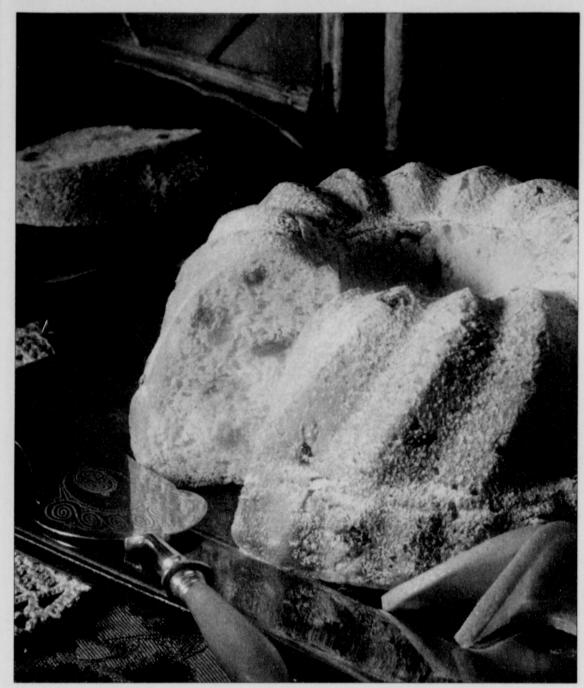
The Portland Observer



Non-alcoholic Rum Extract Syrup makes Bundt Pan Babka smell fabulous even days later.

Bundt Pan Babka

Convenient batter bread is fragrant, festive

Ingredients (Makes One Cake)

Dough

- 2-1/4 cups all-purpose flour
- 1/3 cup sugar
- · 1 envelope Fleischmann's RapidRise Yeast
- 1/2 teaspoon salt
- 1/2 cup milk
- 1/4 cup butter or margarine
- 3 large eggs
- 1/3 cup mixed candied fruits
- 1/3 cup raisins

Rum Syrup

- 1/2 cup sugar
- 1/3 cup water
- · 2 teaspoons rum extract
- · Powdered Sugar

Directions:

In a large bowl, combine 3/4 cup flour, sugar, undissolved yeast, and salt. Heat milk and butter until very warm (120°F to 130°F). Gradually add to dry ingredients. Beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add eggs and 1/2 cup flour. Beat 2 minutes at high speed. Stir in remaining flour to make a stiff batter. Cover; let rest 10 minutes. Stir batter down; stir in candied fruits and raisins. Turn into greased and floured 10-cup Bundt pan. Cover; let rise in warm, draft-free place until doubled in size, about 1-1/2 hours.

Bake at 350°F for 30 to 35 minutes or until done. Before removing from pan, immediately prick surface with fork. Pour Rum Syrup over cake. Let stand 10 minutes to allow syrup to be absorbed. Remove from pan; cool on wire rack. Sift powdered sugar over top.

Rum Syrup: In a saucepan, combine sugar, water and rum extract. Bring to a boil, stirring constantly.

Nutrition Information Per Serving Serving Size: one slice (1/12 of recipe) Serving Weight: 2.8 ounces Calories: 220 Total Fat: 6g Saturated Fat: 3g Cholesterol: 65 mg Sodium: 160 mg Carbohydrates: 38g Dietary Fiber: 1g Sugars: 19g Protein: 5 g

Menus Traced to 'Romantic' Era

Ethnic fares began with quest for adventure

Next time you order from a menu, you know who to thank? The same people who brought us sandwiches, picnics, mineral water, vegetarianism, going out to ethnic restaurants — and, in fact, visiting restaurants at all.

The European Romantic writers and others in their intellectual circle initiated the idea of food consumerism 200 years ago, says UC Davis English professor Timothy Morton.

Much in Western food culture can be traced to changes begun about the time of the French Revolution, says Morton, editor of a new book, "Cultures of Taste/Theories of Appetite: Eating Romanticism."

"In particular, the very politics of food and the way we look at eating came directly from the Romantic era when people in Europe became aware that they had a choice of what to eat — and what not to eat," Morton says.

The idea of eating out at a restaurant was triggered when French cooks, fleeing for their lives in the revolution, found themselves setting up businesses in France and England. These restaurants were very different establishments than the traditional inns, Morton says. The French chefs offered menus — and thus choice of what to eat.

Also during the Romantic period, the British quest for adventure abroad — plus experience in foreign colonies — brought ethnic restaurants home to England, Morton points out.

"They had a fascination with the 'Orientalism' of food — Chinese and Indian," he says. "The whole idea was to try on somebody else's culture through their cuisine."

Tasty Dip for Veggies, Chips

Cannellini Bean Spread

- 1 14-oz. can of cannellini beans (drained and rinsed)
- 1/2 cup fresh parsley
- 2 cloves of fresh garlic
- 1 tablespoon lemon juice
- 1 teaspoon salt
- 1 teaspoon fresh ground pepper
- 2 teaspoon fresh thyme
- 2 teaspoons capers

This recipe is low-fat and easy to prepare. Simply put all the ingredients into a food processor and process until smooth. Dip goes great with veggies, chips or crackers.

