

I'm Going To Be on Daytime TV! Oh & The New Lemonade!

It's Thursday and I'm Excited!

This coming weekend is huger than huge has been in a while! The "Social Butterfly" for the Atlanta Journal Constitution (AJC) just hired me to cook for her sassy dinner party on Saturday! The menu is luscious for real, but the most important thing on it: Garden to Table Mojito! (**jardin a mesa**)! Maybe, just maybe, she'll add me to her chic and cool people to call for city haps! This chick knows it all!

Will wear my latest acquisition to my stunning shoe collection. Think cream patent leather, platform, lattice open toe, 4.5?.

I'll get about 5 hours of sleep before hopping in my car and driving to Tampa. Pause to inject veins with 4-6 shots of Cuban espresso (am courting a new one these days, btw). Thank God I've successfully solicited my part-time love to drive me. Otherwise, I'd be taking no-dose and espresso; and that combination might not fare so well!

The purpose for this overnight insanity: To be on the show **Daytime TV** for the 1st time on Memorial Day!! I'm so geeked, girl foolish anxious and steadily looking for the right top (and shoes of course) to wear! After a coupla months of talking to the producers, we came up with a sexy Latin segment to do and I'll tell you I am dumb excited! You won't have to guess what I'm making, because if you know me, you know what I do! The show tapes live but will go to tape for airing a few days later, so I understand. That means, I'll keep you posted! I'm also so tickled to know that the show is nationally syndicated with Atlanta ranking No. 2 in their viewership!

They're syndicated in over 100 markets and I'd love for you to check me out, so look [here](#) and see if Daytime airs in your city!

You know Daytime TV, right? You know the one our friend Jaden at [SteamyKitchen](#) is a regular on! A shout out to her for the hook-up. We'll be getting together for an impromptu din-din, I think. I'm sure we'll both report back. I'll call it the "**China-Latina**" tryst! (*mi abuelo es Chino* so some Chinese foods we cook at home are coined *chino-latino*) You get that, Jaden!?

On to a perfect Spring/Summer drink. As of late, I've been thirsty for lemonade. Been drinking for breakfast, dinner and like last night, at 2 in the morning (thus the half-full jar today!). I'm not talking about Minute Maid or Chick-fil-A type lemonade, I'm talking about the freshly squeezed stuff you sweeten as you please. My choice for *dulce*: honey! L.O.V.E IT!

The combination of lemon and honey is so perfect you'll never want to use traditional sugar, ever again! Plus, it's healthier for you. Okay, but you may say, that's boring, nothing over the top. Enter **secret ingredient: star anise!** YES YES YES! It's like having a bit of spice in that wet glass of citrus! Star anise has many of uses but really good for alleviating gas problems! I've featured it in my **Herbs & Spices** section, [here](#).

Growing up, my mom would make my dad limeade and add some anise liquor, for him to sip on while he'd mow the lawn! I thought it was strange, but was always amazed at the smell; especially juxtaposed with whiffs of freshly cut grass. I then started incorporating an "adult" version to my dinner parties and cooking lessons! I won't share that one here, cuz it's in upcoming book (talking to Running Press, btw). But I have a few variations and has become something I enjoy making all the time, most recently for my mom's b-day on Mother's day! Nothing better than my entire family loving what I prepare for them! There are other ways (and more distinct) of infusing the anise flavor into the "adult" lemonade, but for the purpose of instant gratification and simplicity, we'll just add it!

I offer you here, a refreshingly, simple and thirst quenching summer drink that you will quickly replace for your plain Jane lemonade. Serve in recycled mason jar (i use old ragu jars, too) for that rustic * nostalgic look. I let mine chill for a while because adding ice just waters it down; and a watered down drink is just no good!

Feel free to substitute with lime since they're a bit cheaper! *GULP*

****Okay, so what do you think I should demo for my 4+ min. segment on Daytime TV!？****

B's Honey Star Anise Lemonade

Ingredients:

- 2 lemons
- 1/4 cup honey
- 8-10 star anise
- 1 liter water *Method*
- ice

Method:

Add lemon juice and honey to room temperature water. Shake well. Martini shakers are good for this. Add star anise. Shake again. Refrigerate for 45 mins. Serve over ice, if desired.