This colonial drink still refreshes

On a visit to Colonial
Williamsburg in Virginia,
over a Memorial Day weekwilliamsburg in Virginia,
over a Memorial Day weekend, I was as enchanted by
the food and drink as by the
the food and drink as the
the stating another time.

I was twelve years old, so
dining by flickering candlelight, using a three-pronged
fork and a bulhous, pistolhandled knife with its long,
curving blade was more
challenging than romantic.
The Virginia weather was
hot and humid. Our hotel
was air-conditioned, but at
the Williamsburg restoration, it was authentically
oppressive, indoors and our.
The sticky weather made une
particularly curious about
what people drank before

the days of refrigeration in order to cool off, and how farm-hands and hard-work-ing indentured servants quenched what must have been an endless thirst. Even the Governor's lady hardly led a life of cool comfort compared to prefer and must compared to today, and must have needed something

have needed something bracingly restorative. People back then placed whatever they wanted cooled in cold cellars and running streams. Needless to say, soda and ice were out of the custion.

soda and ice were out of the question.
Even fruit juices were a rarity, though lemonade was popular.
It was often honey-sweetened, as sugar was a luxury.
On the other hand, people did partake of concoctions with enchanting names like "syllabub" and "shrub." With syllabub, a creamy blend, the

main point was spooning up the airy froth on top. For a long time, this foam was thought to be the result of shooting milk directly from a cow's udder into a pitcher containing a sweet blend of cider and spices, but modern experiments disproved that theory. The secret, it turns out, was simply whipping it up by hand.

out, was simply whipping it up by hand.
Shrubs rely on the bracing tartness of vinegar.
Old cookery books indicate they were made by crushing fresh raspberries or other fruit in vinegar, leaving the mixture overnight, straining it and sweetening it to taste.
Eventually, recipes including milk appeared.
Today, I make shrub using fruit juices, tepping off the glass with refreshing, ice cold club soda.

I VZ pints fresh strawberries, hulled and sliced 1/4 cup sugar 3/4 cup fresh orange juice

1/2 cup reduced-fat (2 per-cent) milk 2 cups chilled club soda 4 mint sprigs, for garnish

Place berries, sugar and orange juice in blender. Whiti until berries are pureed. Add milk, and blend until smooth.

Divide purée among 4 chilled glasses. Top off each glass with 1/2 cup soda. Garnish with mint, Serve immediately. Serves 4.

minectately. Serves 4.

Nutritional information
per serving: 117 calories, 1
gram total fat (less than 1
gram saturated fat), 26
grams carbohydrate, 2 grams
protein, less than 1 gram
dietary fiber, 42 milligrams
sodium.



TASTE EVENTS

Continuing education Schoolcraft College's Department of Culinary Arts features continuing edu-cation classes at the new Visilatech Center at the college, 18600 Haggerty,

Center at the college, 18600 itagoerty, Libronia. You will also find further Information at www.schoolzrell.edu, and then click on Continuing Education, CES Schedule, then spring 2000. Jelf Gabriel, certified master chel, will leach Fresh and Fabelous Salads, 69 pm. Thrustdy, June 5, and Quick Early Health, 9 am. noon, Safurday, June 7. For more Information, call Continuing Education Services at (134), 462-4449.

astern European Henry Ford Community College's Hospitality Studies Program will host an Eastern European luncheon buffet ILIS a.m.-k15 p.m. Thursday, June 5 at the college's new Fifty-One O One Rostaurant Inside the newly renovated Student & Culinary Arts Center (SCAC) on HFCC's main campus, located at 5101 Evergreen Road in Dearborn. The buffet will fea-ture pierogles, dilled potatoes.

goulash, stuffed cabbage and other favorites from such countries as Poland, Austria, Romania and Russia. The price is 58,50 per person and proceeds will benefit RFCC Hospitality Studies Program students. HFCC also will host other international history favority features.

Iff CC also will host other international buffets on subsequent Thrusdays featuring more easile cuisible from around the world, including Mediterranean and Middle Eastern on Thursday, June 12, and the far East on Thursday, June 12, but the prices for these buffets range from 58.50 to 15. To purchase buffet likels or for more information, call Jeff Click at (313) 845-9651.

