

Flavorings

Tea at Your Table

This popular beverage also has a place in your recipes

TAKE A SIP OF TEA AND DISCOVER A NEW INGREDIENT TO ENLIVEN YOUR COOKING.

Whether your drink of choice is black, green, or herbal, those complex flavors can heighten the natural taste of your favorite foods, even desserts.

Just one tea bag or teaspoon of loose tea in a strainer can transform a cup of boiling water into a secret flavor enhancer. When dinner guests rave about your delicious veggies, you can choose whether or not to reveal the trick: that you cooked them in strong tea. Freshly brewed tea can also be added to soups and stews or cooking water for rice for an unexpected boost. And black and green teas are ideal for use in marinades—their high acid content makes them superb meat tenderizers.

Tea is healthy too. Research suggests that the flavonoids in black and green teas may help prevent everything from cancer and heart disease to rheumatoid arthritis and cavities. So why not give tea a try in your cooking as well as your cup?

TEA-STEEPED SALMON WITH BOK CHOY AND GREEN TEA RICE

PREP AND COOK TIME: About 45 minutes, plus 1 hour marinating time
MAKES: 4 servings

- 6 bags Safeway SELECT Green Tea
- 4 pieces (about 5 oz. each) boned, skinned salmon fillet, rinsed and patted dry
- 1/2 cup dry sherry
- 1/4 cup Safeway SELECT Gourmet Club Soy Sauce
- 1 ounce fresh ginger, peeled and cut into thin slices
- 1 lemon, cut into 1/4-inch slices
- 1 teaspoon salt
- 1 cup medium-grain white rice
- 1 head (about 2 1/4 lb.) bok choy
- 2 tablespoons firmly packed brown sugar
- 1/4 cup chicken broth
- 2 tablespoons Lucerne Sweet Cream Butter or margarine
- 1 to 2 teaspoons prepared wasabi (Japanese horseradish)

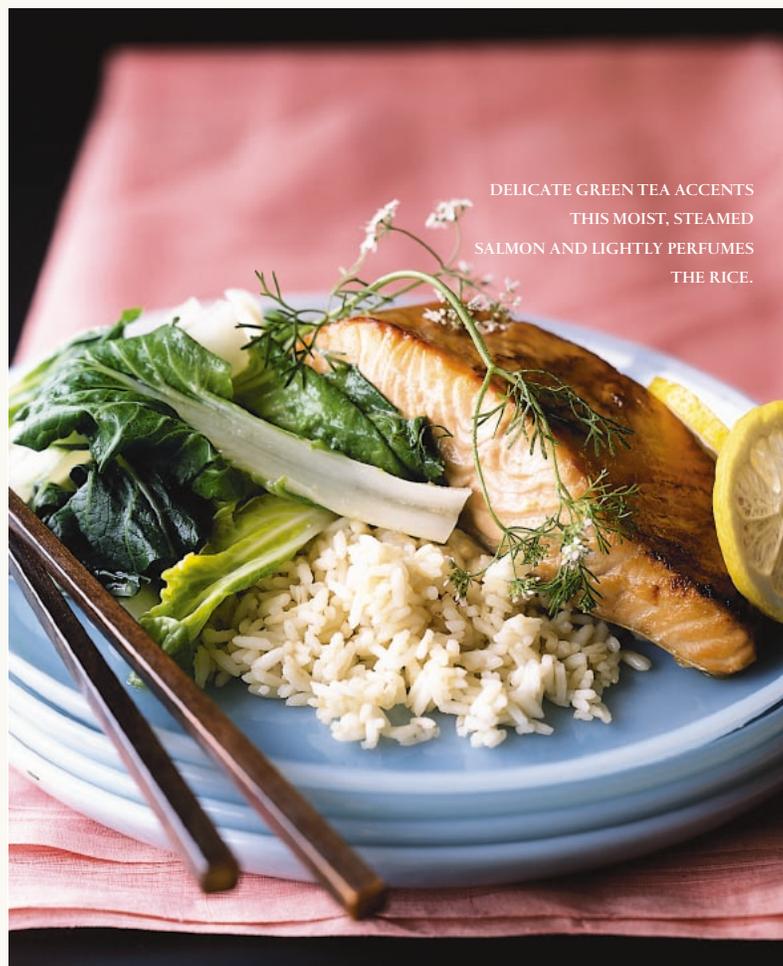
1. Brew 4 of the tea bags in 4 cups boiling water and let cool completely. Remove tea bags and marinate salmon in cooled tea

in the refrigerator, covered, for 1 hour.

