

After the festival try these easy recipes

A HEARTY SUMMER SALAD

6 pieces of stale bread or 2 small loaves of white Arabic (pita) bread
4 fully ripened Michigan grown tomatoes, diced
3 small cucumbers, diced
3-4 green onions, chopped
4 radishes, diced half a green pepper, diced (optional)
2 tablespoons chopped parsley
1 teaspoon chopped fresh mint or 2 tablespoons crumbled dry mint
1 teaspoon salt
1-2 cloves garlic (optional only if you absolutely dislike garlic)
2 tablespoons cider vinegar or lemon juice
3 tablespoons olive oil
red hot pepper flakes to taste (optional)

juice) and oil and mix well. Pour over bread and vegetable mixture. Stir well. Add red hot pepper flakes if desired. Adjust seasonings and refrigerate until mealtime.

Makes 5-6 servings
Source: Nidia's Middle Eastern Cooking Site

BAKED BBQ'd LENTILS

3 cups water
2 cups dried brown lentils
1/2 teaspoon salt, divided
1 cup diced onion
2/3 cup ketchup
1/3 cup maple syrup
1/4 cup prepared mustard
1/2 teaspoon ground ginger
1/2 teaspoon vanilla extract
1/4 teaspoon ground allspice
1/4 teaspoon black pepper

Preheat oven to 350 degrees. Combine water, lentils, and 1/4 teaspoon salt in a large saucepan. Bring to a boil, cover, reduce heat to medium-low, and simmer 20 minutes. Drain lentils in a colander over a bowl, reserving 1 cup cooking liquid. Combine lentils and diced onion in an 11x7-inch baking dish. Combine 1/4 teaspoon salt, reserved cooking liquid, ketchup, and the remaining ingredients. Pour the ketchup mixture over the lentil mixture, stirring to combine. Bake at 350 degrees for 1 hour.

HUMMUS BI-TAHINA

1 cup chickpeas
1 cup tahini sauce

Toast bread on both sides, in toaster or in the oven until golden brown. Cool and break into tiny pieces (the size of large grapes) and place in a big salad bowl. If the tomatoes you are using have little juice, place the bread under a bit of running water to moisten before breaking. Be careful not to oversoak. If tomatoes are well ripened and juicy enough the water is unnecessary, the tomatoes will lend their juices to the bread and moisten it.

Add vegetables and herbs. Using a mortar and pestle, combine salt and garlic and crush until fine. Add vinegar for lemon

VILLAGE

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"Hummus is like a dip, everybody can relate to it," said Mike Hashem, employee of Al-Ameer Restaurant. "You can eat it with pita bread."

The same is true at the Small World Cafe inside the International Institute of Detroit across from the DIA. There diners are introduced to Middle Eastern foods, (and also Indian food) with falafel, hummus and tabouleh. If it's too hot to heat the stove, have

a backyard picnic.

Get some Middle Eastern pop music such as Turkish sensation Tarkan and all you need is a cutting board and blender to create a meal of hummus, baba ganoosh and Fatoush.

The blender will mix the chick peas, lemon, oil, and tahini sauce for the hummus — or the charred eggplant, and same ingredients for the baba ganoosh. Chop some veggies and toasted pita for a cool salad and enjoy the ethnic flair.

step. You may use a food processor or blender to make the puree.

TAHINI SAUCE

1 cup tahini (sesame seed puree, available in specialty food stores or the international section of large groceries)

2 cups of water
2 tablespoons lemon juice
1 tablespoon vinegar
1 teaspoon cumin
1 small onion, chopped
3-5 crushed garlic cloves (optional)
finely chopped parsley (optional)
salt

To tahini, add water, lemon juice, salt, cumin and vinegar then stir thoroughly until well blended and a smooth paste will

result. Or, dissolve salt in water, then add cumin, lemon, juice and vinegar.

Stir, then gradually add Tahini stirring constantly. Add any or all of the optional ingredients, according to taste. You may also use a blender or food processor at a slow speed.