Weight Watchers
Chef Tim Cirka will conduct
cooking demonstrations
throughout the month of June for
Weight Watchers, including the following dates and locations:
8:30 am end 10 am. Saturday,
June 21 at the Weight Watchers
Building, 26555 Orchard Lake Road,
Farmington Hills & June and T.15 p.m.
Useday, June 22, Weight Watchers
Center, Hamilin Squere Shopping
Center, 1005 South Rochester, and 7 p.m.
Thursday, June 22, at the Weight
Murraday, June 22, at the Weight
Murraday, June 22, at the Weight

toy steples) in wornester; and 7 p Thursday, June 26, at the Welght Watchers Center, Northwoods Shopping Center, 30935 North Woodward, Birmingham. The demonstrations are free

and the public is invited. Cell 1-(888) 3-FLORINE for informa-

Cooking classes
Valerie Wisson. "Nacro Val." offers healthy
cooking classes. Picnic Foods 2003 will be
laught 6-5 pm. Wicknessigs, Jane 1.
Fee is 523. The class will be laught at
305% Kraufer, Act. 30 in Garden Chy.
Lass Includes recipes, stay-by-stay
Instruction, personal hands on usperfence and a meal.
Spece is simple.

Spece is simple.

space is innited. Classes must be pre-paid. Call (734) 251-2856 or visit www.macroval.com for information

If you have an item for the calenda

Eastern European

This strawberry shrub uses fruit juices and is topped off with refreshing, ice cold club

phone IT'S A TOTALLY NEW WAY TO GO WIRELESS unlimited night & weekend minutes all with the nationwide long distance with no roaming charges \$2999 plan plus tons of anytime minutes All within the AT&T Wireless National Network

NOW WITHOUT A CONTRACT OR CREDIT CHECK

Plus you can add mMode service that lets you e-mail: surf the web, download games, music, pictures, and more,

your mobile life made better



go call: 1888 MY mLIFE or for special online deals click: attwireless.com/gophone

BRIANWOOD MALL 814 Brianwood Gwise 734 913-9257 AUBURN HITLS 3922 Baltonn Rd 248 745-3806

AT&T.Wireless A

å Celleter + 734 S 06.AMB00104 CD3 + 313 982-4186 CD3 + 313 948-6562 Also Available At

0EAABORN 72137 Michigan Ave 313 565-2580

CDS + 313 B45 4 EASTFORKTI Champion Celleto FARSCAGTON HO The Whelver Ste GARCON CITY

Celleter + SBS 641 IDN HILLS es Stree

1433-154

DETROIT 2660 E. Jefferson 313 259-1178 FAIRLAKE TOWN CENTER 18900 Michigan Avenue 313 253-3999 FLJNT 3292 Linden RJ 810 733-1770 3217 Wathers 734 973 2043

LIYOMA 37677 St: \$44 Rd 734 442-1110

CompUSA

93287 Crascant Blvd. 248 347-1843 MONROE, MI Frenchtown Square Mail 734 743-0533 ROSEVILLE 31902 Gration 588 293-0142

Ritz Camera

ROSEVILLE Blobal Retwork + ESS 778-4780 SOUTH ELD COS + 242 533-4800 Wirshes Tays + 243 943-0000 SOUTHGATE

TAYLOR
Stringers Armortly + 134 281-4808
(ROY
The Winniers Stees + 218 500-1808
WALKIN
WHICH STRINGERS STRING
WAI (ROYOL)
Champing College Winniers = 2-4

Staples

100 - TSI 613-1702

TWELVE DAILS MALL 27304-X Novi Road 248-449-6007

Target

weekend activities with Arts & Entertainment

If you have an item for the calendar, please submit it at least two weeks in advance of line date it should be pub-lished. Send to Ren Abarnaczyk, Taste cililor, Observer & Ecceptic. Herspapers, 36251 Schookcraft, Lincals, Mi 4850 or ernall Rabram-czyti@on.homecomm.net.