

Summer Seasonings

By Helen Nash

Since summer tends to be humid and hot, I am introducing recipes that do not require much cooking. These dishes—a variety of salads and one dairy dessert—are nutritious and easy to prepare.

Chicken Salad With Thyme

2 servings

This is a delicate, flavorful, moist chicken salad.

2 single skinless, boneless chicken breasts

Marinade:

2 tablespoons lemon juice

1/2 teaspoon freshly grated lemon zest

1 tablespoon olive oil

1 garlic clove, crushed to a paste with 1/4 teaspoon salt

1/2 tablespoon fresh thyme leaves

Kosher salt

1/2 tablespoon coarsely ground black pepper

Place the chicken in a glass or ceramic dish. In a bowl, whisk together lemon juice, lemon zest, olive oil, garlic, thyme, salt and pepper. Pour marinade over the chicken and refrigerate for 3-4 hours, turning once. Bring the chicken back to room temperature.

Preheat the broiler. Line the rack of a broiling pan with foil. Place the chicken in the pan, and pour the marinade over it. Broil the chicken close to the heat source (approximately 6 inches) for 5 minutes, turn over and broil for another 2-3 minutes. It should be lightly pink on the inside.

Cover with foil and let rest for a few minutes.

Helen Nash is the author of Kosher Cuisine (New Jersey, 1995) and Helen Nash's Kosher Kitchen (New Jersey, 2000). She lives in New York City.

To Serve:

Cut the chicken on a diagonal into thin slices. Place over dressed baby spinach, dressed arugula or any other salad.

Chickpea And Bulgur Salad

4-6 servings

This pareve salad requires no cooking, and the ingredients are easily available.

3/4 cup coarse bulgur wheat

3/4 cup boiling water

1 15-ounce can chickpeas, drained, rinsed and drained again

2 tablespoons olive oil

3 medium kirby cucumbers, peeled, ends trimmed, seeded and diced

2 scallions, including green parts, thinly sliced

1 cup loosely packed Italian parsley, finely chopped

2 garlic cloves, mashed to a paste with 1/2 teaspoon salt

3 tablespoons fresh lemon juice

1 teaspoon paprika

Kosher salt

Freshly ground black pepper

Place the bulgur into a medium bowl, and pour boiling water over it. Let stand 20-30 minutes. At that point the bulgur should be almost tender, and the water should have been absorbed. If all of the water has not been absorbed, drain the bulgur in a sieve.

Return the bulgur to a bowl; add chickpeas, olive oil, cucumbers, scallions, parsley and garlic.

Season to taste with lemon juice, paprika, salt and pepper.

Note:

If you have a problem digesting raw garlic, you can wrap the unpeeled cloves in foil and bake in a toaster oven at 350° until tender. Squeeze the cloves out of the skins, and add to the salad.

Beet Salad

4 servings

Beets seem to be a neglected vegetable, but I adore them. This salad is made with raw beets, and it actually improves as it marinates.

4-5 medium beets

2 tablespoons olive oil

2 teaspoons Dijon-style mustard, approximately

2 tablespoons balsamic vinegar, approximately

Kosher salt

Freshly ground black pepper

1/2 cup loosely packed Italian parsley, finely chopped, plus some for garnish

Peel the beets, quarter them and place in a food processor fitted with the steel blade. Chop semi-finely, transfer to a

bowl and stir in the remaining ingredients. Season to taste. Garnish with chopped parsley, and serve with mache, frisée or any other baby lettuce.

Oriental Eggplant

2 servings

This is an easy way to prepare a pareve summer appetizer or salad that has a somewhat spicy flavor.

1 medium eggplant, about 1 pound

Dressing:

1 small garlic clove crushed to a paste with a little salt

1/2 inch piece of fresh ginger, finely minced

2 tablespoons soy sauce, Kikkoman light

1 tablespoon sesame oil

1/4 teaspoon sugar

1 tablespoon rice vinegar

1/4 cup loosely packed cilantro, finely chopped, plus some for garnish

Kosher salt

Freshly ground black pepper

Finely sliced English or kirby cucumbers as an accompaniment

Chickpea and Bulgur Salad



Photos: James Poster

Preheat oven to 400°. Bake the eggplant on a foil-lined broiler pan for 35–40 minutes, turning it once, or until soft to the touch. When cool enough to handle, peel the eggplant, cut in half, discard some of the seeds and cut into small cubes. Place in a dish. In a small dish, combine the dressing and then pour it over the eggplant. Season to taste.

Garnish with cilantro, and serve with cucumbers.

Almond Cornmeal Cake

12 servings

I like to serve slices of this cake topped with either ice cream, sorbet, sliced peaches, sliced nectarines or a combination of berries. Slices of this cake can also be toasted and served with your favorite jam; iced or hot tea is a good accompaniment.

*3/4 cup yellow cornmeal
1/4 cup unbleached flour
3/4 teaspoon baking powder
2/3 cup whole blanched almonds*

*3/4 cup sugar, scant measure
10 tablespoons unsalted butter (at room temperature),
quartered
3 large eggs
3/4 teaspoon vanilla extract*

Preheat oven to 325°. Butter and flour a 9 x 5 inch loaf pan. Combine cornmeal, flour and baking powder in a small bowl. Place the almonds and 1/4 cup sugar into a food processor fitted with a steel blade, and grind finely. Add this to the cornmeal mixture.

In the bowl of an electric mixer, cream the butter, at medium speed, adding the remaining sugar until pale, about 5 minutes. Lower the speed, and beat in one egg at a time and the vanilla. With a spatula, fold this mixture into the cornmeal mixture until just combined. Spoon into the loaf pan and smooth the top. Bake in the center of the oven for about 45–50 minutes, or until a cake tester or a wooden toothpick inserted in the center comes out dry.

Let cool in the pan on a wire rack, then loosen the edges and unmold. **IA**

Beet Salad

