



**Salmon steaks:** A favorite Purim dinner choice is this sweet and sour salmon baked smothered in vegetables. Based on an Iraqi dish, it makes a one-dish dinner.

## Cook these salmon steaks for Purim

Purim, celebrated on March 21, is the most playful Jewish holiday. It even has a kind of carnival air.

As the Megillah, the story of how the Jews of Persia escaped destruction at the hands of the evil Haman, is read aloud, children and adults grind noisemakers called groggers and stamp their feet every time the villain's name is mentioned. In Israel, people dress up in masquerade costumes and parade boisterously, even hitting one another on the head with plastic mallets that make a chirping noise.

Food is an important part of the Purim celebration, particularly sweets and baked treats, which are both eaten and given as presents, along with fresh and dried fruit.

Hamantaschen is the most familiar Purim pastry. Supposedly, Central European Jews created this triangular cookie to resemble Haman's tri-cornered hat, and filled it with poppyseeds to symbolize the bribe money stuffed in his pockets. Israeli Jews fry long strips of cookie dough which they pinch in the middle and call Haman's Ears.

A favorite Purim dinner choice is this sweet and sour salmon baked smothered in vegetables. Based on Salsana, an Iraqi dish, it makes a complete, one-dish dinner.

You can make this colorful dish a day ahead and reheat it. The vegetables are so delicious you may want to increase the amount used to ensure yourself of leftovers.

### SWEET AND SOUR SALMON STEAKS

#### Sauce:

- 1/2 cup tomato sauce
- 2 tablespoons sugar
- 2 tablespoons white vinegar
- 2 tablespoons fresh lemon juice
- 1 garlic clove, minced

- 1 tablespoon capers, rinsed and chopped
- 1 tablespoon chopped flatleaf parsley
- Salt and freshly ground pepper

- 2 salmon steaks, 10 ounces each
- 1/2 large onion, cut in 1/2-inch crescents
- 1 large carrot, cut diagonally into 1/2-inch slices
- 1 large celery rib, cut diagonally into 1/2-inch slices
- 1 large potato, peeled and cut into 1/2-inch slices
- 2 large or 3 medium plum tomatoes, thinly sliced

Preheat the oven to 375° F. For the sauce, in a small bowl combine the tomato sauce, sugar, vinegar, lemon juice, garlic, capers and parsley. Season to taste with salt and pepper. Spoon 1/4 cup of the sauce to cover the bottom of a small Dutch oven or other oven-proof casserole dish. Set aside. Spray a nonstick skillet with cooking spray and set it over medium-high heat. Brown the salmon about 2 minutes on each side. Set the salmon steaks on top of the sauce in the prepared casserole dish.

Spread the onions, carrot, and celery over the salmon. Arrange the potato, overlapping the slices to cover the mixed vegetables in one layer.

Arrange the sliced tomato over the potatoes. Pour the remaining sauce over the tomatoes. Cover the pot. Bake, covered, until the fish is evenly pink to the center bone and the potatoes are just cooked, about 30 minutes. Serve hot or at room temperature.

**Nutritional Information:** Each of the four servings contains 346 calories and 10 grams of fat. Recipe courtesy of Dana Jacobi for the American Institute for Cancer Research. AICR's Internet Web address is <http://www.aicr.org>

## Lemon, basil add flavor to spaghetti

### BY THE ASSOCIATED PRESS

Pasta is a blessing for cooks in a hurry. Not only does it taste good, it is easy to prepare and a safe menu choice for the vegetarians in your life.

"Pasta offers you countless variety through plain but outstanding raw materials that make a big difference in flavor," according to "Pasta: a Passion" (Ten Speed Press, \$19.95). "... the better the raw materials, the better the outcome will taste."

Authors Nina Dreyer Hensley, Jim Hensley and Paul Lowe say fresh pasta is often limited to spaghetti, fettuccini and tagliatelle, but dried pasta is found in a number of shapes and sizes. Spaghetti With Lemon and Basil, one of 70 recipes in the spiral-bound book, can be made in 15 minutes with fresh or dry pasta.

### SPAGHETTI WITH LEMON AND BASIL

12 ounces spaghetti

- Juice of 2 lemons
- 3/4 cup olive oil
- 1 cup freshly grated Parmesan cheese
- Salt and freshly ground black pepper to taste
- 1/2 bunch fresh basil, washed, stemmed and minced
- 2 tablespoons fresh parsley, washed and chopped
- 1 tablespoon grated lemon zest

In a large pot of salted boiling water, cook the spaghetti according to package instructions until al dente. Drain. Return the spaghetti to the pot. In a bowl or measuring cup, whisk together the lemon juice and olive oil. Stir in the Parmesan cheese until the sauce is thick and creamy. Add salt and pepper to taste. Add the sauce to the spaghetti and gently mix. Gently stir in the basil, parsley and lemon zest.

Makes 6 servings.

## Web site dedicated to Jewish holiday

Move over Pikachu, move over

Pokeémon. Here comes Modechai and Esther in "A Virtual Purim."

