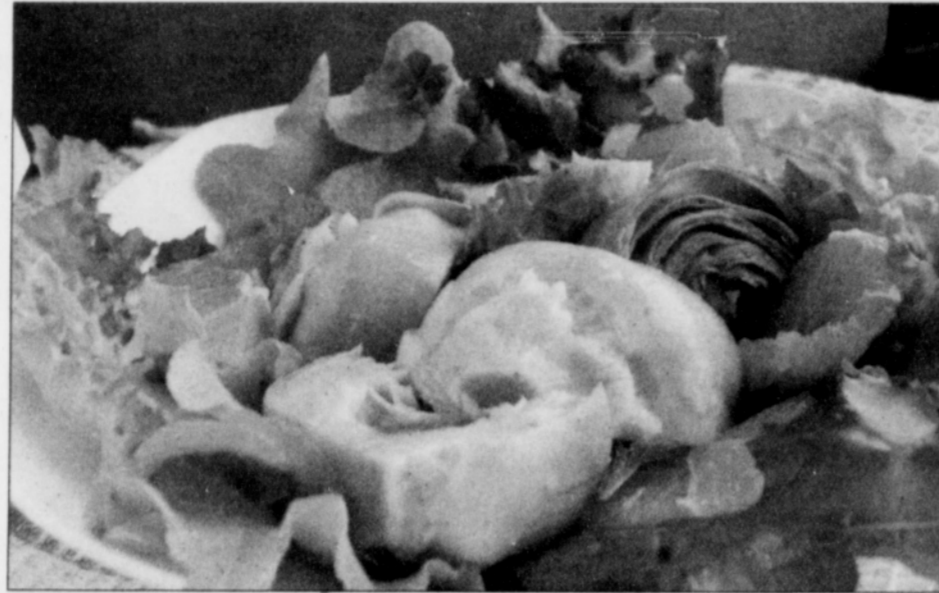


# FOOD

## Artichoke Salad With Oranges

**Ingredients:**

- 4 artichokes (about 2 pounds)
- 1 lemon, halved crosswise
- 4 oranges
- 6 radishes, thinly sliced
- 12 Kalamata olives
- 2 tablespoons extra-virgin olive oil
- 1/2 teaspoon sweet paprika
- salt to taste



**Process:**

In a large pan of boiling water, cook the artichokes and half a lemon, covered, until the artichokes are barely tender, 20 to 25 minutes.  
 2. Drain and set aside to cool. Pull off the artichoke leaves and cut the fuzzy choke out of each artichoke. 3. Slice the hearts into <-inch wedges and set aside. Squeeze the juice of the other lemon half and set aside. Over a large bowl, peel and section the oranges, discarding the seeds and the white pith.  
 4. To serve, alternate the orange sections and artichoke wedges on individual plates. Garnish with radish slices and olives. Mix the olive oil with the lemon juice. Drizzle over the salad. Sprinkle with paprika and salt.

## Ethiopian Pancakes



**Ingredients:**

- 1 teaspoon dry yeast
- 2-1/2 cups warm water
- 4 cups flour
- 1 teaspoon baking powder
- Oil

**Process:**

1. Dissolve the yeast in the water, add it to the flour, and mix well. Let the mixture stand at room tempera-

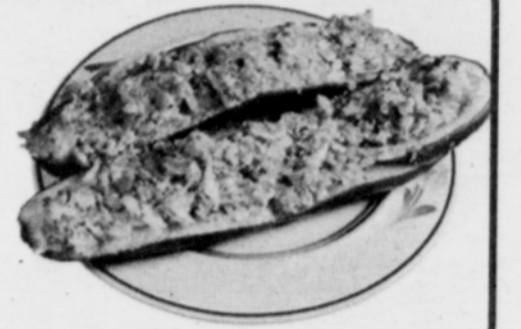
ture overnight. (In winter it takes 2 days to allow fermentation.)  
 2. Stir in the baking powder and let the mixture stand for 10 minutes.  
 3. Put about 1/2 teaspoon oil in large skillet, add about 1/2 cup of the batter, and fry over low heat for 1 or 2 minutes. When bubbles appear, cover the skillet for 15 seconds. Turn out the pancake to a dish. Prepare all the pancakes this way, frying on one side only.

## Cucumber Stuffed With Fish

*Yields 8 salads.*

**Ingredients:**

- 4 medium cucumbers.
- 2 cups cold flaked fish as halibut, bass, etc. (or use canned tuna or salmon)
- 1/2 cup celery in 1/2-inch pieces
- 1/2 cup sour cream
- 4 Tbsp lemon juice
- 2 Tbsp sugar
- 1/2 tsp. salt.
- 1 head lettuce
- 1 slice American cheese per serving
- 1 pimiento piece 1/2 inch x 1 1/2 inches per serving
- 2 or 3 tomato slices per serving
- parsley sprigs



