## Middle Eastern recipes are family treasures

See related story on Taste front. Recipes compliments of Samira Yaka Cholagh, author of Treasured Middle Eastern Cookbook.

#### Skewed Chicken KABOB WITH YOGURT

Serves 4-6

- 3 chicken breasts (2-3 pounds)
  1 cup yogurt
  2 tablespoons lemon juice
  1/2 teaspoon curry powder
- 2 large tomatoes 2 tablespoons office oil

Mix yogurt, lemon juice, curry powder, olive oil, and salt in a small bowl. Blend well.

small bowl. Blend well.
Wash chicken breasts with cold
water and dry with kitchen towel.
Cut into cubes and place in a large
mixing bowl. Pour yegurt mixture
over chicken and mix well. Cover
and refrigerate for 4-8 hours or
customized.

Prepare the grill.

Place chicken cubes on skewers and grill over hot coals for 15-20 minutes or until tender and golden. Use pita bread to remove the kabob from skewers.

#### FATTOUSH TOASTED BREAD SALAD

2 olta breads

- 1 head romaine lettuce 1 large cucumber 1 small bunch parsley

- 1/2 green bell pepper 1/2 red bell pepper 1 large white onion
- 2 tablespoons fresh mint leaves or 1 tablespoon dried mint leaves

Salad dressing 1/4 cup office off

1/4 cup temon juice 2 tablespoons sumac Salt to taste

Cut pita bread into small

squares using kitchen scissors or knife. Brush with olive oil and place on a baking sheet. Toast in 350°F oven until golden brown and crispy, about 5-10 minutes. Set aside.

Chop lettuce leaves. Peel cucumber and cut into large pieces. Chop paraloy and cut tonatees in small wedges. Chop present most pieces. Peel onions and slice. Chop fresh mint leaves Place all vegetables in a large stated bowl and mix well.

Mix solad dressing ingredients and pour over vegetables. Add toosted bread and toss well. Serve immediately before bread gets lumpy. Chop lettuce leaves. Peel cucum-

#### MUJADARAH RICE WITH LENTILS

Serves 4-6

- 2 cups long grain rice

1/4 cup vegetable oll

Wash rice well and soak in cold vater for 15-20 minutes.

Cut onion in half, peel, and slice. Heat 2 tablespoons vegetable oil in a large saucepan, add sliced onion and fry until golden brown. Remove from pan and set aside.

Remove from pan and set aside.

Wash lentils well with cold water and place in saucepan. Add 2 cups water and bring to boil.

Cook lentils until half cooked and drain into colunder.

Heat 2 tablespoons vegetable oil in a large saucepan. Drain rice, add to saucepan, and stir. Add hat water. Ensure that at least 1 inch of hat water is above rice. Add salt and cumin. Bring to boil and cook for 2-3 minutes.

Reduce heat, cover pan, and cook for 10 minutes. Add cooked lentils and stir gently. Cover and cook on low heat for 10-15 min-utes. Turn off heat and leave for

Twist from page B1

10 minutes.

Heat remaining vegetable oil until hot. Pour over rice and lentil mixture. Add fried onion, mix gen-tly, and serve.

#### PITA BREAD

- Makes 12 loaves 8 cups bread flour
- 3 cups warm water
- 2 envelopes dry yeast 1 teaspoon sugar
- 2 teaspoons solt

Dissolve yeast in 1/4 cup warm water, sprinkle with sugar, and let stand until foamy (about 5 min-

Place flour and salt in a large mixing bowl. Add yeast mixture and remaining water. Knead well by hand or with electric mixer to form a smooth, soft dough.

Turn dough out onto lightly floured board and kneed, adding additional flour only as needed to prevent sticking, until dough is

mooth and pliable.

smooth and plante.

Form dough into a smooth ball.

Place in an oiled bowl, turn to cont
all surfaces, cover with a kitchen
towel, and let rise in a warm place
for 1 hour or u.i.til it has doubled
doubled in size.

Punch the dough down, cover, and let rise again until double in size.

