## Share bread, chicken with family and friends

Boncless, skinless chicken breasts can be used for the Lasy Day Chicken, but you can use a whole chicken, cut into pieces if you want. That recipe is followed by Friendship Bread you can share with friends, including a starter dough you can give them to create their own bread.

LAZY DAY CHICKEN OR PHEASANT

Flour for dredging, about 1/2 cup
1 teastpoon persor.

1 teaspoon pepper

2 tablespoons olive oil

rounded teaspoon anchovy paste
 Four boneless, skinless chicken breasts (or a
 whole chicken, cut into pieces)
 medium sized onlon

1 clove garlic, minced

2 medium sized tomatoes, chopped into small

1/4 Inch pieces 1 cup white wine

At 2 cup green onves to seek can be substituted),
chopped
Mix flour and pepper together. Dredge chicken
pieces in flour/pepper mixture until lightly coated.
Heat anchovy paste and olive oil in a large skillet
(one that has a lid) and brown chicken on all sides.
Remove chicken and add onion and garlie. Sauté
until onion is translucent. Put chicken back in skillet and add tomatoes and wine. Reduce heat to
low, cover and simmer for 1/2 hour for chicken
breasts or about 45 minutes for chicken pieces.
(For pheasant, increase this time up to 1/2 hours
in order to make meat more tender. Just theck
periodically to be sure liquid is not evaporating.)
Add olives 2 or 3 minutes before serving. Just to
warm through.
Nutritional information per serving: Calcuries: 403; protein (g): 30; fat (g): 19; sodium (mg):
466; earbohydrates (g): 19; and percentage of calcuries from fatt 42.

456; carponyumanics from fat: 42.
FRIENDSKIP BREAD

Makes 2 loaves for you and starter for four friends. Makes 2 loaves for you and starter for four treens.

To make starter (If you don't have starter from a friend, make the starter first.) Do not use metal uten sils or containers. Do not refrigerate.

1 tenspoon active dry years

1/2 cup milk, warmed to 110° F

- 1/2 cup all-purpose flour

In a small bowl dissolve yeast in milk and let set for 10 minutes. Combine flour and sugar in another bowl and add the milklycast mixture. Mix thoroughly Place in a 1-gallon zip-top bag and begin counting

Directions to make Friendship Breakfast Bread rom starter: Follow these instructions once you receive a bag of starter from a friend or, if you have nade the starter above. Do not use metal utensils or

made the starter above. Do not use metal utensils or containers. Do not refrigerate. Leave it alone for the first day, then mush bag on the accond, third, fourth and fifth days. On the sixth day, add to the bag 1 1/2 cups each of flour, milk and sugar. Mush bag ogain. On the seventh, eighth and ninth days, mush bag and let the air

eignt and ninth days, mush bag and let the air out. Empty contents of bag into large mixing bowl on the 10th day, Add 1 12 (cups each of flour, milk and sugar. Combine ingredients thoroughly. Here you have a choice. To make 2 leaves and starter for four friends, pour 1 cup of mixture into each of four 1-gallon sip-top bags and give to friends along with instructions. (Remember, do not count the day you divide as the first day. Rather, count the following day as day 1.)
Or you could make 2 loaves now and two leaves later plus 1 starter for a friend or freezer pour 1 cup of mixture into a sip-top bag to use as starter. Pour 3 cups into another zip-top bag one as starter. Pour 3 cups into another zip-top bag and freeze to use later, beginning at this point once it is thawed. To the remaining 3 cups in your bowl, add the following and mix well:

1 cup oli 1/2 cup mlik

3 eggs

In a separate bowl, mix dry ingredients: 2 cups flour

1 1/2 tsp. baking powde

2 tsp. clnnamon

1/2 tsp. baking soda 1 cup chopped pecans (optional)

1 cup chopped pecans (optional)

Combine wet and dry ingredients thoroughly. Mix additional 1 teaspoon cinnamon and 1/2 cup sugar together. Reserve half of this mixture. Shake the other half mixture into 2 large, well-greased loaf pans. Pour batter into pans and aprinkle leftwer cinnamon/sugar on top of each loaf.

Bake at 325° F for one hour. Let cool before taking bread out of pan.

