The Spice of Life

by Dot Roberts

VEGETABLES

Beets: Sprinkle in tarragon while they cook. For tart flavor, use tarragon vinegar.

Carrots: Cook with caraway or mustard seed.

Corn: Flavor with chili powder. If cut off the cob, garnish with green pepper rings.

Eggplant: Add just enough basil or thyme to enhance flavor.

Green beans: To cream sauce, add mustard.

Potatoes mashed: Sprinkle in dill seed as you mash. Or season with rosemary as they cook.

CHEESE AND EGGS

Cheese casseroles: Any cheese dish will respond to a dash of sage or marjoram.

Cream cheese: Blend in basil, or parsley flakes. Spread on thin rye, or use as dip.

Deviled eggs: Add savory and mustard.

Souffle: Add from ¼ to ½ tsp. marjoram to 4 eggs--serve with hot tomato sauce.

Tomato omelet: Just a bit of oregano.

DESERTS

Apple pie: Add cinnamon to crust.

Molasses cookies: Add pumpkin-pie spice to dry ingredients.

Grapefruit: Sprinkle halves with ginger and coconut; chill to serve.

Peach pie: A shake of cinnamon picks up the flavor.

Pineapple: Top slices with cream cheese, add shake of cinnamon, broil.

SOUPS, APPETIZERS

Cranberry juice: If served hot, spice with whole cloves; if served chilled, add cinnamon or ground cloves.

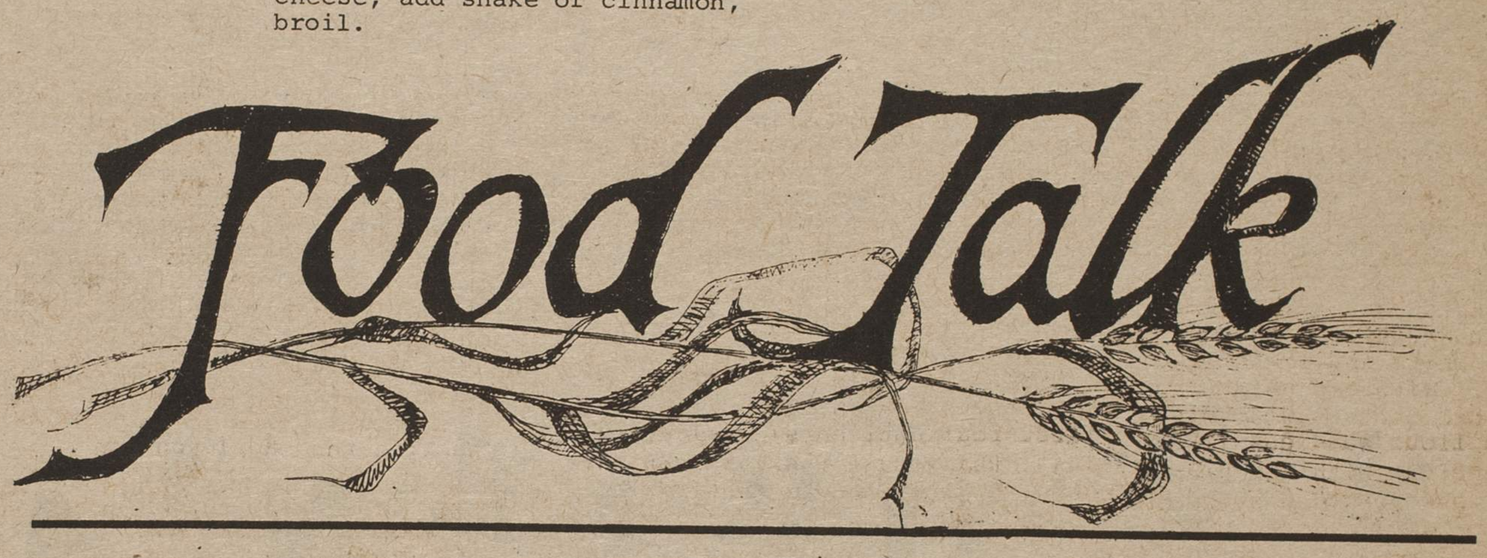
Potato soup: Try a dash of mustard or basil.

Split-pea soup: Sprinkle in savory.

Tomato-juice cocktail: Try a pinch of dill seeds, or a bit of oregano.

Tomato soup: Shake in sage and garlic salt.

Vegetable soup: Add thyme or a dash of chili powder.



BY LAURIE SCHWARM

It's hot and I don't want to turn on the oven for anything! Most of my baking gets postponed for at least a month and when I've got the energy to cook, nearly all our meals are cool ones. Cold food goes a long way towards helping relieve the symptoms of heat fatigue, which certainly everyone suffers at least on a few days, especially if you live without air-conditioning. Chilled soups and salads and cold entrees are a refreshing help to beat the heat.

This soup is delicious and lovely to look at - pale green and speckled.

ZUCCHINI-CURRY SOUP

4 medium zucchini, thickly sliced
1 medium onion, chopped
½ T (or more) curry powder
1 can chicken broth
3/4 C half and half
salt & pepper to taste

Put the first four ingredients in a saucepan and simmer until tender. Stir to make sure the curry is stirred in. Cool slightly. Puree in blender (two loads). Then stir in the cream and season. Chill thoroughly and garnish with chopped chives or parsley. Serves four generously.

When I was a child my father liked German potato salad and us kids liked the milder American version. What my mother came up with was a fantastic cross between the two - the likes of which I have only come across on her table (or mine).

MOM'S POTATO SALAD (Verbatim)

Boil 6 potatoes until tender then chill, then peel them and cut them in large cubes. Chop up a lot of celery (say 3/4 cup) and green onion (1/2 cup). Add these to potatoes. Fry 4 slices of bacon until crisp. Crumble and add this too. Add ½ cup vinegar to the bacon grease while hot and 1 tablespoon sugar. Pour over the potato mixture. Add mayonnaise until it's moist and lots of garlic salt. Be sure it's moist! Chill.

STRAWBERRY OR PEACH SHAKE

(2 large servings)

1 C strawberries or sliced peach
2 C milk
1 T lemon juice
2 T honey
½ C crushed ice

Blend all ingredients.

(Ed. note: Try adding a few frozen bananas too!)

Ed Scheurich

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