2. Remove salmon from tea and set aside. In a deep 12- to 14-inch frying pan with a lid, combine cooled tea, sherry, 3 tablespoons of the soy sauce, ginger, and lemon slices. Cover and bring to a boil over high heat. Simmer 5 minutes, then return liquid to a rolling boil, add salmon, then immediately cover and remove pan from heat. Let salmon sit undisturbed until just barely translucent in center (cut to test), about 7 minutes.

3. Meanwhile, in a 1- to 2-quart pan, bring 2 cups water and salt to a boil over high heat. Remove from heat and add remaining 2 tea bags. Let stand 5 minutes, then remove and discard tea bags. Return water to a boil, then add rice. Reduce heat, cover, and simmer until rice is tender and liquid is absorbed, about 20 minutes. When done, fluff with a fork and keep warm.

4. While rice simmers and salmon steeps, discard tough or



DELICATE GREEN TEA ACCENTS THIS MOIST, STEAMED SALMON AND LIGHTLY PERFUMES THE RICE.

Beatriz DaCosta

bruised outer leaves of bok choy. Rinse good leaves well and pat dry. Cut off and discard bottom stem ends, then cut stalks and leaves crosswise into 1/2-inch-thick slices. Separate stalks from leaves and set aside.

5. When salmon has finished steeping, transfer fillets to a lightly oiled broiler pan. In a small bowl, mix together remaining 1 tablespoon soy sauce and the brown sugar until smooth. Spread this mixture evenly over tops of salmon. Broil salmon 4 to 6 inches from heat until topping is lightly browned and salmon is opaque but still moist-looking in center (cut to test), 3 to 4 minutes.

6. While salmon is broiling, discard steeping liquid from frying pan and wipe pan clean. Add broth, butter, and wasabi; place over high heat and whisk until smooth. Add bok choy stalks and cook, stirring often, until liquid has mostly evaporated, 3 to 4 minutes. Add bok choy leaves and stir until they are wilted and liquid has evaporated, about 2 minutes.

7. To serve, mound rice equally on each of 4 dinner plates. Spoon equal portions of bok choy next to rice and top with salmon fillets.

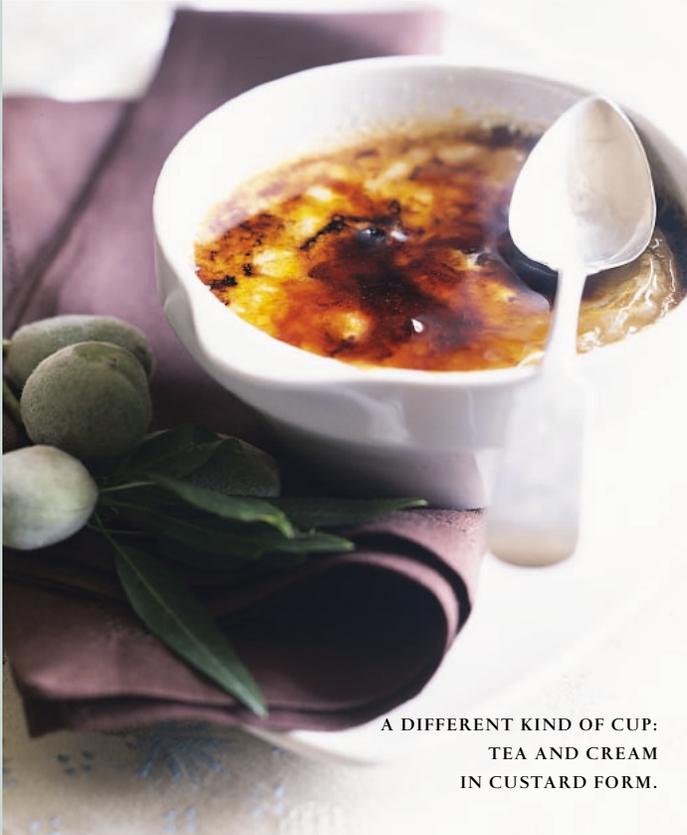
Per serving: 558 cal., 36% (194 cal.) from fat; 36 g protein; 22 g fat (6.7 g sat.); 51 g carbo (2.9 g fiber); 1,298 mg sodium; 99 mg chol.

