Make Father's Day 'Ladies Day' at the grill

Guys usually operate the grill, although tending the fire has recently become a gril thing, too. This Father's Day give Dad a rest by taking over the grilling duties while he watches the game or does something active.

In Jamaica, authentic grilling includes using a wet paste. This marinade is made with pirment, what we call all-spice, and escallion, a thinner version of our scallions, with a purple-red tip like an onion and a more pungent flavor. The wet paste also contains Scotch Bonnet peppers. They resemble habañeros, but this locally grown ehle is one of the most incendiary hot peppers. When used sparingly, however, it adds aromatic flavor along with comfortably stimulating heat.

Jerk paste also includes thyme and ginger. Both are grown in Jamaica but are more

beer, the non-alcoholic drink.)
Although most of the jerk
paste is scraped off and the
meat patted dry, using this
moist marinade still helps
retard the formation of HCAs, the carcinogenic compounds that form when meat is cooked at a high heat, and especially when charred.

at a high heat, and especially when charred.

Jerk cooking is also a good form of grilling because it traditionally uses lower heat. The free is just right when you can hold your hand an Inch above it for four to eight seconds. (If the weather is bad, or you prefer working indoors, this jerk chicken cooks nicely in a non-stick skillet.)

Serve jerk chicken on a bed oflong-grain brown rice, garnished with chopped scallions, or tucked into warm pita brend, along with shredded lettuce, allied tomato, and thin onion silces. (Jerk chicken also makes a succellent salad com-

onion slices. (Jerk chicken also makes a succulent salad combined with scallions, lime juic and a bit of oil.) Sometimes, instead of grilling, I stew the marinated chicken, using reduced-fat coconut milk (diluted with water) and some of the jerk paste. The aromatically flavored chicken will turn

I cup chopped onion

// cup chopped scallions

1-inch piece ginger, peeled
and chopped
I Scotch Bonnet or habañero
chile, seeded and chopped, or/

- tenspoon envenne pepper 1 tablespoon dried thyme
- I taniespoon dred thyme
 I teaspoon salt
 //s teaspoon allspice
 //s teaspoon lalack pepper
 //s teaspoon nutmeg
 I tablespoon canola oil
 I tablespoon fresh lime juice
 //s pound skinless, boneless
 chicken breast

Place all ingredients except chicken in a blender or food processor. Mix to a pulpy paste, about 90 seconds. paste, about 90 seconds.
Transfer Jerk paste into a glass,
plastic, or stainless steel container. (The marinade paste
can be used for up to 2 pounds
chicken.)
Cut chicken into eight long
strips. Add to the Jerk paste.
Using your hands, cont pieces
of chicken generously with
paste. Cover tightly and refrig-



Serve Jerk chicken on a bed of long-grain brown rice, garnished with chopped scallions, or tucked into warm pita bread, along with shredded lettuce, sliced tomato, and thin onion slices.

erate for two hours. Do not marinate longer or chicken will become mushy. Preheat grill or coat a non-stick skillet with cooking apray and place over medium-high heat. Scrape jerk paste off chicken and discard. Wipe pieces dry with paper towel. Grill chicken until white in center, about 4 minutes, turn-

ing pieces once,
If using a pan, sauté until
chicken is cooked through,
about 6 to 8 minutes, turning

about 6 to 8 minutes, turning pieces once.

Serve chicken on a bed of brown rice or tucked into whole-wheat pita pockets filled with shredded lettuce and sliced tomatoes. Makes 4 services

Nutritional Information Nutritional information per serving: 118 calories, 3 g. total fat (less than 1 g. saturat-ed fat), 2 g. carbohydrate, 20 g. protein, less than 1 g. dietary fiber, 348 mg. sodium.

Dana Jacobi is a writer for the American Institute for Cancer Research and is the author of The Joy of Soy.

Garlic, chili add depth to tamales

BY THE CULTHARY INSTITUTE OF AMERICA THE ASSOCIATED PRESS

With a 5,000-year history, tamales are among the oldest surviving food concepts. Dating back to pre-Columbian times, tamales were born from the need to transport prepared food—while hunting, at battle, and during times of migration and celebration.

