

Recipes

Fresh herbs add summer spice to food

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"Deep in December, it's nice to remember..." Remember the fresh vegetables and herbs of summer? All you need is a sunny windowsill, and you can have a miniature herb garden all through the winter.

Fresh parsley is great for garnishes, chopped and sprinkled over boiled potatoes, or added to eggs or salads. It also perks up fish.

A pot of chives is very handy for snipping into omelets, salads or stews.

Many recipes call for small amounts of fresh herbs. If a recipe you use often is one of these, include a pot of that herb when planning your indoor herb garden.

Which fresh herbs you use most frequently and how much space you have will decide your selection when purchasing seeds and pots.

If you don't have a green thumb, don't panic. Herbs are not nearly as fussy as many houseplants. Mint, for instance, is nearly unkillable and travels very well. It can be easily rooted from sprigs, as I have done every time I moved. In this way, I have taken mint with me from Rochester, N.Y., to Valparaiso, Ind., to Wausau, Wis., to Winston-Salem.

Fresh mint adds savour to lamb dishes (rub chops with mint leaves before broiling) and makes a nice garnish for the platter. It also adds zip to iced tea and is the essential ingredient in a mint julep.

Linguine with red clam sauce is a family favorite in our house. It makes a nice change from the usual fish on Friday and a great change from spaghetti any day!

MINT JULEP

- several mint leaves
- one sprig mint
- 1 teaspoon sugar
- ¼ to ½ teaspoon water
- shaved ice
- 1½ shots bourbon

Crush mint leaves in glass. Add sugar and water; mix with leaves. (Use only enough water to dissolve sugar.) Fill glass with shaved ice; pack down and place in freezer for about ten minutes. Add bourbon and garnish with the sprig of mint.

LINGUINE WITH RED CLAM SAUCE

- 3 dozen littleneck clams or 1 6- or 8-ounce can clams
- 3 tablespoons olive oil
- 3 large cloves garlic, minced
- 28 oz. can Italian plum tomatoes, drained (regular stewed tomatoes may be substituted; save the juice to add to the sauce)
- 1 teaspoon salt
- ½ cup red wine
- ½ cup clam juice
- large pinched crushed red pepper
- 1 teaspoon crumbled dried oregano
- 2 teaspoons crumbled dried basil
- ¼ cup chopped fresh parsley
- 1 pound linguine

Scrub clams, save juice. If using canned clams, drain clams and reserve the juice. Heat olive oil in large skillet. Saute garlic. Add tomatoes and salt; simmer 10 minutes. Add all other ingredients except linguine, clams and parsley. Simmer ½ hour, adding liquid as needed.

Cook linguine according to the package directions. A few minutes before the linguine is done, add clams and parsley to the sauce. Heat through and pour over linguine. Serve with a tossed salad, garlic bread and a dry red wine. Serves four.

