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Kebabs from Ancient Persia

Shish kebabs, those flaming entrees so beloved by pyromaniacs in expense-account restaurants, came from humble origins. Persian nomads spear-ed chunks of mutton on their swords to cook over campfires; therefore, "shish kebabs," or "swordmeat." Any meat, fish, or fowl will do, but lamb has always been preferred for this treatment.

Traditionally rice pilaf accompanies kebabs. A quick cooking rice with onion soup mix provides a shortcut route to the Near East style of cooking.

Baked herb pilaf is another modern variation of the ancient dish that's particularly delicious with roast poultry or pork. During the last 20 minutes of roasting, this pilaf can share oven space with the roast. And as for ease of preparation—well! Rice has it all over potatoes. You never had to peel a grain of rice, did you?

Savory Rice with Lamb Kebabs

- 1/4 cup salad oil
- 2 tablespoons vinegar
- 1 envelope onion soup mix
- 2 cloves garlic, split
- 1 pound boneless lamb, cut in 1-inch cubes
- 2 cups water
- 1 1/2 cups packaged enriched pre-cooked rice
- 1 1/2 cups drained cooked peas
- 2 small tomatoes, cut in wedges

Combine oil, vinegar, 1 tablespoon of the soup mix, and 1 clove garlic in bowl. Add meat and stir to coat all sides. Let stand to marinate at least 3 hours. (If meat is to be marinated more than 3 hours, place in refrigerator.) Then spear meat on skewers and reserve marinade. Broil or grill meat until of desired doneness.

Meanwhile, place reserved marinade in saucepan. Add remaining soup mix, remaining garlic, and water. Bring to a boil. Discard garlic. Stir in rice, peas, and tomatoes. Cover, bring to a boil, and simmer 5 minutes. Fluff with a fork and serve with lamb kebabs. Makes 4 or 5 servings.

Baked Herb Pilaf

- 1 can (12 1/2 oz.) chicken broth
- 2 cups packaged enriched, pre-cooked rice
- 1 teaspoon instant minced onion or onion flakes

AQUINAS SPONSORS FOLK CONCERT

Folk musicians from Fisher and Nazareth colleges and from Aquinas will stage a Folk Concert tomorrow, Jan. 17, at 8:00 p.m. in the Aquinas gym. Donation will be \$1.

The groups, Apple Corps, Mandalla, Cool Penguin Revue, and Jon Ward will trace the American folk culture through music.

- 1 teaspoon chopped parsley or parsley flakes
- 1 teaspoon celery seed or celery flakes
- 1 teaspoon salt
- 1/2 teaspoon oregano
- 1 tablespoon butter (optional)

Measure broth and add water to make 2 cups. Combine all ingredients in a shallow 1-quart baking pan or casserole. Cover with aluminum foil. Bake at 350° for 20 minutes, or until liquid is absorbed. Makes about 6 servings.

SUNDAE SALAD

An excellent sundae salad is a bowl of creamy cottage cheese topped with well-chilled drained canned fruit cocktail. You have a superb combination of five fruits, just by opening a can.

CLEARANCE SALE AT SEYON SHOP

The Seton Shop of St. Mary's Hospital is having a final clearance sale of next-to-new Fall and Winter clothing, and will begin selling Spring and Summer clothes Feb. 4.

The shop, at 37 Ardmore, off Chili Avenue, is run by volunteers for the benefit of the hospital. Hours are 10 a.m. to 4 p.m. Wednesday, Thursday and Friday, and 10 a.m. to 1 p.m. Saturday.

DR. BOOTH DIES
Boston — (RNS) — Dr. Edwin P. Booth, 71, a retired professor of historical theology at Boston University School of Theology, died here Dec. 26.

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