

What's Happening

The Eugene area's guide to
ARTS & ENTERTAINMENT

Published every Thursday

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Breitenbush Workshops

Herbal studies, a wild mushroom conference and a visit by Patricia Sun are some of the activities planned for the Fall at Breitenbush Community, the retreat and conference center located east of Salem, near Detroit, Oregon.

Scheduled for September are a women's Vipassana Meditation Retreat, an Herbal Retreat sponsored by the California School of Herbal Studies, and a Communities Conference. October workshops will include Kundalini Yoga, Gift of Touch, Sing Your Way to Yourself, Energy Medicine, The Priestess and the Witch, and a Wild Mushroom Education Conference. A Democratic Management Conference will bring together experts in co-ops and alternative management. Patricia Sun will lead a workshop Nov. 22-24.

For more information on private visits and conference/workshop registration, contact Breitenbush Community, PO Box 578, Detroit, OR 97342, (503) 854-3314 or 854-3501.



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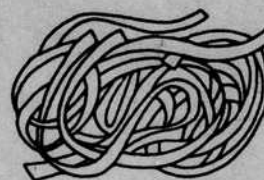


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EAT



by Martha Wagner

BEAT

Tortellini, cannelloni, rigatoni, agnolotti, fusilli, fettuccine. . . .

We're talking pasta. Everybody is. No longer confined to Italian restaurants, pasta appears on the majority of fashionable restaurant menus today. Gourmet-to-go shops around the country sell fresh and frozen pasta entrees for quick dinners and supermarkets carry a growing selection of imported and domestic pasta.

Once regarded as fattening, starchy food, today pasta can be enjoyed without guilt, eaters secure in the knowledge that carbohydrates are nutritious and that nutrition experts are raving about pasta. Dieters can have their pasta and count their calories, too, with cookbooks like June Roth's *Pasta Lover's Diet Book* and Elisa Celli's *The Pasta Diet*.

New York Times health columnist Jane Brody has a chapter on pasta in her new book, *Jane Brody's Good Food Book*, scheduled for October release. "As with most other good foods," she says, "Americans tend to distort the inherent nutritional virtues of pasta by drowning it in fat-and-calorie-laden sauces. There are many ways to eat this most versatile of foods other than having it swim in a sauce of cream, butter, and cheese, as in Fettuccine Alfredo. . . . Properly prepared, pasta is a nourishing food that helps to fill you up before you eat more calories than you really need."

Although we think of pasta as Italian, food historians say the first noodles were developed in China in the first century A.D. Today various kinds of noodles—made from buckwheat, mung beans and rice as well as wheat—are still a mainstay of the various Asian cuisines.

Most Italian style pasta sold today—dried and fresh—is made from semolina, a high-protein coarse wheat produced from the first milling of hard durum wheat. Products sold as noodles must by law also contain eggs and most fresh pasta is also made with eggs. A variety of whole grain pasta—corn, soy, sesame-rice, whole wheat, and Japanese buckwheat—are sold at natural food stores.

When Pasta Plus (345 E. 11th Ave.) opened three years ago, few Eugeneans could pronounce the names of the pasta cuts and shapes it produced. Today the wholesale-retail business supplies more than 20 local restaurants and 15 retail stores. Its own spacious store is stocked with a full range of pasta paraphernalia: pesto and other sauces, olive oils and gourmet vinegars, herbs, cheeses, olives, wines, cookbooks and cooking magazines. In addition to the fresh egg, spinach, herb and tomato pasta, you can buy whole wheat pasta and two varieties of fresh ravioli. Owners Susan Jones and Yasunobu Okito plan to introduce a pasta flavor of the month soon. There's a daily selection of pasta and vegetable salads, and soup, too, in cool weather.

A few blocks west, at 192 W. 11th Ave., Scargenti's Bakery & Delicatessen produces fresh egg and spinach pasta, plus sauces, salads and breads. The store also features one of the largest selections of dried imported pasta in the area.

The newest entry on the local pasta scene is Fettuccine & Company, 134 Oakway Road. Cooking instructor Kathy Christensen and Keith Ellis, a former chef at the Windward Inn in Florence, recently bought and renamed Franchetti's, a pasta

shop which opened several years ago. With years of restaurant experience behind them, Christensen and Ellis plan to focus on the gourmet-to-go concept, plus catering. They make nearly everything in their shop, except for bagels. In the deli case are beautiful pasta salads—as many as 15 daily—plus lasagna, calzone, homemade sausages (Italian and seafood), and a large variety of fresh pasta, including weekly specials such as jalapeno pepper and green onion-garlic. The energetic cooking duo also make four varieties of ravioli, five pasta sauces, tortellini and gnocchi (sold frozen), fresh breads, cookies and baklava.

Cooks everywhere are discovering how to lighten up their pasta dishes. A homestyle Italian approach to healthy pasta can be found in *Eat Right, Eat Well—The Italian Way*, a new cookbook (Knopf, \$19.95) by Edward Giobbi, author of *Italian Family Cooking*, and Richard Wolff, M.D., a Boston cardiologist. The book includes plenty of fish, poultry, fresh vegetables and zesty soups but no butter, whole eggs or large amounts of cheese. Here's a sample recipe from the pasta chapter using eggplant and tomatoes at the peak of their growing season.

Pasta with Eggplant

The use of eggplant in pasta is of southern Italian origin, especially Sicilian. Old eggplants tend to be bitter, but young fresh ones are always sweet.

Serves 6.

2 medium eggplants, sliced 1/4 inch thick
Salt
4 tablespoons olive oil
Freshly ground black pepper to taste
1 tablespoon safflower oil or vegetable oil
1 clove garlic, finely chopped
4 cups chopped tomatoes, fresh if possible (drain if canned)
3 tablespoons chopped fresh basil or 1-1/2 teaspoons dried
Hot pepper flakes to taste
1 pound spaghetti

Garnish: Finely chopped Italian parsley

Cut eggplant slices in half, then spread on a counter or cookie tray. Sprinkle with salt. Let stand 15 minutes. Wash and pat dry slices. Meanwhile, preheat oven to 500° to 550°.

Place eggplant slices in 1 layer on a cookie tray (you will need to use 2 trays). Sprinkle about 1 tablespoon olive oil over slices on each tray, salt and pepper them, and bake. When bottom of eggplant begins to brown, flip each slice over with a spatula and brown the other side. Repeat until all slices are browned.

Meanwhile, heat remaining 2 tablespoons olive oil and the other oil in a large skillet. Add garlic, and as it begins to color, add tomatoes, basil, salt, and hot pepper flakes or black pepper. Cover and simmer 10 minutes.

Cook pasta in a large amount of boiling salted water until almost al dente. About 2 minutes before pasta is ready, drain, add to sauce, and cook, mixing often, for several minutes until pasta is cooked.

Put portions of pasta on individual plates and arrange eggplant slices around the trims.

Garnish each serving with Italian parsley.

Each time food fears are raised because of chemical contamination—most recently the watermelon scare, before that EDB and sulfites—stores selling organic food benefit.

Supermarkets are taking note of the growing interest in organic produce. The big daddy of

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