EARL GREY CRÈME BRÛLÉE

PREP AND COOK TIME: About 45 minutes plus at least 2 hours to chill

MAKES: 8 servings

- 3 cups Lucerne Whipping Cream
- 1 vanilla bean, split lengthwise
- 2 bags Safeway SELECT Earl Grey Tea
- 6 Safeway SELECT Organic Large Egg yolks
- 1 1/4 cups sugar



A DIFFERENT KIND OF CUP:
TEA AND CREAM
IN CUSTARD FORM.

Tea Techniques

"COOKING WITH TEA CAN TRANSFORM AN EVERYDAY MEAL INTO AN EXOTIC EXPERIENCE," says Reem Rahim, cofounder of Numi Tea, a natural tea company in Oakland, California. Rahim, who is also a professional artist, offers the following suggestions for creating tea-flavored culinary art in your kitchen.

Tea-Cooked Vegetables. In a 2- to 4-quart pan, bring 1 1/2 cups of water to a boil. Add 2 to 3 bags Safeway SELECT Peppermint, Orange Spice, or Green Tea or your favorite black tea. Add 3 cups fresh vegetables (green beans, carrots, broccoli, cauliflower). Cover and boil until tender. Drain well; season with thinly sliced green onion, Safeway SELECT Verdi Olive Oil, lemon juice, and salt and pepper to taste.

Marinade. Steep 4 to 5 bags of Safeway SELECT Earl Grey, Orange Spice, or Green Tea, or your favorite black tea in 1 cup boiling water. Cool to room temperature before removing tea bags. Combine with 1/4 cup lemon juice, 1 tablespoon honey, and 2 tablespoons Safeway SELECT Verdi Olive Oil. Marinate cubes of beef or lamb for kebabs or beef or lamb shanks in mixture overnight.

Soup. Steep 2 to 4 bags Safeway SELECT Orange Spice or Green Tea in 1/2 to 1 cup boiling water. Just before serving, stir into puréed vegetable soup.

Stir-Fry Sauce. Steep 2 to 3 bags Safeway SELECT Earl Grey, Orange Spice, or Green Tea, or your favorite black tea in 1/2 cup boiling water. Let cool. Whisk in 1 teaspoon cornstarch, 2 tablespoons Safeway SELECT Gourmet Club Soy Sauce, and 2 tablespoons dry sherry. Use as a finishing sauce for stir-fried fish, shellfish, beef, pork, or chicken, cooking over high heat until sauce is lightly thickened.

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1. In a 2- to 3-quart pan over medium-high heat, combine cream and vanilla bean. Bring to a boil, stirring occasionally. Remove from heat, add tea bags, and let stand 10 minutes. Remove tea bags, gently squeeze their liquid into cream, then discard bags.

2. Beat egg yolks and 3/4 cup of the sugar in a bowl with an electric mixer on high speed until thick and well blended.

3. Pour cream through a fine strainer into egg yolk mixture. Scrape seeds from vanilla bean into the mixture (discard bean). Divide cream mixture among 8 ramekins (4- to 6-oz. size). Set ramekins in a 2-inch-deep 11- by 17-inch baking pan.

4. Set pan on a rack in a 300° oven. Carefully pour boiling water into pan until it is halfway up sides of ramekins. Bake until custards jiggle only slightly when gently shaken, 30 to 35 minutes. With a wide spatula, carefully lift ramekins out of water and transfer to a rack. When cool, cover ramekins and chill until custards are cold to touch, at least 1 hour or up to 1 day.

5. Just before serving, sprinkle tops of custards equally with remaining sugar. Place ramekins on a baking sheet and broil 4 inches from heat until sugar is bubbling and caramelized, about 5 minutes. Let stand for a few minutes to cool slightly, then serve, or chill up to 1 hour.

Per serving: 436 cal., 64% (278 cal.) from fat; 2.1 g protein; 31 g fat (19 g sat.); 38 g carbo (0 g fiber); 37 mg sodium; 279 mg chol.

Recipes by CHRISTINE WEBER HALE
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