



Mild turmeric makes fine eating

If the black-and-white photo of this delicious bread were in color you'd be able to see what a beautiful golden hue it has.

How does it get that way, you ask? Saffron! If it were saffron it would have an unusual flavor and the bread would seem worth its weight in gold.

No, the spice in this recipe is turmeric. This is the root which gives curry powder and the yellow hot dog mustard their color. Turmeric adds some flavor as well, but it isn't distinctive. The orange-colored turmeric root is a member of the ginger family and is used in the preparation of vegetable pickles, corn relish and baked goods.

Which brings us back to the bread. Golden Turmeric Bread makes fine eating spread with lots of softened butter or margarine, and its onion and caraway flavors make it a natural for sandwiches — from vegetable-cream cheese to turkey-tomato.

Our second recipe, Chicken with Golden Rice, is a grand Spanish-lasting

dish. It looks like Arroz Con Pollo, it tastes like Arroz Con Pollo (sans saffron). Fine enough for company, this skillet-casserole contains chicken parts, ham cubes, sweet red pepper strips and turmeric rice seasoned with instant minced onion and garlic and oregano. Sprinkle with toasted slivered almonds just before serving.

GOLDEN TURMERIC BREAD
3 tbsp. instant minced onion
Warm water (105-115 F)
2 pkg. active dry yeast
1 cup milk
1 tbsp. sugar
1 tsp. salt
4 tsp. caraway seed, divided
1/4 tsp. ground turmeric
1/2 tsp. ground white pepper
2 tbsp. vegetable oil
About 5 1/2 cups all-purpose flour (unsifted)
1 egg white, beaten

In a small bowl combine minced onion and 3 tablespoons water, set

aside for 10 minutes to soften. In the bowl of an electric mixer place 1 cup warm water and yeast; stir until dissolved. Stir in milk, sugar, salt, 3 teaspoons of the caraway seed, turmeric, white pepper and oil. Gradually beat in 3 cups of the flour. Remove dough to a lightly floured board. Gradually knead in 2 1/2 cups flour. Knead until smooth and elastic, about 10 minutes, stirring in additional flour, if necessary. Place dough in a lightly greased bowl. Turn dough so greased surface is on top. Cover lightly and let rise in a warm place until doubled in bulk, about 25 minutes. Preheat oven to 350 degrees. Brush tops of bread with egg white; sprinkle with remaining 1 teaspoon caraway seed. Bake until bread sounds hollow when tapped lightly about 25 minutes. Cool on wire racks. Yield: two 8-inch rounds.

CHICKEN WITH GOLDEN RICE
2 tbsp. vegetable oil
3 lbs. chicken parts

1 cup ham cubes
1 tsp. instant minced onion
1 tsp. instant minced garlic
1 tsp. salt
1/4 tsp. turmeric
1/4 tsp. oregano leaves, crushed
1/4 tsp. ground black pepper
1/4 cups water
1 cup long grain rice (uncooked)
2 cups sweet red pepper strips
2 tbsp. slivered almonds, toasted*

In a large skillet heat oil until hot. Add chicken. Sauté until browned on all sides. Add ham, onion, garlic, salt, turmeric, oregano, black pepper and water. Bring to a boil. Reduce heat and simmer covered for 20 minutes. Add rice. Simmer covered for 15 minutes. Add red pepper. Simmer covered until chicken, rice and pepper are tender, about 5 minutes. Sprinkle with almonds. YIELD: 4 portions.

*To toast almonds place on a baking pan in a preheated 350 degree oven until golden, 3 to 5 minutes, stirring occasionally.

Using the spice turmeric in the bread above causes its golden color. For lively flavor, caraway seed and instant minced onion are added.

Look before opening

No package can be considered tamper-proof. David Woodruff of RJR Archer, a packaging producer, says that protective wrappings, seals or liners made of plastic or foil only serve as evidence that a container hasn't been opened.

Before using a product, consumers should examine packages carefully, asking themselves the following questions:

- Is the package crushed, ripped or damaged in any way?
 - Have wrappings or protective bands been torn or removed?
 - Are the seals intact around or beneath the lids of bottles and jars?
- If in doubt, return the product unused, Woodruff advises.

Here's a trio of chilled desserts

Our trio of smooth, chilled (and frozen) citrus desserts are just right for warm-weather entertaining. But they're so easy to prepare — with frozen whipped topping — there's no need to wait for a special occasion to add one to the menu.

Actually "easier-than-pie" is Snowy Lime Pie, a dazzling dessert that introduces for the first time an almost foolproof frozen pie shell. All you need to create this excitingly different, exceptionally easy "crust" is a pie plate and spoon, some freezer space and one container of frozen whipped

topping with real cream. To prepare, simply spoon thawed whipped topping into the pie plate, then spread and shape into a shell and freeze. To complete preparation, spoon the refreshing lime sherbet, mini-marshmallows into the shell and freeze until firm. For filling variations, be as imaginative as you like. You can create countless combinations of sherbet and/or ice cream... adding candied, ice cream toppings, preserves and fruit.

Two more great "do-ahead" party dishes are Dreamy Orange Mold and the Refreshing Chilled-Lemon Soufflé.

Plump, colorful and juicy mandarin oranges provide a perfect texture/flavor complement of the whipped topping's smoothness in Dreamy Orange Mold. An elegant addition to any summer buffet, the dessert — or sweet salad — takes only a few minutes to assemble, requires only four ingredients.

For the cook with just a little more time to spend in the kitchen, Refreshing Chilled Lemon Soufflé is that very special "showy" dessert to serve for a bridal shower or anniversary party.

right, including soil, temperature and moisture."

Veteran mushroom hunters say the best places to search include gently rolling land covered by hardwood trees, including dead elm, with a lake or river nearby. The south slopes of hills, down in valleys and around old elm stumps also are good spots.

In general, morels appear from late April to mid-June, spreading northward across the state. Black

morels usually appear first and are followed by white. For safest picking, first-timers should go hunting with an experienced hunter.

When searching for morels, hunters should wear sturdy, comfortable hiking shoes and carry a basket or paper bag to hold the morels. Scissors or a sharp knife can be used to cut the morels just above the ground.

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