Soup from page D1

explaining the history behind Dr. Benjamin Overstreet's Chicken Soup Recipe.

The due invented the character 'Pr. Overstreet,' a travelling medicine man who roamed the acreate of old Detroit making this chicken broth for bundreds of his street of the chicken broth for bundreds of his

cold waning customers.

"The good doctor pioneered the theory that a "healing combustion" develops when chicken meat is boiled with certain veg-

etables."

The secret to making good chicken soup, they agree, is all in the atock. Use fresh chicken, veggies and cold filtered water. Wauk and Curtis also spent a lot of time deciding on the perfect needle for their soup, and found one-inch medium egg noodles worked best.

What made their soup unusual.

What made their soup unusual.

What made their soup unusual was corn and peas. They added color and flavor. "It goes back to my childhood," said Curtis. "My grandma used to add corn and peas to her soup."

Wine from page D1

By comparison, barbera has 15 times more planted acreage than

Only a few California bottlings

of nebbiolo have, in our opinion, demonstrated much of the

grape's worth as a serious con-tender in the growing bevy of Gal-Ital reds.

rade by: Amador Footbill, Andretti, Atlas Peak, Bonterra, Gambria, Iron Horse, La Fampilia di Robert Mondavi, L'Uvaggio di Giacomo, Montev-ida, Pepi, Seghesio and Venezia.

For for Art

John Gallagher of Grosse
Pointe Woods placed third in the
contest. Old Fashioned Twice
Boiled Soup was his mother's
recipe with a few changes made
over the years.

"To the best of my knowledge
this recipe has never been written down," he said. "We tall leved
this soup growing up."
Contest finalists Mary Ann
Ledu-Yee and Jennifer Rosenberg-Lepatin of West Blcomfield
teamed up to create Rosenberg &
Yee Or-Yenta Chicken Soup.
The flavorful Oriental Inspired
soup combines the best of their
heritages — Chinese and Jewlah.

"My husband is Chinese, and I

My husband is Chinese, and il-learned to cook Chinese food," said Yee. "We've been married for a long time, and I feel Chi-nese is part of my heritage, too. Jennifer is Jewish. The soup was a joint effort, but the matzo balls were totally hers." On March 22 Silverstein's crize, winning soup will be

prize winning soup will be

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Opening of the last

Ann Arbor Credit Bur

served to 500 people at the Capuchin Soup Kitchen in Detroit. She will also appear on Chef Keith Famic's Adventures in Cooking on WDIV-TV, Chan-

in Cooking on WDIV-TV, Chan-nel 4.

"Some of my co-workers want to help me serve the soup at the Capuchin Soup Kitchon," she said. "And I'm really excited and looking forward to being on the show."

Silverstein found out Thurs-day night that she was a finalist in the contest, the first cooking ontest she ever entered. She made the soup that night, and got up early Friday morning to finish it in time for the contest. As part of her prize she also received a deluxe soup pot from Victor (Contest).

Kitchen Glamor. Second prize was dinner for two at Restaurant Di Modesta in two at Restaurant Di Modesta in Southfield. Third prize was a cookbook from Kitchen Glamor. Sec recipes inside.

portion of all tickets is tax deductible to the extent the law allows). Tickets are on sale now. Call (734) 994-8004 Ext. 101.

In keeping with this year's theme Pop for Art, the honorary chair is Champagne Veuve Cliequot. Guaranteed, the corks will be poppin' in a crowd of about 800 wine and food enthusiasts bidding on fabulous wine, art

March from page D1

and personal trainer Shelly Gardynik. Shave off the top of the whule garlic, brush with olive oil and add a little salt and pepper, wrap in foil and bake at 350°F for 40 to 45 minutes.

add a little salt and pepper, wrap in foil and bake at 350°F for 40 to 45 minutes.

Peol and ent, Yum. Garlic contains allyl sulfides, a phytochemical important for heart disease and cancer prevention. Garlic has been shown to lower cholesterol and blood pressure as well as boosts the immune system to fight infection. You can be generous with garlic while cooking or spread roasted garlic on crackers and enjoy.

Make healthy enting, along with regular exercise, your goal for the millennium!

