

# Cooking fever paradise

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Fans of this densely rainy island (with 365 rivers!) love that it has remained untouched and without hotel chains. Budget travel tip For solitude and star dishes, serve in one of the four Crescent Moon cabins, where the chef/owner grows all his own organic produce (\$115; 767-449-3449, crescentmooncabins.com). Move! Travel through Morne Trois Pitons National Park to a boiling lake, a six-to-seven-hour journey through challenging, often rainy ridges, past sulphur springs and steaming vents to the geothermal-heated storm lake. The trail is marked, but Ken's Hinterland Adventure Tours will take you (\$50 per person with a minimum of four; 866-880-0508, kenshinterlandtours.com). Don't miss the kayak/tube tour to Champagne Reef, where volcanic vents under sea will produce steady bubble streams (\$55; 767-449-8181, natureislanddive.com). Treat yourself to a leg-rest by taking a 90-minute rain to the forest air tram (\$55; 305-704-3350, rainforesttram.com). This is better than any spa treatment. For more information, go to ncdominica.dm. The hotel is the largest resort in America, not mandatory for clothing. Tour 70-plus lushly landscaped acres and then work on getting a tan line for free tan in the pool. There are also pool aerobics and tennis. A 30-day membership is only \$125 if you wear clothes avoiding convert. This story appears in the May 1998 issue of the entrepreneur. Subscribe Call it Java. Or bean juice. Or its scientific name, coffea arabica. A cup of coffee under any other name is just as welcome to the millions of Americans who consume 440 million levees of its every day, according to Coffee Cavern Inc., a Moraga, California-based franchise that adds a new twist to the traditional coffee shop charm. To stand out from the crowd, The Coffee Cave Shop designs come complete with tropical caves, seeping waterfalls - even rolling fog. Customers can put their feet on the rock and relax up to tropical tunes. The idea began to trickle down when franchisors Teresa and Steve Selover, 37 and 41, respectively, vacationed in Hawaii and toured the Hilo Lava Tubes. Amid the beautiful foliage and dripping dew, Teresa said the only thing missing is a good cup of coffee. The couple spent the next two years brewing a business plan; In 1994, they opened the first coffee cave near San Francisco. Coffee Cave began franchising last year and plans to expand in several states and Canada. In addition to its full range of coffee and award-winning espresso, the Coffee Cavern menu includes sandwiches, soups, salads and gourmet desserts. And don't forget The Cavern Critters, a life-size stuffed animal displayed throughout the store. Says Steve: People love our store because we are different. Contact Sources Coffee Cave Inc., P.O. Box 6280, Moraga, CA 94570, (800) LATTE-2-U May worry when a child's temperature rises, but the fever itself does no harm and can actually be good - often, it is the body's way of fighting infections. Signs signs Symptoms of a child who has a fever can be: fussy uncomfortable heat to the touch of flushed sweaty What's best to keep the baby at home from school or childcare until the temperature was normal for at least 24 hours. If your child is uncomfortable, here are some ways to relieve symptoms: Offer plenty of fluids to avoid dehydration. Give acetaminophen or ibuprofen based on your doctor's recommendations. Don't give me aspirin. Never use alcohol or cold baths to lower your temperature. Dress your child in light clothing and cover with a light sheet or blanket. Let your child eat what he or she wants and not force to eat if your child does not want to. If your child also vomits and/or diarrhea, ask your doctor if you should give children an oral rehydration solution (also called oral electrolyte solution or oral electrolyte maintenance solution). Make sure your child gets a lot of rest. Get medical attention if: An infant younger than 3 months old has a temperature of 100.4 degrees Fahrenheit (38 degrees Celsius) or higher in the eldest child fever and: looks sick develops a rash has prolonged diarrhea and/or repeated vomiting has signs of dehydration (peeing less, than usual, not having tears when crying, less alert and less active than usual) has a fever for 5 days has medical problems like sickle cell disease, heart problems, cancer, or lupus I think prevention! Fever is inevitable. The key is to make your child as comfortable as possible until the fever passes, and get medical attention when needed. The grains are a paradise of aromatic spices that looks like pepper with origins in West Africa and notes of cardamom, coriander, citrus, ginger, nutmeg and juniper. Packing light, peppery heat, using the seed grains of paradise is a mouthwatering way to season a set of dishes. It can be used instead of black pepper for a much more complex flavor, add to rubs of spices, braises, spice cakes, or gingerbread, or even mix in the filling of an apple pie. Taste: Cardamom, coriander, citrus, ginger, nutmeg, juniper, citrus and pepperOrigin: West AfricaSubstitutium: Ratio 1:1:1 ground black pepper, ground cardamom and ground ginger of the grain of paradise, also known as melegeta pepper, sea grains, sea pepper and alligator pepper, is a seed that comes from the plant aframon. From the same family as ginger, the seed is reddish-brown and about 1/8 inch in diameter. The grains of paradise are used in Western and North African cooking. It can also be included in the Moroccan spice blend ras el-hanout. The grains of paradise were used in European beer and winemaking until the 19th century. Over time, as the price of black pepper decreased, the use of paradise grains decreased. Today it is still used in the production of