

Keep your cool with fresh pasta salads

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FRANCOIS' SUMMER BEAN SALAD

1/2 cup black beans
1/2 cup garbanzo beans
1/2 cup navy beans (Great Northern)
1/2 cup lentils
1/2 cup potato or kidney beans
1/2 cup diced red peppers
1/2 cup diced green peppers
1/2 cup diced Bermuda onions
1/2 cup basil vinaigrette dressing (see below)
salt and pepper to taste
1 teaspoon fresh basil
1 teaspoon garlic, minced
1 tablespoon balsamic vinegar
1 tablespoon red wine vinegar

Prepare beans. Heat to a boil and simmer 1-2 hours depending upon the beans. Rinse and reserve. Canned beans may be substituted to minimize preparation time. Don't cook all beans together because they have different cooking times. If canned beans are used, rinse them with cool water. In a large bowl, combine beans, peppers, onions, salt, pepper, garlic, dressing, onions, basil and vinegars. Garnish with more basil and serve over lettuce or as a cold side dish.

BASIL VINAIGRETTE
1/2 teaspoon garlic, minced
1/2 teaspoon shallots, chopped
1 tablespoon red wine vinegar
1 tablespoon balsamic vinegar
1 tablespoon fresh basil
salt to taste
1/2 teaspoon cracked black pepper
1/2 cup olive oil
1/2 cup salad oil

Combine first seven ingredients in mixing bowl. With whisk, mix vigorously. Slowly add oils to emulsify. Yield 1 cup.

SHRIMP SALAD ORIENTAL
10-12 medium shrimp, cooked
1/2 cup pea pods
1/2 cup red onions, diced
1/2 cup chunk pineapple
1/2 cup shiitake mushrooms, cut in julienne strips
2 tablespoons toasted almonds
1/2 cup baby corn ears
1/2 pound pasta, cooked (linguini, angel hair or cellophane noodles)
1/2 cup oriental vinaigrette (see below)

Combine all ingredients in bowl. Chill and serve. Serves 4.

ORIENTAL VINAIGRETTE
1 teaspoon fresh ginger, chopped
1/2 teaspoon garlic, crushed
1/2 cup teriyaki sauce
1/2 cup red wine vinegar
1 teaspoon fresh cilantro
dash cayenne pepper
dash white pepper
dash curry powder
1 teaspoon lemon juice
1 tablespoon sesame oil
1 cup salad oil

Combine first nine ingredients in a mixing bowl. Mix with whisk vigorously. Slowly add oils to emulsify or use food processor. Yield 1 1/2 cups.

(Recipes are courtesy of Francois' Gourmet To Go)

Herbs add spice to fresh bread

See related story, Page 3B
DELICIOUS BREAD IN A CASEROLE

This light-textured bread is great to serve with a hearty soup. The "secret" ingredient is cottage cheese.

1 pkg. active dry yeast
1/4 cup warm water
1 cup creamed cottage cheese
2 tablespoons sugar
1 tablespoon instant minced onion
1 tablespoon softened butter or margarine
2 teaspoons dried dill weed
1 teaspoon salt
1 teaspoon baking soda
1 egg beaten
2 1/4 to 2 1/2 cups all-purpose flour

Soften yeast in warm water. Heat cottage cheese to lukewarm and combine with yeast mixture. Add remaining ingredients, except flour, and blend together.

Add enough flour, in several additions, beating well after each, to

form a stiff dough. Cover with buttered wax paper and a linen towel. Let rise in warm place (80-90 degrees) until light and double in size, about 30-40 minutes.

Stir down dough and turn into a well-buttered round ceramic or glass casserole (1 1/2 x 2 qt. size). Cover and let rise again in a warm place until light, about 30-40 minutes.

Bake in preheated 350 degree oven for 40-50 minutes until golden brown. Brush with melted butter and sprinkle lightly with salt. Remove from casserole and cool on rack. Serve warm. Makes one round loaf.

HERBED BREAD FROM A BOX

The herbs can be changed to suit your taste.

1 pkg. (13 1/2 oz.) hot roll mix
1/4 teaspoon nutmeg
1/4 teaspoon sage (or rosemary)
1/4 teaspoon thyme
1/4 teaspoon oregano (or marjoram)

Mix hot roll mix as directed on label, add seasonings with flour mixture. Cover with cloth and let rise in a warm place about 40 minutes or until doubled in size. Punch down and roll or pat into a 9 x 5 inch rectangle; place in a greased loaf pan 9x5x3 inches. Cover and let rise 30 minutes. Bake in 375 degree oven 35-40 minutes or until done. Remove from pan and cool on rack. Makes one loaf.

GARDEN-FRESH HERB BREAD

The combination of herbs in this recipe can be changed to use herbs growing in your garden.

2 cups warm water
2 pkgs. active dry yeast
1 teaspoon sugar
1 tablespoon instant chicken bouillon
1/4 cup brown sugar
1/4 cup oil
3 cups unbleached all-purpose flour
2 tablespoons finely chopped fresh chives

2 tablespoons finely chopped fresh parsley
2 tablespoons finely chopped fresh dill
2 tablespoons parmesan cheese
3-1/2 cups unbleached all-purpose flour

Combine first three ingredients and let set 3-5 minutes to activate yeast. Stir in the next four ingredients and beat well. Blend in the herbs and cheese. Gradually add the remaining flour, turn out on a floured board and knead until smooth. Place in a greased bowl, turning once to grease the top. Cover and let rise until double in bulk 45-60 minutes. Knead dough down in bowl and divide in half. Shape into loaves and put in 9 x 5 inch rectangle pans, or shape into balls and put into round pans (well-greased). Cover and let rise until almost doubled 30-45 minutes. Bake 350 degrees for 40-45 minutes. Cool on wire racks. Makes 2 loaves.

Reap rewards of summer garden

See related story, Page 3B
JAMES' GARDEN TOMATO SALSA

2 cloves garlic, peeled and chopped
4 chile peppers, broiled
1/4 teaspoon sea salt
1 pound tomatoes
1/2 cup chopped onion
1/2 cup chopped red, green or yellow peppers

1/2 cup loosely packed cilantro, chopped
Blend the garlic, chiles and salt together to form a paste. Gradually add the tomatoes, grinding well after each addition. Stir in the onion, peppers and cilantro. This is a simple salsa meant to be eaten the same day. The sauce can be cooked by heating two tablespoons of oil in a

large non-metallic saucepan and adding the first three ingredients. Then add the remainder and cook for 20 minutes or until thickened and reduced by 1/2.

DILLED ZUCCHINI WITH A CREAM SAUCE
5 baby zucchini, sliced thin
1 small onion, sliced into rings

dash salt and fresh ground pepper to taste
1/2 cup sour cream
1/2 cup buttermilk
1 teaspoon dried dill weed or 2 teaspoons fresh dill, chopped
Combine all ingredients in a glass bowl. Toss to mix throughout. Cover and chill in refrigerator for several hours.

On vacation

Betsy Brethen is on vacation. Her column, "Family-Tested Winner Dinner," will return in September.

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