Note: Starter can be frozen. (It won't completely freeze.) Just give it one extra day after thawing.

Recipes courtesy of HDS Services.

# Create grits casseroles for hearty one-dish meals

See related story on Taste front.

Cheese Grits Casserole is a great vegetarian dish from Eugenia, country singer Emmylou Harris' mother.

CLASSIC SOUTHERN CHEESE GRITS

CASSEROLE

Makes 8-10 servings

6 cups water
1 teaspoon salt
1/2 cups coarse ground grits
1/2 cup butter
4 cups shredded sharp cheddar cheese

3 eggs, beaten

Preheat oven to 350°F and liberally butter a 2 2-quart baking dish.

1/2-quart baking dish.

Heat salted water in a heavy saucepan and bring to a boil. Pour the grits in slowly, stirring constantly as you do. Turn to a simmer and cook for 10 minutes, stirring frequently.

Remove from heat and add butter and all but a quarter-cup of the cheese, stirring until both are melted. Slowly add four or five tablespoons of the hot grits to the beaten eggs, stirring constantly.

When eggs are warmed up, pour them into the emaining grits and mix well. Turn out into the uttered baking dish, sprinkle the remaining heese on top and bako for one hour. Serve

### ULTRA GARLIC GRITS CASSEROLE

Makes 6-8 servings. 1 head of garlic

Olive oil

pressed. Itemove from oven and set aside.

While the garlic is reasting, bring salted water to a boil in a heavy pot and slowly pour in the grits, sittring all the while. Turn heat to low and let simmer, stirring occasionally for about 15 minutes, until all the water is absorbed and the grits have softened some.

Preheat oven to 350°F and use olive oil to liberally grease the inside of a two-quart baking dish.

Remove the loose, papery outer skin of the head of garlic (individual cloves will still have their peel). Rub lightly with olive oil and place in oven on a baking shoet or in a pie pan. Roast for 30-36 minutes until the cloves are soft when pressed. Remove from oven and set aside.

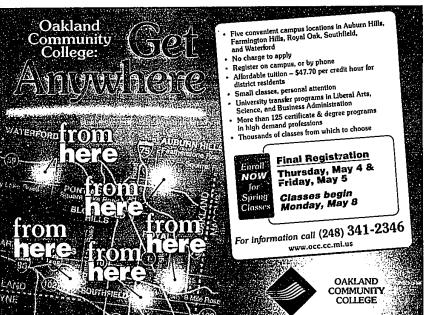
grita have softened some.

They should be about the consistency of outmeal or slightly thinner than mashed potatoes.
You might want to cook in a double boiler to prevent scorching. Remove from heat.

Break individual cloves off the head of garlic
and squeeze between your fingers to extract the

Break individual riows of it no head of garle and squeeze between your fingers to extract the pulp. Put in a blender with eggs and milk and blend until some of the garlie is pureed but there are still small chunks. Add the garlie mixture to the grits and mix well. Bake in a 350°F oven until firm and golden on top. Serve warm.

until firm and golden on top. Serve warm. If you use the stone-ground grits, you may want to pour them in a bowl and cover with cold water, then skim off the chaff as it floats to the top. Stir and akim again until all the chaff has been ramoved. Drain the grits with a sieve. Recipes reprinted with permission from the Plaining In. 9 nage of the Louisville Magazine Web edition. See related story on Taste front.



Attention investors...

## Merrill Lynch has relocated its Downtown Detroit Office!

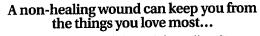
"Continuing our 85-year committment to the City of Detroit"

### **1-800-777-9413** .

Merrill Lynch One Detroit Center 500 Woodward Avenue Suite 3000 Detroit, Michigan 48226

be bullish Merrill Lynch





If you're suffering with a non-healing wound, often caused by conditions the diabetes or poor circulation, the experts at the Wound Care Center® at St. Joseph Mercy Hospital, Ann Arbor, can help. Our team of specialists can put you on an individualized healing plan with treatments you can't get anywhere else.

So ask your doctor about the Wound Care Center<sup>2</sup> at St. Joseph Mercy Hospital,

or give us a call And get your life back!



WOUND CARE CENTER
ST. JOSEPH MERCY HOSPITAL
ANN APROP