Renewing a classic salad

A cookbook from 1969 that I found at a thrift shop reminds me that molded salads are not limited to sparkling, swirled rings of Jell-O bejeweled with canned fruit salad and marsh-mallows.

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Back when these dishes were part of any polluck, shower party, birthday dinner, picnic, or family gathering, rice and even cooked veg-stables were also molded into a ring or other

animy gathering, rice and even cooked vegetables were also molded into a ring or other
shape.

An old family favorite is a prime example.
Called a "Broccoli Crown," it fits both today's
passion for retro food and our resolution to cat
more green vegetables. To make it, simply pile
spears of cooked broccoli into a deep bowl, florrets facing out, stems interlacing in the center.
The bowl, tightly packed, is then ecvered with a
plate and weighted with cans of food. Once
refrigerated for a few hours and then unmoided
onto a serving plate, the broccoli is revealed as
an emerald dome.
My grandmother drenched this almost floral
presentation in a sweet-and-sour lemon sauce
too dreadful to consider. Tossing the broccoli
before molding with olive oil infused with roasted garlic adds a flavor far more suited to today's
tastes.
Cooked rice studded with shrimn, calery and

ed garlic adda a flavor far more suited to today's tastes.

Cooked rice studded with shrimp, celery and scallions, and then packed into a ring moid produces another kind of molded salad. Cemented by a fiberal amount of mayonnaise, plus pressure, it makes an eye-catching presentation. Halve small whole shrimp and arrange so they chase their tails around the bottom of the mold. When unmolded, a lovely coral procession crowns this salad dish beautifully.

This recipe calls for a blend of short-grain brown rices. Using short-grain is more important than the type of blend used because longgrain brown rice does not cling well enough to unmold nicely. Grated lemon zest adds a bright, contemporary note to the flavor of this main course salad.

SHRIMP AND RICE MOLD

Canola oil cooking spray
8 ounces small fresh shrimp, cooked, peeled
and halved lengthwise
3 cups cooked brown rice blend, like Lundberg's "Country Wild" or "Mahogany and Japonica Black"
1 large colony of the

1 large celery rib, finely chopped



Shrimp and rice: Grated lemon zest adds a bright, contemporary note to the flavor of this main course salad.

1 large tomato, seeded and chopped 1/4 cup thinly sliced scallion, green part only 1/4 cup low-fat whipped salad dressing 2 tap, dried lemon zest Salt and freshly ground pepper, if desired

Spray inside of 1-quart plain ring mold with ooking oil spray.

Arrange whole shrimp lengthwise around bot-om of mold so they touch end to end. Set aside.

In large bowl, place cooked rice, celery, tomato and scallions. Chop remaining shrimp into 1/2-inch pieces. Add to rice along with lemon zest.

Mix to combine. Mix in salad dressing until ingredients are well coated. Season to taste wi salt and pepper, if desired.

Taking care not to disturb shrimp design, carefully pack rice salad into prepared mold, pressing down firmly with back of spoon. Cover with plastic wrap and refrigerate 1 to 8 hours.

When ready to serve, run thin knife along both interior sides of mold. Invert serving plate over top of mold. Holding plate firmly against mold, turn over so the salad falls onto plate. Serve immediately. Makes 6 servings.

Nutritional information per serving: 183 calories, 3 g. fat (less than 1 g. saturated fat), 27 g. carbohydrate, 10 g. protein, 2 g. dietary fiber, 133

Dana Jacobi writes for the American Institute for Cancer Research and wrote The Joy of Soy.

Go Mexican with these recipes

(CALABACITAS CON POZOLE)

- 1/2 teaspoons vegetable oil
- 1 1/2 teaspoons vegetable oil
 1 15-ounce can white hominy, drained
 1 tablespoon lime juice, freshly squeezed
 3/4 pound zucchini, sliced
- 1/2 teaspoon salt
- 1/4 teaspoon black peoper 1 1/2 teaspoon ground cumin or Mexican sea-

- 1 1/2 teaspoons cliantro, chopped

Heat oil in a large skillet. Add onions and sauté slightly. Mix in hominy and lime julco. Add zucchini, salt, pepper and Mexican seasonings. Cover and stoam until zucchini is fork tender.

Add fresh tomatoes and cook until hot. Garnish with fresh cilantro.

Nutritional information per one-half cup serving: 60 calories, 1.5 grams protein, 2 grams fat, 13.5 grams carbohydrate, 347 mg sodium.

Recipe courtesy of HDS Services.

- 2 tablespoons butter or margarine
- 1 cup uncooked rice
- 1/2 cup onion, choppe 1/2 cup green bell pepper, chopped
- 2 garlic cloves, minced 1 tomato, peeled, seeded and chopped 2 cups chicken broth

- 1 teaspoon cumin seed

Melt butter in a 2- to 3-quart saucepan. Add rice and cook over medium heat until golden, stirring often. Add onion, pepper and garlic; cook until onion is soft, but not brown. Stir in tomato; cook 30 seconds is sort, but not brown. Sur in tomate, code or seconds longer. Add broth and cumin. Bring to a boil; stir once or twice. Reduce heat, cover and simmer 15 minutes or until rice is tender and liquid is absorbed. Salt to

Nutritional information per serving: Calories, 183; fat, 6 grams; cholesterol, 10 mg; carbohydrates, 30 grams; sodium, 428 mg; fiber, 1 g, and protein, 4

Recipe courtery of the USA Rice Federation.

Summer is the time for salads

Recipes courtesy of Kelli Lew-ton. See related column on Taste front.

SUMMER TOMATO SALAD

- 6 yellow tomatoes, sliced 6 beefsteak tomatoes, sliced
- 8 Roma tomatoes, sliced
- English cucumbers, peeled
 red onion, halved and thinly
 sliced

- 6 ounces (3/4 cup) lime

cilantro vinaigrette (see below) sait and pepper to taste

Toss vegetables in lime cilantro vinaigrette. (A nice change from the ordinary dinner salad, chicken or scafood would be great in this

LIME CILANTRO VINAIGRETTE 8 limes

Warm lemons and limes in oven or microwave and extract juice into bowl.

Add sugar to juice and whisk in cilantro, then stream oil in slowly while whisking.

1/2 bunch cilantro, chopped 2 teaspoons fresh garlic

1/4 cup each of vegetable

1 tablespoon sugar

Naadam festival begins Thursday at restaurant

A Naadam festival takes place at all bd's mongolian barbeque® restaurants Thursday-Saturday, July 12-14.

Mongolians have participated in this national sports festival since the 12th century, testing their strength, skill and agility. The word "Nadaam" means "three manly sports" with men competing in archery, wrestling and horseracing. But modern

Mongolians allow women and children to compete.

In the archery category, bd's customers will compete using plastic bows and arrows. Decorated targets will be placed on the ground.

For horseracing, patrons will ride hobby horses, while wrestlers will thumb-wrestle. Prizos will be awarded in each category.

Diners at bd's nongolian barcheque assemble bowls of stir-fry from an assortment of meats of mean successions assuces, oils auces, oils auces, oils auces, oils oils sire. At bd's, these combinations are cohed with giant "chopsticks" on a 600-degree team the guests.

Restaurants are in Ann Arbor. Auturn Hills, Novi, Royal Oak and Sterling Heights.

Read At Home every Thursday





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