

Johnston
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teapots are accompanied by heavier foods such as; rich deep cheeses, smoked meats, egg filled tarts, combination sandwiches and full-bodied cakes.

First and most important, how to brew the perfect pot of tea: A friend of mine who grew up alongside a samovar has only one way to describe proper water for tea, "A mad boil." In the same forceful way she never says rolls or toast must be hot, or very hot. They must be "hot-hot-hot!" This is pronounced as much as possible like a one-syllable sound of intense excitement, about no matter how dull a bun...

The following is from M.F.K. Fisher's "The Art of Eating":

1. In a kettle, bring freshly drawn cold water to a boil - do not wait for a rolling boil as all of the freshness and oxygen will be boiled out.
2. Warm the serving pot with hot water and pour out (the warming of the pot ensures that the kettle water stays at the proper temperature.
3. Add the tea leaves (1 teaspoon per person and 1 for the pot) and pour the kettle water over the leaves allowing them to infuse for 1-7 minutes (one minute for a small-leaved tea which gives off its essence quickly and up to seven minutes for a large leaf brew). The typical infusion time is 3-5 minutes.

4. Always serve tea with an additional pot of water and milk or cream, allowing for personal taste. Milk or cream is generally added to the cup prior to the pouring of the tea.

5. When pouring the tea into cups, hold a tea strainer above the cup to catch the leaves.

Newsworthy Tea Notes:

■ 1 pound of good quality tea yields 200 cups of brewed tea (according to The Tea Association of the USA).

■ 1 cup of tea has approximately 36 milligrams of caffeine - coffee has 100 (depending on the brewing time).

■ Recent studies indicate that green tea may possess medicinal qualities to ward off cancer.

■ TEA A MAGAZINE™ is published 6 times a year - this beautiful bimonthly magazine is all about tea. To order: mail to P.O. Box 348, Scotland, CT 06264 - cover price is \$4.95 per issue or save 20% by ordering a subscription.

■ Tea Association of the USA, Inc. can be reached at 212-986-9415

■ Afternoon tea in America is usually a combination of British High Tea and Afternoon Tea. Detroit area hotels (The Ritz-Carlton, Dearborn, and the Townsend Hotel in Birmingham), and independent tea rooms offer this type of "Tea" - some offering the option of

champagne.

■ Stash Tea by mail (good mail order department): 1-800-826-4218

■ Crystallized ginger added to tea is a delicious change from sugar or sugar substitute.

■ A brand new book on TEA - Tea In The East by Carole Manchester (Author of French Tea), 1996 published by Hearst Books, an affiliate of William Morrow & Company, Inc. (\$23.00).

The following recipe is from the Lipton Kitchens - this recipe uses tea as an ingredient - it would be delicious on an English muffin, a bagel or a slice of toast to accompany a nice cup of tea.

BERRY TEA JAM

- 1 cup boiling water
- 2 Lipton Flo-Thru Tea Bags
- 2 cups frozen strawberries or raspberries
- 1 cup sugar

In a teapot, pour boiling water over tea bags; cover and brew 5 minutes. Remove tea bags.

In medium saucepan, combine tea, strawberries (or raspberries) and sugar; bring to a boil. Reduce heat and simmer, stirring occasionally, 30 minutes or until slightly thickened. Cool slightly before refrigerating; chill until set. Makes about 1 cup jam.

Japanese garden design topic of talk

The University of Michigan Matthaei Botanical Gardens, 1800 N. Dixboro in Ann Arbor, will present the second in a series of lectures and luncheons titled "The Art of Living with Nature" noon to 2 p.m. Thursday, Jan. 16, in the Botanical Gardens auditorium.

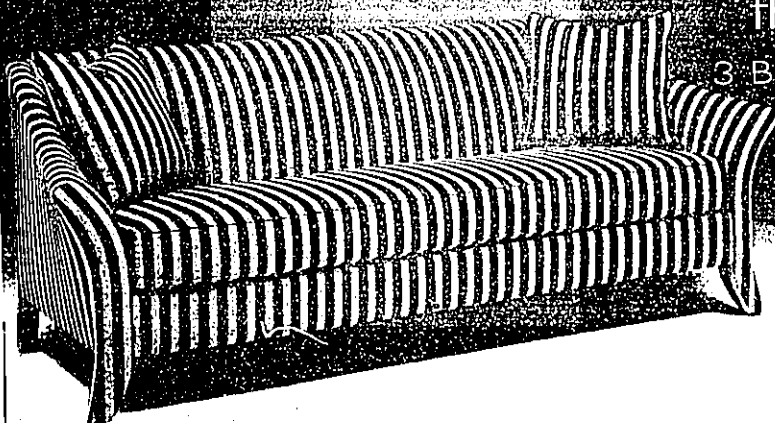
Guests will enjoy an authentic Japanese *Tein-ben* landscape garden box lunch especially designed for the Gardens by Fuji Restaurant and adapted to please American palates.

Author and landscape designer Keith Alexander will present a lecture, "Japanese Garden Design in America: A Natural Response." Alexander's slide-illustrated lecture will be a visual treat, blending the beautiful and the unusual. He will explore the theory and history behind Japanese gardens and share his thoughts on the creation of an American garden with Japanese influence within our own environment.

Tickets for the lecture and luncheon are \$25 per person. Tables will seat eight. Reservations are required, due to limited seating. When reserving, indicate the other guests included in your party. Call (313) 998-7061.

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