

Cooking Corner Tips To Help You

Cooking With Tea Provides Refreshing Results

(NAPSA)—When looking to add a hint of the exotic, cooks are turning to a traditional beverage—tea.

It may come as a surprise to some that tea can be used to add flavor when cooking both sweet and savory dishes. Shrimp can be simmered in green tea. Cranberry sauce can be spiced up with “holiday tea.” Classic Earl Grey tea can add a whole new dimension to rice, oolong tea can add an authentic Asian flavor to noodles, and tea in general makes a great marinade for meat.

A favorite tea marinade for meat is Constant Comment, created 60 years ago by Ruth Bigelow. The tea, with its distinctive blend of orange peel and spices, was first shared with friends but caused so many positive comments that it became—and remains—a best-seller. The spicy flavor of America’s favorite specialty tea adds zest and appeal to this glazed chicken dish:

Bigelow “Constant Comment” Glazed Chicken

- 6 Bigelow Constant Comment® tea bags
- ½ cup apricot preserves
- ½ cup pineapple preserves
- 1 tablespoon soy sauce
- ¼ teaspoon red pepper flakes
- 1 large onion, sliced
- 1 tablespoon vegetable oil
- 6 chicken legs, thighs, or breast pieces, excess fat trimmed
- To taste, salt and freshly ground pepper

Preheat oven to 350° F. Open tea bags, pour contents into



This glazed chicken recipe uses the distinctive blend of orange peel and spices from a specialty tea.

mortar or spice grinder, and grind into fine powder.

In a small bowl, combine the tea with the preserves, soy sauce and red pepper flakes and mix until blended. Set glaze mixture aside. Scatter onion in bottom of large ovenproof baking dish. Heat oil in large nonstick skillet over medium-high heat. Add chicken in batches and cook, skin side down, until lightly browned.

As pieces are browned, transfer skin side up to baking dish, placing them in a single layer close together. Season with salt and pepper.

Pour glaze mixture over chicken, cover and bake for 30 minutes. Uncover, spoon glaze from bottom of pan over chicken and bake for 20 to 25 minutes longer. Remove, drain the liquid into a small saucepan, and reduce over high heat to a sauce consistency.

Serve chicken with a spoonful of sauce. Makes 4 to 6 servings.