



# Weekend COOKING

The journey we are undertaking finds its roots far earlier than my childhood, when I helped my mother to bake. In fact we need to go back to 1873 when something occurred that would influence me as a child and throughout my adulthood. It took almost a hundred years for there to be any effect on my life, but that happened when as a child I was allowed to borrow some books from the adult section of a library. The first was 'Around the World in Eighty Days.' The author, Jules Verne, was a great visionary in his

writing, with prophecies of going to the moon, and travelling vast distances under the sea. But it was the journey of Phileas Fogg that first captured my imagination, inspired me to write, and gave me a yearning to travel which is still with me this day.

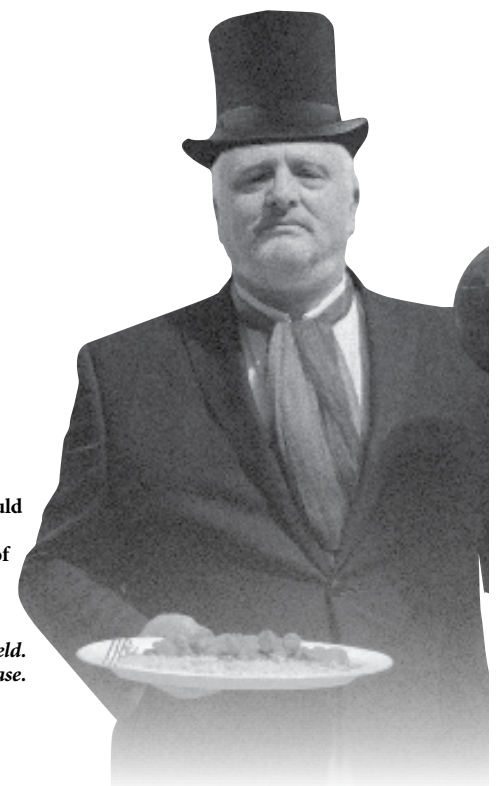
I am not a professional cook or chef; I am an aircraft engineer by trade, as well as an author of crime fiction. From an early age I had an interest in the preparation and consumption of food (particularly the consumption!), often helping my mother bake. As I grew older, I tried making

my own variations of recipes, sometimes with disastrous results, but on occasion something edible emerged.

So it seemed the most obvious thing to do would be to combine my love of food with my desire to travel, and embark upon a journey of discovery of the foods and people of the world.

Welcome to my 'Around the World in Eighty Dishes.'

*Glen R Stansfield.  
Author, biker and nutcase.*



## Apache Fried Rabbit with Corn, Blueberry & Wild Rice Salad



Throughout our journey, it has been difficult to establish original recipes of a region owing to the influence of immigrants bringing other ingredients and methods. The Native American tribes of North America can trace their roots back to well before Columbus arrived on their shores, and may have been on the continent for thirty-thousand years. Traditionally hunter-gatherers, they lived off what the land could provide, gathering the native crops; maize, squash, beans and turnips and hunting wildlife; deer, rabbits, ducks, turkeys and buffalo.

They understood the land and their own part in the natural world; never over hunting or cropping, moving from place to place to allow the land to recover. They could be considered to be early conservationists. The lifestyle was simple yet effective. Both the dishes in this recipe are as authentic as we can establish in this day and age, and have probably remained the same over hundreds of years.

### WHAT YOU NEED:

- 1 prepared rabbit
- 4 tbs duck or goose fat
- 50 g all-purpose flour
- ½ tsp salt
- water sufficient to cover rabbit pieces
- Salad
- 180g wild rice
- 430ml water
- ¼ tsp salt
- 2 litres water
- 1 tsp salt
- 6 ears sweet corn, husked (or 250 frozen corn)
- 1 jalapeno pepper, seeded and finely chopped (leave the seeds in if you like it a little bit hotter)
- 100g fresh blueberries

- 4 tbs lime juice
- 4 tablespoons olive oil
- 1 small cucumber, finely diced
- 2 tbs honey or maple syrup
- 1 small red onion, chopped
- ½ tsp ground cumin
- 1 small bunch fresh coriander, chopped



### WHAT TO DO

- To prepare the rabbit.
- Wash the rabbit then cut into portions and cover with water. Bring to a boil then simmer for two hours.
- Sieve together the salt and flour onto a deep plate
- Remove the rabbit from the water and dip into the flour mixture, coating evenly. Heat the fat in a frying pan and cook the rabbit pieces until golden brown.

### TO PREPARE THE SALAD

- Add the rice, ¼ tsp salt and 230ml water to a pan. Bring to the boil then simmer for 25-30 minutes (wild rice takes longer to cook.) Don't worry if not all the water is absorbed. Check the rice has split open and is tender. You can reduce the cooking time if you like the rice to be a little bit crunchy. Remove with a slotted spoon and allow to cool.
- Bring the 2 litres of water to a boil in a large pan. Add the ears of corn and salt (refer to the packet if using frozen corn.) Cook covered for 5 minutes, or until tender. When cool enough to handle, cut the kernels from the cobs. Allow to cool.
- In a serving bowl, combine the corn, jalapeno, blueberries, lime juice, oil, cucumber, honey or maple syrup, red onion, cumin, coriander, and wild rice.
- Serve on a plate, topped with the rabbit.



Wild rice is a species of grass and is not directly related to Asian rice, although it is a cousin. Wild rice has a chewy outer sheath and a slightly nutty flavour.

## Nibble picks OF THE WEEK

If there's one thing that completes an exciting weekend, it's a platter full of munchies. Every week, we will be hitting the town to pick out a few nibble choices that'll give you a happy stomach for 2 days.

### MUNCHY'S SUGAR CRACKERS

One must have tried a variety of biscuits, be it creamy, cheesy, salted or chocolaty. But, has one ever tried crackers consisting of sugar granules on it? The crunchiness and melting of the sugar one experiences when one piece is served into one's mouth, it feels nothing but heavenly. The sugar cracker races ahead of other brands owing to the fact that it has been baked. Available in hypermarkets, Munchy's hit the goal in tempting one to ask for more and more.



### BAHLSSEN WAFFLE MINIS

Chocolate is something that has always been an all-time favorite of the majority. One must have tried a variety of chocolate biscuits, but what about trying something like waffle minis? Bahlsen waffle minis are rich in chocolate which is made chocolater with the crunchiness and the extra chocolate that oozes when it melts inside the mouth. Available in hypermarkets, this unique waffle mini hits the bull's eye in making the public choose Bahlsen over other chocolaty stuff.



### UNCLE SABA'S POPPADOMS

Everyone loves munching on junk food. Along with munching on it, it carries the risk of the excess pile up of calories. Who likes lentils? But, if the lentils take the form of crunchiness, won't it be a substitute for all the junk food one must have tried in the past? 40% less carbohydrates and 4 times more proteins, Uncle Saba hits the goal in introducing a healthier alternative to junk. Available in hypermarkets, it is available in original, tomato, barbecue and sweet chilly and this is one snack, people can indulge in without any guilt.