**Process:**

1. Peel 4 medium cucumbers in strips 1/2-inch apart. Cut each in half lengthwise to give eight halves (or one half per person). Cut out soft centers with a grapefruit knife. Chop and set aside. Cut a strip from bottom of cucumber half so that it will rest firmly on the plate. In a 2-quart bowl: Combine: 2 cups cold flaked fish as halibut, bass, etc. (or

use canned tuna or salmon), 1/2 cup celery in 1/2-inch pieces and all the chopped cucumber scooped from "boats".  
 2. Blend: 1/2 cup sour cream with 4 Tbsp lemon juice, 2 Tbsp sugar and 1/2 tsp. salt. Add to fish mixture, blend well, and chill. Shred 1 head lettuce in long thin slivers to simulate waves". Arrange on dinner or large salad plates. Place the cucumber boat on the lettuce.  
 3. Heap the fish mixture to fill the cucumber shells. Cut 1 slice American cheese in half diagonally to form a "sail". Place in the center of mixture, narrow edge upright. Cut a tiny banner of 1 pimiento piece 1/2 inch x 1 1/2 inches and pin it to the center of narrow side of cheese with a piece of toothpick.  
 4. Garnish around edge with 2 or 3 tomato slices and parsley sprigs.

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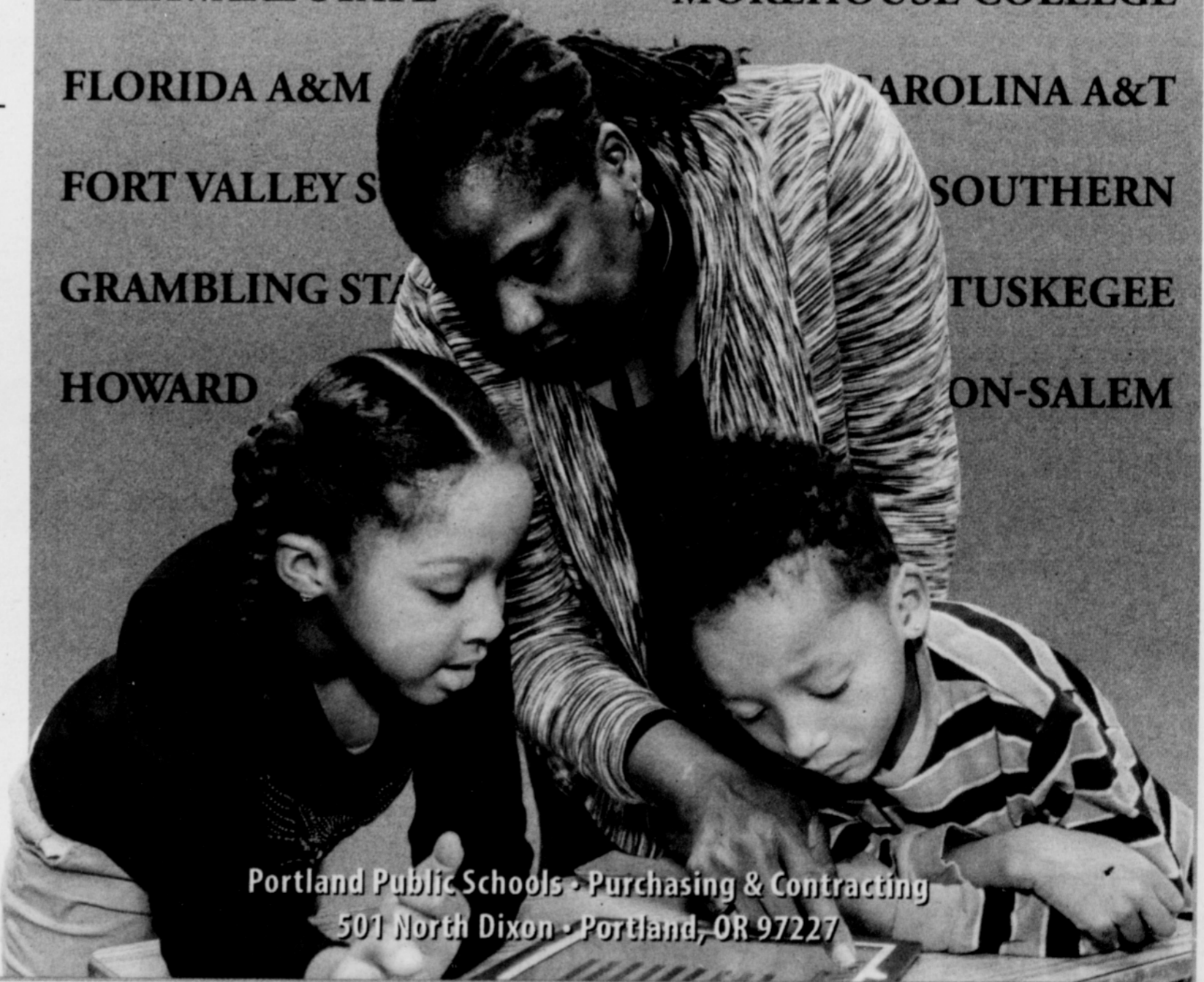
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