

Sandy Serhan shares Mid-East recipes

by Joan Kingsbury

This week, Sandra Serhan of Harveys Lake shares Syrian recipes with Post readers. Spicy, fragrant and flavorful, Syrian cooking utilizes a wide variety of spices. Mint, cinnamon, allspice, cayenne pepper, nutmeg, rosemary and garlic are those most commonly used. Lamb is a popular meat. Laban or yogurt is also used frequently.

The granddaughter of Lebanese immigrants, Sandra grew up eating many traditional foods. Sandra, who lives in the Serhan family home, goes all out preparing traditional foods when her family comes to visit.

A typical Syrian meal, as outlined by Sandra, goes something like this. Homesea, Sesame and Tahini with ceci peas, a dip served with Syrian bread is a popular appetizer. Tabulee, a salad made from tomatoes, wheat and tender scallions spiced with parsley, peppermint, lemon juice, olive oil also is served before the main course. Jiban, a cheese similar to farmer's cheese may also be served prior to the meat course.

Sandra chose Kibbee, a popular meat dish for the main course. Kibbee is made from ground beef or ground lamb, however, Sandra also has a variation calling for shrimp. Kibbee is served two ways. Kibbee nuyee is raw. Baked Kibbee is called sineea. Wbrek Eenab or Grape leaves stuffed with rice and lamb seasoned with cinnamon and allspice is served as a side dish, often with laban. Laban is one ingredient Sandra always keeps on hand in her refrigerator. Sandra prefers homemade Laban or yogurt to that purchased in the grocery store.

For dessert Sandra suggests one of the

delicious Syrian pastries such as Baclawa. Sandra purchases the dough for this rich pastry because it is an all day job to make it. Sandra recommends Shiner's Bakery, Park Avenue, Wilkes-Barre for all Syrian cooking needs as well as the baclawa dough. Rich Arabic coffee similar to demitass completes the meal.

A lifetime resident of Harveys Lake, Sandra is founder and president of the Harveys Lake Historical Society. The main objective of this society is for the historic preservation and social and cultural development of the community.

Sandra owns and operates Sara Sheen Draperies. A custom decorator, Sandra specializes in making custom draperies and slipcovers. Although Sandra has been in the decorating business for 10 years, she has operated Sara Sheen Showcase since 1976. Prior to opening her own business Sandra was a department store decorator.

Active in community affairs Sandra is a member of the Harveys Lake Taxpayers Association. In 1979 she served as United Nations Day chairman for her community. At Our Lady of Victory Church Sandra serves as lector, teaches catechetics and is a member of the Altar and Rosary Society. Sandra is a recipient of the St. John Newman Award. This award was presented to Sandra by Bishop James Timlin of the Diocese of Scranton for five years of service as a religious educator. Sandra is a member of Pennsylvanians for Human Life.

In addition to cooking Sandra enjoys playing the piano, writing poetry, reading and art. An excellent seamstress, she finds color scheming an interesting undertaking.

This spring Sandra is looking forward to a trip

to England, Scotland and Wales.

If you have the winter blahs what better way to raise your spirits than to try something different. If you want to make some challenging, unique recipes, give Sandra's a try.

BACLAWA
2 lb. baclawa dough (purchase)
1 lb. melted butter
1 1/2 lb. walnuts, ground
1/2 c. sugar
1 t. cinnamon
1 T. orange blossom or rose water
2 c. sugar
2 c. water
1/2 c. honey
juice of 1 lemon

Prepare syrup of sugar, water, honey and lemon. Combine ingredients for syrup. Slice lemon, remove seeds, add to sugar, water and honey. Add orange blossom or rose water or rum flavoring to syrup. Simmer over low heat for about 10 minutes. Allow syrup to cool.

Remove baclawa dough from refrigerator and allow to set at room temperature. Dough must be at room temperature when handling it or it will crack. Combine ground walnuts, sugar, cinnamon and orange blossom or rose water.

Grease a 13x9x2" baking pan with butter. Lay all sheets of baclawa dough on top of each other. Measure and cut into a 13x9 inch square.

