

Go pick Lebanese treats – pickled turnips, stuffed squash

Here are recipes from Janet Kalush's cookbook, *Kibbes 'n' Spice and Everything Nice*. See related story on Taste front.

Close the jars tightly and store in a cool, dark place. Turn jars upside down occasionally to blend flavors. Turnips will be ready in two weeks.

PICKLED TURNIPS (8-PT)

- 10 whole small white turnips
- 1 15-ounce whole white beets
- 2 tablespoons salt
- 2 cups water
- 1 cup white vinegar
- 1 clove garlic (per jar)
- Red hot sauce (optional)

Wash and cut the turnips in quarters. Pack turnips and beets in quart jars, using 2-3 beets per jar. Dissolve 2 tablespoons salt in 2 cups water. Add 1 cup vinegar and pour over the turnips to cover. Add 1 clove garlic to each jar; if you like them hot, add a teaspoon of hot sauce.

STUFFED SQUASH (KOOSA)

- 6 small koosa (zucchini)
- 1/2 cup rice
- 3/4 pounds, diced or coarsely ground beef or lamb
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon cinnamon
- 1/4 teaspoon allspice
- 2 tablespoons butter
- 1 28-ounce can stewed tomatoes
- 1 15-ounce can tomato sauce

Cut off the stem and hollow out the koosa (or zucchini) using a long corer. If you do not have one, you

can use the pointed end of a vegetable parer or small spoon to scoop out seeds and flesh, leaving a shell with walls about 1/4 inch thick. Rinse the koosa with cold water and let drain.

Rinse rice and mix with the meat, salt, pepper, cinnamon, allspice and butter. Stuff the koosa 3/4 full with the meat filling. Do not pack too tightly, so the rice has room to expand.

Place the stuffed squash in a saucepan and pour the tomatoes and tomato sauce over it. Add enough water to cover. Cover with a lid and bring to a boil over high heat. Reduce heat and cook for 45 minutes, or until rice is done.

Place the cooked koosa in a serving bowl. Ladle the liquid into a sauce boat and serve on the side. Serves 6.

Nutritional information: Total fat, 17.6 grams; saturated fat, 8.2 grams; cholesterol, 51.7 mg; sodium, 681.7 mg; carbohydrates, 20.2 g; and fiber, 2.7 g.

LENTILS AND RICE (MUAJADRAH MA' ROZ)

- 1 cup lentils
- 4 cups water
- 2 large onions
- 1/4 cup oil
- 1 cup rice
- 1 1/2 teaspoons salt
- 1/4 teaspoon pepper

Rinse and sort lentils. Put them into a saucepan with the water; cook uncovered for 20 minutes. Sauté diced onions in the oil until dark golden brown. Remove from heat, add 3-4 tablespoons water and mash with a fork. Pour onion mixture into lentils along with rinsed rice, salt and pepper. Continue to cook over low heat until rice and lentils are done and water has evaporated, approximately 15 minutes longer.

Serves 6.

Here is a summer citrus 'sangria'

If icy homemade lemonade is your idea of a great summer cooler, you know how refreshing juice drinks can be.

The nutrients found in these beverages are an added plus for good health.

Spices give a unique flavor to a grape juice made by combining sugar, water, cinnamon and cloves in a small saucepan, heating to a slow simmer, and cooking at lowest possible heat to make a syrup.

Expand your repertoire with

some new ideas for elegant summer fruit drinks that can really quench your thirst on a wilting-hot day.

CITRUS "SANGRIA"

- 1 lime
- 1 lemon
- 1 orange
- 4 cups white grape juice
- 1 bottle (28 oz.) carbonated water
- Crushed ice cubes

Cut lime, lemon and orange in half. Squeeze juice from one half of each; cut remaining halves into thin slices.

In large pitcher, combine grape juice, soda water, lime, lemon and orange slices and juice. Fill wine glasses one-quarter full with crushed ice. Pour in sangria and a slice of citrus.

Recipe courtesy of the American Institute for Cancer Research.

Chill the heat with tea drinks

See related story on Taste front.

When you're in a hurry for freshly brewed iced tea, try Lipton's Cold Brew Blend tea bags. There's no waiting for the water to boil. Look for Lipton Cold Brew Blend at Kroger and other metro Detroit grocery stores.

Here are some recipes to try.

COLD BREW MINT-TEA JULEP

- 3 cups cool water
- 2 Lipton Cold Brew Blend Pitcher-Size tea bags or 6 Lipton Cold Brew Blend Glass-Size tea bags
- 1 cup orange juice
- 24 fresh mint leaves
- 1/2 cup sugar

Pour water over tea bags and brew 5 minutes, dunking tea bags occasionally. Remove tea bags.

