

Lamb stew, soda bread Irish favorites

See Chef Larry Janes' Taste buds column on front.

TRADITIONAL IRISH STEW
2 pounds stewing lamb, cut into cubes
2 large onions, chopped coarse
2 pounds potatoes, scrubbed and peeled
2 tablespoons parsley, chopped
Salt and fresh ground pepper to taste
1 1/2 cups water
Wash the lamb in cold water and pat dry. Prepare the onions and potatoes. Cut potatoes and onions into 1/2-inch dice. Layer the meat and the potatoes into a medium heavy Dutch oven. Season well with salt and pepper and parsley.
Pour the water over all. Seal the pan with foil or a tight fitting lid and bake in a preheated 325 degree F. oven for 2 1/2 to 3 hours. Serves 4.
Recipe compliments of The Detroit Chapter of the Irish American Cultural Institute.

IRISH CHEESE SODA BREAD
4 cups all purpose flour
1 tablespoon baking powder
1 teaspoon salt
1/4 teaspoon baking soda
6 tablespoons (1/2 stick) butter
2 cups grated cheddar cheese
2 eggs
1 1/4 cups buttermilk
Preheat oven to 350 degrees F. Grease a 1 1/2 quart, 3-inch deep round baking dish. In a separate bowl, combine flour, baking powder, salt and baking soda. Cut in butter until it resembles coarse meal. Stir in grated cheese.
Beat eggs in a medium bowl; reserving 1 tablespoon to brush on as a glaze. Blend buttermilk into beaten eggs. Stir into flour mixture; dough will be sticky. Turn onto a lightly floured surface and knead until well blended, about 2-3 minutes. Shape into a round and fit into prepared dish. Cut a deep cross in the center of the dough. Brush with reserved egg. Bake until a tester inserted in the center comes out clean, about 75 minutes. Cool in

pan on a rack for 15 minutes. Invert onto rack and continue cooling. Makes 1 loaf.
■ How to cook Corned Beef from "The Joy of Cooking" (by Irma S. Rombauer/Becker, Bobba Merrill Publishers, copyright 1931-1975). Wash corned beef brisket under running water to remove any surface brine.
Cover with enough boiling water to cover and simmer (uncovered), allowing about 1 hour of cooking per pound or until a fork can penetrate the center.
Always slice corned beef very thin and diagonally across the grain.
A classic accompaniment to corned beef is cabbage wedges, simmered with the beef during the last 15 minutes of cooking time.

Dietitian shares recipe

See related story on Taste front.
SPAGHETTI WITH EGGPLANT & TOMATO SAUCE
1 pound eggplant, peeled and cut in 1/2-inch dice
1 teaspoon salt
2 tablespoons olive oil
4 cloves garlic, minced, or more to taste
1 small onion, minced
3 pounds tomatoes, peeled, seeded and chopped, or two 28-ounce cans, plus one 15-ounce can, well-drained and chopped

3 tablespoons tomato paste
Pinch sugar (optional)
2-3 tablespoons chopped fresh basil or 1/4 teaspoon dried mixed with 2 tablespoons fresh parsley
Salt and freshly ground pepper to taste
1/4 pound spaghetti
1/4 cup grated Parmesan
Preheat oven to 450 degrees F. Dice eggplant, sprinkle with salt and let sit in a colander for 30 minutes. Rinse and shake dry in a kitchen towel. Place in lightly oiled 9 by 13-inch baking dish and toss with 1 tablespoon oil. Cover tightly and bake for 30 to 35 minutes or until tender.
Meanwhile, make the tomato sauce: saute garlic and onions in Dutch oven in the remaining tablespoon oil over low heat, about 9 minutes, or until onions just turn golden. Add tomatoes and tomato paste.
If the sauce tastes too acid, add sugar. Simmer uncovered over medium heat, stirring often, for 40 to 55 minutes, or until thickened. Stir in eggplant and basil. Season with salt and pepper. Heat through while the pasta cooks.
In a large pot of boiling water, cook the spaghetti until it is tender but still firm. Drain, toss with the sauce and serve with Parmesan, if using. Serves 4.
Per serving: 451 calories, 17 g protein, 11 g fat, 77 g carbohydrate, 204 mg sodium, 5 mg cholesterol. Recipe from "The Eating Well Cookbook," recommended by Gale Cox, registered dietitian, Health Program Coordinator, Bedford Hospital Health Development Network.

Angel hair pasta heavenly

See related story on Taste front. Recipe from Peggy Everis, registered dietitian, HDS Services.
CHERUBS ON ANGEL HAIR
2 ounces dry angel hair pasta
12 ounces ground turkey breast
4 egg whites
8 tablespoons seasoned bread crumbs
1 tablespoon, plus 1 teaspoon olive oil
2 teaspoons basil, chopped
1/2 teaspoon garlic, minced
2 scallions, minced
1/2 teaspoon olive oil
Sauce:
2 cups tomatoes, chopped (3-4 medium)
1/2 teaspoon fresh garlic, minced
2 teaspoons basil
2 teaspoons olive oil
1 tablespoon balsamic vinegar
Mix turkey with egg whites, bread crumbs, olive oil, garlic, onions and basil. Roll into small balls. Sauté with 1/2 teaspoon of olive oil in non-stick pan until golden. Meanwhile, cook pasta as directed. For the sauce, cook together tomatoes, garlic, onions and basil until flavors marry (2-3 minutes). Just before finished, add vinegar to sauce. To serve, divide pasta on four plates, add meatballs, cover with sauce.
Nutrition per serving: 289.22 calories, 17.87 g protein, 18.9 g fat, 88.75 mg sodium, 0.10 g carbohydrate. Percent of calories from fat: 58.63.

Pros shed light on 'weighty' issues

See related story on Taste front.
BY KEELY WYGONIK
NUTRITION WRITER
"There's so much intense guilt around food issues — you need to deal with them," said Gale Cox, a registered dietitian and Health Program's Coordinator for Bedford Hospital's Health Development Network. "Eat when you're hungry. Then you can make a smart choice. Try to keep yourself from being very hungry so you've got control."
Cox, and other dietitians at local community hospitals, are helping people win the fight against flab one day at a time with a variety of programs.
"You have to adapt diets to meet your needs and stop beating yourself up. Your ability to make good choices correlates with how hungry you are. If you don't eat breakfast and have a late lunch, you'll be overly hungry, and your ability to make good choices is zero," said Cox. "Eat an apple, have a glass of milk to keep you in a safe zone."
"Enjoy the Variety of Food Choices" is the theme of this year's Nutrition Health Fair 8:30 a.m. to 3 p.m. Thursday, March 28, at Crichton Hospital in Rochester. There will be nutrition displays, food samples, cooking demonstrations, games and contests. Representatives from several food companies, the American Diabetes Association, and American Heart Association will be available with brochures and other information.
Staff from the Community Health Education department will be offering a cholesterol HDL finger stick test. The fee is \$7 per person. The Cardiac and Pulmonary Rehabilitation department will be offering a free waist to hip ratio to assess participant's risk of heart disease.



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