Though tamales are now eaten commonly throughout Latin America, they are also an essential feast-day food, and are served as a ritual part of many celebrations and popular fleetas.

In Mexico, corn husks are

many celebrations and popular "fleetas."

In Mexico, corn huses are the most popular wrapper used in preparing tamele. The huses are estimated in the most popular wrapper used in preparing tamele. The huses are simply soaked in hot water to make them pliable, and thin strips of the wrapping are cut and used to the up the filled and folded tamales. Though tamale making is often classified as labor intensive, it is really a step-by-step process: The tameles can be assembled in stages and produced in volume with outstanding results.

The filling can be made one day, then cooled and refrigerated. The next day, dough can be made and the tamules assembled, then steamed. You may also freeze assembled, uncooked tamales for up to one month and steam them from a forzen state by simply terrebening the cookbus time.

one month and steam them from a forzer state by simply lengthening the cooking time. Making tamales is a celebration that traditionally involves the whole family, says Joseba Encabo, associate professor in culinary arts at The Culinary Institute of America. Tamales can be made with sweet and savory fillings. A sweet filling could be made with dried truits such as apricots and raisins, orange or

pineapple juice, sugar, yogurt or cream. Spicy, savory fillings depend upon regional prefer-ence. For example, the ones in the Mexican state of Chiapas include green olives and red

include green onves and reo bell peppers.

The following recipe is for a tasty low-fat combination of chicken and red chill tamales, from a Weight Watchers' col-lection of Cullinary Institute of America chefs' recipes.

CHICKEN AND RED CHILI TAMALES

// pound skinless, boneless chick-en breast, cut Into Finch pieces I small onion, peeled and left

small onton, peeled and left whole
6 spills cloves, minced
1 teaspoon sait
1 teaspoon sa

To prepare the filling: combine the chicken, the whole onion, I of the garlic cloves, it easyon of the sail, and enough water to barely cover the chicken is a saucepan; bring to a boil. Reduce the heat and simmer, covered, until the chicken is cooked through, 15 to 20 minutes. Discard the onion. With a slotted spoon, transfer the chicken is easy to be supported to the chicken is cooked to be supported to the chicken is cooked to be supported to the chicken is cooked to the chicken is chicken in the chicken is cooked to the chicken is chicken in the chicken in the chicken is chicken i

saucepan over medium-high leat. Swirl in the oil, then add the chopped onlon. Cook, attrining frequently, until golden brown, about 10 minutes. Add the remaining garlic clowes and the chilic, not, until the garlic is golden and the chili to maked, and the chilic cook until the garlic is golden and the chili to maked, about 3 minutes. Add the water, tomat Gradin and more chilic to a boil. Reduce the heat and aimmer, attrining occasionally, until the flavors are blended, about 15 minutes. Discard the clowes, Purce the misture in batches in a froad processor or blender; return to the saucepan and add the chicken. Simmer ower medium heat until the sauce thickens, about 5 minutes. Ombine the corn busks and enough hot water to cover in alrege bowl. Soak, turning occasionally, until plable, about 30 minutes. Meanwhile, to prepare the mass dough, with an electric minutes at medium speed, beat the mass harins, abortening and three-quarters of the reserved brotty heat on low speed until light and spongy, about 30 minutes. Cover and refigerate the dough about 20 minutes, Cover and refigerate the dough about 20 minutes, keep covered with a damp

Drain and rinse the corn husks; keep covered with a damp towel. Cut 2 or 3 of the husks lengthwise into sixteen (1/4-inch wide) strips, set aside.

wide) strips, set aside. Flatten a cern husk on a work surface; spread 2 tablespoons dough over the husk, leaving a'rinch margin on all sides. Spoon's tablespoons filling on top of the dough. Roll up lengthwise into a cylinder; secure each end by tying with a strip of husk. Repeat with the remaining husks, dough and filling, making a total of 16 tanales.

Place tamales in a steamer

tamales.

Place tamales in a steamer basket; set in a saucepan over 1 inch of boiling water. Cover tightly; reduce the heat to low and steam until very hot, about 43 minutes

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