Baby okra, and other reader-requested recipes

See Chef Larry Janes' Tuste
Bude column on Tuste front.

An anonymous caller requested
information on ohra—a lovely,
tender, sweet tasting vegetable
that is slippery and alimy. It are
be found year-round, but is most
abundant during the summer.
Pick okra in the lite budy stage.
The torpede-abaped pods vary in
length, between 2-4 inches for
best taste. Purchase it with no
signs of sporting or molding.
Check for dryness or flabbiness.
Okra beeps poorly and should be
used within a day or two It can be
steamed, bolled pickled sauteed,
deep-fried, braised or made into a
soup or salad.

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

blanched and served like aspar-agus. Sliced and added to soups during the last 10 minutes of cooking, okra will thicken with re-markable power. Here's a tasty recipe.

OKRA, TOMATOES AND ONIONS

- 5 ounces bacon, cut into a small dice I large onson, cut into a medi-

- um dice I pound young okra, nnsed and patted dry I pound plum tomatoes, peeted, seeded and chopped (about 6) 1/2 cup water Pepper to taste

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

Trim off cape of olars and cut olars into which alices. Add onloss to tomatoes and water in non-reactive saucepan. Bring to a simmer.

Stir in olars. Cook, partially covered, over moderate heat until dars is tender, about 10 minutes. Toas with the becon and add pepper to tasts. Sprinkle with paraley and serve bod. Serves 4.

Recipe from "Uncommon Fruits and Vegetables, A Common Sense Guide," by Elizabeth Schneider, (copyright 1995, Harper & Row Pub-

I tablespoon lemon juice 1/2 cup sour cream and 1/2 cup mayonnaise, mixed 2-4 tablespoons dank brown

Tota lightly in large bowl. Refri-gerate until serving. Approximately 6 servings. Recipe compliments of Betty

lishers, \$25).

B Looking for a fun place to shoof.
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**Stoophine Tumoranski of Troy wanted a basic Melio Sauce (non-ful) that the can serve over fresh praches, angel food cabe or fee cream. Here's a recipe from Momma's recipe box.

MERBA SAUCE

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1 package frozen respheries (not packed in syrup) Ys curp current jetly

combine sail ingredients in a stainless saucepan. Bring to a boil, Raduce best and silv with a wire whisk while elimenting for 5 minutes. Strain mixture through a fine sieve and chill for at least 1 bour before serving, Makes about 2 cups of sauce.

before serving, maters such as the of sauce.

Looking for an incredibly easy dinner on one of these "dog days of summer" sven? This rotipe can be made while camping, and the kids will love it tool.

CHEESE FONDUED

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

3 tablespoons flour or comsterch

Salt and percer to taste Venetables and bread for dip-

Place liquid in a heavy saucepan and bring to a boil. Reduce to a almmer and stir in garlic. Sprinkle chopped cheese with flour or cornstarch. Stir into simmering liqcornstarch. Stir into simmering its uid. Stir over low heat for 4-5 min

Serve with vegetables — broccoli, cauliflower, carrote, succhini, mushroome, pepper strips, etc., and a good, crusty bakery style bread cut into cubes. Serves 4.

Porch supper recipes are part of fine Midwest tradition

BETTY'S HOT AND SEXY POTATO SALAD

- Potato Salab

 femedium potatoes

 l can (10% ounces) cream of
 celery soup, undikatel

 l cup (8 ounces) sour cream

 l cup (4 ounces) shredded
 mad checker

 l cup (4 ounces) shredded

 mad checker

 l cup choped celery

 4 hard-cooked eggs, choped

 1 small onon, chopood
- 1 small orion, chopped ¼ pound bacon, fried, drained, and crumbled into bits

Scrub potators 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, cellery, eggs, noison and mix until blended. Spoon mixture into a 13-by-sby-2-inch baking dish. Sprinkle with bacon bits. Bake at 350 degrees for 30 minutes. Approximately 8 servings.

