

# Coleslaw crunches with intense flavors

Although many people dislike cabbage, nearly everyone enjoys coleslaw.

Perhaps it is because of this salad's crisp, refreshing crunch, but it is also due to the dressing. The combination of sharp vinegar and lots of sugar called for in most coleslaw recipes mirrors the American love of intense flavors, preferably sweetened.

Delicacies today offer a pale imitation of quintessential, old-fashioned coleslaw. Even its dressing in a watered-down version of the creamy, old-fashioned boiled dressing still provided in The Fanny Farmer Cookbook, for example, as the classic one for coleslaw.

Modern science shows that cabbage is rich in vitamin C. It is also a good source, along with other crucifers like broccoli and cauliflower, of anti-cancer phytochemicals known as indoles, a family of antioxidants. This is why the American Institute for Cancer Research recommends we enjoy a variety of vegetables, including crucifers, to help lower our risk of cancer and other chronic diseases.

### CREAMY CONFETTI COLESLAW

- 1 medium carrot, sliced
- 1 celery rib, sliced
- 1/2 Granny Smith apple, peeled, cored, and coarsely chopped
- 4 cups finely shredded green cabbage
- 4 cups finely shredded red cabbage
- 1/2 medium red onion, cut in thin crescents
- 2 scallions, green part only
- 1 cup low-fat mayonnaise
- 1 cup fat-free buttermilk
- 2 tablespoons white vinegar

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# Try these Persian dishes

See related story on Taste front.

### KHORESH-E GHEIMEH (STEWED BEEF OR LAMB WITH YELLOW SPLIT PEAS)

1 1/2 to 2 pounds, stew beef or lamb, cut into small pieces  
Cooking oil  
1 onion, diced  
1/2 cup yellow split peas  
2 tablespoons lemon juice  
Salt and pepper to taste  
5 tablespoons tomato paste  
Small amount of water  
Frozen french fries or your own homemade fries (cook ahead)

Fry beef and onion in oil until browned. Cook in pressure cooker until tender or about 30 minutes. Add split peas and cook for another 15 minutes.  
Add lemon juice, tomato paste and a small amount of water, and cook until some of the sauce has evaporated. Add fries and heat.  
Serve with basmati rice. Serves four.

### BAGHALI POLLO (RICE WITH FAVA BEANS AND DILL)

1 1/2 to 2 pounds stew beef or lamb, cut into small pieces  
Cooking oil  
1/2 teaspoon salt  
1/2 teaspoon turmeric  
1 cup water  
1 cup fava beans, dried  
2 cups fresh dill, finely chopped  
3 cups basmati rice  
5 cups of water

Fry beef and onion in oil until browned. Place in pressure cooker with one cup of water (or enough to cover the meat) and cook until the meat is tender, about 1 1/2 an hour. Add fava beans and dill. Cook in pressure cooker for another 10 minutes or until the water has evaporated. Add three cups of uncooked basmati rice. Place in rice cooker with five cups of water. Cook until rice is ready.  
Recipes courtesy of Nancy Deutsch and Sedigheh Najmadi.

# Use that leftover corned beef for Reubens

**BY THE ASSOCIATED PRESS**  
Corned beef on rye, Reuben sandwiches and corned beef hash are three reasons you may have celebrated St. Patrick's Day on Friday, even if you aren't Irish.  
Corned beef is easier to slice for sandwiches if it is cold. It should be very thin, almost like deli roast beef or ham, so you can pile the meat high between the bread.  
Corned Beef on Rye is a meal. Just add coleslaw, deli pickles and a good deli mustard. The Reuben requires a bit more preparation, as does the hash, but they are meals, too, and fill well within the range of quick cooking.  
If you know how to make a grilled cheese sandwich, you can make a Reuben Sandwich. For each serving, you'll need 2 slices of rye or pumpernickel bread; about 1 tablespoon prepared Russian dressing; 1/4 pound corned beef, 1/4 cup sauerkraut, rinsed, drained and squeeze-dried; and 1 or 2 slices of Swiss cheese, depending on size.  
To assemble, spread the dressing on one slice of bread and top with corned beef, sauerkraut, cheese and the other slice of bread. Heat an iron skillet or heavy griddle, add a small amount of butter if desired, and grill 2 to 3 minutes on each side until the cheese is melted and the bread lightly toasted.  
Corned Beef Hash is a basic dish, and how to prepare it should be found in any basic cookbook. The following recipe is from Family Circle's "All-time Favorite Recipes" (Doubleday \$29.95).

