

Looking for some more ways to cook squash?

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

SPAGHETTI SQUASH WITH GARLIC

- 1 large spaghetti squash
 - 4 tablespoons butter or margarine
 - 3-6 cloves garlic, finely chopped
 - 2 tablespoons fresh chopped parsley
 - salt and fresh ground pepper to taste
- Fill the bottom of a vegetable

steamer with enough water to come within 1 inch of the steamer insert. Cover and bring the water to a simmer over medium heat. Cut the squash in half lengthwise and scoop out the seeds. Place the squash on the steamer insert, cut side down. Cover and steam the squash for 40 minutes or until it can easily be pierced with a knife. Meanwhile heat the butter or margarine in a large fry pan over low heat. Add the chopped garlic and cook, stirring for two minutes. Scoop the squash out of its skin, pulling it into strands. Add it to the butter and garlic mix-

ture and toss. Add the parsley, salt and pepper and toss again and serve. Serves 6.

Recipe from: *The Great Food Almanac* By Irena Chalmers, copyright 1994 by Collins Publishers \$25.

STUFFED ZUCCHINI

- 1 huge or 2 large zucchini, cut in half lengthwise
- 10 ounces (about 2 cups) fresh spinach, washed, stems removed
- 2 tablespoons olive oil
- 1 medium onion, chopped

- 2 cloves garlic, chopped
- pinch salt (or to taste)
- 2 cups cooked bulgur or couscous
- 1/2 cup fresh herbs, chopped (i.e. parsley, basil, oregano, thyme)
- 1 large egg, beaten
- 1/4 cup seasoned bread crumbs
- 1/4 cup fresh grated Parmesan cheese

Preheat the oven to 400 degrees. Steam the zucchini for 10 minutes, then scoop out the seeds and the stringy pulp. (Chef's secret: smaller

zucchini can be cut and scooped out without pre-steaming.) Cut away the inside flesh and chop. Shells should have at least a 1/4-inch thick shell for good baking. Blanch the spinach in boiling water or wilt in a skillet. Rinse, pat dry and chop. (Chef's secret: we used a 10-ounce package of frozen chopped spinach, thawed and squeezed.) Heat 1 tablespoon of oil in a large skillet over medium heat. Add the onion and cook, stirring until the onion is tender, about 5 minutes; add the garlic, cook stirring for 1 minute or just until the garlic be-

gins to color, then stir in the chopped zucchini and a pinch of salt. Cook for 5 minutes or until zucchini is tender. Add the spinach, bulgur and fresh chopped herbs. Stir and remove from the heat. Season with more salt and pepper, if desired. Stir in the egg. Stuff the zucchini shells with the mixture. Place in an oiled baking dish and sprinkle evenly with bread crumbs and Parmesan cheese. Drizzle remaining olive oil over the top. Bake for 30-45 minutes or until the top is golden brown. Serve warm, with a little tomato sauce or salsa, if desired. Serves 6-8.

Buffalo meat will make many types of tasty meals

See related story on Taste front.

HOT AND SPICY BLACK BEAN CHILI

- 1 1/2 tablespoons light olive oil
- 3 medium onions, peeled and chopped
- 5 garlic cloves, peeled and chopped
- 2 1/2 pounds ground bison/buffalo meat
- 2 (28 ounces each) cans seasoned diced tomatoes
- 2 (12 ounces each) cans tomato paste
- 7 ounces light beer
- 4 teaspoons crushed, dried red pepper flakes
- 1/2 teaspoon cayenne (or Mom-bessa)
- 1/2 teaspoon light chili powder
- 4 teaspoons ground cumin
- 3 cups black beans (canned or cooked), rinsed and drained
- 1/4 teaspoon Tabasco
- Dash of sea salt

In a large casserole (Dutch oven or stockpot), heat the olive oil over medium heat and add the onions and garlic. Sauté until transparent. Add the meat to the pan and brown lightly. Remove any excess liquid from the casserole and discard. Add to the pan, the diced tomatoes, mix. Add the tomato paste, beer, and red pepper, cayenne, chili powder and cumin. Continue to cook over low heat for 45 minutes. Add the black beans, Tabasco, and salt. Cook 10-12 minutes or until beans are heated. Adjust seasonings. Serve hot. 6-8 servings.

BUFFALO MEDALLIONS WITH CHUTNEY

- 1/2 cup light olive oil
- 2 garlic cloves, peeled and minced
- 1 tablespoon basil
- 1/2 tablespoon crushed bay leaf
- Juice of one small lemon (2 to 2 1/2 tablespoons)
- 1/4 teaspoon freshly ground black pepper

- Dash of sea salt
- 16 medallions (2 ounces each) of bison/buffalo

Directions for the meat and marinade: Combine the olive oil, garlic, basil, bay leaf, lemon juice, black pepper and salt in a food processor and process until smooth. Pour mixture into a glass bowl, add the medallions, cover with plastic wrap and marinate in the refrigerator for 4 hours or more.