GARLIC BREAD WITH HERBS AND CHEESE

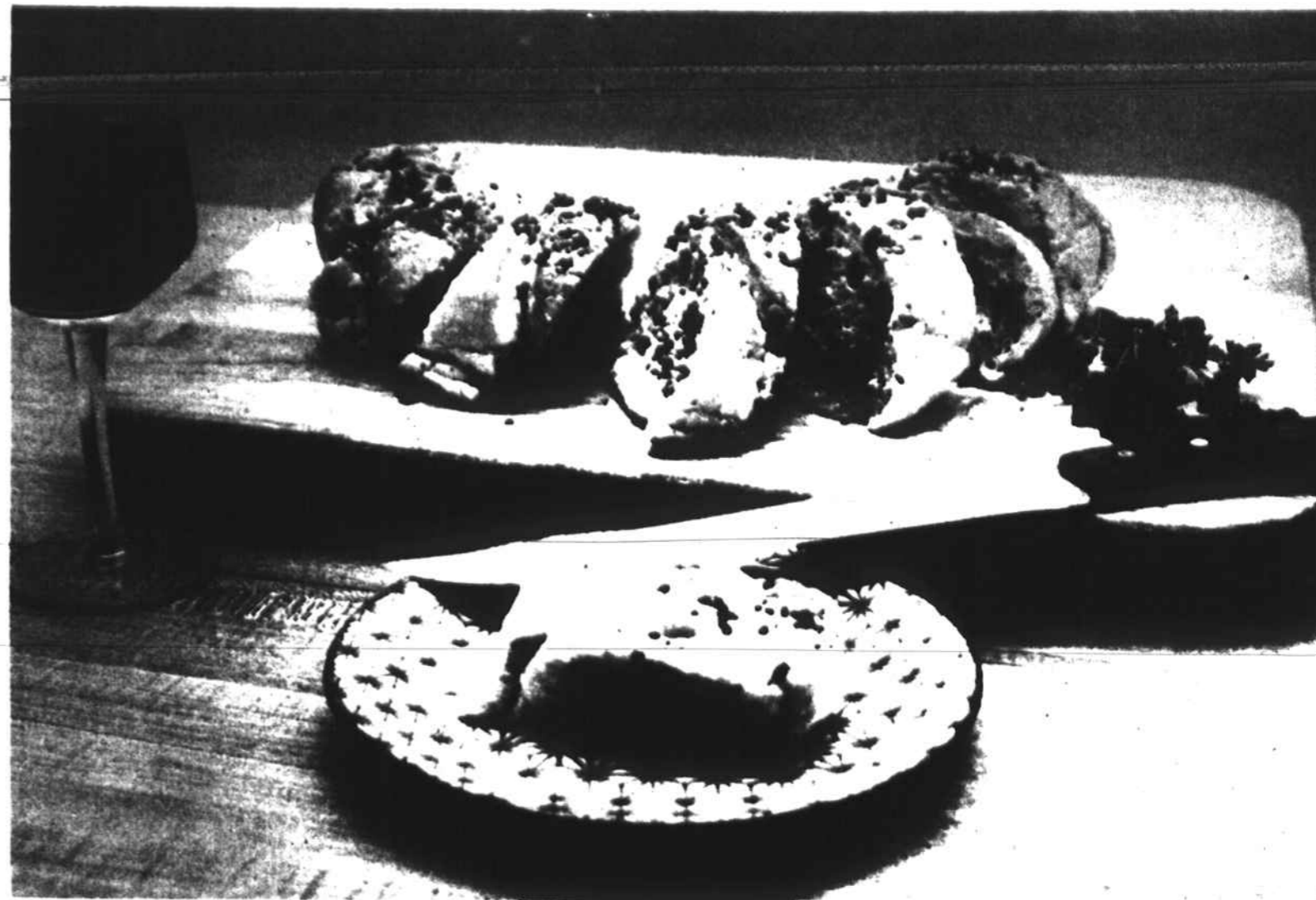
Take a loaf of French or Italian bread and make slices that go almost through the loaf. Place loaf on a sheet of aluminum

foil, spread butter or margarine on both sides of each slice.

Sprinkle finely chopped fresh parsley, crumbled dried (or finely chopped fresh) oregano, basil and thyme on the slices to taste. Sprinkle with garlic salt or garlic powder to taste. (Using garlic powder will cut down on the sodium intake.)

Close slices together and sprinkle the top of the loaf with grated Parmesan cheese and additional chopped fresh parsley. Bring the foil up around the bread, twisting the ends to make a kind of boat. Bake in a 350° oven for about ½ hour, or until the bread is hot, the margarine melted, and the cheese golden brown.

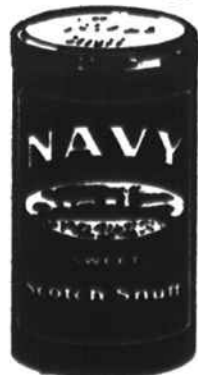
This bread can be prepared in the morning and placed in the refrigerator to be used at dinner time.



Garlic Bread with Herbs and Cheese makes any meal special (photo by James Parker).



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NOT JUST
A SNUFF,
IT'S AN
ADVENTURE.**



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