

muffin includes gies and cheese

Trisha Nairne would like to duplicate the couscous salad as made by the IGA deli. "It contains raisins, chickpeas and curry and is delicious," she writes.

Colleen M. Mawer puts out a call for a recipe for Chinese sesame chicken.

Still on the subject of Chinese food, Phyllis Scott is after a recipe to recreate plum sauce served in Chinese restaurants.

Lastly, Mariyka H. is looking for the recipe for Folk Festival cookies from Tall Grass Prairie Bakery.

Please send any requests or responses to Recipe Swap, c/o Ilana Simon, Winnipeg Free Press, 1355 Mountain Ave., Winnipeg, MB R2X 3B6, send a fax to 697-7412 or e-mail to ilana.simon@freepress.mb.ca. Please include name, address and daytime telephone number in case any ingredients or directions must be checked.

Meal in a muffin

6 eggs
1/4 cup (50 mL) vegetable oil
1 1/3 cups all-purpose flour
1 tablespoon (15 mL) baking powder
1/4 teaspoon (1 mL) garlic powder
2 cups (500 mL) frozen whole kernel corn niblets
225-g package (2 cups/500 mL) Black Diamond extra old cheddar cheese, shredded
1/2 cup (125 mL) finely chopped onion
1/2 cup (125 mL) finely chopped red pepper
1/4 cup (50 mL) chopped fresh parsley (optional)

In a large bowl, beat together eggs and oil. Add flour, baking powder and garlic powder, beat until smooth.

Stir in corn, cheese, onion, red pepper and parsley, if desired.

Divide batter among 12 (3-inch/7.5 cm) well-greased muffin tins.

Bake at 375° F (190° C) for 20 to 25 minutes or until lightly browned. Cool in pan for 5 minutes. Remove from pan and cool on wire racks.

Yield: 12 muffins

Taste-tester notes: *These are tasty meals in a muffin, reminiscent of a quiche. Make sure you dice the onion and red pepper finely. I liked the addition of the parsley. Also, I found the muffins needed at minimum 25 minutes baking time.*

Wild rice and pecan bake

2 10-ounce (284-mL) cans undiluted chicken broth
1 1/2 cups (375 mL) water
1 large onion, coarsely chopped
0.5-ounce (14-g) package dried mushrooms, coarsely chopped (about 1/2 cup/125 mL)
2 garlic cloves, minced
2 tablespoons (25 mL) butter, preferably unsalted
2 teaspoons (10 mL) dark sesame oil
1 cup (250 mL) wild rice
4 green onions
3 large celery stalks, chopped
1 cup (250 mL) long-grain white rice
1/2 cup (125 mL) golden raisins or dried currants
1 cup (250 mL) toasted whole pecans

Preheat oven to 350° F (180° C). Pour broth and water into a medium-sized saucepan. Bring to a boil over high heat. Stir into broth chopped onions, mushrooms, garlic, butter and sesame oil.

Thoroughly rinse wild rice under cold running water. Drain well. Place in a baking dish large enough to hold 8 cups (2 L). Pour hot broth mixture over wild rice, stir, and cover and bake for 20 minutes.

Meanwhile, thinly slice green onions. Coarsely chop celery. Celery should measure about 2 cups/500 mL.

When wild rice has bake 20 minutes, remove from oven. Stir in celery, white rice and raisins or currants. Return dish to oven. Continue baking, covered, until rice is tender and most of the liquid has evaporated, from 35 to 40 more minutes. Remove from oven, let stand, covered for 10 minutes to absorb liquid. Stir in green onions and pecans.

Taste-tester notes: *This is a super side dish to accompany meat, poultry or fish. Baking the wild rice (rather than preparing it on the stove top and then transferring to another dish) is an easy method to create a wonderful wild rice casserole. If desired, use dried cranberries in place of raisins or currants and season with salt to taste. This dish reheated well and would work well at a dinner party or pot luck. I used a large, 3.5 L casserole dish with great success.*