

AUGUST 1992 \$2.50

Country Living

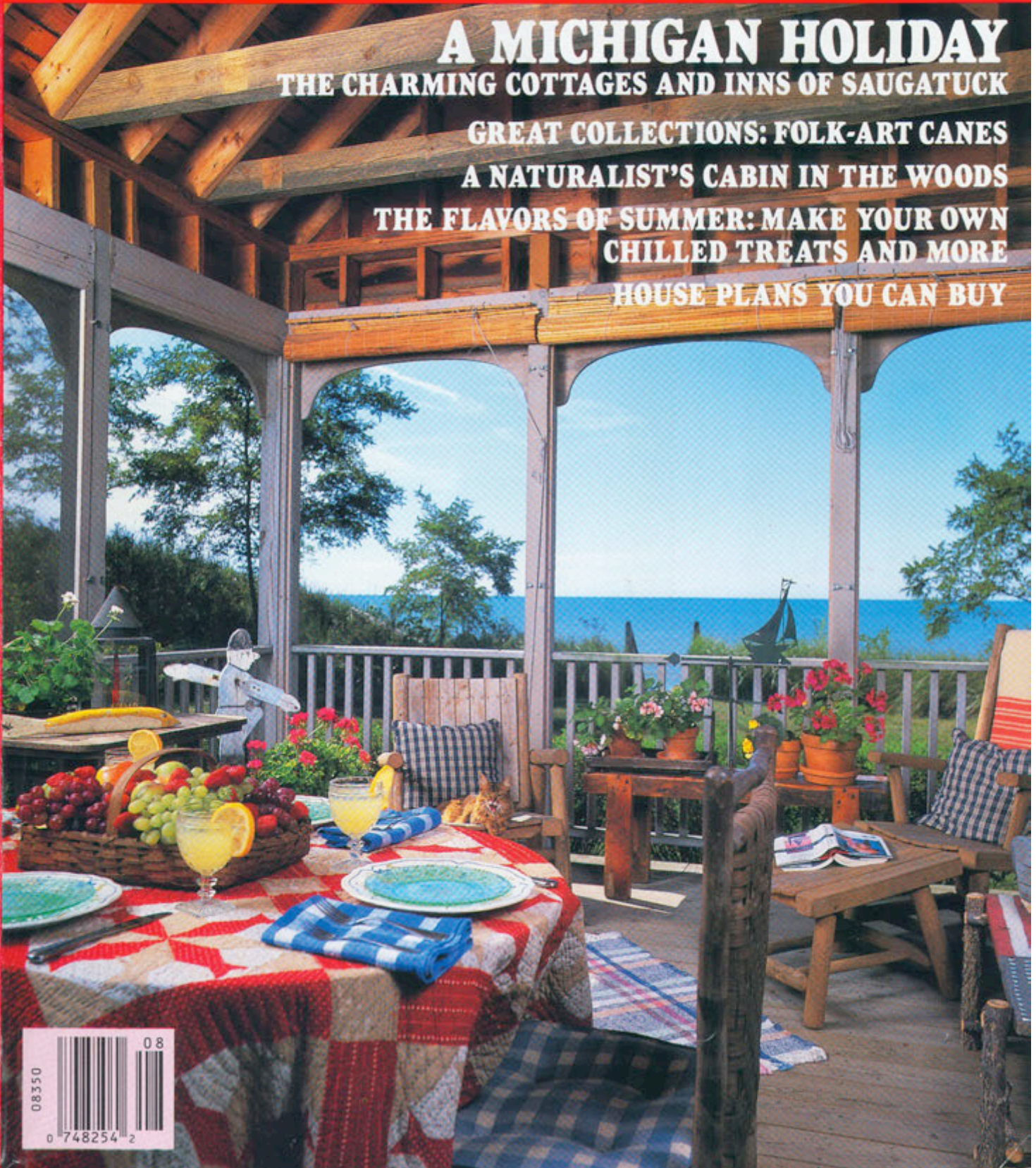
Decorating • Antiques • Cooking • Travel • Real Estate • Crafts • Gardens

A MICHIGAN HOLIDAY
THE CHARMING COTTAGES AND INNS OF SAUGATUCK

GREAT COLLECTIONS: FOLK-ART CANES
A NATURALIST'S CABIN IN THE WOODS

THE FLAVORS OF SUMMER: MAKE YOUR OWN
CHILLED TREATS AND MORE
HOUSE PLANS YOU CAN BUY

COUNTRY LIVING ICD08350 AUGUST 1992 A VISIT TO SAUGATUCK, MICHIGAN



Country Cooking

CHILL IT!