In blender, process all ingredients at high speed until blended. Strain over ice and garnish, if desired, with mint sprig. Yield 4 (8-oz.) servings

COLD BREW HAWAIIAN COOLER

- 3 cups cool water
- 2 Lipton Cold Brew Blend Pitcher-Size tea bags or 6 Lipton Cold Brew Blend Glass-Size tea bags
- 1 cup chilled pineapple juice
- 2 tablespoons sugar

In 2-quart pitcher, pour water over tea bags; brew 5 minutes, dunking tea bags occasionally. Remove tea bags. Stir in pineapple juice and sugar. Pour into ice-filled glasses and garnish, if desired, with pineapple slices. Yield 4 (8-oz.) servings

Recipes from The Lipton Kitchens

Coming Soon



A New Active Retirement and Independent Living Community in White Lake.

Call now for advance lease information.
888-292-2490



Increase your chances to **ACE THE INTERVIEW**. Join our workshop. Call 248-380-6101 or 248-478-5662.

EA
The Natural Enemy of Any Fur
Let Dittrich's Store Your Fur In The only 34' F. Vaults in Michigan Light, Humidity & Vermin Free
No Matter Where You Purchased. All Furs Need Our Expert Care
We Will Test Your Fur Vacuum July 3rd thru July 10th
Dittrich
Since 1939
Detroit (313) 873-8300
Bloomfield Hills (248) 242-0000
www.dittrich.com

Wine from page D1

Reader said. Don't miss getting a bottle of 1998 CSJ Pinot Noir \$18, produced from grapes grown in Carneros and the Russian River Valley, two of the best areas for this varietal. The aromas of roses, cherries and plums combine with heady barrel spice and cranberry flavors. Reader is off to a good start with this winner, but we doubt that the price will stay \$18 for long.

Disappointed by soft, wimpy merlot? It doesn't have to be that way. The 1997 CSJ Merlot \$22 is full, rich, round with cherry, cinnamon and power.

Hype given the 1998 CSJ Cinq Cepages means that it's long gone, but don't be disappointed. The highlights of our tasting were the new Reserve rods: 1995 CSJ Reserve Cabernet Sauvignon and 1995 CSJ Reserve Merlot \$70. Each was aged 36 months in French oak barrels and are stunning wines: dense, dark, and delicious.

Legislation

A flawed piece of wine legislation passed on concurrence vote June 20.

House Bill 4752, sponsored by Representative Nancy Cassis (R-Now), started out well-intended, focused on protecting minors from sales of alcohol via the Internet, but did not end up that way.

It will protect minors, but also the Michigan Beer & Wine Wholesalers Association

The 1997 CSJ Merlot \$22 is full, rich, round with cherry, cinnamon and power.

(MB&WWA) who want to protect their turf and prohibit you from buying wines, other than those their members represent. Don't try to have a small California winery ship you that special wine. Don't join an out-of-state winery club because it can't ship you wine either. Find a good deal on a special wine from an out-of-state source? Forget having that shipped: It's all illegal. The only way you can get a case of wine, every 24 hours if you want, is to carry it into the state personally.

We know many of our readers contacted legislators protesting passage of the bill. When they are up for re-election, remember they did not listen to you and favored a monied group, who gets protection with its money.

The suit we and some Michigan wine consumers filed in Federal Court is your only hope of a measure of relief from a monied, turf-protecting monopoly.

The Healds are Troy residents who write about wine, spirits, food and dining for the Observer & Eccentric Newspapers. To leave them a voice mail message, dial (734) 953-2047, mailbox 1884.

Apple Home Theater
HDMI
HDMI
The Mac Group
118-258-1100

COULD YOUR KITCHEN USE A DASH OF INNOVATION?
OPENING JULY 6 IN TROY & WEST BLOOMFIELD
ENRO Design Center
INSPIRATION TO INSTALLATION
A HERSHEY COMPANY

JOE'S PRODUCE
Michigan's Finest
Summer's Bounty is Here!
We have a variety of Fresh Summer Fruits & Vegetables:
Georgia Sweet Bi-color Corn, Sweet & Juicy California Peaches, Plums & Nectarines, Garden Fresh Cluster Tomatoes, Fresh California Jumbo Cantaloupes and Honeydew, Texas Seedless Watermelon, Jumbo Washington Bing Cherries
Fruit, vegetable and cheese trays for family and friend get-togethers!
SHOP JOE'S PRODUCE
for the freshest variety of fruits and vegetables
33152 W. Seven Mile Livonia, Michigan 48152 (248) 477-4333