

As seen in... **Midwest Living**<sup>®</sup>  
magazine

August  
2005



## Devilishly good eats

It's OK to lead us into this temptation: bison Benedict, WBLTs with crisp-coated walleye fillets, lemon-ricotta hotcakes, and what's been called the Twin Cities' best coffee.

That's as it should be at Hell's Kitchen, named loosely for the phrase, "If you can't stand the heat, get out of the kitchen."

At this upscale-meets-funky breakfast and lunch spot in downtown Minneapolis, old-time gospel music plays during "Salvation Sundays" brunches. Stuffed black crows perch in leafless birch trees inside.

Owners Mitch Omer and Steve Meyer entice you with dishes such as a fur-trader-style porridge of wild rice, nuts, berries and maple syrup. The restaurant's popularity has caught fire. You need reservations on weekends, when the waitstaff wears pajamas, and half the customers shuffle in wearing jammies as well.

Open Monday through Friday 6:30 a.m.–2 p.m., Saturdays and Sundays 8 a.m.–2 p.m. at 89 S. 10th Street, Minneapolis (612/332-4700; [www.hellskitcheninc.com](http://www.hellskitcheninc.com)).



## LICORICE GOES INTERNATIONAL

When Ardith Stuertz and Elizabeth Erlandson say, "Welcome to the wonderful world of licorice," they mean it literally.

Colorful licorice comes in many flavors, including chocolate, peppermint, and German licorice. The candy is popular among children and adults alike.



## discoveries etc.

### Color my world and my tea

During this iced tea season, it's good to know you can color-code your tea flavor to your mood—or, at least, the mood you'd like to be in.

Shane Talbott, a Chicago hair colorist who's so passionate about tea that he created his own blends, matches teas, colors and emotions.

Choose blue for a tranquil, soothing flavor; green for energy and rejuvenation; red for bold and confident; yellow for delicate and therapeutic; and brown for indulgent, delightful flavors (including Chocolate Covered Strawberry and Chocolate Almond Biscotti). Some, including Berry Vanilla Creme, are caffeine-free.

Tins vary from 2.5 to 3 ounces for \$7.95. Or try a set (at right, the Spectrum: Cocoa Cardamom Spice, Berry Vanilla Creme, Blueberry Bliss and Green Tea Heaven, \$29.95 plus shipping). To order: Talbott Teas (888/582-6567; [www.talbotteas.com](http://www.talbotteas.com)).



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