

Quick cooking

Salmon burgers Provencale with tomato relish

THE ASSOCIATED PRESS

A "carefree" recipe from Rick Rodgers - what could be more welcome for cooks these busy days?

Rodgers, author of the popular "101" cookbooks series and other cookbooks, focuses his new "The Carefree Cook" (Broadway Books, 2003, \$29.95) on making life easier for cooks. It promises "more than 150 hassle-free recipes for cooking every day."

However, Rodgers points out that the book is not about "cooking with less than five ingredients, or getting dinner on the table in fifteen minutes," although where feasible he's kept

ingredient lists short, and has identified some recipes that can be made in less than 30 minutes. There's a place for "slow food," too, he says, and the benefits of long, slow cooking.

His recipes are mostly for weeknight-style dishes, although he points out that some could function as dinner party courses, too. His introduction, with basic information and tips, is followed by a complete range of recipes, from soups through desserts.

Introducing the following recipe, he explains that the fatty flesh of salmon is perfect for grinding and grilling

into seafood burgers. The tomato relish adds tang, and arugula provides a peppery note. Use a soft roll, as these burgers are not nearly as firm as ground beef.

Salmon Burgers Provencale With Tomato Relish

(Preparation and cooking time under 30 minutes)

For Tomato Relish:
1 ripe large tomato, seeded and cut into 1/2-inch dice

1 tablespoon finely chopped shallot
1 tablespoon sherry vinegar or balsamic vinegar
1 tablespoon extra-virgin olive oil
Salt and freshly ground black pepper to taste

For the Burgers:
1 1/2 pounds skinless salmon fillet, cut into 1-inch chunks
2 tablespoons pesto, homemade or store-bought
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
2 teaspoons extra-virgin olive oil

4 soft rolls, split
12 large arugula leaves or 4 red-leaf lettuce leaves

To make the relish: Mix the tomato, shallot, vinegar and oil in a small bowl. Season with salt and pepper. Set aside while you prepare the salmon.

Place the salmon, pesto, salt and pepper in a food processor and pulse until the salmon is finely chopped. Rinse your hands under cold water, and form the salmon mixture into 4 patties about 4 inches wide.

Heat the oil in a large non-stick skillet over medium-high heat. Add the patties and cook until the underside is lightly browned, about 1 1/2 minutes. Turn and cook until the other side is lightly browned, about 1 1/2 minutes for medium-rare salmon burgers; do not overcook.

For each sandwich, place a burger on the bottom half of a roll and top with a spoonful of the tomato relish, 3 arugula leaves, and the top of the roll. Serve immediately.

Makes 4 sandwiches.

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UNC study shows a racial split prevalent with same treatment

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abdomen. So to try to maintain consistency, the UNC study collected data from patients whose cancers were still confined to their prostates after diagnosis at five SEER cities with large minority populations.

Godley said more study is needed to try to understand if the variation is genetic, dietary, if black men get lower-quality surgery and follow-up care or if something else is causing the disparity.

"We couldn't adjust for quality," he said. "We could only control for things like the fact that both groups actually got surgery."

Furthermore, he said, most dietary studies are looking at the effect of nutrition on the risk of prostate cancer, rather than assessing any dietary effect on cancer after it's treated.

Godley said a tendency among black men to avoid the medical establishment might explain some of the differences in the study.

"I think mistrust of the health care system is a major factor, and it can't be overstated," said Godley, who is both black and a physician. "There's an African-American disbelief of physicians, a feeling that physicians might not be telling the whole story."

The study was funded by the U.S. Centers for Disease Control and Prevention, the Association of Teachers of Preventive Medicine and the National Center on Minority Health and Health Disparities.

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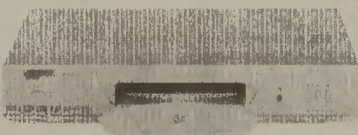
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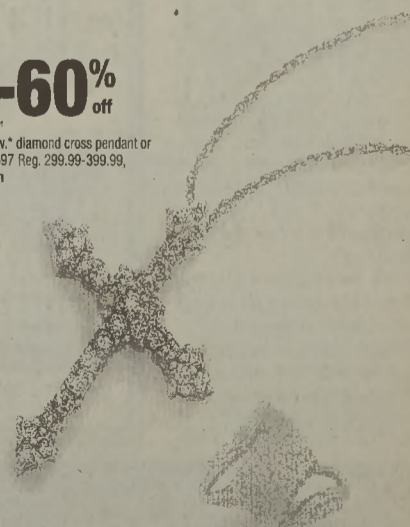
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