

# COOK'S NOTEBOOK

ON THE WEB // For area food-related events, visit [baltimoresun.com/foodevents](http://baltimoresun.com/foodevents)

## WINE FIND

### 2007 EL COTO DE RIOJA ROSADO

From: Rioja, Spain  
Price: \$11

Serve with: Fried chicken, grilled seafood, ham

This bone-dry rose wine from Spain may not thrill those highbrow folks who look down on pink wine, but it's a delicious wine to serve well-chilled outdoors on a hot summer evening. Made from a blend of tempranillo and garnacha, the El Coto offers lively flavors of cherries, strawberries and rosehips with a nuance of Mediterranean herbs. The color is on the deep side of pink – this is no pale rose. But you won't find a trace of cloying sugar. This is one crisp wine.

[Michael Dresser]



## EVENTS

**FOOD-BILL CLASS** // Learn to become a smart shopper, find out where to go to buy pantry necessities and keep track of your savings. Dietitian Mark Rifkin offers tips and recipes for inexpensive meals in a two-part class from 7 p.m. to 8:30 p.m. Aug. 13 and from 2 p.m. to 3:30 p.m. Aug. 17 at Hill House Community Health Center at Ruscombe Mansion, 4803 Yellowwood Ave. \$45 for both sessions, or two tickets to both sessions for \$75. Call 410-764-8343.

**SUMMER BRUNCH** // Learn to make summer brunch dishes from 6:30 p.m. to 8:30 p.m. Tuesday at Donna's Cafe, 5850 Waterloo Road, Columbia. \$45. Call 410-659-5248 or go to [donnas.com](http://donnas.com).

## SITE DU JOUR

### »»» VEGETARIANLUNCHBOX.COM

This Web site helps new vegetarians, or those who simply want to adopt a more healthful lifestyle, get started with money-saving vegetarian lunch recipes.

[ARIANE SZU-TU]

## BOOKMARK

### A wide range of curries

BY LAURA MCCANDLISH  
(SUN REPORTER)

»»» **660 CURRIES**  
The Gateway to Indian Cooking  
By Raghavan Iyer  
Workman Publishing / 2008 / \$22.95

Think curry dishes are limited to the menu items at your local Indian restaurant? Raghavan Iyer urges you to broaden your definition to any preparation of meat, fish, poultry, legumes, vegetables or fruit that is simmered or smothered in a fragrant gravy or sauce. Move over, plain yellow powders and pastes.

There's a treasure-trove of Indian recipes here, both authentic and experimental. "Contemporary curries" is the most unusual section, melding Iyer's native cuisine with Western cooking techniques. Featured dishes include Macaroni and Paneer, and Wild Salmon Fillets Poached With Chiles, Scallions and Tomato. The book also has

chapters on "Appetizer Curries," "Biryani Curries" and "Curry Cohorts" (more rice dishes, flatbreads and chutneys).

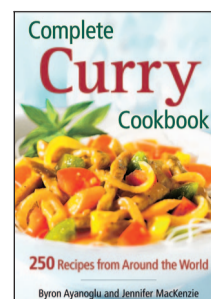
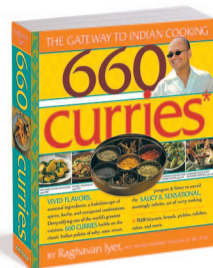
The salmon entree, with its garden-fresh tangy broth, made for a perfect summer dinner. Don't skimp and substitute farm-raised fish. I used frozen Alaskan sockeye, which was cheaper but just as tasteful. Be generous with the turmeric you pat into the salmon's flesh.

To flavor the salmon's coconut-milk sauce, I made my own red-chile-vinegar paste from Iyer's detailed section on spice blends and pastes. But you could probably use coarse Vietnamese chile garlic sauce souped up with Indian spices instead.

»»» **COMPLETE CURRY COOKBOOK**  
250 Recipes From Around the World  
By Byron Ayanoglu and Jennifer MacKenzie  
Robert Rose / 2008 / \$24.95

Though smaller in volume, Byron Ayanoglu and Jennifer MacKenzie's book casts a wide net with truly global curries from regions far beyond the subcontinent. There are African, Caribbean, Thai, Japanese and Filipino dishes, in addition to numerous Indian staples.

The sweet/savory Chilled Curried Ba-



### OKRA (BINDI) MASALA

SERVES 4

¼ cup vegetable oil  
8 ounces okra, stems removed and pods sliced lengthwise  
1 onion, finely chopped  
1 small onion, cut into rings  
6 cloves garlic, minced  
2 hot green chile peppers, minced  
2 tablespoons minced ginger root  
½ teaspoon salt  
1 cup chopped tomato  
½ cup water  
chopped fresh cilantro

In a large skillet, heat oil over high heat. Add okra, in batches as necessary, and cook, stirring, until browned on both sides, 2 to 3 minutes. Using a slotted spoon, transfer to a bowl, leaving as much oil in the pan as pos-

sible. Set okra aside.

Bring pan to medium heat. Add chopped onion and onion rings; cook, stirring, until onions start to soften, about 2 minutes. Add garlic, chile peppers, ginger and salt; cook, stirring, until softened and fragrant, about 1 minute. Add tomato and water; cook, stirring, until saucy, 2 to 3 minutes.

Return okra to pan and fold into sauce until coated. Reduce heat and simmer, stirring gently occasionally, until okra is tender and sauce is slightly thickened, 20 to 25 minutes. Season to taste with salt. Serve sprinkled with cilantro.

From the "Complete Curry Cookbook"

Per serving: 179 calories, 3 grams protein, 14 grams fat, 2 grams saturated fat, 14 grams carbohydrate, 4 grams fiber, 0 milligrams cholesterol, 302 milligrams sodium

## There's Room for Everyone at our Table

For 18 years, **Moveable Feast** has been saving lives in Maryland by delivering nutritious meals to people living with HIV/AIDS or breast cancer and their families.

But there's more to our story that you may not even know.



To find out how you can help, or to learn more about **Moveable Feast**, visit [www.mfeast.org](http://www.mfeast.org) or call 410-327-3420, ext.35.