

GARLIC

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GARLIC VODKA

Yield: 10 servings

1 large head of garlic, cut in half widthwise

**Olive oil
Salt
Pepper
2 cups good-quality vodka**

1. Preheat the oven to 300 degrees; place a rack in the middle of the oven.

2. Place garlic halves cut-side down in a small baking dish. Drizzle with olive oil, and sprinkle with salt and pepper. Cover the baking dish tightly with foil, then transfer to the oven. Cook until the garlic is tender and golden, about 1 hour. Let the halves cool completely.

3. Add garlic to a jar with the vodka. Let sit for 12 to 24 hours, depending on how strong a garlic flavor you want. Strain into a clean container. Cover and store in the refrigerator for up to 2 months.

Per serving: 115 calories; 1 g fat; no saturated fat; no cholesterol; no protein; 1 g carbohydrate; no sugar; 1 g fiber; 233 mg sodium; 1 mg calcium
— Recipe by Brandon Matzek, via kitchenconfidence.com

OVEN-ROASTED GARLIC

Yield: 16 servings

**4 heads fresh garlic
¼ cup olive oil
Water**

1. Preheat oven to 350 degrees.
2. Using a sharp knife, remove the top of the garlic head to expose the inner cloves. Brush heads

with olive oil and place in a shallow casserole or au gratin dish. Fill dish with 1 inch of water and cover. Bake 45 to 60 minutes until garlic is soft and light brown.

3. To eat, remove garlic from its skin with a knife and spread onto baguette rounds with butter.
— Recipe from Bistro 110

FRESH THYME AND GARLIC SOUP

Yield: 4 servings

**4 heads of garlic
1 bunch (12 sprigs) fresh thyme, or 4 fresh sage leaves or 3 fresh tarragon sprigs or 6 sprigs of fresh marjoram or 1 large bunch of parsley
1 quart chicken broth or water
Juice of 1 lemon or lime
Salt and pepper
4 slices of stale or lightly toasted French bread, plus extra slices for passing**

1. Break up the heads of garlic into cloves. Discard the papery membrane that comes off while you're breaking up the heads, but don't bother peeling the cloves.

2. Tie the thyme or other herbs into a small bundle and put it into a 4-quart pot with the garlic. Pour in the stock, cover the pot and bring the soup to a slow simmer. Cook about 30 minutes, until the garlic cloves are very soft and can be crushed easily against the inside of the pot.

3. Strain the soup through a strainer into a blender. Peel the garlic (the peels will come off very easily) and add the cloves to the blender, or simply use the ladle to crush the unpeeled cloves against the strainer into the blender. Add the lemon or lime juice, season with salt and pepper, and puree.

4. Place a slice of stale bread in



Colter Peterson/St. Louis Post-Dispatch-TNS

Stir-fried spinach with garlic.

each bowl and pour the soup over it. You can top each bowl of soup with a spoonful of virgin olive oil or a dollop of butter, but this isn't essential. Pass slices of French bread brushed with olive oil in a basket.

Per serving: 210 calories; 2 g fat; 1 g saturated fat; 5 mg cholesterol; 10 g protein; 42 g carbohydrate; 3 g sugar; 2 g fiber; 1,183 mg sodium; 148 mg calcium
— Recipe from "Splendid Soups" by James Peterson

GARLIC BREAD A LA MARY ANNE

Yield: 6 servings

**2 tablespoons olive oil
2 tablespoons butter
2 cloves garlic, peeled, see note
1 loaf Italian bread**

Note: For the subtlest flavor, leave the garlic cloves whole. For a slightly more garlicky taste, lightly crush the garlic.

1. Preheat oven to 350 degrees.

2. Heat oil and butter in a small saucepan over medium-low heat until butter melts. Add garlic and gently cook, stirring occasionally, 10 minutes. Remove from heat and let sit at least 10 minutes with the

garlic still in the mixture.

3. Cut bread into 12 slices, but don't cut all the way through; the slices should resemble an accordion. Brush the butter-oil mixture on both sides of each slice. Place bread on a baking sheet and heat in oven until warm, about 10 minutes.

Per serving: 260 calories; 10 g fat; 3 g saturated fat; 10 mg cholesterol; 8 g protein; 36 g carbohydrate; 2 g sugar; 2 g fiber; 410 mg sodium; 10 mg calcium
— Recipe by Mary Anne Pikrone

SHRIMP IN GARLIC SAUCE

Yield: 6 servings

**1/3 cup olive oil
4 cloves garlic, lightly crushed
1 bay leaf
¼ teaspoon dried red-pepper flakes
2 pounds large shrimp, shelled
1 ¼ teaspoons salt
¼ teaspoon pepper**

**3 tablespoons dry sherry
2 tablespoons lemon juice
3 tablespoons chopped fresh parsley**

1. In a large frying pan, heat the oil over moderate heat. Add the garlic, bay leaf and red-pepper flakes, and cook for 3 minutes, stirring occasionally.

