

# Stone Soup tale has a delicious ending

BY PEGGY MARTINELLI-EVERTS  
SPECIAL WRITER

See related story on Taste front.

Here's an idea that will appeal to children: Make Stone Soup. I'm not kidding. Perhaps you remember the folk tale. I've included an abbreviated version with a recipe.

Reading the fable and making stone soup can be an enjoyable activity for the whole family.

**The Story of Stone Soup**

Once upon a time a couple of weary, hungry travelers came to a village at the end of the day. With no money, the two tried to find someone kind enough to give them a meal and a place to sleep.

What they encountered instead was a village of stingy people who hid their food and closed their doors to the strangers. Believing that the villagers had hearts of stone, the

two travelers came up with an idea - they would make stone soup.

They rang the village bell, which brought all the townspeople into the square. Once gathered, the travelers announced that since the townspeople apparently had no food, they would make soup out of stones with a secret recipe.

The travelers instructed the townspeople to heat some water in a pot. Then a few cleaned stones were added.

"Mmmm," said one of the travelers as he dipped a spoon into the steaming pot and tasted it. "Stone soup is very good plain, but it would taste even better if we could make the fancy kind."

The townspeople wanted to know how, so the travelers explained that salt, pepper and herbs were needed. The mayor's wife went to fetch some. Next came carrots, onions, milk, potatoes and meat.

Each time the travelers suggested another ingredient, someone from the town would run home and get it. Soon the soup was ready and everyone in the town, including the two travelers, sat down to fine meal.

### RECIPE FOR STONE SOUP

Retold by Marilyn Splenza  
Heat some water in a pot  
Add some stones you've scrubbed a lot.

Sprinkle pepper, salt and herbs,  
Let it boil undisturbed.

Drop in carrots, onions too  
Let the soup heat through and through.

Stir in milk to make it sweet,  
Add potatoes for a treat.

Toss in meat cubes. Let it

stew.  
Let it bubble. Let it brew.

Taste the soup and when it's done,  
Share Stone Soup with everyone.

I like this recipe because it can be changed to suit your family's tastes. If you don't like snap peas and carrots, use celery and green beans instead, or any other vegetable combination. Stone Soup provides everyone an opportunity to contribute to the meal preparation.

### STONE SOUP

(An HDS Services low-fat version)

1 or 2 stones cleaned thoroughly (about 4-inch in diameter each, which is large enough so no one will try to eat them by mistake). It's a good idea to

boil them in water before adding them to the soup.

- 2 quarts water
- 2 cups peeled, diced potatoes
- 2 large peeled potatoes, left whole
- 1 pound boneless, skinless chicken breast, cubed
- 4 carrots, chopped
- 1 medium onion, diced
- 2 teaspoons salt
- 1 teaspoon pepper
- 1 teaspoon thyme
- 1 teaspoon basil
- 1 cup non-fat dried milk
- 2 tablespoons cornstarch
- 1 tablespoon chicken bouillon powder
- 1/2 cup cold water
- 1 pound package of frozen vegetables (we used sugar snap stir-fry vegetables for this recipe, but you can substitute any vegetables you like)

Heat 2 quarts of water in a stock pot. Add the stones, potatoes (both diced and whole), chicken breast, carrots, onion, salt, pepper and spices.

Bring to a boil and reduce to a simmer. When the whole potatoes are cooked thoroughly, remove them from the soup and mash. Then add them back to the soup.

In a bowl mix dried milk, cornstarch and chicken bouillon powder. Add cold water and stir to dissolve. Add the milk mixture to the simmering stock. The mashed potatoes and the milk mixture both work to thicken the soup nicely and give it some additional flavor. Serves 10.

**Nutrition information per serving:** Calories 166, Protein: 13 grams, Fat: 1 gram, Sodium: 608mg, Carbohydrates: 24.6 grams. Percent of calories from fat: 5.3.

## Size from page B1

the activities you spend money on. If you typically dine out, see a movie or do other sedentary activities, perhaps a change is in order.

Try a light meal at home and then take a walk through a museum. Sledding or ice skating are activities that provide hours of recreation.

■ Foster friendships - What do you and your friends do when you get together? If your activities center around eating and drinking it could be time for a lifestyle change.

One Bloomfield Hills couple surprised us all by joining a square dance group. No only are they getting out for some good exercise, they have also made new, interesting friends, and they're having a great time.

A lack of energy is associated with obesity and may affect

adherence to a weight loss program. For this reason it is vitally important to look for enjoyable ways to exercise. If you have led a sedentary life, taking up jogging or high impact aerobics is probably setting yourself up for failure. However, walking in the shopping mall before the stores open may be just right.

So while old Ben's words certainly ring true, for many of us a change in lifestyle may be the real solution.

Peggy Martinelli-Everts of Clarkston, is a registered dietitian and director of clinical operations for HDS Services, a Farmington Hills-based food service and hospitality management company. Look for her story on the second Sunday of the month in Taste.

