

Recipes/world/ community news

Vegetable recipes use summer's bounty

These recipes may get you eating more vegetables. More vegetable and salad recipes to come this summer.

KOSHER COOKING



By **JILL KIRSHENBAUM**
BSc, RD

POTATO SALAD
2 1/2 lb. medium red-skinned potatoes
1/3 cup plus 2 Tbsp. olive oil
1 medium leek, white and

tender green, thinly sliced
1/2 cup chopped onion, rinsed and patted dry
1/2 cup coarsely-chopped fresh flat-leaf parsley
1/4 cup coarsely-chopped fresh chervil
1 1/2 tsp. finely-chopped garlic
3 Tbsp. Dijon mustard
2 Tbsp. dry white wine
3 Tbsp. red wine vinegar
3/4 tsp. salt
1/2 tsp. freshly-ground pepper
1. Put the potatoes in a medium saucepan, cover with cold water and bring to a boil over high heat. Cook until just tender when pierced with a knife, about 25 minutes. Drain the potatoes and set them aside for about 30 minutes to dry out, then cut them into 1/8-inch

slices.
2. Heat 2 tablespoons of the olive oil in a medium skillet. Add the leek and cook over high heat until just wilted but not browned, about 1 1/2 minutes. Transfer the leek to a large bowl and stir in the onion, parsley, chervil, garlic, mustard, white wine, red wine vinegar, salt, pepper and the remaining 1/3 cup olive oil. Gently fold in the potatoes and serve warm or at room temperature. Serves 6.
Nutrient analysis per serving: 344 calories, 17 gm. fat, 2.4 gm. saturated fat, 0 mg. cholesterol, 472 mg. sodium, 4 gm. dietary fibre.

MIXED GREENS WITH SESAME DRESSING
1 Tbsp. green peppercorn mustard or plain Dijon mustard
1 Tbsp. balsamic vinegar
1 Tbsp. raspberry vinegar
1 tsp. honey
Salt and freshly-ground pepper
3 Tbsp. vegetable oil
1 Tbsp. Asian sesame oil
12 cups mixed salad greens (such as Romaine, radicchio, spinach, escarole...) 2 Tbsp. sesame seeds, toasted
In a large salad bowl, mix the mustard with the vinegars, honey and salt and pepper. Whisk in the oils. Add the greens and toss well.

Sprinkle the sesame seeds on top and serve. Serves 8.

Nutrient analysis per serving: 95 calories, 8 gm. fat, 0.7 gm. saturated fat, 0 mg. cholesterol, 55 mg. sodium, 1.5 gm. dietary fibre.

BROCCOLI WITH SUN-DRIED TOMATOES AND PINE NUTS
1 head of broccoli, about 1 pound
3 Tbsp. balsamic vinegar
1 small garlic clove, finely chopped
5 Tbsp. extra virgin olive oil
Salt and pepper
2 sun-dried tomatoes packed in oil, drained and thinly sliced
1 Tbsp. pine nuts, toasted
Cut the broccoli tops into florets about 1 1/2 inches long. Peel the broccoli stems, cut in half lengthwise, and sliced 1/2 inch thick on a diagonal.
In a small bowl, whisk together the balsamic vinegar, garlic, oil, 1/2 tsp. salt, and a few pinches of pepper. Bring a medium-size pot of water to a boil and add 1/2 tsp. salt. Drop in the broccoli stems and cook for about 3 minutes, adding florets for the last minute. The broccoli should be bright green and slightly crisp. (Cont. on page 9. See "Recipes".)



Separated Siamese twins in stable condition

One of the Siamese twins who were separated in a successful operation April 12. Copyright: ISRANET.
The two Siamese twin girls were separated by surgeons in a five and a half hour operation at the Schneider Children's Medical Center in Petach Tikvah. Doctors were optimistic about their survival.
This was the first successful separation of Siamese twins in Israel. The twins, who were born December 3 by caesarian section to a 30-year old mother from the north of Israel, were joined by their urinary systems and intestines. There have only been six previously reported cases in medical literature describing this rare connection.

COMMUNITY CALENDAR

BAND FOR SENIORS

The New Horizons Concert Band will hold an informational meeting at 10:00 a.m. on Saturday, June 15, 1996, in the cafeteria of Concorde College, 180 Riverton Avenue.

The New Horizons Concert Band is designed for any senior adult approximately 55 or older interested in learning a brass or woodwind instrument for the first time, or wishing to renew their skills on an instrument. For more information please contact George Douglas at 694-1818 or Marlene Treichel at 256-6499.

