

Stressed from page D1

else. A healthy jog or brisk walk can lift the spirits as well as help keep you in good physical shape. Others enjoy being creative. Gardening, sewing and painting are all great activities for relaxing. Cooking is something everyone can enjoy. Parents are always looking for tasty recipes that provide good nutrition for our families. It's very satisfying to create a meal that is both delicious and nutritious.

There is nothing more soothing than a big pot of chicken soup cooking away on the stove. The aroma brings back fond childhood memories. (Another bonus, chicken soup really does give you relief from the common cold. A recent University of Nebraska study showed that chicken soup eases respiratory congestion.)

All of us are different and we react differently to various aromas. Perhaps your "de-stressor" is the smell of hot cinnamon rolls

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Kathy Blake
—Farmington

baking in the oven, or a steamy pot of tea.

Kathy Blake of Farmington finds nothing more relaxing than a cup of tea, a comfortable chair and her cat, Bee Jay, sitting on her lap.

"Tea is a real comfort drink for me," said Blake. "I especially like it on Sunday mornings while reading the paper."

Families can work on a wonderful chicken recipe "Lazy Day Chicken" included in today's Taste edition. It smells enticing while cooking and tastes great. We adapted it from a pheasant recipe. It works just as well when cooking pheasant or other

game fowl.

Just as you have the ability to hit the off button on your TV remote control, you can also turn off stress-causing behavior.

Let's all resolve to relax!

Peggy Martinelli-Everts of Clarkston is a registered dietitian and director of clinical operations for HDS Services, a 34-year-old Farmington Hills based food service and hospitality management and consulting company. Michele MacWilliams is president of Metro Media Associates in Clarkston. See recipes inside Taste.

Let them eat cake with tea

Serve bread or cake with tea using these recipes courtesy of Kelli Lewton. See related column on Taste front.

BANANA CHAI TEA BREAD

- 1 cup flour
- 3/4 cup whole wheat flour
- 1/2 teaspoon salt
- 3/4 cup sugar
- 2 eggs
- 1/4 cup cream cheese, softened
- 1/4 cup sour cream
- 1 cup over ripe bananas, mashed
- 1/2 cup Chai tea, reduced by half
- 2 tablespoons honey

Mix all dry ingredients. In a separate bowl mix sugar, cream cheese, eggs and sour cream beat until fluffy. Mix bananas, tea reduction and honey into cream cheese mixture and blend. Add mixed dry ingredients and stir until mixed.

Bake at 350° F for 45-55 minutes in greased standard loaf pan.

AFTERNOON PICK ME UP TEA

- 1/2 peel of apple or a few thin slices
- 1 teaspoon orange zest
- 2 small thin slices of fresh ginger

- 4 teaspoons hibiscus flowers
 - 2 cups water
- Place ingredients in teapot. Bring water to a boil. Add to teapot and steep for eight minutes.

SPICED TEA ORANGE POUND CAKE

- 3 1/2 cups all-purpose flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 3/4 cup butter, softened
- 1 tablespoon lemon extract
- 1 tablespoon orange juice concentrate
- 3 large eggs
- 3/4 cup of spiced orange tea reduced to 1/4 cup
- 1 cup sour cream
- 2 tablespoons lemon juice
- 1 cup powdered sugar

Combine dry ingredients. Beat butter in large bowl until light and fluffy. Gradually add sugar and eggs one at a time. Add remaining extracts, orange juice concentrate, tea and sour cream. Mix dry ingredients into wet, only until blended.

Bake in a prepared 10-inch tube pan at 350° F for 55 to 65 minutes. Mix powdered sugar and lemon juice and drizzle over cooled cake.

Grits from page D1

Restaurants throughout the South serve grits with breakfast as a standard part of the meal. As franchises of some of these restaurants open in other parts of the U.S., grits gets to go along.

To correct a rumor, grits don't grow on trees. They are white or yellow corn, dried and soaked in lye to remove the skin, then rinsed several times. Once it becomes hominy, it is dried and ground into grits.