2. Add the shrimp, salt and pepper to the pan and stir to combine. Cook, stirring occasionally, until the shrimp are just done, 4 to 5 minutes. Stir in the sherry, lemon juice and parsley.

Per serving: 250 calories; 13 g fat; 2 g saturated fat; 243 mg cholesterol; 31 g protein; 2 g carbohydrate; 1 g sugar; no fiber; 713 mg sodium; 105 mg calcium
— Adapted from Food & Wine

STIR-FRIED SPINACH WITH GARLIC

Yield: 4 servings

**1 ½ pounds (24 ounces) fresh spinach, see note
1 tablespoon peanut**

**or vegetable oil
4 garlic cloves, peeled and crushed
1 teaspoon salt
1 teaspoon granulated sugar**

Note: If using baby spinach, you do not have to remove the stems. If using regular spinach, remove the stems before cooking.

1. Wash the spinach thoroughly. Heat a wok or a large skillet over high heat until it is hot. Add the oil, and when it is very hot and slightly smoking add the garlic; stir-fry for 25 seconds.

2. Add the spinach and salt, and stir-fry for about 2 minutes to coat thoroughly with the oil. When the spinach has wilted to about one-third of its original volume, add the sugar and continue to stir-fry for 4 more minutes (less if using baby spinach). Transfer the spinach to a plate and pour off any excess liquid. Serve hot or cold.

Per serving: 75 g calories; 4 g fat; 3 g saturated fat; 0 mg cholesterol; 5 g protein; 8 g carbohydrate; 2 g sugar; 4 g fiber; 716 mg sodium; 174 mg calcium
— Adapted from a recipe from "Complete Chinese Cookbook" by Ken Hom



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DEADLINES:
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Tuesday: 10:30am Monday
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TUESDAY, APRIL 5, 2022

CROSSWORD PUZZLER

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9 Pacino and Hirt
12 Curtsy kin
13 Rodeo gear
14 Prizm maker
15 Candy bar
17 Refer to
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21 Estuary
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46 Society newb
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50 Tableware items
54 Runs without moving
57 Gathering of whales
58 Get in shape
60 Urge (on)
61 Be litigious
62 In with
63 Little one

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HOROSCOPES

by Stella Wilder

TUESDAY, APRIL 5, 2022

YOUR BIRTHDAY by Stella Wilder

Born today, you are likely the beneficiary of forerunners who were solid, upright and consistent in their ambitions and pursuits, and yet you also have far more imaginative fire and creative juice than most of those forebears -- and those are the qualities that will surely set you apart. Still, you are able to balance the quiet aspects of your nature with that inner fire so that you don't allow yourself to be too unconventional as you go about your business putting your talents to the best possible use.

WEDNESDAY, APRIL 6

ARIES (March 21-April 19) -- There are several choices available to you today, but recognizing the value of each may prove rather complicated. Solicit advice from another.

TAURUS (April 20-May 20) -- Someone you know only slightly may play a far bigger role in your affairs today than you are ready for, but adjustments can surely be made.

GEMINI (May 21-June 20) -- Trying something new today is likely to pull you out of a current "rut" -- but take care that you're not biting off more than you can chew.

CANCER (June 21-July 22) -- How you express yourself under pressure today will impress many -- but only one or two have it in their power to reward you. Talk to them!

LEO (July 23-Aug. 22) -- Keep your emotions in check today as you navigate a path that is fraught with obstacles. Any overreaction on your part can be dangerous.

VIRGO (Aug. 23-Sept. 22) -- You're waiting for something that is absolutely necessary to your forward progress. Devote any time you have to a creative endeavor.

LIBRA (Sept. 23-Oct. 22) -- If it's simplification you want, you're going after it in the wrong way -- and modeling your behavior after the wrong people. Reconsider options.

SCORPIO (Oct. 23-Nov. 21) -- You don't

want to bet all your resources on a single outcome today; diversify, and increase your chances of being a winner at least once.

SAGITTARIUS (Nov. 22-Dec. 21) -- Pay attention to peripheral issues today; you'll avoid falling prey to the kinds of surprises that have endangered others.

CAPRICORN (Dec. 22-Jan. 19) -- Progress isn't likely to happen all at once today -- and you wouldn't want that anyway, as it makes it difficult to keep up with things!

AQUARIUS (Jan. 20-Feb. 18) -- Agreeing to compromise just a bit is nowhere near as bad for you as having someone take advantage of you without your knowledge. Cooperate.

PISCES (Feb. 19-March 20) -- You may be the cause of a situation that engulfs a great many people today. Working closely with them can turn your fortunes around quickly.

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