## Cuddle from page B1

peel garlic cloves. Simmer in a covered sauce pan with 1/2 cup of beef broth and white wine until tender (20-30 minutes). Add to beef. Before serving, reheat and stir, but do not boil. Serves 12.

**Nutrition facts:** 3 ounce portions. Calories 252; Fat, 6.7 g; Saturated Fat, 2.2 g; Cholesterol, 72 mg; Sodium, 151 mg.

Food exchanges - 3 lean meat; 1 vegetable.

I use a nonfat pilaf to accompany the main dishes. It adds the goodness of whole grain and important water soluble fiber that helps lower cholesterol when other dietary fat is lowered as well.

### BARLEY PILAF

2 cans sliced water chestnuts

- 1 cup quick cooking barley
- 3 cups low sodium beef broth
- 2/3 cup chopped flat parsley

Using broth instead of water, prepare barley according to package directions. Add remaining ingredients.

Muriel Wagner is a registered dietitian and nutrition therapist

with an office in Southfield. She publishes "Eating Younger," a quarterly newsletter filled with recipes and nutrition tips. To subscribe, send a check or money order for \$13.50 to Eating Younger, P.O. Box 69021, Pleasant Ridge, MI 48069.

Look for Muriel's column in Taste on the second Sunday of the month.

## 2 Unique from page B1

meters (about 6,000 feet). The coffee tree produces its first full crop when it's about five years old. Thereafter it produces consistently for 15 or 20 years.

There are two methods used for harvesting beans. One method is selective picking and the other is shaking of the tree and stripping the beans. Beans

picked by the first method are generally processed with water, dried or heated, then roasted in rotating cylinders. The second method only dries the beans and removes the outer covering. In either case the final product is called green coffee.

### Coffee bean flavor profiles

General flavor profiles of the most common coffee varieties:

- **Costa Rican:** Prized for the elegant richness of its flavor and its delicate acidity, this is a popular breakfast coffee.
- **Colombian:** A fine coffee with roundness, body and a good balance of flavor and acidity. Can be enjoyed with medium or dark roast.
- **Guatemalan:** The beans from this country have a characteristic rich spice and a smoky character. Medium roasting is recommended to bring out the full body and pleasant, flavorful acidity.
- **Kona:** This rare Hawaiian coffee is rich, earthy and full-fla-

vored with a pleasant acidity, best when medium roasted.

■ **Kenyan:** A classic, aromatic coffee with a clean, sharp, bright taste and good acidity.

**Coffee information source:** "The Encyclopedia of Herbs, Spices and Flavorings" by Elisabeth Lambert Ortiz.

### Coffee Clutch

Several varieties of green coffees are usually blended to produce the wide needs of today's consumers.

■ Caffeine is removed from coffee by treating beans with chlorinated hydro carbon solvents.

■ Coffee beans were first consumed by chewing, long before the brewing process was discovered.

■ Roasting and refinement of beans started in the 1300s in Persia.

■ In Europe, it was originally regarded as a holy drink to assist the monks with longer hours of prayer.

■ In 1650, the first coffeehouse

opened in Europe and by 1843 there were thousands of coffeehouses throughout Europe and the American colonies.

■ Whole bean coffees usually gross a profit margin from 30 to 50 percent.

■ Optimally, coffee should reach the consumer 21 days after it's roasted.

■ In the 1700s and 1800s, it could be considered grounds for divorce if a husband didn't supply a sufficient amount of coffee.

■ The inferior beans are the ones that are often treated with flavored oils.

■ Coffee was revered as a medicine for many ailments including vision, depression, arthritis and headaches.

Chef Kelli Leuton is owner of 2 Unique Caterers and Event Planners in Bloomfield Hills. A graduate of Schoorcraft College's Culinary Arts program, Kelli is a part-time instructor at the college. Look for her column in Taste on the second Sunday of the month.

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## Flavorful sips warm and wonderful

See related 2 Unique column on Taste front. Recipes compliments of Kelli Leuton.

- SPANISH COFFEE**
- 1.5 ounce Spanish Brandy
  - 1 ounce Tia Maria
  - 1/2 ounce Cointreau
  - 6 ounces coffee
  - Slice of orange
  - Cinnamon
  - Whipped cream
- Rim glass with orange rind. Dip

into coarse sugar and cinnamon mix. Hold glass on an angle and ignite brandy to crystallize sugar on rim. Add other liquors and coffee - top with whipped cream.

There are many variations to this drink.

- MADDIE HEATER**
- 1/2 ounce Baileys
  - 1/2 ounce Frangelico
  - Splash of Cointreau
- 1/2 ounce Tia Maria  
8 ounces coffee  
Combine liquors with coffee, serve.
- CHOCOLATE CARAMEL COFFEE**
- 6 ounces coffee
  - 3 tablespoon chocolate syrup
  - 1 tablespoon caramel sauce
  - Dollop whipped cream
- Combine coffee, chocolate syrup and caramel sauce. Top with dollop of whipped cream.

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