Punch down, knead gently, and divide into 12 equal portions.
Knead each portion and form into a ball. Cover and let rest for 20-30 minutes.

Preheat oven at 500°F. Place baking sheet on lower rack.

baking sheet on lower rack.
Roll out each portion on floured board into circles 1/4-inch thick.
Bake on baking sheet for 4-5 minutes until it puffs up like of halloon and is golden brown. Remove the breud and wrap with a cloth to keep warm and soft. Repeat with remaining loaves.

Online! When a hard for the contraction of the contra

Optional: Whole wheat flour or half mixture of white and whole wheat flour may used.

# NIGHT SHELVERS NEEDED! STOCKING SHELVING BOOKS & MUSIC HOLIDAY TEMBS POES BRITTY FOR PERINAMENT AFTER 15 \*EVENING SAMSHIPPE VALLABLE \*10 PM/S AN SHIPPE WALLABLE (INDICATE POSMIONE SING SHEW PRICATION) \*33% EMPTOYES DISCOUNT

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#### APPLE CRANBERRY STRUDEL

For Sauce:

WITH VANILLA SAUCE
Serves 4
2 Granny Smith Apples
peeled, diced and seeded

FOR SAUCE:
Place all ingredients except salt into a 1 gallon stock pot and simmer uncovered until liquid has a good turkey flavor. Strain and season with salt.

- 1 cup fresh cranberries 1/4 cuptorange luice
- 1 tablespoon ground clana-
- 1/2 teaspoon ground nutmeg
  1/2 teaspoon salt
  1 tablespoon brown sugar
- 3 sheets of phylio dough Olive Oil spray

Olive Oil spray

Cook apples with spices and half
of the brown sugar, over low heat,
just until tender, in a small covered sauce pan and set aside.

Cook the cranberries in a covered
sauce pan with the orange juice
and the other half of the brown
sugar, over medium heat, until all
the cranberries have split.

Let both apples and cranberries cool then mix together. Lay out one sheet of phyllo and spray with the clive oil then do this two more times. Cut the dough into four times. Cut the dough into four making cross sections. Divide the mixture into four equal parts and put in the center of each piece of Phyllo dough. Fold in the corners of the dough and place on an oiled pan with the seem down. Bake at 350 degrees for 8-10 minutes or until golden brown. Serve with or

#### FOR VANILLA SAUCE

- 1 cup of skim milk
- 1 1/2 teaspoon vanilla extract
- 1 egg white

Place all ingredients into a dou-ble boiler and whip continuously with wire whisk until mixture begins to thicken. Let cool before serving.

#### SWEET POTATO GNOCCHI WITH

- FALL VEGETABLES
  Serves 4
  1 small sweet potato, roasted, peeled and mashed (must be same size as
- idaho potato)

  1 small idaho potato, roasted, peeled and mashed (must be same size as sweet notato)
- potato)
  1 1/2 cup all purpose flour
  1 egg white
  1/2 teaspoon nutmeg
  1/2 teaspoon cinnamon
- salt and pepper to taste extra all purpose flour for rolling dumplings 1 large onlon, Julienne 1 small bulb fennel, Julienne

- 1 small parsnip, julienne
- 1 small carrot, julienne
  1 teek, top removed, julienne
  1 teaspoon minced garlle
  2 tablespoons extra virgin

Salt and pepper to taste

Mix together sweet potato and Idaho potato in medium size bowl. Scrape bowl, then add egg whites, flour, apices and seasoning. Mix thoroughly, but careful

not to over mix. The dough should not be sticky. Let the dough rest for 1 hour in the cooler. Bring to a boil about 1 quart of water with salt. Put some all purpose flour onto a flat surface, for rolling the dough, Roll the dough into a thin long log shope, then cut the dough with a knife about every 3/4". Press the dumpling lightly with a fork. Put the gracchi into the water and boil for about 6-6 minutes or until the center is not doughy. Strain and cool immediately, then coat with oil spray to keep from sticking and set side.