Lay sheets of baclawa dough in the pan brushing every second layer with butter until you have used half of the dough. Spread walnut filling on top of these layers; top with remaining pound of baclawa dough again spreading every second layer with melted butter. Bake in 350 degree oven for 25 to 30 minutes until golden and flaky. Watch baclawa carefully as it bakes.

Remove from oven. Pour cold syrup over hot pastry. Decorate with

candied lemon peel.

Note: Baclawa dough and other syrian cooking items may be purchased at Shiners Bakery, Park Avenue, Wilkes-Barre.

KANNAFEE
1 box shredded wheat biscuits
warm milk
nut filling for baclawa
syrup for baclawa
1 lb. melted butter
Dip each shredded wheat biscuit in hot milk. Remove; cut one end with scissors to flatten. Cover the bottom of 13x9x2" pan with shredded wheat prepared in this way. Put nut mixture over shredded wheat. Top with another layer of shredded wheat. Pour excess butter over top. Bake in 350 oven until golden. Remove from oven. Pour cold syrup over top. Tastes much like baclawa.

STUFFED ZUCHINNI
1 lb. gr. beef or gr. lamb
1 c. rice (Uncle Ben's preferred)
3 T. tomato paste
2 cloves garlic, pressed
salt and pepper to taste
9 or 10 med. zucchini
Cut off ends of zucchini. Core zucchini leaving a 1/2 inch shell. Rinse the inside, salt lightly. Drop in a small pat of butter. Combine meat, rice, tomato paste, garlic, salt and pepper. Stuff each zucchini with filling until it is 3/4 inch full. Stand zucchini upright in a tall pot. Add water, a few beef bouillon cubes, the remaining tomato paste from a small can and a tablespoon of lemon juice.

Simmer for 45 minutes to one hour until rice is tender.
YACHNEE - SAFFRON RICE
2 pinches of saffron
1 c. rice
5 med. onions, minced
2 T. olive oil
1 T. salt
1 T. allspice
1/4 t. cloves
1/4 t. cinnamon
pepper to taste
1 lb. minced chicken or lamb
Wash rice. (If rice is



Sandra Serhan

Uncle Ben's washing is not necessary.) Cook rice for 12-15 minutes. Add spices including saffron, pour over rice, simmer 5 more minutes. Brown onions until charred on edges; set aside. Brown chicken or lamb. Mix with onions. Serve over rice.

Variation: Sauté pinto nuts in butter. Simmer 1/4 c. orzo lentils in butter until golden brown. Add to rice, cooking until rice is tender. Serve over meat.
RICE PUDDING
1/2 gal. whole milk
3/4 c. plus 2 T. Carolina Rice
1 pat butter
3/4 c. sugar
1 egg
vanilla

Combine milk, rice and butter. Simmer for 45 minutes stirring frequently. Combine sugar, vanilla and an egg with an egg beater. When rice is very soft whip in this mixture with the egg beater. Cook about 10 minutes more stirring constantly until the pudding thickens.

Sprinkle with cinnamon. If you want to add raisins to the rice pudding plump them first. Add

raisins to the pudding after it has been cooked. If raisins are added to the

rice pudding while it cooks, the consistency of the pudding will be ruined.

Eason says ticket sales underway

Chairman Jim Eason reported this week that advance ticket sales are progressing well for the 1980 Dallas Rotary Turkey Feast, which is scheduled for March 22 at Dallas High School Cafeteria.

Eason said that all members of Dallas Rotary Club have adult, children and takeout tickets for sale for the event, which is a high-point in the culinary year as far as the Back Mountain is concerned. The feast features an "all-you-can-eat" turkey dinner with all the trimmings, served family style. Serving is from 4:30 p.m. until 7:30 p.m.

Profits from the event go to Dallas Rotary charities. The civic group has served the Back Mountain for more than 50

years and is the senior service club in the area.

Eason said that Bob Coscia, well-known caterer and food service specialist, is assisting the

club with menu and dinner plans.