Grits are simple, nutritious, and down-home Southern. They contain almost no salt or fat and are a good source of carbohydrates, fiber, protein, minerals, vitamins, and energy.

But with all the "fixins" that truly make them good eatin', they might freshen you up a little. Of course, you can make grits low-fat or no fat; depending on the ingredients you mix with them.

The taste ranges from a delicious sweet and nutty flavor, to taste, also depending on how they are prepared. Thick, or "bight," can be used for fish bait,

mortar, chinking for log cabins or spackling compound.

"Not just for breakfast any more," Diane Pfeifer said in her book "Gone with the Grits," (March 1992, published by Strawberry Patch), "grits lead a nonfat creaminess to dips and sauces, a sponginess to breads and chewy volume to bar cookies. Cooked with sturdier grains, they create exciting and economical meat alternatives for stuffed dishes and casseroles."

Grits reduce calories in some of her vegetarian dishes, and Pfeifer offers calorie-cutting suggestions too.

There are regular, instant, or quick-cooking grits. Stone-ground or regular are harder to find. Quick and instant can be found at the grocery.

Some people think quick tastes better than instant. Made from scratch is much better than instant. This may come as a surprise but, not everyone likes grits. Not everyone will even give them a chance. I admit it could be a taste that needs culti-

vating. The taste is in the way they are fixed.

Southerners like them with eggs, biscuits, cream or red eye gravy, cheese, sausage, or just about anything except with sugar and cream.

Grits can be a great substitute for pasta or rice. Any sauce or gravy that you would put on pasta or rice is ideal with grits.

Be sure to make enough for leftovers. Put the leftovers in a flat bowl or pan, cover them with clear plastic wrap and put in the refrigerator. Cut them in small pieces and roll the pieces in corn meal and fry them until golden brown the next morning. Or just cut them in squares and fry in bacon grease.

There are plenty of recipes on the Internet, so there's bound to be some to your liking. Give grits a try. Who knows, you might like them.

Patsy LaFave is a Waterford resident. See recipes inside.

Tea from page D1

water under a tree when a gust of wind scattered the leaves into his boiling water.

China: The greatest diversity of tea comes from its birthplace here. Among the most popular is Keemun from the Anhui province, a low-end tea frequently used in the U.S. for making a base for iced teas. Other popular teas include Yunnan, Fujian, Ti Kuan Yin and Lapoong.

India: This country is the world's largest producer of tea. India's diverse topography is reflected in its wide range of tea varieties. Ninety-nine percent of the teas processed here are black teas including Darjeeling and Assam.

Sri Lanka (formerly Ceylon): This nation is the world's third largest tea exporter. Nearly all of Sri Lanka's teas are processed black. Due to its altitude, the nation's Ceylon teas grow more slowly, yield less product, but are of extremely high quality.

Taiwan: Known for producing Formosa Oolong, considered the champagne of teas, this island also produces certain gunpowder teas.

Japan: Almost all of the tea produced in Japan is green tea. Approximately 98 metric tons of this type of tea is produced


annually. Japan is also known for Gen Mai Cha, a popular blend of green and Sencha teas, and roasted Hojicha tea.

Tea tips

- Store tea bags in cool dark place.
- Never hold a finished tea for more than an eight-hour time period.
- Be sure to properly sanitize storage and brewing vessels.
- Allow brewed tea to cool for an hour before adding ice for cold tea beverages.
- Don't be afraid to mix and match teas with assorted fruits, yogurts or milks. Tea smoothies are the rage throughout the world.
- Pick up a copy of the "Herbal Companion" and learn more about mixing different botanicals to fill your own health prescription.

Chef Kelli L. Lewton is owner of 2 Unique Caterers and Event Planners in Bloomfield Hills. A graduate of Schoolcraft 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. See recipes inside.

New Children's Book by WDIV Anchor, Devin Scillian



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