

# Baby okra, and other reader-requested recipes

See Chef Larry Jones' Taste buds column on Taste front.

An anonymous caller requested information on okra — a lovely, tender, sweet tasting vegetable that is slippery and slimy. It can be found year-round, but is most abundant during the summer.

Pick okra in the its baby stage. The torpedo-shaped pods vary in length, between 2-4 inches for best taste. Purchase it with no signs of spotting or molding. Check for dryness or flabbiness. Okra keeps poorly and should be used within a day or two. It can be steamed, boiled, pickled, sautéed, deep-fried, braised or made into a soup or salad.

The tiniest, baby fresh okra, if you're growing it, should be

blanched and served like asparagus. Sliced and added to soups during the last 10 minutes of cooking, okra will thicken with remarkable power.

Here's a tasty recipe.

## OKRA, TOMATOES AND ONIONS

5 ounces bacon, cut into a small dice  
1 large onion, cut into a medium dice  
1 pound young okra, rinsed and patted dry  
1 pound plum tomatoes, peeled, seeded and chopped (about 6)  
½ cup water  
Pepper to taste  
Minced parsley for garnish

Gently cook bacon in a heavy skillet or flameproof casserole until well browned. Skim out pieces with a slotted spoon and reserve. Add onion to fat, drain off a little fat, if desired, and cook until onion is soft, about 7-8 minutes.

Trim off cups of okra and cut okra into ½-inch slices. Add onion to tomatoes and bring to a simmer. Stir in okra. Cook, partially covered, over moderate heat until okra is tender, about 10 minutes. Toss with the bacon and add pepper to taste. Sprinkle with parsley and serve hot. Serves 4.

Recipe from "Uncommon Fruits and Vegetables, A Common Sense Guide," by Elizabeth Schneider, copyright 1988, Harper & Row Publishers, \$25.

Looking for a fun place to shop? Check out the equipment and food products at Sateride Butcher and Deli Supply, 460 Hilton, Ferndale. Got a butcher's question? Call Sateride toll-free at 1-800-369-5035, (toll-free Chef Larry sent ya!)

Josephine Tumorsinski of Troy wanted a basic Melba Sauce (non-fat) that she can serve over fresh peaches, angel food cake or ice cream. Here's a recipe from Momma's recipe box.

## MELBA SAUCE

1 package frozen raspberries (not packed in syrup)  
½ cup currant jelly  
¼ cup sugar  
1 tablespoon cornstarch

Pinch of salt  
Combine all ingredients in a stainless saucepan. Bring to a boil. Reduce heat and stir with a wire whisk while simmering for 5 minutes. Strain mixture through a fine sieve and chill for at least 1 hour before serving. Makes about 2 cups of sauce.

Looking for an incredibly easy dinner on one of these "dog days of summer" eves? This recipe can be made while camping, and the kids will love it too!

## CHEESE FONDUE

2 cups Swiss cheese, cut into small cubes  
12 ounces beer, dry white wine, chicken broth or apple juice

1 clove garlic, chopped or 1 teaspoon chopped garlic  
3 tablespoons flour or cornstarch  
Salt and pepper to taste  
Vegetables and bread for dipping

Place liquid in a heavy saucepan and bring to a boil. Reduce to a simmer and stir in garlic. Sprinkle chopped cheese with flour or cornstarch. Stir over low heat for 4-5 minutes.

Serve with vegetables — broccoli, cauliflower, carrots, zucchini, mushrooms, pepper strips, etc., and a good, crusty bakery style bread cut into cubes. Serves 4.

## Porch supper recipes are part of fine Midwest tradition

See related story on Taste front.

### BETTY'S HOT AND SEXY POTATO SALAD

6 medium potatoes  
1 can (10 ½ ounces) cream of celery soup, undiluted  
1 cup (8 ounces) sour cream  
1 cup (4 ounces) shredded mild cheddar cheese  
½ cup chopped celery  
4 hard-cooked eggs, chopped  
1 small onion, chopped  
½ pound bacon, bits, drained, and crumbled into cubes

Scrub potatoes and boil in water for 30 minutes. Drain and cool slightly. Peel and cut into cubes.

Combine soup, sour cream and cheese in bowl and mix well. Add potatoes, celery, eggs, onion and mix until blended. Spoon mixture into a 13-by-9-by-2-inch baking dish. Sprinkle with bacon bits. Bake at 350 degrees for 30 minutes. Approximately 8 servings.