Advance tickets may also be purchased at the offices of The Dallas Post, 44 Main St., Dallas.

Crippled Children to benefit from show

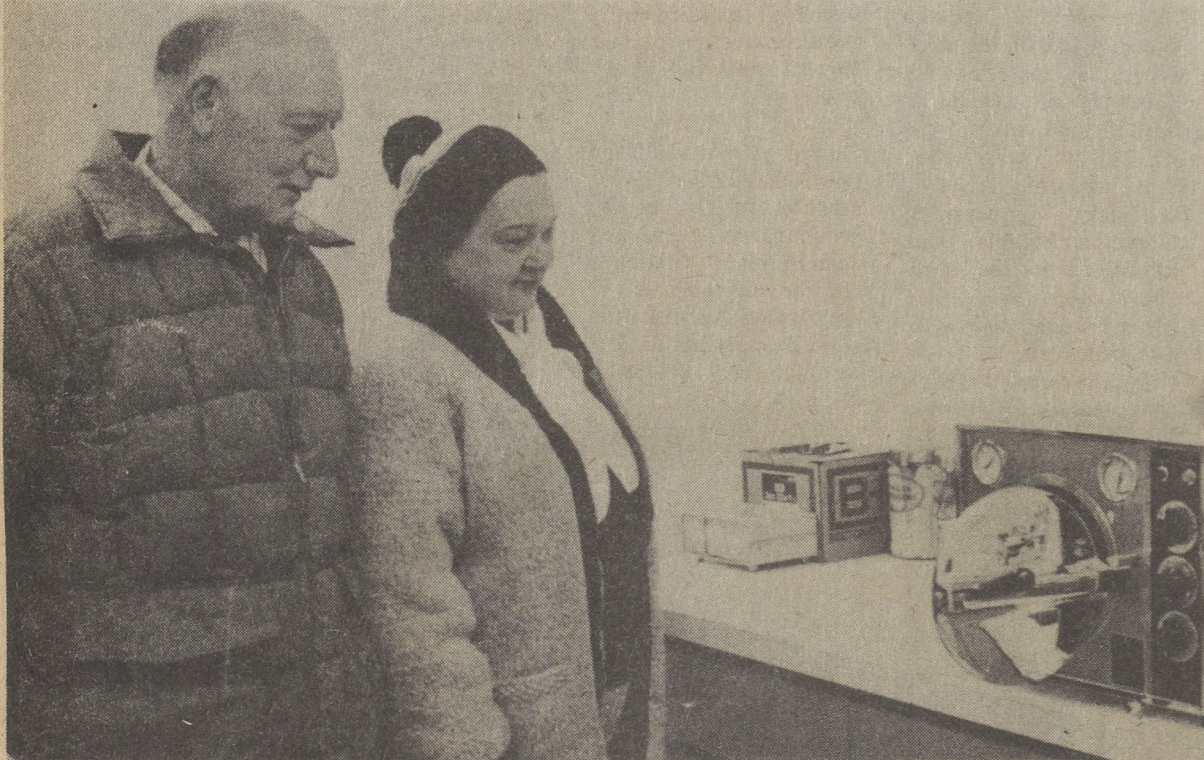
The Invitations Committee is planning "Fashion Expressions of the 80's," a spring fashion show and cocktail party sponsored by the Wyoming Valley Crippled Children's Association and the Luzerne County Medical Society's Auxiliary.

The event will be held on Thursday, March 13, from 6 to 8 p.m. at the Community Room of Pomeroy's, Wyoming Valley Mall.

A tax deductible donation is \$12 per person. Tickets are limited. For reservations and information, call the Crippled Children's Association Office, Kirby Health Center, 829-2453 or Professional Services Answering Service at 824-9883.