Recipe compliments of Betty

SUMMERTIME CARROT SALAD

- 4 large carrots, coarsely grated 4y cup rations 5y cup chopped walnuts 2 teaspoons grated lemon peel

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

sugar Ni teaspoon salt

Dash of pepper

BASILPARSLEY HIRB PASTE

- 2 tablespoons walnuts 4 tablespoons ofive oil 10-12 fresh basil leaves 3-4 spigs Italian parsiey I clove gartic
- Thoroughly wash and dry basil and paraley. In a food processor,

chop walnuts, olive oil, basil, pars-ley and garlic. Spread mixture on chicken or salmon and grill. Garn-ish 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 Terlyaki sauce

- ∠ uppespoons Terlyaki saucc I clove garlic Paprika and black pepper to taste

Baste chicken or salmon with Teriyahi sauce. For a more intense flavor, marinate for several hours. Pull leaves off resemery and thyme branches and chop with garlic. Add to oil. Brush chicken with herb mix

ture.

Sprinkle with paprika and pep-per. Grill chicken or aalmon. Sprin-kle whole rosemary leaves on chick-en or salmon while grilling for more

intense flavor.

LEMON DILL MARINADE

- Juice of one whole lemon 2 tablespoons give oil 4 sprigs di3, chopped L clove gartic
- Salt and pepper to taste

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

ROBERTA'S AND RITA'S BLUEBERRY TART

- Tart crust:
 1 cup sirted flour
 2 tablespoons sugar
 Dash of saft
 ½ cup butter (1 stick)
 1 tablespoon white vinegar

- Frust Musture:
 1 cup sugar (or less according to tasts)
 2 tablespoons flour
 Dash of crimismon and nuturing
 4 cups blueborites (or a musture of blueborites, respherries, and bluekberries)

rice, and blockborice)
To make tart crust — mis flour,
sugar and salt. Blend butter into
flour mixture using a fork or pastry
blender until mixture resembles
coarse meel. Add vinegar. Pat
dough into a blend springform pan,
spreading dough 1-inch up sides of
pan. Raftigrate until ready.
To make Pruit mixturer Mix suger flour and sinces. Tosa with 2

To make Fruit relaturer. Mix sug-ra, flour and spicea. Toss with 2 cups of blueberries. Place in apring-form pan. Bake at 400 degrees F. for 45 minutes to 1 bour. Ramove from oven and immediately place re-maining two cups of berries on top. Sprintle with powdered sugar. Recipe compliments of Roberta Granodier and Rita Pearlman.

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Jabars wine vinegars 'complement' dishes

See related story on Taste front.

PEACH LEMON SUPREME CAKE

I fernon cake mix th cup oil Powdered sugar

Vs cup Jabars' Peach Wine Vi-nargrette

Blend cake mix, oil and vi-neigrette. Bake as directed on

cake mix. Sprinkle with powdered sugar.

CUCUMESTA SALAD

2 or 3 coumbers, sheed 1/2 red chion — cut into rings 1/4 cup lernon-time vineignette (or any other fruit flavor) I tesspoon celeny fait 1/4 tesspoon pepper

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

FRUIT SALAD WITH RASPBERRY VINAIGRETTE DRESSING

- 1 tablespoon ofive oil 1 (12 ounce) container Cool 14 cup respheries — optional

- Raspberry Vinalgrate
 1 large can mushrooms
 1 cup watnuts
 6 apples ---- cut up
 9 cup raisins

Mix ollwe oil, vinalgrette, Cool Whip, and raspberries until thick-ened. Blend in mushrooms, raisins wainute and apples. Yield 1 quart.

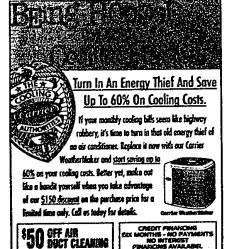
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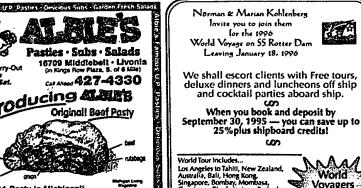
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