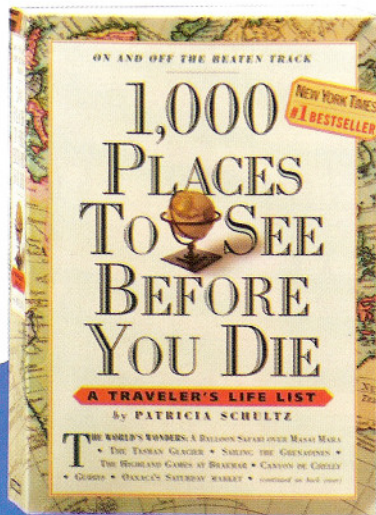


BOOKS

WEEKEND LIFE LIST

"1,000 Places to See Before You Die" is my own personal short list of dream trips," Patricia Schultz writes in the introduction to her book (Workman Publishing, 2003; \$18.95). "Not every entry is for everybody, but show me someone who won't find enough between these two covers to keep busy for the next few decades."

Schultz, a travel writer who spent seven years researching and writing this book, names 13 must-see places in Florida. While I might also have included the sugar-white sand dunes of St. George Island or the underwater world of John Pennekamp Coral Reef State Park, Schultz's take on the state isn't bad. — DCH



- 01 | Amelia Island
- 02 | Kennedy Space Center, Cape Canaveral
- 03 | Swimming with Manatees, Crystal River
- 04 | Everglades National Park
- 05 | Key West
- 06 | Little Palm Island hotel, Little Torch Key
- 07 | The Delano hotel, Miami
- 08 | Joe's Stone Crab restaurant, Miami Beach
- 09 | South Beach, Miami Beach
- 10 | Villa Vizcaya, Miami
- 11 | Walt Disney World Resort, Orlando
- 12 | The Breakers hotel, Palm Beach
- 13 | Sanibel and Captiva Islands

FACT: WALT DISNEY WORLD ATTRACTS OVER 30 MILLION VISITORS A YEAR



LYCHEE-TINI

From Kevin Graham, chef, De La Tierra, Delray Beach

3 ounces vodka
1 ounce lychee juice*
1 ounce grenadine
Shake ingredients together on ice. Strain.

*To make lychee juice, liquefy lychee flesh in a blender. Strain if desired.

luscious lychees

These aromatic shockers are juicing up Florida menus

You can hardly be a big-name chef in Florida without stirring Asian flavors into otherwise-American dishes. The newest essential is the lychee, a sweet, tiny fruit that's appearing on trend-setting menus statewide.

Most of us know lychees as the canned mystery fruit served for dessert with orange slices and fortune cookies at Chinese restaurants. Fresh lychees, grown in Florida since 1883, are another entity. "They have a beautiful perfume when they're perfectly ripe," says fine-dining sage Franz Kranzfelder. "We get some of the best lychees here in Florida."

Asian-American-Caribbean fusion gurus in South Florida chop, slice and puree lychees throughout their menus. The fruit brings a bright flavor and an unexpected texture to any course. Norman Van Aken, owner of Norman's in Miami and Orlando, sandwiches lychee between slices of raw fish for a sashimi appetizer. At Boca Raton's Mark's on the Park,

you'll find lychees tossed with gnocchi, lobster, spiced walnuts and clamshell mushrooms.

The grape-textured fruit is working its way up the coast. Duck foie gras with caramelized lychee is served at Vernona, a restaurant at the Ritz-Carlton in Sarasota. The pastry team at Cuvée Beach Cellar and Wine Bar in Destin works the fruit into a compote with plums and strawberries to top white-chocolate bread pudding.

Most home cooks can easily use "the king of fruits," as the lychee is known in south China. "Just substitute them in recipes that call for grapes or pears," suggests chef Michael Fiorelli of Mark's on the Park. "The next time you make an apple pie, use half lychees instead."

Generally red and heart-shaped, Florida lychees are available May through August. Stock up when a new shipment arrives and throw extras in the freezer. You won't be able to tell the difference when they thaw. — RL