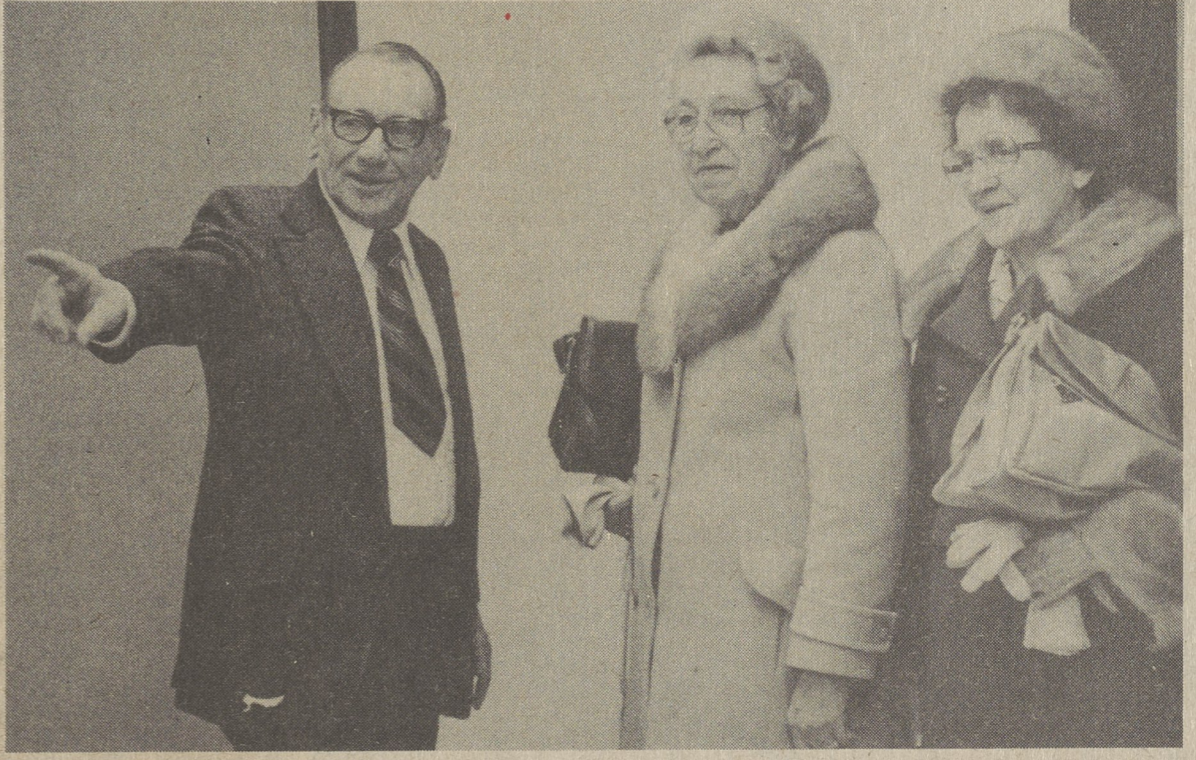
A gentleman that loves to hear himself talk, will speak more in a minute than he will stand in a month. --Shakespeare.

Throng attends Med Center open house



EXAMINES EQUIPMENT—Mr. and Mrs. Edwin Burnell look over some of the equipment at the Back Mountain

Medical Center during Sunday's Open House. (Photo by Mark Moran)



EXPLANATIONS—Dr. Lester Jordan, explains some of the functions and operation of equipment at the Back Mountain Medical Center to Mrs. William James and

Mrs. Richard Adams at Sunday's open house. (Photo by Mark Moran)

Local Girl Scouts win contest

In celebration of Girl Scout Week, Dallas Neighborhood 24 conducted an essay contest for scouts in their area. The title of the essay was "What I like Best About Being a Girl Scout".

The winners are Kristen Hardisky, age 7, Brownie Troop 717, Trinity Presbyterian Church, Dallas, leader, Mrs. Diane Hozempa.

Kristen wrote: "I was excited when I got my Brownie pin and uniform.

I like doing crafts and doing the Brownie squeeze. It's fun when you make a Brownie wish. I like singing songs, selling Brownie cookies and hiking.

I liked when all of us went roller skating. I made a new friend roller skating. She helped me.

I have made lots of friends at Brownies."

Trena Cigarski, age 10, Junior Troop 644, Lehman-Jackson Elementary School, Lehman, leader, Mrs. Marie Cigarski.

