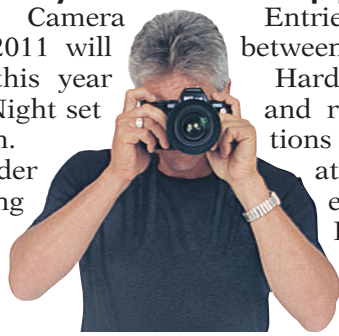


PhotoArt entry deadline approaches

Halton Hills Camera Club's PhotoArt 2011 will be in February this year with the Awards Night set for Feb. 24, 7-9 p.m.

Here's a reminder to start thinking about your entries (categories for all ages and interests):



Entries will be received between Jan 24-30.

Hard copy entry forms and rules and regulations will be available at Halton Camera or visit www.HHCC.ca for details and advance registration.

What's Cookin': Dinner party potluck

This week and for the next two weeks we will be showing you some different recipes that we tried at a dinner party a couple of weeks ago.

My good friend Heather suggested that we make the party potluck. I almost always say no to this, as it is my inbred ideal that people should come and relax and enjoy themselves and I should be looking after them (comes from all those years of catering, I guess). My fingers were poised over the keyboard to respond—

Lori Gysel & Gerry Kentner



no, I would make the dinner. Then something stopped me. Life has been particularly hectic around our house and I was pretty pooped, but I really did want to see my friends, so I thought, what the heck— live on the wild side— agree to the potluck dinner. So I did.

Heather said she had an Israeli recipe for lamb meatballs with tahini sauce that she wanted to try. And it just so happens that I had heard of a couple of Egyptian dishes that I thought I'd like to try. Now, I don't know if Israel and Egypt are the two countries that I would first think of for fusion meals, but it worked out pretty well.

This week's dish, ful mudammas was originally intended to be a savoury breakfast spread. However, it works well as an appetizer for dinner. We actually served it with the meal because we just wanted to sit at the table and chat, eat and drink and that worked fine too. If you make this dish, be sure to put all the garnishes on it— chopped radishes, green onions and grated hard boiled egg— those are what really make the dish stand out!

This Arabic saying captures what ful mudammas is about: The rich man's breakfast, the shopkeeper's lunch, the poor man's supper. Ful (pronounced "fool"), which means "fava bean," is a kind of dried fava bean stew, is considered the Egyptian national dish.

I made a double batch and ended up taking the leftovers in my lunch for the next couple of days and it made a nice treat.

Have fun and keep cooking!

E-mail questions and comments to Lori and Gerry at whatscookin@independentfreepress.com

Ful Mudammas

Ingredients

- 2 tbsp olive oil
- 2 large onion, chopped
- 2 large tomato, diced
- 4 cloves garlic, minced
- 1 can fava beans, rinsed (15 oz)
- 2 tsp ground cumin
- 1 tbsp tahini
- salt and pepper to taste
- ground red pepper, to taste
- 1/4 cup chopped parsley
- 1/4 cup fresh lemon juice
- garnish, such as radishes, hard-boiled eggs, chopped scallions, pita bread (toasted and cut into wedges)



Method

1. In a fry pan over medium heat, add olive oil. Sauté onion until golden brown, then add tomato and cook until tomato is soft.
2. Add the garlic and cook until fragrant.
3. Add in the beans. Mash them with a fork and let cook until tender.
4. Add salt and pepper, cumin, and tahini.
5. Once beans are tender, add lemon and parsley to finish.
6. Spread bean mixture out on a platter. Garnish with diced radishes, sliced green onions, grated hard boiled egg and then serve with fresh warm pita bread.

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