Woodward Ave., Bloomfield Hills.

Visitors can enjoy a slide show about maple syrup production, then head to the trails to see tapped maple trees and sap boiling in the evaporator. They also can watch a candy-making demonstration and savor the sweet samples, then purchase syrup to take home. Visitors are advised to wear boots and dress for the weather.

The festival is geared to all ages and is free with museum admission, which is \$7 for adults, \$4 for children 3-17 and senior citizens 65 and older; children under 3 are admitted free. In conjunction with the Insti-

**The Maple Syrup Festival runs 1-4 p.m. Saturday and Sunday.**

tute's 26th Maple Syrup Festival, the public is invited to the second annual Maple Syrup Breakfast at 9 a.m. Sunday, Feb. 27. The event begins with an all-you-can-eat pancake breakfast followed by a 90-minute program that includes maple tree tapping, candy-making demonstrations, the history and science of maple syrup production and a sweet finish with candy samples and maple syrup to purchase.

Breakfast admission is \$12 for adults and \$7 for children 12 and under.

Reservations required. Call (248) 645-7721 for information.

## Here's some sweet recipes

Here are some maple syrup recipes:

### MAPLE-CRANBERRY PORK CHOPS

4 well-trimmed center cut pork chops  
1 cup dry red wine or apple juice  
1/2 cup maple syrup  
1/2 cup dried cranberries  
2 teaspoons cornstarch

Spray large nonstick skillet with nonstick cooking spray. Heat skillet over medium-high heat. Add pork chops; cook 3 to 5 minutes per side or just until browned and pork is barely pink in center. Remove from skillet; keep warm.

Add wine, syrup and cranberries to skillet; cook and stir over medium-high heat two to three minutes.

Combine 1 tablespoon water and cornstarch in small bowl; stir until

smooth. Add cornstarch mixture to skillet; cook and stir about 1 minute or until thickened and clear. Reduce heat to medium. Return pork chops to skillet; spoon sauce over and simmer 1 minute. Makes 4 servings.

### MAPLE SYRUP PIE

1 9-inch unbaked pie crust  
1 cup pure maple syrup  
1/2 cup brown sugar  
2 tablespoons butter, melted  
3 eggs, beaten  
2 tablespoons flour  
1 tablespoon vanilla  
1/8 teaspoon salt  
1/2 cup chopped nuts

Combine ingredients in mixing bowl in order given. Beat till smooth. Pour into pie crust and bake in preheated 350° F oven 35 to 45 minutes.

Recipes courtesy of the Cranbrook Institute of Science.



**Sapping energy:** A young participant at the Maple Syrup Festival carries a wooden yoke with pails of sap.

## COOKING CLASS CALENDAR

Send items for consideration in Cooking Class Calendar to Ken Abramczyk, Observer Newspapers, 36251 Schoolcraft, Livonia, MI 48150, or e-mail kabramczyk@homecomm.net.

**Kitchen Glamor** features Signature Recipes of Michigan Five-Star Chefs at Kitchen Glamor, Orchard Mall, at the northeast corner of Maple and Orchard Lake in West Bloomfield. All celebrity chef sessions begin at 12:30 p.m.

March sessions feature Chef Dennis Moore of the Golden Mushroom Restaurant and Jim Burnett, corporate chef of Unique Restaurant, including Morels and Northern Lake Seafood Co.

On March 5, Moore will instruct on how to prepare flounder and potato brandade with zucchini and oven roasted tomato coulis, roast veal loin on fresh braised artichoke and wild mushroom confit, garlic dumplings and cardamom jus, warm pineapple rum cake and ginger cinnamon cream anglaise. On March 19 Burnett will feature tea-cured salmon gravlox with potato galette, cucumber and sweet onion salad with dill cream

fraiche, chanterelle and barley risotto with pan roasted duck breast, huckleberries and red wine jus lie and bittersweet chocolate pot creme.

The Celebrity Chef Series also features Joanne Weir, cookbook author, food writer and PBS television celebrity, at 6:30 p.m. Monday, March 20, and Tuesday, March 21, in a one- or two-day session. Weir will feature recipes between the two sessions, including white winter salad with a hint of green over roasted beef soup, pizza with smoked trout and caviar, salmon with asparagus and blood oranges on March 20, and crustini with artichokes and olives, asparagus with lemon cream fraiche and linguine with goat cheese and arugula on March 21.

Kitchen Glamor also conducts sessions with cooking instructors at the Rochester, Novi and West Bloomfield stores. This week Linda Kay Drysdale will show techniques for creating a fresh lemon glazed cake, winter joy marmalade, orange pineapple bars and easy lemon squares. Sessions are scheduled for 6:30 p.m. Tuesday, Feb. 22, at the Novi store in the Novi Town

Center, southeast of the I-96 and Novi Road exit, and Thursday, Feb. 24, at the Rochester store in the Great Oaks Mall at Walton and Livernols. On Saturday, Feb. 26, Larry Galbraith will instruct a session on pizza and calzones at the Novi store.