These 2,300-year-old Jewish heroes come to life in a new web site — [www.virtualPurim.com](http://www.virtualPurim.com) — unveiled at the Chabad Lubavitch World Headquarters in Brooklyn, N.Y., for the upcoming Jewish holiday of Purim (Monday, March 20 and Tuesday, March 21). Michigan is home to 31 Chabad centers, including five locations in West Bloomfield and centers in Farmington Hills and Southfield.

Purim is the Jewish Feast of Lots, celebrating the salvation of the Jewish people 2,355 years ago from Haman's plot to destroy, kill and annihilate all the Jews, in a single day, the exact date determined by Haman throwing a lottery. Purim commemorates Esther's deliverance of the Jews in Persia from Haman's plotted massacre. Purim is also observed by public readings of the "Scroll of Esther," sending food portions to friends, giving gifts of money to the poor and enjoying a festive meal accompanied with joyous drink.

Children of all ages will enjoy everything from games to recipes to prayers to stories on "A Virtual Purim," the world's most comprehensive Purim web site. The site gives detailed instructions on how to celebrate, give, say, pray, listen, learn and eat on the holiday, plus actual meal menu suggestions and lots of fun and games.

Contestants will compete for prizes in the world's largest online Costume Contest and students young and old will try their hand at games. Rhyming characters will recount the Purim miracle for kids who find it easier to learn in verse than from a book.

Lest one think that A Virtual

Purim is all play and fun, the study area serves enough in-depth learning to keep a team of scholars occupied for weeks. Hundreds of pages of essays and insights, divided by category and learning level, afford beginner and scholar a smorgasbord of Purim food for thought.

The recipe section is a one-stop treasure trove of delicious hamantaschen, kreplach, challah, fish, chicken soup, pickled tongue, casseroles, pesce al cartoccio and more Purim dishes.

The last 50 years have witnessed a revival in the observance of the Purim holiday, traced to the efforts of Lubavitcher Rebbe and Rabbi Menachem Schneerson.

## Passover recipes sought

Share your Passover recipes and culinary traditions with our readers in Taste.

Send or e-mail recipes and information to: Ken Abramczyk, Observer & Eccentric Newspapers, 36251 Schoolcraft, Livonia, MI 48150, or fax them to (734) 591-7279, or e-mail [kabramczyk@ec.homecomm.net](mailto:kabramczyk@ec.homecomm.net)

[ec.homecomm.net](http://ec.homecomm.net)

Please include a daytime phone number and the best time to call, so we can contact you about your recipe. Try to be as specific with recipe details such as accurate measured amounts or package sizes.

### WHAT'S COOKING

Send items for consideration in Cooking Class Calendar to Ken Abramczyk, Observer Newspapers, 36251 Schoolcraft, Livonia, MI 48150, or e-mail [kabramczyk@ec.homecomm.net](mailto:kabramczyk@ec.homecomm.net)

**■ Coffee cakes and stuff** — Larry Goldblatt will instruct baking sessions at 11 a.m. on Saturdays, sticky buns and coffee cakes, March 25; and bread and bagels, April 1, at the Kitchen Glamor store in the Great Oaks Mall at Walton and Livonia in Rochester. Call (800) 641-1252 for information.

**■ Culinary Recipes** — Chef Dave Schneider, instructor from the

Macomb Community College culinary arts program, joins the Kitchen Glamor stores to share tips and techniques about the Culinary Arts Olympics to be held in Europe. Schneider will teach how to prepare roasted garlic potato leek soup, roast pork loin with gorgonzola and walnut crust, duchess potatoes with shiitake mushrooms. Sessions are scheduled for 6:30 p.m., Tuesday, March 21, at the Novi Town Center (southeast of the Novi Road exit at I-96); Thursday, March 23, at the Orchard Mall northeast corner of Maple and Orchard Lake Road in West Bloomfield and Friday, March 24,

at the Rochester store at Great Oaks Mall at Walton and Livonia. Call 1-800-641-1252 for information.

**■ Crostini and Pasta** — Joanne Weil, former chef of the famed Chez Panisse and author of "Weil Cooking," will appear at 1 p.m. Wednesday, March 22 at the Kitchen Glamor store at the Novi Town Center (southeast of the Novi Road exit at I-96), to show how to prepare crostini with feta and hot red pepper, farfalle pasta with olives, capers, tomatoes and mozzarella, and chewy chocolate walnut tart.

**The Super Fair**  
at  
**The Pontiac Silverdome**  
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**FIESTA SPECIALS**

<p>— Tampico — <b>1015 Sweet Onions</b> <b>49¢ lb.</b></p>	<p><b>Beefsteak Hybrid</b> <b>Red Ripe Tomatoes</b> <b>\$1.29 lb.</b></p>
<p>— Joe's — <b>Salsa</b> Hot, Medium, Mild <b>\$1.99 15 1/2 oz. jar</b></p>	<p>— Joe's — <b>White Corn Tortilla Chips</b> <b>99¢ 10 1/2 oz. bag</b></p>
<p>— Wisconsin — <b>Colby Jack Cheese</b> <b>\$1.99 lb.</b></p>	<p><b>Sealtest Milk</b> Whole, 2% 1/2% Skim <b>\$1.99 1 qt.</b></p>

Prices Good Through March 25, 2000

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