

FOOD



Enjoy an Easy Ethnic Supper with Curried Eggs and Peas

Asians, the fastest-growing ethnic group in the United States, are adding new interest to mainstream fare. While Americanized Chinese food has long been a staple, more authentic Chinese dishes as well as traditional foods from other Asian countries are becoming more common on menus today. Among these dishes are Indian curries, which can be based on vegetables, fish, poultry or eggs, much like a stew. What sets a curry apart is the seasonings.

For the uninitiated palate, a curry can be a good starting point for exploring Indian cuisine. Begin by using a delicate hand with a mild curry powder and you may find your first experience one of delight

at the light and somewhat sweet flavor that a small amount of the seasoning imparts. For a more robust curry, use more; for more mildness, add the curry after cooking, since heat intensifies the flavor. If you find you prefer more spicy hotness, work your way up to hot madras curry powder or garam masala, authentic Indian curry powder.

Curried Eggs and Peas is a good choice for a first sampling. Soothingly flavored eggs, peas and rice cut the bite of the sharper seasonings in curry powder, leaving a pleasantly mellow note. Give the finished dish more interest by topping it with chutney, raisins, nuts or shredded coconut, if you like.

Curried Eggs and Peas (Makes 4 servings)

- 2 teaspoons flour
- 1 package (10 oz.) frozen peas
- 1 cup plain nonfat yogurt (about 8 oz.)
- 1 cup thinly sliced onions (about 4 oz.)
- 4 hard-cooked eggs**, chopped
- Cooking spray
- 2 teaspoons curry powder
- Hot cooked rice, optional
- Parsleysprigs, optional

In small bowl, stir together yogurt and flour. Set aside.

Evenly coat 10-inch omelet pan or skillet with spray. Over low heat, cook peas, onions and curry powder, covered, until onions are tender and peas are heated throughout, about 7 to 10 minutes. Stir in reserved yogurt mixture. Gently stir in eggs. Cook, stirring occasionally, until heated throughout.

For each serving, spoon 3/4 cup egg mixture over rice, if desired. Garnish with parsley, if desired.

**To hard-cook, place eggs in single layer in saucepan. Add enough tap water to come at least

1 inch above eggs. Cover. Quickly bring just to boiling. Turn off heat. If necessary, remove pan from burner to prevent further boiling. Let eggs stand, covered, in the hot water about 15 minutes for Large eggs. (12 minutes for Medium, 18 for Extra Large.) Immediately run cold water over eggs or put them in ice water until completely cooled.

To remove shell, crackle it by tapping gently all over. Roll egg between hands to loosen shell. Peel, starting at large end. Hold egg under running cold water or dip in bowl of water to help ease off shell.

Exploring Diverse, Regional Cooking

Curious about foods from other parts of the country? This fall, Mt. Hood Community College is offering a variety of gourmet cooking classes that will explore dishes from New England, Pennsylvania, Louisiana and Texas.

Come hungry to "Regional Cuisine: Down East Yankee,"

where students will learn to prepare comfort food at its best. Instructor Larry Johnson will teach basic, age-old techniques for preparing clam and corn chowders, Yankee pot roast and succotash in a class on Tuesday, Oct. 4.

On Tuesday, Oct. 11, Johnson will move west with a class called

"Regional Cuisine: Pennsylvania Dutch."

Learn the secrets of Amish and Dutch dishes such as chicken corn soup with rivels, and pork sauerkraut with bacon dressing.

For those interested in the spicier flavors of Louisiana's Cajun and Creole recipes, Johnson will

also offer a class that explores cuisine from this most colorful area of the country. Discover how to make Shrimp Creole, Crawfish Etouffee and Jambalaya explode with flavors of the south.

All three classes will take place at Centennial High School, 3505 S.E. 182nd Ave. To reserve your spot call 503-491-7571.

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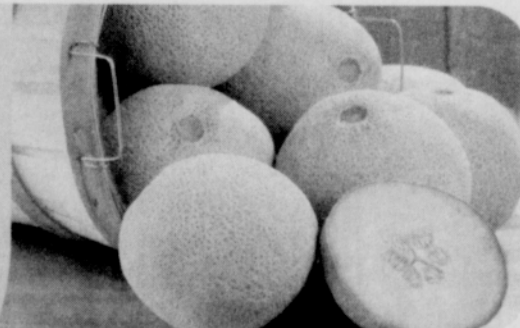
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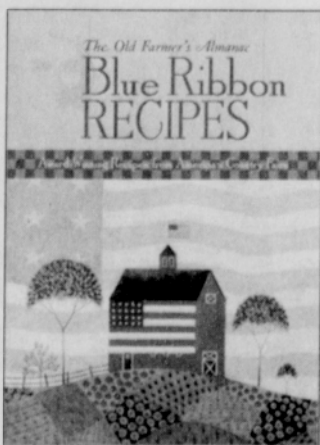
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Spicy Chicken Wings Sure to Please Tastebuds

Healthy, Hot, and Garlicky Wings (4 to 5 appetizer servings)

- 2 pounds chicken wings (approximately 15 wings)
- 3 heads garlic
- 1 cup plus 1 tablespoon olive oil
- 10 to 15 drops Tabasco
- 1 cup freshly grated Parmesan cheese
- 1 cup Italian-style bread crumbs
- 1 teaspoon freshly ground black pepper



For your next party or anytime you want a fun appetizer to munch on, try these zesty hot wings. Exploding with flavor and a touch of spice, you won't even realize that they're good for you. This recipe and many more are available from "The Old Farmer's Almanac Blue Ribbon Recipes."

Preheat the oven to 375 degrees F. Disjoint the chicken wings, discarding the tips. Rinse and pat dry with a paper towel.

Separate the garlic cloves and peel. Place the garlic, 1 cup of the oil, and Tabasco in a blender or food processor and purée. Pour the purée into a shallow bowl.

Combine the Parmesan, bread crumbs, and pepper in a large plastic bag. Dip the wings, one at a time, in the garlic purée, then

shake or roll in the bread crumb mixture, coating thoroughly. Coat two shallow nonstick baking pans with the remaining 1 tablespoon oil. Arrange the wings in a single layer in the pans. Avoid having the wings touch each other. Drizzle with the remaining garlic purée and sprinkle with the leftover bread crumb mixture. Bake for 45 to 60 minutes, or until browned, then place under the broiler for a few minutes until crisp.

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