Next week, Teri Elwell will demonstrate how to prepare comfort foods, such as penne pasta with sausage and fontina cheese casserole, herbed chicken tetrazzini, zucchini creole and a cocoa brownie. Those sessions are scheduled for 6:30 p.m. Tuesday, Feb. 29, in Novi and Thursday, March 2, in Rochester. Larry Galbraith also will instruct sessions at 11 a.m. on Saturdays in March about basic breads. March 11: pizza and calzones. March 18, sticky buns and coffee cakes. March 25, and bread and bagels in a session at 11 a.m. Saturday, April 1, in Rochester. Call 1-800-641-1252 for information.

**Chocolate Candymaking** - Learn to make delicious chocolates, create delectable assortments such as dips, molds and creams, and experiment with a variety of flavors. 7-8:30 p.m. Thursday, Feb. 24, at Berkshire Middle

School, Room 108, Class No. 2536-01. The cost is \$16. Call Birmingham Community Education to register (248) 203-3800 or check out www.community.net.

To celebrate National Nutrition Month, the Crittenton Weight Management Center is sponsoring cooking demonstrations throughout the month of March. Learn how to prepare low-fat Italian dishes with Crittenton Hospital's Weight Management Center. Join Randy Emert, chef at the Point Creek Cider Mill Restaurant, as he conducts low-fat cooking demonstrations, featuring a variety of light and healthy dishes. Demonstrations are scheduled 7-9 p.m. for March 2, 9 and 16 and 11 a.m.-1 p.m. March 7 or 14 at the Point Creek Cider Mill Restaurant, 4480 Orion Road in Rochester. The fee is \$13 per person and includes recipes and taste testing. Reservations are required and space is limited. Call Crittenton Hospital's Weight Management Center at (248) 652-5626.

## How Anxious Are You?

Answer the following questions based on the last 2 weeks or more.

- | YES                      | NO                       |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. I feel keyed up, on edge or restless                    |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. I feel stressed most of the time                        |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. I have trouble sleeping (either too much or too little) |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. I have trouble concentrating, or my mind goes "blank"   |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. I feel irritable; I can't relax                         |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. I notice my heart beating rapidly                       |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. I feel worried, anxious and fearful                     |

If you answered "yes" to 3 or more statements, you may be suffering from an anxiety disorder, a serious condition affecting millions of Americans. The Institute for Health Studies is currently looking for individuals experiencing the above symptoms to participate in a research study of investigational medication for anxiety. If you are selected, all research related care and study medication are provided at no cost. Get answers and information about anxiety.

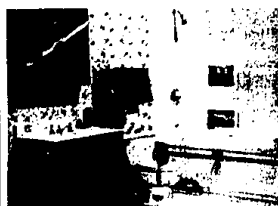
**INSTITUTE FOR HEALTH STUDIES**  
(517) 349-5505 1 (800) 682-6663  
Robert J. Biedski, M.D.



## Ugliest Bathroom Contest

Sponsored By 760 WJR, The Observer & Eccentric Newspapers, Building Industry Association and Mathison Supply of Livonia, Garden City and Canton.

### Win A \$10,000 Dream Bathroom!



- Air Massage Massage Bathtub by Jason
- Bath Cabinetry by Borch
- Faucets by Marden
- Ultra-Flush Toilet By Gerber
- Tile Tub Surround
- Installation by Complete Home Improvement
- And More!

Employees of WJR Radio, The Observer & Eccentric Newspapers, BIA and Mathison Supply are not eligible to enter.

Take a photo of your ugly bathroom and bring it into any Mathison Supply store or mail it to WJR, Ugliest Bathroom Contest, 2100 Fisher Building, Detroit, MI 48202.

The winner's bathroom will be upgraded with new fixtures, tile, medicine cabinet and accessories with a value of up to \$10,000.

And, be sure to visit the WJR and Mathison Supply booths at:

**MACOMB HOME IMPROVEMENT SHOW**

**MACOMB SPORT & EXPO CENTER**  
**FEBRUARY 18-20, 2000**



All entries become the property of WJR. No cash equivalents. Judges decision is final. No purchase necessary. Winner will be announced May 13, 2000.

**The people you need will be there, will you?**

**HomeTown Newspapers**

**Job Fair 2000**

**Burton Manor Livonia Wednesday March 29 11 a.m. - 6 p.m.**

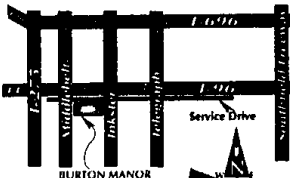
We continue to receive many positive comments about our first three Job Fairs and want you to experience personally how effective they are. If you've participated in the past, you've already discovered their value to your recruitment program. We're pleased to offer you this opportunity to be part of our fourth Job Fair and save at the same time!

**OUR MARCH 29 JOB FAIR IS \$725 and includes:**

- One-quarter page ad in our official JOB FAIR supplement with distribution to more than 260,000 homes / An 8-foot skirted table and chairs in booth, please!
- Box lunches for two (2) staffers (additional lunches available for \$12 each)
- Inclusion in all Fair advertising and editorial in The Observer & Eccentric, HomeTown and Mirror Newspapers / Inclusion on our Web Sites promotion of the Job Fair / Radio promotion on 20 stations / An excellent opportunity to meet prospective employees.

We must receive your payment no later than March 1, 2000

Learn more on our website [observereccentric.com](http://observereccentric.com)



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