Bewerly Price is a registered dictition and exercise physiologist. She operates Living Better Sensibly, a private nutrition practice in Permington Hills that offers programs for induiduals and corporations. She is the co-author of "Nutrition Secrets for Optimal Health," Tall Tree Publishing Company. Visit her website at www.nutritionsecrets.com.

Look for her column on the first Sunday of each month in Taste. Join her for a Vegetarian Extraosganza on Wednesday, March 22, 7:30 - 9 p.m. in Huntington Woods. Cost is \$40 for non-residents. Call (248) 539-9424 to register.

Cook, stirring about 3 minutes more. Divide the mixture among the 8 tortillas. Fold the tortillas and place in a hat skillet. Saute until the tortillas are browned.

Serve with a garnish of soy cheese, low fat or soy sour cream and salsa. Makes 8 quesadillas.

TEMPEH SALAD

1 8-ounce package tempeh

1/2 cup finely chopped celary

1/2 cup fingly chopped red onlor

1/2 cup shredded carrota

1/3 cup soy or lowfat mayonneise 1/2-1 tablespoon brown rice syrup

1-2 tablespoons Dijon mustard

Boil tempeh for 20 minutes. Dice tempeh and add vegetables. Combine mayonnaise, brown rice syrup and mustard. Mix well with tempeh-and-vegetable mixture until evenly distributed and well moistened. Serve on a bed of lettuce. Serves 4.

DATE-NUT BREAKFAST BARS

3/4 cup frozen apple Juice concentrate 1 1/2 cups pitted dates

1 cup flax seed

1/2 cup chopped walnuts

Place the apple juice concentrate and dates in a saucepan. Cover and cook over medium-high heat for five minutes, until softened. While the dates cook, grind the flaxseed in an electric coffee grinder L/J cup at a time. Pour the ground seeds into a food processor with the S blade inserted. Add the dates. Process wint the S shad inserted, and the duces, i recess until the mixture is doughlike. If the mixture rises above the processor blades, shut off the machine and push the mixture down with a spatula. Then, turn the machine back on.

tne machine back on.
Pour into a bowl and mix with the walnuts. Turn the dough into 9-by 9-inch cake pan and press flat with damp hands to ever the entire bottom of the pan everly. Cut into eight bars. Remove from the pan. Place in a storage container or in plastic sandwich bags. Refrigerate.

MEAT-FREE QUESADILLAS

8 whole-wheat (avash 2 cups ground meat substitute (such as Morn-Ingster Forms Harvest Burger Recipe Crum

1 cup chopped onion

1 large bell pepper (red, yellow or green)
4 Roma tomatoes, chopped
2 garlic cloves, minced

1/2 teaspoon cumin 1/2 teaspoon cayenne pepper

ninch of black pepper

1/4 cup chopped cilantro
2 cups TVP (texturized vegetable protein),
sauteed in 2 tablespoons olive oil
8 cunces shredded soy cheese

2 cups fresh salsa

In a large skillet, saute meat substitute, onion, bell pepper and garlic until softened, about 3 minutes. Add tomatoes, cumin, cayenne, and black pepper, cilantro and TVP.

Read Arts & Leisure

media hypes outlandish prices for wines bought at auction. But a charity wine auction is not anything like this. You can experience what we mean Saturday, April 15 at the 18th annual WineFest, a wine auction benefiting the programs of the Anarbor Art Center. The feativities at the Marriott Hotel Eagle Creat Conference Resort, 1275 S. Huron, in Ypsilanti, begin at 5:30 p.m. with a silent auction, strolling dinner and colossal wine tasting, followed by a live auction at 7:30 p.m. There will be post-auction dessert tables; port, eigar and cognac tent; live music and dancing. The cost is \$110 per person (a Nowadays you hear and read a lot about auctions for every-thing including groceries. The E TA 200 M-7/1941.

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800 wine and food enthusinsts bidding on fabulous wine, and travel packages. This event is a blast. It sells out each year, so don't delay. Look for Focus on Wine on the first and third Sunday of the month in Taste. To leave a voice mail message for the Healds, dial (764) 953-2047 on a touchtone phone, mailbox 1864. INTERNET ADDRESS DIRECTORY Find these sites on the World Wide Web • Brought to you by the services of O&E On-Line!

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