

FOOD & DINING

Spice, a friend to fans of flavor

Many people on low-sodium diets find cooking with spices is a great way to add some flavor to their meals without betraying their diets. But cooking with spice is a great way for all people to add flavor and experiment in the kitchen.

Perhaps no ethnic cuisine is more associated with spices than Indian food. Some people love their Indian food to pack a potent, temperature-raising kick, while others prefer more subtle dishes in which the spices add flavor without creating a four-alarm fire in their mouths. Cooks who want to experiment with spice in their kitchens can try the following recipe for "Fried Green Beef" from India native Ruta Kahate's "5 Spices, 50 Dishes" (Chronicle Books).

FRIED GREEN BEEF

Serves 4

- 2 pounds London broil (inside round)
- 2 1/2 cups coarsely chopped, tightly packed, rinsed cilantro leaves and tender stems (about 1 bunch)
- 2 medium green serrano chiles, coarsely chopped
- 2 1/2 tablespoons lemon juice
- 2 tablespoons water
- 1 1/2 teaspoons finely grated fresh ginger (about 3-inch piece)
- 1 teaspoon finely grated garlic (about 2 large cloves)
- 1 teaspoon salt
- 1/4 teaspoon ground turmeric
- 1/4 teaspoon cumin seeds, finely ground
- 1/2 cup or more canola oil
- 1 cup rava, semolina or cream of wheat (not the quick-cooking kind) (see note)

Ask your butcher to slice the meat into 1/2-inch thick slices. When you get home, lay the slices between sheets of plastic wrap and pound with a mallet until each slice is about 1/8-inch thick. These slices are huge, so you can cut each pounded scaloppine widthwise into 2 pieces. You will end up with 10 to 12 slices.

Using a food processor or blender, grind the cilantro, chiles, lemon juice, water, ginger, garlic, salt, turmeric, and cumin to a smooth, fine paste. Taste for seasoning and adjust the lemon juice and salt as needed; the masala should taste slightly tart as well as salty. Smear the masala over the meat, turning and restacking each piece to ensure that all the slices are evenly covered. Set aside to marinate for 30 minutes or up to 12 hours in the refrigerator.

Heat the oil in a large, heavy skillet. Place the rava in a

large bowl or plate. Remove any big gobs of marinade from the scaloppine but don't scrape all the marinade off; you want as much of it to stay on as possible. Dip each scaloppine in the rava and dust well on both sides. Pan-fry in batches until crisp and browned, 3 to 4 minutes on each side. Do not overcrowd the pan. Remove to a paper-towel lined plate. Serve immediately.

Note: Rava, also called sooji, is Indian cream of wheat. It is available as both fine and coarse flours. You may use either.



www.bayviewflorence.com
85625 Hwy 101
@ Best Western Pier Point Inn
541.590.3000 • 7 Days - 4-9.

The Bay View
BISTRO

Local, fresh and savory dining with a view.
COMPLIMENTARY APPETIZER
w/purchase of entrée
Bring this ad in for discount. Offer expires 5/3/16

MOTHER'S DAY
May 8th, 2016
Surfside Restaurant
On the Beach

Treat Mom to our elegant
Mothers Day Brunch
Created Just for Mom.

CALL for RESERVATIONS
541-997-8263

88416 1st Ave.....Florence, OR

SAVOR THE
Flavor

Dinner
Is Served
just the way you like it!
Friday & Saturday 5pm-8pm

All of our fresh menu items are made to order, so exactly what you want is exactly what you get.

Open for Lunch
Daily 11am-5pm
Offering Beer, Wine & Cocktails

This Week's Special
Chicken Carbonara
Only \$12.00

THE GRILL & LOUNGE
AT SANDPINES
1201 35th Street at Kingwood, Florence
Highway 101 & 35 St. 541-997-4623

Great Food & Craft Brews

Wednesday dinner special:
10 oz. Prime Rib and Salad,
with your choice of Pasta or Potatoes!

Happy Hour

Monday-Friday 3:00pm to 5:00pm
Enjoy discount food and drink specials at the bar!



Where good friends & great food come together!

1285 Bay Street
in Old Town Florence
(541) 902-8338

Mo's Restaurant
FISH TACOS
(GRILLED OR BLACKENED) FOR ONLY
\$11.95
and for dessert...
SNICKER OR PEANUT BUTTER PIE FOR ONLY \$4.25
ala mode for \$1.00 more

Every Month Mo's has brought in special "Motivation for Kids" tables which raise money for local charities that are devoted to helping the wellbeing of local children. This month C.R.O.W. is the local charity being honored.
Mo's Old Town, Florence • Daily 11 am - 8 pm
Serving Bowls of comfort for Over 50 Years