In a large sauté skillet add all not to over mix. The dough

In a large sauté skillet add all of the vegetables, cover and cook over low heat until slightly tenover low heat until slightly tender. In another large skillet putthe tablespoon of olive oil over medium high heat. Once the oil comes to a smoking point add the gnoechi, sauté until golden on both sides, add the cooked vegetables, garlic, salt and peper. Cook an additional 2-3 minutes and serve.

Randy Emert of Clarkston is the Executive Chef at Paint Creek Cider Mill & Restaurant, 1480 Orion Road, Rochester, (248) 651-8361. He is a graduate of Schooleraft College in Livonia; and was captain of the 1996 Michigan Culinary Team, which won seven medals at the World Culinary Salon, a prestigious competition held every four years in Germany, An active member of the American Culinary Federation and the Michigan Chefs de Cuisine Association, Emert loves to cook, and teach people about food. Look for his next column in Taste on Sunday, Jan. 17.

### Harvest from page B1

new wine.

#### Don't take it seriously

new wine.

Don't take it seriously
Fruity Beaujolais Nouveau is easy to drink and not meant to be taken too seriously. On this account, it has been 'put down' and denigrated by wine snobs in the U.S. We've even heard about wine shops that won't carry Beaujolais Nouveau.

Don't pay attention to these people. Put some fun back into your wine drinking – drink some Beaujolais Nouveau with friends and family as early asyou can this year. Pretend you're in a Paris bistro and laugh together a lot! Convivality and the hard-to-define magic of Beaujolais Nouveau are the perfect way to usher in the upcoming holiday season.

The fruity aromas and taste of Beaujolais stom not only from the gamay grape but from the way Beaujolais is made. The method is called carbonic mascration which preserves fruit qualities and maximizes color extraction, while minimizing tannins from grape skins that can cause bitterness.

ing tannins from grape skins
that can cause bitterness.
Grapes are fermented whole,
quickly and at relatively warm
temperature. Must in the fermentation tank is rarely
pumped over the cap. Contact
between skin and juice is two to
three weeks at most under a
blanket of carbon dioxide gas.
Beaujolais Nouveau produc-

tion modifies this regimen slightly. No carbon dioxide is used and the skin to juice con-tact time is only three to eight days at most.

days at most.

Recognized king
The recognized king of Beaujolais is Georges Duboeuf. You
can tell that Duboeuf enjeys
Beaujolais. His Beaujolais wine
labels are different each year
and are the most colorful and
attractive. His cathusisea
caused him to create 'Le Hammeau du Vin' (The Hamlet of
Wino), an extraordinary wine
museum in RomanocheThorins, France, in the heart of
Beaujolais.
In our opinion. Duboeuf

Thorins, France, in the heart of Beaujolais.

In our opinion, Duboeuf Beaujolais good. According to Duboeuf, the 1998 Beaujolais harvest began on Sept. 8. The region's good weather and preceding to the crop hold the promise of a superior 1998 vintage. "The month of August always influences quality," he said. "August in Beaujolais was very, very hot, which has led to very good maturity.

"The 1998 Beaujolais Nouveau has beautiful red color. It exhibits a broad aromatic palette of well-ripened red fruits - raspherry, strawberry, cherry and blackberry. No single fruit dominates as it does in some vintages. In 1998, aromas are blended and interlaced,

Fruity Beaujoials Nouveau is easy to drink and not meant to be taken too seriously.

resulting in more finesse, ele-gance and freshness than last year."

Expect to pay around \$9 for Dubocuf Beaujolais Nouveau this year.

#### Celebration

Celebration
Celebrate Beaujolais Nouveau at The Ritz-Carlton, Dearborn, 6-8 p.m. Friday, Nov. 20, cost is \$35 per person. The event is sponsored by Merchants Fine Wines with proceeds benefiting C.A.T.C.H. and the Music Hall. Taste this year's crop of Beaujolais Nouveau along with fine wines for the upcoming holiday season accompanied by an assortment accompanied by an assortment of foods. Call (313) 563-8700 to

Look for Focus on Wine on the first and third Sunday of the month in Taste. To leave a voice mail message for the Healds, dial (734) 953-2047 on a touch-tone phone, mailbox 1864.