As the mercury rises, thoughts of heating up the kitchen to prepare a hearty meal disappear. Since families still get hungry and most homes no longer have Grandma's summer kitchen, these prepare-ahead summertime specials will let you cook in the cool of the evening and serve at a moment's notice in the heat of the day.

CERAMIC BOWLS: VIETRI. PITCHER, GLASSES: ABC CARPET & HOME. FLATWARE, ANTIQUE WATER CAN: VITO GIALLO ANTIQUES. WICKER CHAIR AND TABLE: THE WICKER GARDEN. CLOTH NAPKIN: SIMON PEARCE.

White-and-Red Gazpacho

Tuscan Bread-and-Tomato Soup

*Panorama
Avocado Soup*

MORE ►



Zucchini-and-Garbanzo Salad

*C'est Si Bon
Lahvash Club*

MORE ▶

3. Toss herb dressing, tomatoes, and onion with tortellini. Serve or cover and refrigerate until ready to serve.

Nutritional information per serving—protein: 5 grams; fat: 16 grams; carbohydrate: 16 grams; fiber: 1 gram; sodium: 180 milligrams; cholesterol: 16 milligrams; calories: 219.

ZUCCHINI-AND-GARBANZO SALAD

Shown on page 93

Don't overcook the zucchini or its texture will be mushy and the salad dressing will become watery.

MAKES 12 SERVINGS

- 1/3 cup olive oil
- 3 pounds zucchini, roll-cut into 1-inch-thick chunks
- 2 teaspoons grated orange rind
- 1 1-pound can garbanzo beans (chick-peas), drained
- 1 tablespoon red-wine vinegar
- 1 large sweet red pepper, cut into 1-inch-wide strips
- 2 tablespoons toasted pine nuts
- 2 tablespoons finely chopped shallot
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

1. In large skillet, heat olive oil. Add zucchini and orange rind; cover and cook, stirring occasionally, until zucchini is just slightly cooked—4 to 5 minutes.

2. Spoon zucchini mixture into large bowl and stir in garbanzo beans, vinegar, red pepper, pine nuts, shallot, salt, and black pepper. Cover and refrigerate until ready to serve.

Nutritional information per serving—protein: 5 grams; fat: 8 grams; carbohydrate: 13 grams; fiber: 4 grams; sodium: 50 milligrams; cholesterol: 0 milligram; calories: 132.

C'EST SI BON LAHVASH CLUB

Shown on page 93

Professional caterers are experts in creating make-ahead meals and dishes that keep well. This recipe was shared with us by Chef Rebecca Tabaka of C'est Si Bon, a gourmet and catering shop off Worth Avenue in Palm Beach, Fla. Rebecca uses dry, crackerlike lahvas, which she softens by layering between damp cloth napkins. The softened lahvas is topped with a choice of flavored cream cheese, thin-sliced deli meat or smoked salmon, and onion, lettuce, relish, or other sandwich ingredients. The lahvas is then tightly rolled, wrapped, and refrigerated several hours or overnight before being sliced and served.

We adapted the chef's recipe slightly, using fresh lahvas, which does not require softening. Fresh lahvas, a large, rectangular, white flatbread, is sold in packages of two or three in the bread or bakery section of most supermarkets. To locate a store that carries fresh lahvas in your area, call Original Jack's Bakery in Pico Riviera, Calif.

[(213) 699-2296], or Damascus Bakery in New York City [(718) 855-1457]. Both distribute fresh lahvas nationwide.

MAKES 8 SERVINGS

- 1 8-ounce package cream cheese, softened
- 1/2 pound bacon, diced and cooked until crisp
- 1 fresh lahvas
- 1 medium-size red onion, very thinly sliced
- 1/2 pound thinly sliced roast turkey breast
- 4 ripe tomatoes, halved, seeded, and thinly sliced
- 1 teaspoon ground black pepper
- 8 to 10 soft lettuce leaves (we used green-leaf lettuce)

1. In small bowl, combine cream cheese and bacon; mix until well blended. On plastic wrap, lay out lahvas; spread with even layer of cream cheese mixture.

2. On top of cream cheese layer, arrange one layer each of red onion, then turkey, and finally tomatoes, arranging ingredients to cover previous layer completely. Sprinkle black pepper over tomato layer; top with a layer of lettuce leaves, tearing if necessary, to cover tomatoes.

3. Starting from one short side of the lahvas, tightly roll up lahvas and toppings, jelly-roll style. Wrap in plastic wrap;

Continued on page 102

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