

Onion, vinegar, cloves spice up saltless chicken

See Chef Larry Jones' Taste Dishes column on front.

CHICKEN SALAD

2 frying chickens, cut up (about 4 pounds)
1 large onion, chopped
1/4 cup white vinegar
7 whole cloves tied in cheesecloth or placed in a tea ball

1 teaspoon prepared mustard
1 teaspoon tomato paste

Place chicken, skin side down, in a large heavy skillet (it doesn't matter if pieces overlap).

Add onion, vinegar and cloves. Cover and cook over low heat until tender, about 40 minutes, turning

and basting several times during cooking.
Combine mustard with tomato paste. Skim as much fat as possible from the chicken. Stir in mustard tomato mixture until well blended with chicken and the broth.
Continue cooking uncovered over medium low heat for 20 minutes. Discard cloves before serving.
Serves 6-8.

Chef's secret: Make this a healthy low fat dish by skinning the chicken first!

BUET GARN

3-4 good sized sprigs of parsley
1 bay leaf

2 sprigs fresh thyme or 1 teaspoon dried
1 large clove garlic
6 peppercorns
3 large celery leaves or 1 teaspoon coriander

Blend ingredients. Use in homemade soups and stocks.

HOMEMADE CHILI POWDER

3 tablespoons paprika
1 tablespoon turmeric
1/4 teaspoon cayenne pepper
2 large cloves garlic, finely minced or smashed

Combine all ingredients and mix well. Simmer the chili at least 15

minutes after combining this seasoning for optimum results. Makes about 1/4 cup.

Here's the basics for your next batch of rich gravy!

GREMOLATA

2 tablespoons finely chopped

parsley
1 clove garlic, minced very fine
1/2 teaspoon grated lemon rind
Sprinkle this mixture on the last 5 minutes of cooking. Simmer, covered, over very low heat so the flavors can be absorbed. Makes about 2 1/2 tablespoons.

More things to do with apples

See related story on Taste front.

CHUNKY CIDER APPRESAUCE

10 large apples (about 3 pounds) any variety
1/2 cup apple cider or apple juice
1/4 cup granulated sugar
Spices to taste — ground cinnamon, ginger, cloves, allspice or mace

Peel and core apples. Cut into chunks. Put apples into a 3-quart saucepan with apple cider or apple juice. Bring to a boil, reduce heat, cover and simmer about 20 minutes, until apples are tender. Stir in sugar and spices. Cook 2 minutes longer. Mash with potato masher until chunky. Let cool.

Pack in clean jars. Refrigerate up to 2 weeks.

To make baked apples, use Cortland (slightly tart); Golden Delicious (sweet and tangy); Granny Smith (Tart); Pippin (mildly tart); or Rome Beauty (slightly tart).

BAKED APPLES

4 large baking apples (about 1 1/4 pound)
Desired filling (see below)
1/2 cup apple juice, cider, or dry white wine

Sweetened whipped cream, vanilla yogurt, light cream, or frozen vanilla yogurt
Ground nutmeg to taste
Prepare desired filling. Core apples, but do not cut through the

other end. Turn core or peeler to loosen the upper part of the core. Remove and discard core. Enlarge hold slightly at the top of the apple for filling.

Using a vegetable peeler or paring knife, remove the peel from the top half of each apple. If desired, with the tines of a fork, score the peeled apple.

Place apples in an 8 by 8 by 2-inch baking dish. Spoon filling into center of each apple. Add cider, juice, or wine to the dish and bake, covered, in a 350-degree F. oven about 45 minutes, or until fork-tender. Transfer apples to dessert dishes, spoon liquid in dish over apples and serve warm with whipped cream, yogurt, cream, or frozen yogurt. Sprinkle with nutmeg.

Apple Fillings

- Dried fruit. Combine 1/4 cup raisins, currants, or mixed dried fruit bits, 2 tablespoons brown sugar and 1/4 teaspoon ground cinnamon.
- Ginger-almond: Stir together 1 tablespoon chopped crystallized ginger, 1/4 cup sliced almonds or pine nuts, and 2 tablespoons apricot preserves.
- Orange macaroon: Toast 1/4 cup crumbled soft coconut macaroon cookies with 2 tablespoons orange marmalade.
- Peanut butter: Mix 1/4 cup coconut with 1/2 cup chunky peanut butter.
- Apple-walnut: In a bowl blend 1/4 cup apple butter with 1/4 cup chopped walnuts.

Carrots star in Indian dessert

AP — "There is no other time of the year when carrots are bigger, orange, sweeter or more plentiful," writes Sharon Parvett Nimtz in the September-October issue of her newsletter, "CookSpeak."

Nimtz has adapted Madhur Jaffrey's recipe for carrot halva, which is flavored with shelled, unsalted pistachios and golden raisins. (Halva usually consists of a paste made of ground sesame seeds and nuts mixed with honey.) "I love this Indian dessert," Nimtz says. "This is utterly unlike carrots, yet their true expression." Eat it in little spoonfuls,

with or without cream.

CARROT HALVA

(Adapted from Madhur Jaffrey's "Indian Cooking")
6 medium carrots
3 cups whole milk
8 whole cardamom pods
5 tablespoons vegetable oil or ghee
5 tablespoons sugar
1 or 2 tablespoons golden raisins
1 tablespoon shelled, unsalted pistachios, lightly crushed
1 1/4 cups heavy cream, lightly

whipped, optional

Peel and grate the carrots; put them with the milk and cardamom into a heavy-bottomed pot. Bring to a boil, turn heat to medium and cook, stirring now and then, until milk has been absorbed, 30 minutes to one hour, usually, depending on the size of the pot.

Heat the oil in a wide frying pan over a medium-low heat. Put the carrot mixture into it; stir and fry until the carrots acquire a rich, reddish sheen, about 20 to 30 minutes.

Add the sugar, raisins and pistachios; stir and fry for another

few minutes. Serve warm or at room temperature with a side of the cream, or without. Makes 4 servings.

Note: To make ghee, or clarified butter, melt 1 stick of butter until the solids fall to the bottom, then carefully pour off the clear oil from them. "CookSpeak: A Seasonal Narrative with Recipes" is published six times a year. Subscriptions are \$18. A sample issue is available for \$2. Send check or money order, with name and complete address, to: CookSpeak, Box 165, Wallingford, VT 05773.

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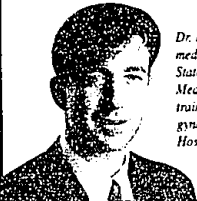
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