Recipe compliments of Betty Ryan.

### SUNSHINE CARROT SALAD

4 large carrots, coarsely grated  
½ cup raisins  
½ cup chopped walnuts  
2 teaspoons grated lemon peel

1 teaspoon lemon juice  
¼ cup sour cream and ¼ cup mayonnaise, mixed  
2-4 tablespoons dark brown sugar  
¼ teaspoon salt  
Dash of pepper  
Toss lightly in large bowl. Refrigerate until serving. Approximately 8 servings.

Recipe compliments of Betty Ryan.

Here are some flavorful marinades for 6 skinless chicken breast halves, or 6 salmon steaks.

### RAISIN-PARSLEY HERB PASTE

2 tablespoons walnuts  
4 tablespoons olive oil  
10-12 fresh basil leaves  
3-4 sprigs Italian parsley  
1 clove garlic  
Thoroughly wash and dry basil and parsley. In a food processor,

chop walnuts, olive oil, basil, parsley and garlic. Spread mixture on chicken or salmon and grill. Garnish with fresh basil leaves.

### ROSEMARY-THYME SAUCE

4-6 branches fresh rosemary (set aside a branch)  
2-4 branches of thyme  
2 tablespoons olive oil  
2 tablespoons Teriyaki sauce  
1 clove garlic  
Peppercorn and black pepper to taste

Baste chicken or salmon with Teriyaki sauce. For a more intense flavor, marinate for several hours. Pull leaves off rosemary and thyme branches and chop with garlic. Add to oil. Brush chicken with herb mixture. Sprinkle with peppercorn and pepper. Grill chicken or salmon. Sprinkle whole rosemary leaves on chicken or salmon while grilling for more

intense flavor.

### LEMON-DILL MARINADE

Juice of one whole lemon  
2 tablespoons olive oil  
4 sprigs dill, chopped  
1 clove garlic  
Salt and pepper to taste

Marinate chicken or salmon in lemon juice and oil for several hours. Spread garlic and dill on chicken or salmon and grill. Recipe compliments of March Heller Fisher.

### ROBERTA'S AND RITA'S BLUEBERRY TART

Fert crust:  
1 cup sifted flour  
2 tablespoons sugar  
Dash of salt  
½ cup butter (1 stick)  
1 tablespoon white vinegar

Fruit Mixture:  
1 cup sugar (or less according to taste)  
2 tablespoons flour  
Dash of cinnamon and nutmeg  
4 cups blueberries (or a mixture of blueberries, raspberries, and blackberries)

To make tart crust — mix flour, sugar and salt. Blend butter into flour mixture using a fork or pastry blender until mixture resembles coarse meal. Add vinegar. Pat dough into a 9-inch springform pan, spreading dough 1-inch up sides of pan. Refrigerate until ready.

To make Fruit Mixture: Mix sugar, flour and spices. Toss with 2 cups of blueberries. Place in springform pan. Bake at 400 degrees F. for 45 minutes to 1 hour. Remove from oven and immediately place remaining two cups of berries on top. Sprinkle with powdered sugar. Recipe compliments of Roberta Grandier and Rita Pearlman.

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## Jabars wine vinegars 'complement' dishes

See related story on Taste front.

### PEACH LEMON SUPREME CAKE

1 lemon cake mix  
½ cup oil  
Powdered sugar  
½ cup Jabars' Peach Wine Vinegar  
Blend cake mix, oil and vinegar. Bake as directed on

cake mix. Sprinkle with powdered sugar.

### CUCUMBER SALAD

2 or 3 cucumbers, sliced  
½ red onion — cut into rings  
½ cup lemon-tine vinegar (or any other fruit flavor)  
1 teaspoon celery salt  
¼ teaspoon pepper

¼ cup vegetable oil (optional)  
Combine all ingredients and chill before serving.

### FRUIT SALAD WITH RASPBERRY VINAIGRETTE DRESSING

1 tablespoon olive oil  
1 (12 ounce) container Cool Whip  
¼ cup raspberries — optional

½ cup Jabars' Complements Raspberry Vinaigrette  
1 large can mushrooms  
1 cup walnuts  
6 apples — cut up  
½ cup raisins  
Mix olive oil, vinaigrette, Cool Whip, and raspberries until thickened. Blend in mushrooms, raisins, walnuts and apples. Yield 1 quart.

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