PEACH BOURBON CHUTNEY

- 1 (29-ounce) can sliced cling peaches in heavy syrup

- 1/2 cup Bourbon
- 1/2 cup sugar
- 1/2 cup firmly packed light brown sugar
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground cinnamon
- 1/2 tablespoon mustard seed
- Dash of sea salt
- 1 tablespoon crystallized ginger, thinly sliced
- 1/2 cup white vinegar
- 1/2 (use 14 ounces of a 28-ounce can — approximately 1 cup) seasoned tomatoes, drained
- 1 large onion, peeled and thinly sliced

- 2 garlic cloves, peeled and minced
- 1/4 cup dried cherries
- 1/2 fresh lemon, thinly sliced with peel, seeds removed
- 1/2 Scotch bonnet pepper, seeds removed and minced (wear rubber gloves — very hot)

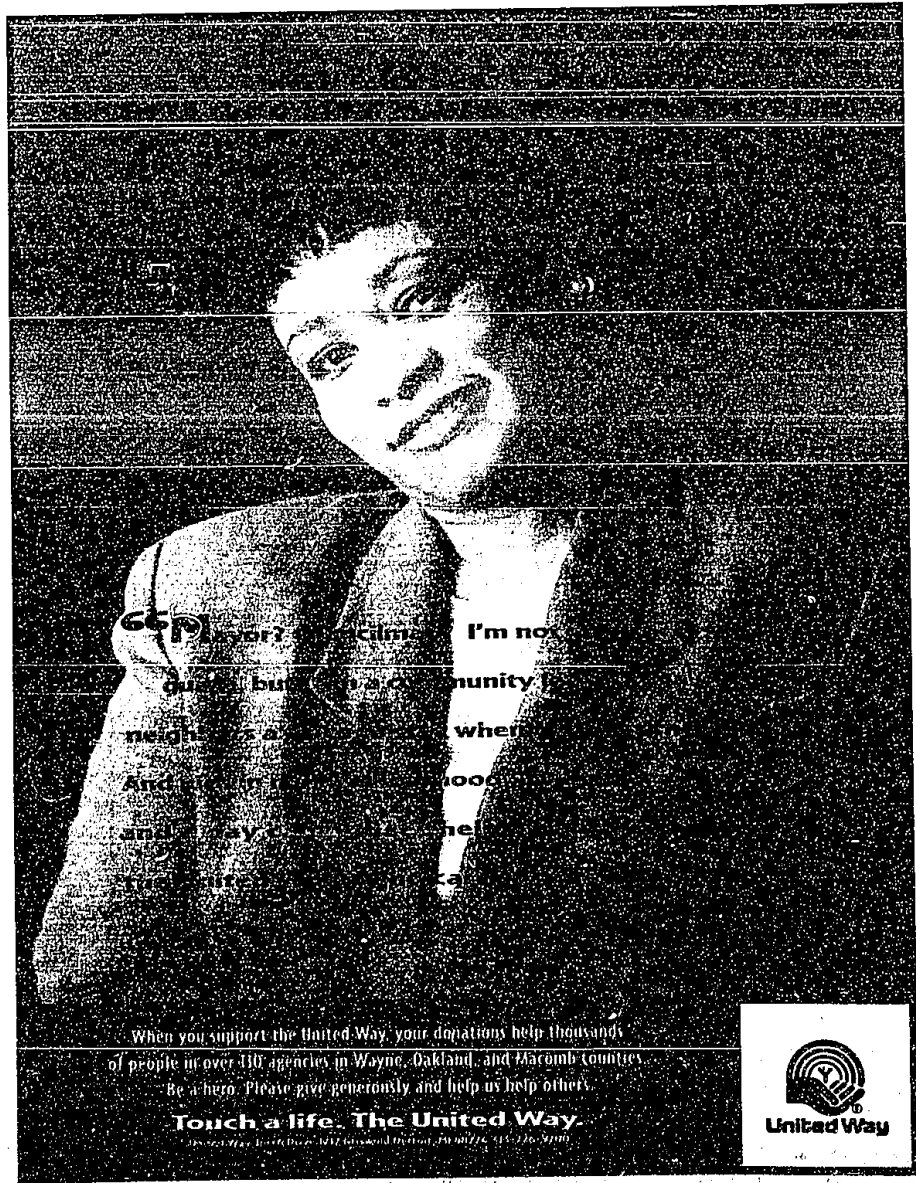
Directions for chutney: Using a casserole or heavy saucepan, add the peach syrup (set peaches aside for later), bourbon, both sugars, cloves, cinnamon, mustard seed, salt, ginger, vinegar, tomatoes, onions, garlic, dried cherries, lemon

and Scotch bonnet pepper. Stirring frequently, cook over high heat bringing the mixture to a boil (do not leave unattended). Continue to boil for 20-30 minutes or until the mixture appears thick and liquid is reduced. Add the peaches and return to boil. Continue to cook 3-5 minutes, don't let the peaches break apart (use a rubber spatula). Set aside. Chutney can be served warm or cool. Remove the medallions from the marinade. Grill. When the steak is removed from the grill, top with the cooled, or warmed bourbon-peach chutney. Serves 8

RAMEN OF FRUITED BUFFALO

- 2 large onions, peeled and chopped
- 3 large garlic cloves, peeled and chopped
- 1 1/2 cups bread crumbs (preferably homemade), do not use Italian flavored
- 1 cup half-percent milk
- 2 egg whites
- 1/4 cup water
- 1/2 cup dried cherries
- 2 pounds ground bison/buffalo meat
- 2 tablespoons curry powder
- Juice of two lemons (6 tablespoons)
- 2 ounces blanched almonds, chopped
- 1/4 cup mango or any trusted chutney
- 1/4 teaspoon cayenne (or Mom-bessa)
- Dash of sea salt
- No-stick cooking spray

Preheat the oven to 325 degrees. In a large skillet, heat the oil over medium-high heat and add the chopped onion and garlic. Cook until browned. In glass bowl, soak the bread crumbs in the milk. Squeeze dry, reserving milk, and remove the bread crumbs to a small bowl. To the reserved milk, add the egg whites. In a small saucepan, add the water and dried cherries. Let the cherries cook until soft, drain the cherries. In a large bowl, combine the raw ground buffalo, bread crumbs, onion, garlic, cherries, curry powder, lemon juice, almonds, chutney, cayenne, and salt (to taste), mix thoroughly. Add the milk/egg mixture, combine all ingredients. Lightly spray the 6



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