Trena wrote: "I never really thought too much about the reasons why I liked girl scouting, it's as if it were always there! You know, like school, and parents, and sisters, and brothers. It becomes a part of your life and you sort of take it for granted. You think it will be there forever. Then I stopped and thought to myself, "what would it be like if there was no scouting?"

Pretty dull, right! We really have a good time and that's important. We've done so many things, and are planning to do much more. We learn something new every week. We have lots of fun learning, and doing, and sharing, and caring. I don't like Girl Scouting, I

love it!
Suzanne Sabaluski, age 13, Cadette Troop 706, Lake Lehman Sr. High School, Lehman, leader, Mrs. Linda Archavague.

Suzanne wrote: "What I like best of all about being a Girl Scout is helping other people and then being able to say, I was able to do that because I was a Girl Scout. When I wear my uniform I can wear it with pride, because I've put a little bit of myself into scouting and I've put a little bit of myself into everything I do for Girl Scouts.

The judges panel said it was greatly impressed by the fine entries they read and were pleased to see so many different reasons for enjoying scouts. The winning essays were read at "Welcome to Our World's" on Saturday, March 1.

Chadwick to conduct home gardening class

E.V. Chadwick, county extension director, Penn State Extension, will conduct home gardening classes at 7 p.m. on Monday, March 24 and March 31, at the Kingston

Township Municipal Building, Carverton Road.

This is another of the adult recreation programs for residents, sponsored by the Kingston

Township supervisors.

Township residents are invited to participate in the sessions which were very well received last spring.

GS Troop 623 completes birdfeeders

Gate of Heaven Brownie Troop 623 recently held a father-daughter evening. The girls prepared and served light refreshments. The father-daughter teams then completed birdfeeders which will be on display during Girl Scout Week.

Lehman Junior Girl Scout Troop 644 is making plans for a Mother-Daughter Tea. They exchanged Thinking Day Cards with Brownie Troop 658.

The troop has earned several badges; Indian Lore, Magic Carpet, Books and Pen Pal. Leaders for the troop are Mrs. Marie Cigarski and Mrs. Bonnie Smith.

Brownie Troop 717, Trinity Presbyterian Church, Dallas, is working on a puppet show for their Father-Daughter dinner. The troop went skating at Ice-a-Rama and had a pizza party at the Pizza Hut.

Lake-Lehman Cadette

Girl Scout Troop reports they've had a full month of activities. They started the month with a Scout and Friend ice skating party at the home of Mr. and Mrs. Charles Gordon. They also sponsored a Sarah Coventry Jewelry Party as part of their work on "Our Own Troops Jewelry Badge." The troop also selected the script for a play they plan to present to the public this spring. The play will be "Exit the Queen."

Senior Citizens list programs for March

A busy calendar of special events has been scheduled for the month of March at the Dallas Senior Citizens Center, Mercy Center, College Misericordia:

Tuesday, March 4 - "I Remember When" - Victoria, Leader

Wednesday, March 5 - Denise Demko, Commonweal Telephone, Information on Equipment.

Monday, March 10 - 1:00 p.m. Pinochle Party.

Wednesday, March 12 - 12:45 p.m. Gerald Doyle, Personal Income Tax - Rent Rebate and Property Tax.

Wednesday, March 19 - 12:45 p.m. Larry Hamilton, Asst. Trust Officer, First Eastern Bank - Wills, direct Deposit, etc.

Thursday, March 20 - 1:00 p.m. Crazy bingo

Monday, March 24 - 12:30 p.m. Covered Dish Luncheon & Birthday Celebration.

Monday, March 31 - 1:00 p.m. Pinochle Party

These special events are in addition to a full program of on-going activities, classes and hot lunches Mondays through Fridays. Any senior citizen wishing to obtain more information on participating at the Center is encouraged to call Mrs. Victoria Gonzalez at 675-2179.

The Dallas Senior Citizens Center is sponsored by the Luzerne-Wyoming Counties Office for the Aging.