the Scandinavian aquavit spirit and enjoys revival as celebrity chefs and curious home cooks experiment with it. The grains of paradise are usually sold as pristine seed. You can use it generally as an aromatic to be removed and before serving, similar to using other whole spices such as cardamom or cloves. Lightly crush a couple of seeds (enough to make them crack), toss in rice as it is cooking (especially if you use rice for any Middle East, Africa or India-inspired dish), and remove before serving. Use cracked seeds to flavor oil or oil before roasting vegetables, or use grain paradise instead of black pepper when making homemade tea. For a stronger flavor, grind the seeds either by using a pepper mill or spice grinder, or by hand with mortar and pestle until pulverized. Use the grains of paradise to replace half the black pepper in your cacio e pepe for a unique take on this classic pasta dish. Try ground spices like a finisher, like black pepper, to add nuance and sophistication to a wide range of dishes. Getty Images/Bruno Azoulay Grain Paradise has a complex taste: woody, peppery, herby, with a warm thin heat. In each small seed you will find aromas of ginger, cardamom, citrus, coriander, nutmeg and juniper. While this does add heat, this heat builds slowly rather than punchy and edgy like black pepper. Use black pepper in any recipes that require grain paradise, or to get an idea of the complexity of its flavor profile, try equal parts ground black pepper, ground cardamom, and ground ginger. Use reverse peppers instead in the following recipes. For the apple pie, add 1/4 teaspoon of the heavenly grains to the filling. Pepper Crusted Filet MignonCarrot Ginger SoupDutch Apple Pie You won't find paradise grains in typical chain grocery stores, but you can find it in African grocers, specialty spice stores, and in stores that sell brewery supplies. You can also order it from online spice shops and international markets. Store everything in an airtight container in a dark, dry place (such as a pantry), and grind as needed. This will provide spices for up to six months. The paradise coast of southwest Florida - sometimes called Florida's last paradise - includes Marco Island, the city of Naples (about two hours from Miami by car), and the western areas of the Everglades. Apart from Marco Island (one of ten thousand islands) are nearly 100 miles of islands and estuaries that will never be developed, including ten thousand islands of the National Wildlife Refuge and state and national parks. A great area to explore nature as well as a home for resorts with all the amenities. 01 of 08 Photos courtesy of The Ritz-Carlton, Naples Resort. This beach resort has twenty acres and a three-mile-long white-sand beach. The shuttle will take guests to the sister of the Ritz-Carlton Golf Resort, three miles away. The Ritz-Carlton Hotel in Naples has Nature's Wonder children's programs, and There are also children's programs. Beach activities include kayaking and swimming on hobi cats or catamarans. 02 of 08 Photos courtesy of Naples Marco Island Everglades CVB. Sounds like a great opportunity to see dolphins alive in their their World: Passengers at Dolphin Explorer act as Citizen scientists assisting dolphin explorers with spotting dolphins for the 10,000 island dolphin project. This project is a long-term study of the distribution and behavior of bottlenose dolphins in southwest Florida. 03 of 08 Nture Trail boardwalks. Photo © Teresa Plowright. This national park is a completely unique ecosystem, the river of grass which is the largest subtropical desert in the continental United States (and also the only place in the world where alligators and crocodiles live in the same habitat). It's time to explore the natural trails. 04 of 08 Photos courtesy of Naples Marco Island Everglades CVB. Marco Island is the largest of ten thousand islands located at the southern tip of the Paradise Coast, 15 miles south of Naples, and north of the Gulf Coast entrance to the Everglades National Park. The island has Persian Gulf beaches on one side and mangrove estuaries on the other. The beaches offer a lot of shelling. The island has resorts and other accommodation, and tour operators offer short boat trips to pristine beaches. Continue to 5 of 8 below. 05 of 08 Photos courtesy of Marco Island Marriott Beach Resort. This resort has a tropical style, a prime place three miles from the white sand beach, a children's club, free family activities, a children's pool and playground, a spa and a championship golf course. 06 of 08 Photo courtesy of Naples Marco Island Everglades CVB. Lots of fun waiting for the kids in this museum, which can be a cool air-conditioned respite on a hot day. 07 of the 08 official information site for visitors to Naples, Marco Island and the Everglades has information on where to stay, fun things to do, and more. For example: take a walk along the two-mile promenade at the swampy Audubon Corkscrew Sanctuary, take an inflatable boat or boat tour of the Everglades National Park, from a sunset cruise from Marco Island. 08 of 08 Of About.com Guide to Florida Travel: The Southwest Coast of Florida features one eccentric beach enclave after another. Wandering through the coastal villages of the region and small barrier islands, wanderers on the roadside will find pirate shelters, unusual pioneer settlements and famous winter retreats. cooking fever paradise cocktail bar. cooking fever paradise island. cooking fever paradise island restaurants. cooking fever paradise cocktail bar ice machine. cooking fever paradise cocktail bar level 1. cooking fever paradise cocktail bar level 39. cooking fever paradise island download. cooking fever paradise island ice cream

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