

Recipes and reasons

Tomato dishes offer variety for summer

By LAURENA PRINGLE
It's that time of year when everyone has two things on their collective mind: Fresh corn and home-grown tomatoes. It would seem a shame to suggest that homegrown tomatoes can be cooked when everyone likes them raw at this time but an old cookbook turned up a recipe that would make an excellent accompaniment to a summer supper of cold cuts and potato salad:

Stuffed Tomatoes
8 medium tomatoes
Salt to taste
2 cups cooked rice

1/2 cup cooked celery, diced
1/2 cup grated nippy cheese
Buttered crumbs
Scoop out centers of tomatoes, salt and invert to drain for 15 minutes. Combine rice, celery and cheese. Fill tomatoes with mixture and cover with buttered crumbs. Bake in 350-degree oven about 25 minutes.

A DECADE or so ago, a perfect summer luncheon at any one of the Sheraton Hotel-Motel group featured tabuli.

Tabuli (a health salad)
1 pound cracked wheat or wheat germ
2 large peeled tomatoes, diced

1 large cucumber, finely diced
4 green onions, finely diced
1/2 cup chopped parsley
Juice of 2 lemons
1/2 cup oil
Salt and pepper
Put cracked wheat in bowl, cover with cold water and soak for about two to two and one-half hours in the refrigerator. Drain off water and mix wheat with cucumbers, tomatoes, onions and parsley. Add lemon juice and oil, salt and pepper. Serve ice cold on lettuce leaves.

With hot toast sprinkled with grated cheese and hot tea or coffee (depending on how health-minded you are) it makes a meal.

FOR THE purist tomato fancier, anything but a dash of salt or dollop of sugar on a fresh Love Apple is treason. A "nature" minded gourmet might try sprinkling nasturtium blossoms (they're also in season) or marigold petals over a platter of thinly sliced tomatoes. But for persons with a dash of daring:

Tomato Bowl
6 tomatoes
1 Italian or Bermuda onion
3 tablespoons vinegar
1 tablespoon brown sugar

1/2 teaspoon salt
Freshly ground pepper
Peel and slice tomatoes. Slice onion paper-thin. Cover with vinegar and seasonings. Chill. Add green pepper slices if you wish. Serves six.

FRESH TOMATO slices also will profit by sprinklings of freshly chopped parsley and served with oil and wine vinegar . . . by being arranged in layers and each layer dusted with fresh oregano or basil, allowing one-half teaspoon herb and one-half teaspoon of salt to each average sized tomato . . . or by using fresh dill as a topping.

Sliced fresh tomatoes to be served with a meat roast take on new importance if sliced about one-half inch thick and arranged in layers alternating with sliced white, Italian or Bermuda onions. Sprinkle with one tablespoon sugar and one-half teaspoon salt. Cover well and chill for four hours. Remove and arrange tomatoes in shallow bowl. Discard onions. Cover with a dressing that combines:

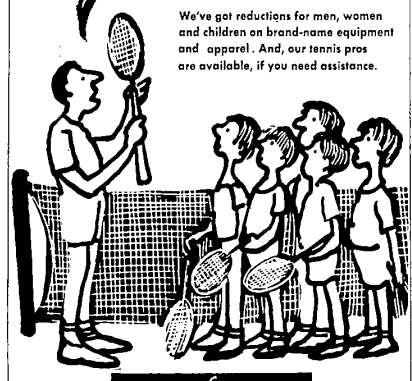
1/2 teaspoon dry mustard
1/2 teaspoon salt
1 teaspoon tarragon vinegar
1 tablespoon olive oil

2 tablespoons chopped parsley

Chill in refrigerator for another one-half to one hour.

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Volunteers

This column describing volunteer needs is co-sponsored by the Junior League of Birmingham and the Oakland County Volunteer Bureau.

Inquiries regarding volunteer needs listed here should be made to the Oakland County Volunteer Bureau, 642-7272. Requests for volunteer listing should also be made through the Volunteer Bureau.

CAMP SESSIONS: Inter-Penninsular, a residential camp which holds weekly sessions in lodges in state parks, will sponsor a session August 25-30 at Island Lake, Brighton.

The camp is for children, ages eight through 12, with behavioral or other problems.

Volunteers are needed for all activities, particularly waterfront and nursing duties. Residential

staff is preferred but day help would be welcome.

NURSING HOME: Mt. Vernon Nursing Home, 27615 Greenfield, Southfield, needs volunteers on a weekly basis to aid with arts and crafts, social activities and visits. Male volunteers are particularly needed to visit male patients without families. Hours are 1 to 4 p.m.

DAYCARE CENTER: Birmingham Day-Car Center, 1803 E. Fourteen Mile Road, Birmingham, needs volunteers to offer enrichment opportunities to the children. Those talented in the areas of creative dancing, storytelling, music, art or puppet shows are needed.

The center cares for children, ages two-and-one-half through five, on an all-day basis.

JCC holds program

The Jewish Community Center of Metropolitan Detroit in cooperation with the Northwest Child Rescue Women, Junior League, is sponsoring a group program for Jewish retarded children, ages 7-10.

The group meets weekly at the main building of the Jewish Center on Curtis and Meyers roads in Detroit.

A wide scope of activities is planned to help these youngsters

with social and motor skills, conceptual understanding and an appreciation of Jewish heritage.

In addition, there are field trips and a special swimming program.

Six children are in the group and there are openings for a few more youngsters.

Anyone interested or who wishes further information should call Sharon Alterman any Wednesday or Thursday afternoon at 341-4200.

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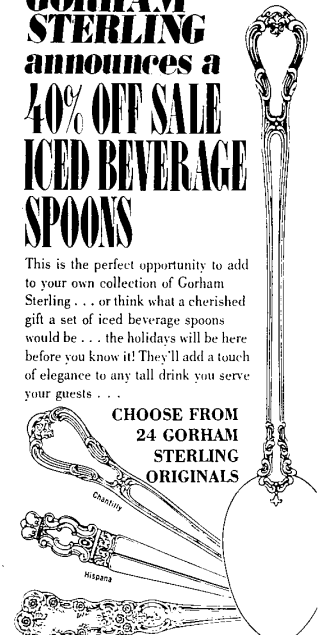
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