

Spice up chocolate bars with Kahlua

Kahlua Chocolate Walnut Squares are all-occasion sweet treats with a special-occasion flavor in a nice and easy recipe. Filled with chocolate and nuts, it's the blending of Kahlua which makes the difference in these cake-like squares that may be prepared ahead, ready to "treat" both family and friends, or wrap as special gifts from your kitchen.

KAHILUA CHOCOLATE WALNUT SQUARES

1 1/4 cup sifted all-purpose flour
1/2 tsp. baking powder
1/2 tsp. salt
1/2 cup soft butter or margarine
1/2 cup brown sugar (packed)
1 large egg
1/4 cup Kahlua
1 cup semi-sweet chocolate pieces
1/2 cup chopped walnuts
1 Tbsp. Kahlua for tops of bars
Brown Butter Icing
24 walnut halves (Optional)

Resift flour with baking powder and salt. Cream butter, sugar and egg together well. Stir in Kahlua, then flour mixture, blending well. Fold in chocolate pieces and walnuts. Turn into greased baking pan (7 x 11 x 1 1/2 inches), and spread level. Bake in moderate oven (350 degrees) until 30 minutes, until top springs back when touched lightly in center. Remove from oven and cool in pan 15 minutes, then brush top with remaining tablespoon Kahlua. When icing is set, then cut into bars, making 4 lengthwise strips, then cutting in thirds across the pan. Top each bar with walnut half (optional). Makes 24 squares about 1 1/4 x 1 1/4 inches.

Brown Butter Icing: Place 2 tablespoons butter in saucepan over low heat. Heat until butter is lightly browned. Remove, and add 1 tablespoon Kahlua, 2 teaspoons milk or light cream, and 1 1/2 cups sifted powdered sugar. Beat smooth.



Lamb stew makes good use of herbs

Countries have stews, regions have stews and certain cultures have their own lamb stews. Whether a stew is called "Hutspot" and is a tradition with the Dutch, or it is called "Goulash" and is a Hungarian national favorite, it reflects cooking ingenuity and imagination passed down through the centuries.

These hearty, nutritious concoctions have one thing in common no matter what corner of the globe — rarely does one stew taste exactly like another.

Stews offer each cook creative latitude that many other kinds of cooking do not. They are the perfect foil for herb lovers. The ratio of lamb to vegetables can be regulated as easily as the heat can be turned up and down on the stove. Spices are nice, too.

A few cloves, coriander or a dash of cinnamon adds a secret zest because often they meld into the delightful mélange of stew flavors and cannot be identified — just thoroughly enjoyed.

In Boston, a Sunday meal reflects a practical Yankee heritage, a simple lamb stew of potatoes and onions — probably with Irish or English beginnings.

While in the Cajun country of Louisiana, a hotter version is brought to the table teaming with vibrant spiciness and colorful with tomatoes and green pepper. In San Francisco a very lovely lamb ragout allows the hungry diner a whiff of burgundy mixed with freshly cut rosemary.

OLD-FASHIONED HERBED LAMB STEW

Six servings
2 Tbsp. butter or cooking oil
2 lbs. lean boneless lamb, cut into 2-inch pieces
2 Tbsp. flour
2 cups water
1 can (8 oz.) tomato sauce
1 Tbsp. lemon juice
1 cup chopped onion
1 clove garlic, minced
1 tsp. salt
1/4 tsp. dried oregano leaves
1/4 tsp. ground black pepper
1 cup peeled, diced potato
1 cup peas
1 cup sliced carrots
1 cup sliced zucchini or yellow squash
2 Tbsp. Fresh chopped or 1 Tbsp. dried parsley

In a Dutch oven or heavy saucepan, melt butter. Add lamb and brown well on all sides (about 15 minutes). Stir in flour and cook 2 minutes, stirring constantly. Add water, tomato sauce, lemon juice, onion and garlic, salt, oregano and black pepper. Cover and cook over low heat for 1 hour, or until meat is tender. Add vegetables and parsley. Cook 30 minutes longer, or until vegetables are tender.

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