Source: By Mary Kay Radnich, www.egyptmonth.com

CHICKEN WITH HUMMUS

4 tablespoons butter
3-5 pounds, Chicken pieces, trimmed of fat and cut into serving size pieces
2 medium onions, chopped
4 cloves garlic, crushed
1 cup finely chopped fresh coriander leaves (cilantro)
1 can chickpeas (19 oz or 540 ml)
2 cups water (you can add two chicken bouillon cubes)
3 tablespoons tomato paste
1 teaspoon allspice
1 teaspoon chili powder
Salt & pepper to taste

In a large skillet, sauté the chicken pieces in the butter over medium heat until they turn golden brown. Be sure to turn them several times, making sure that they brown evenly. Remove the chicken pieces from the saucepan and set aside. Add the onions and stir-fry until they begin to brown.

Add the garlic and coriander leaves and stir-fry again, about 3 minutes.

Stir in the remaining ingredi-

ents, including the chicken pieces and bring to a boil.

Cover and simmer over medium heat for 30 minutes or until the chicken pieces are well cooked. Serve hot over rice. Serves 6 to 8.

A FOOL FOR FUUL

1 cup dried small, fava bean, soaked overnight and drained
olive oil
salt & pepper to taste
1 teaspoon ground coriander
1 teaspoon cumin
1 cup lemon juice
2 cloves garlic, crushed
4 hard-boiled eggs, shelled
2 tablespoons finely chopped fresh cilantro

Place the fava beans in a pot, and cover with water; then cover, the pot and cook over medium heat for 45 minutes to an hour until they are very tender, adding more water if necessary.

Drain the beans, and place in a mixing bowl; then add 2 tablespoons of the olive oil, salt, pepper, ground coriander, cumin, lemon juice and garlic and mix well until some of the beans are slightly crushed.

Transfer to 4 soup bowls; then place an egg in the center of each plate. Sprinkle each plate with the remaining oil; then garnish with the coriander leaves and serve.

Source: www.egyptmonth.com

Area U-Pick farm update

Tomatoes and stringless green beans are ripe for picking at Rowe's Produce Farm in Ypsilanti, (734) 482-8539. Call Long Family Orchard & Farm in Commerce Township next week for information about u-pick sweet corn and tomatoes, (248) 360-3774. Dexter Blueberry Farm, (734) 426-2000, plans to open Monday, but wait until the first week of August for the best berries. Full raspberry season begins soon — call Erwin Orchards in South Lyon beginning Aug. 4 for information

about this year's crop.

Picking your own vegetables and fruit is lots of fun. Bring mosquito repellent, big bowls or buckets to carry your harvest home, and call the farms ahead of time to verify crop availability. For more information about Michigan u-pick farms and produce markets go to www.michigan.gov/fnda

Call (617) 373-1104 to get your copy of the 2002-2003 Michigan Farm Market & U-Pick Directory.

The time is always right for fun fondue

SUN-DRIED TOMATO PESTO PIZZA FONDUE

2 tablespoons extra-virgin olive oil
1 medium onion, chopped
1/2 cup reconstituted, finely chopped sun-dried tomatoes
2 garlic cloves, minced
1 tablespoon prepared pesto
1/4 teaspoon crushed hot red pepper flakes
3/4 cup dry white wine
2 cups Mozzarella cheese, shredded
1/2 cup Parmigiano-Reggiano cheese

1 tablespoon cornstarch

For Dipping:

Crusty French or Italian bread, cut into bite-size cubes with crust
Salami cubes and Pepperoni wedges
Baby artichoke hearts
Raw veggies including pepper slices, zucchini and mushrooms
Breadsticks

Method:

In a medium, heavy-bottomed saucepan, heat the olive oil over medium heat. Add the onion and cook, stirring often, until translu-

cent, about 4 minutes. Add the sun-dried tomatoes, garlic, pesto and hot pepper flakes.

Stir until the garlic is fragrant, about 1 minute. Add the wine and bring to a simmer. In a medium bowl, toss the cheeses with the cornstarch. Stir in the cheeses, a handful at a time, into the saucepan, stirring until the first addition is melted before adding another.

Let the fondue come to a bare simmer, but do not boil. Transfer cheese to a fondue pot and keep warm over a fondue burner.

Serve immediately with the dipping ingredients of your choice.

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