### CORNERD BEEF HASH

1 tablespoon olive oil  
1 medium red onion, diced  
1 large clove garlic, finely chopped  
2 tablespoons butter  
1 pound all-purpose potatoes, cooked, peeled and diced  
10 ounces cooked corned beef, diced  
2 teaspoons Worcestershire sauce  
1/2 teaspoon hot-pepper sauce  
1/4 teaspoon black pepper  
1 tablespoon fresh parsley, chopped

Heat oil in a large skillet over medium-high heat. Add onion and garlic and saute 5 minutes. Add butter and potatoes and cook 12 minutes, stirring occasionally, until browned. Add corned beef, Worcestershire sauce and hot-pepper sauce and cook 6 to 8 minutes. Sprinkle with black pepper and parsley and combine.  
If desired, top each serving with a poached egg.  
Makes 6 servings.

# Wine from page D1

Torre Valpolicella from Italy's Veneto region.  
"We have this wine from AHD Vintners on our wine list, so I know from experience that it is a great match," Toton said.  
To create a pairing, it's important to pay attention to the fact that the pasta is light, therefore the wine must also be light, but have a presence. Tomatoes are frequently difficult to match with wine, but a valpolicella or in just a little heavier style, an amaro will always be perfect."  
He described the Allegri Valpolicella as a "ripasso," an Italian term literally meaning repassed. In the process, unpressed skins of amaro are added to valpolicella to enhance flavors, body and overall character.  
■ Tip two: Pay attention to texture and when the dish includes tomatoes which are high in acid, make sure the wine has sufficient body and is not too acid nor tannic in the finish.  
Restaurateurs, chefs and wine purveyors are often ahead of the trend curve. If this is true, merlot is not on its way out, it's out. Not a single dish in the competition was matched with a merlot.  
■ Tip three: Slightly sweet beats heat when it comes to matching food and wine was demonstrated by Bena & Cornbread owner Patrick Coleman with his Spicy BBQ Shrimp and Sweet Potato Muffins and the 1998 Marchesi di Gresy "La Serra" Moscato d'Asti.  
■ Tip four: If you prefer a dry red with a spicy dish, make sure it's mellow. This was underscored by Fox and Hounds Executive Chef Terry Shuster's preparation of Chicken and Shrimp Gumbo with Sauvage and 1997 Folio a Deux Zinfandel from California's Amador County. The wine has plenty of flavor spunk to stand up to gumbo spices, but a smooth finish to beat the heat.  
■ Tip five: When matching a sweet wine with dessert, the wine must be sweeter than the dessert as was the case with the good match of East Side Mario's Tiramisu with Crème Anglaise and 1998 Michele Chiarlo "Nivole" Moscato d'Asti.

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# Chocolate bars are a simple treat

**BY THE ASSOCIATED PRESS**  
Super Chocolate Snack Bars are a good idea for a treat. Cocoa powder provides the rich, chocolatey taste.

### SUPER CHOCOLATE SNACK BARS

60 vanilla wafers, crushed, or enough to make 2 cups of crumbs  
1/4 cup sugar  
1 cup cocoa, divided  
1 cup (2 sticks) cold butter or margarine, divided  
1 cup miniature marshmallows  
1 cup sweetened coconut flakes  
1 can (14 ounces) sweetened condensed milk, NOT evaporated milk  
1 cup shelled nuts, coarsely chopped  
1 cup thin pretzels or pretzel sticks, broken into 1/2-inch pieces

Heat oven to 350° F. Grease bottom and sides of 13x9x2-inch baking pan. In a bowl, combine the wafers crumbs, sugar and half of the cocoa. With a pastry blender or two table knives, cut 3/4 cup (1 1/2 sticks) cold butter or margarine into mixture until it is crumbly. Press the mixture evenly on bottom and 1/2-inch up sides of prepared pan. Sprinkle marshmallows and coconut on top.

In a microwave-safe bowl, combine sweetened condensed milk with remaining cocoa and butter. Microwave on HIGH (100 percent power) for 60 to 90 seconds or until mixture is smooth when stirred. Pour the butter and chocolate evenly over coconut and marshmallows. Sprinkle nuts and pretzel pieces on top. Press firmly. Bake 25 to 30 minutes or just until bubbly on top. Cool completely; cut into bars. Store leftovers tightly covered at room temperature.

**Nutrition information per serving:** 200 cal., 11 g fat (6 g saturated fat), 16 mg chol., 120 mg sodium, 21 g carbs., 4 g pro.

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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.

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