

## Supplements from page B1

me. When consumed in mega doses, for a long enough time, or in combination with other substances, all chemicals can be toxic.

Assumption 2 - When I see the term "natural," it means that a product is healthful and safe. Consumers can be misled by this term. For example, many weight-loss products claim to be "natural" or "herbal" but their ingredients may interact with drugs or may be dangerous for people with certain medical conditions.

Assumption 3 - A product is

safe when there is no cautionary information on the product label. Manufacturers of nutrition supplements may not include warnings about potential adverse effects on the labels.

Remember the old adage that if it sounds too good to be true, it probably is.

Peggy Martinelli-Everts, R.D., a Clarkston resident, is a registered dietitian and director of clinical operations for HDS Services, a Farmington Hills-based food service and hospitality management and consulting company.

## Chef's comfort recipes include green beans and fried chicken

Comfort recipes by Chef Peter Loran of the Epoch Events Restaurant and Catering Group

### GREEN BEANS WITH MUSHROOMS & ONIONS

#### SERVES 4 TO 6

- 1 - 1 1/2 pounds green beans, fresh, trimmed
- Water, boiling to cover
- 1 tablespoon salt
- 1/2 stick butter
- 1 onion, peeled and cut in half and sliced
- 2 cups mushrooms, fresh sliced
- Salt to taste
- Black pepper, ground to taste
- 2 tablespoons Parmesan cheese, grated

1. Blanch green beans in boiling salted water 2 minutes. Extract beans and immediately chill in ice water to stop cooking and preserve the color and flavor of the beans. Reserve.

2. In a large frying or sauté pan, heat butter and then sauté onions until a transparent and slightly caramelized brown. Add the sliced mushrooms and continue to sauté on medium heat until the mushrooms have softened and browned slightly. Add the beans and sauté together

until all ingredients are heated through.

3. Season with salt and pepper and serve with a dusting of grated Parmesan cheese.

### CLASSIC COUNTRY FRIED CHICKEN WITH CORN O'BRIEN

#### SERVES 4 TO 6

- 2 fresh chickens, cut in pieces, skin on
- 1 1/2 cups buttermilk
- 2 chicken bouillon cubes
- 2 cups all-purpose flour
- 1 tablespoon paprika
- 1 teaspoon dry, crushed oregano
- 1 teaspoon dry, crushed thyme
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- Vegetable oil to fry
1. In a large bowl, dissolve bouillon cubes and buttermilk together. 2. Soak chicken in this mixture. 3. Combine flour, paprika, oregano, thyme, garlic powder, salt and pepper in a large bowl. 4. Remove chicken pieces one at a time and roll in flour mixture liberally. Repeat to get an additional crust if desired.

5. Heat oil to 350 to 375 degrees in a skillet or deep saucepot. Place breaded chicken in hot oil making sure not to crowd. Cook until brown. To be sure chicken is thoroughly cooked, it may be additionally heated in a 325-degree oven until done.

### POTATO & BACON GRATIN

#### SERVES 4 TO 6

- 5-6 medium potatoes, sliced
- 2 cups chicken broth (canned)
- 1 large onion, sliced thin
- 6 bacon slices
- 3 tablespoons all purpose flour
- 1 cup shredded Cheddar cheese, sharp
- pinch white pepper
1. In a saucepan, heat broth to a boil. Add potatoes and onions. Simmer covered 5 minutes. Drain and reserve 1 - 1/2 cups of the broth. 2. Cook bacon in skillet over medium heat until crisp. Remove bacon and crumble. 3. Blend flour with bacon fat and cook over medium heat one minute. 4. Add reserved broth to flour bacon fat mixture and stir in briskly. Cook 1 to 2 minutes or until bubbling and thickened. Add cheese and pepper to this mixture and stir in. 5. Grease a one-quart casserole dish and layer onions into dish. Pour sauce over potato onion mixture and bake in a 375-degree oven approximately 30 to 45 minutes or until potatoes are tender. Remove from the oven and crumble bacon over top. Serve.

## PLANET ALIGNMENT 2002

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### PLANET ALIGNMENT TELESCOPE VIEWING -

APRIL 26, MAY 3, MAY 10, MAY 17

8:30-11pm - View the planet alignment through telescopes set up outside the Institute and in the Observatory. Outside viewing is free.

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## Familiar from page B1

Loren knows that what makes us comfortable is food that we're familiar with - food that grandma made. Still, customers want basic, but high quality foods.

"They want real butter, not the fake stuff," he said. "They want a nice piece of fish minus the fussy extras. In uncertain times we gravitate to when things were great and foods that remind us of it."

No matter what the economy, people want good taste and texture. Broiled and baked and braised with simple butter or lemon is what we're cooking at home and eating at the restaurants.

"Even people who are cooking at home or entertaining at home are cooking comfort foods," he said. "We're in a time right now

when people are re-examining their lives - either taking better care of their health or spending more time with family and friends in their own homes."

"They want real gravy with real meat potatoes." Braised meats are popular at all the restaurants and gourmet shops, he said. People also want foods that will please the parents and the kids.

"That's why the chain restaurants like Applebee's and Bahama Breeze are doing well right now. They have mainstream food."

Too Chez used to be a designation restaurant, now the menu has been adapted to make it a family neighborhood restaurant. And we want food that reminds us of home.

## Healds from page B1

Mays, for which she oversees production, and in the wines of her own brand Selene.

Klein joined Fisher because she was impressed with the quality of the vineyard producing the single-vineyard cabernets. She was also attracted to the second generation of Fishers, Fred and Juella's children, who have shown the dedication of their parents.

As a start to reach the pinnacle of wine excellence, Klein had the Fishers climb their steep mountain vineyards in steps they'd not taken before. Once on board, she led Fred and Juella through the final blending of the 1998 Coach Insignia Cabernet and the 1999 Chardonnay. It was Klein's call not to bottle the Wedding and Lamb Vineyard cabernets as single-vineyard designates from the

tough 1998 vintage. Under Klein's direction, the 2000 Fisher Coach Insignia Chardonnay \$36 has taken on a gorgeous fruit profile with backed-off oak character and distinguished touches of tropical fruit. It finishes delicate, creamy and sophisticated. The 1999 Coach Cabernet Sauvignon \$63 is brimming with dark fruit flavors. It's complex and layered, expressing fruit power with an elegant finish. Each vineyard-designated wine is a signature from a special place.

The Healds are Troy residents who write about wine, spirits, food, and restaurants for the Observer & Eccentric Newspapers. To leave them a voice mail message, dial (734) 953-2047, mailbox 18648.

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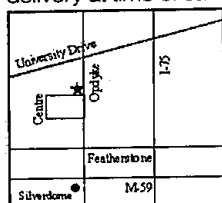
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