ADULT LEISURE

Shaarey Zedek Adult Leisure group invites you to attend a premiere presentation "The Story behind the Song" written and narrated by Dr. Maurice Shneider. Mitch Parks at the grand piano. Luci Merritt - vocalist. Monday, June 24, 12:30 p.m. Luncheon. Luncheon tickets not sold at door. Reservations no later than Wednesday, June 19 at synagogue office.

GWEN SECTER CREATIVE LIVING CENTRE

The Gwen Sectar Creative Living Centre, 1588 Main Street will be starting its Summer Session of Yoga on Tuesday, June 18th. The Tuesday class focuses on flexibility and muscle work. Our Thursday class starting on June 20th focuses on breathing and relaxation techniques. The centre's Annual Meeting will take place on Tuesday, June 18th at 5:30 p.m. The guest speaker is Jack Litvack, president and CEO, St. Boniface Hospital. A Buffet Dinner will be served for a minimal charge. Please RSVP. Our monthly Yiddish Program will take place on Thursday, June 20th at 1:30 p.m. Please call the centre for information on these or any other programs.

STAY YOUNG CENTRE / SENIOR CENTRE

The Stay Young Centre, 370 Hargrave Street will be holding their Annual Meeting and Elections on Tuesday, June 18, 11:00 a.m.
Please accept our invitation to join us at the Spring Tea, Sunday, June 16, 1:00 p.m. to 3:30 p.m., at the YMHA Jewish Community Centre, 370 Hargrave Street. Registration is now open for the Birds Hill Barbecue scheduled for Tuesday, June 25, 9:30 a.m. to 3:30 p.m.

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Kosher column/recipes

The kosher consumer: Tuna fish? or shark?

Salmon is salmon, but how do you know that tuna is really tuna? To be sure, you have to check for the hechsher on the can.

THE KOSHER CONSUMER



By **MYRON LOVE**

Under the American system of labelling, a number of fish including dolphin, shark and swordfish, can be legally designated as tuna.

According to Jewish dietary laws, only fish that have fins and scales are kosher - which disqualifies shark and swordfish and dolphin, among others. Those fins and scales have to be visible when a fish is pulled out of the water. There are some fish whose scales fall off when they are taken out of water, leaving no trace, and therefore, no indication if they fit the kosher criteria.

The mashgichim (kashrut inspectors) travel to such exotic locations as Thailand to supervise the catch and preparation of tuna. Oftentimes, the tuna is prepared and canned right on board ship - with the mashgiach in attendance.

The first company to market kosher canned tuna was Dagim Tehorim, based in New York. The company began marketing the canned tuna 40 years ago. Now, there is a selection of other brand names which also have hechshers; but the prudent shopper had better be alert.

Unlike tuna, salmon would seem to be straightforward. Being a freshwater fish found in inland lakes and streams - or on fish farms - rather than on the open sea, salmon is salmon. There is no chance that any other species will be mixed into a can of salmon. Why, therefore, does a can of salmon need a hechsher to guarantee that it is kosher?

The answer is the same for any canned product. First, the vigilant mashgiach has to

Recipes

(Cont. from page 8.)

Pour it into a colander, rinse under cold water, and drain thoroughly.

Toss the broccoli with the sun-dried tomatoes, pine nuts, and vinaigrette. Add salt and pepper to taste and a splash of Champagne vinegar to heighten the flavor. Serves 6.

Nutrient analysis per serving: 141 calories, 10 gm. fat, 1.8 gm. saturated fat, 0 mg. cholesterol, 140 mg. sodium, 2 gm. dietary fibre.

The writer is a registered dietitian.

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from Chuck Narvey

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Russia promises to renew license for Jewish Agency

JERUSALEM (JTA) - Russia has promised to renew by mid-June the Jewish Agency for Israel's accreditation, signaling an end to the tension since the agency's license to operate was suspended in April and several of its offices were shut down. Political sources said it was still unclear what kind of new mandate would be granted to the agency and whether this would include emigration activities. The pledge was conveyed to Foreign Ministry Deputy Director General Eitan Ben-Tsur during talks last month in Moscow. Ben-Tsur headed a delegation that traveled to Russia in an effort to calm friction in relations between the two countries.
The delegation met with Deputy Foreign Minister Viktor Posovalyuk, who expressed his country's interest in maintaining good relations with Israel. At the end of the visit, the Russian Foreign Ministry issued a statement that "the two sides reiterated their desire to develop good relations."
The statement also said, "Speculation which appeared in the media, in particular in Israel, on a worsening of relations between Israel and Russia do not portray the situation."