

Cucumbers, cumin and coriander create wonderful twist on tzatziki

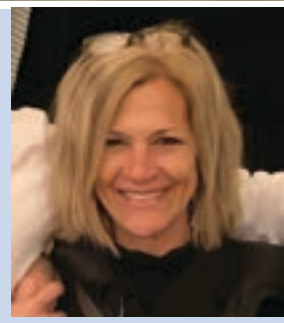


Spicy Tzatziki

Photo Susie Iventosch



Susie can be reached at suziventosch@gmail.com. This recipe can be found on our website: www.lamorindaweekly.com If you would like to share your favorite recipe with Susie please contact her by email or call our office at (925) 377-0977. Or visit <https://treksandbites.com>



By Susie Iventosch

My brother served this dish that was published in the New York Times when I last visited and I have absolutely fallen in love with it! It's a wonderful twist on tzatziki made with cucumbers tossed in a cumin and coriander infused olive oil, cider vinegar and finely diced green onions, served on a base of plain yogurt blended with lots of fresh herbs — dill, parsley and mint. The flavors are bright, warm and zesty all at the same time. My family loves cumin, and as the cumin is cooking in the olive oil, it smells so good. If you've ever toasted cumin seeds, it's that same kind of delightfully warm and toasty aroma.

We follow the recipe closely with just a few exceptions. We like to use olive oil for this recipe instead of grape seed oil called for, and we also like to cut the cucumbers into bite-sized chunks to make it easier to serve and to eat. We

cut the amount of mint in half, and finally, we toast the pine nuts before tossing them on top. Other than that, the recipe is perfection and it's a great side to almost any Mediterranean dish you might want to serve, from lamb, chicken, or fish to roasted veggies — especially eggplant, tomatoes, and peppers. It's also great as zesty dip for pita bread.

You can prepare the spiced oil ahead of time and snip the herbs and cucumber in advance, too, but don't assemble the dish until you're ready to serve it, because the cucumbers will get a little bit soggy which will make the yogurt runny if made too far ahead of time.

I like to make the cucumbers look fancy, so I peel stripes of the skin off with a potato peeler, leaving some green and some white vertical strips. Then I run a fork down the length of the peeled stripes before cutting the whole cucumber into bite-sized pieces.

INGREDIENTS

- 1 1/2 pounds Persian or English cucumbers, cut into bite-sized pieces
- 1 tsp. salt
- 1/4 cup olive oil
- 1 tsp. powdered coriander
- 1 tsp. powdered cumin
- 1 tsp. red pepper flakes
- 2 tsp. cider vinegar
- 2 green onions, finely diced
- 1 cup nonfat plain Greek yogurt (can use full or partial fat if you prefer)
- 1/4 cup mint leaves, thinly sliced
- 1/4 cup fresh dill, finely snipped
- 1/4 cup parsley leaves, finely chopped
- 1 lemon (use both zest and juice)
- 2 tbs. extra virgin olive oil
- 1/2 tsp. freshly ground black pepper
- 1/4 cup pine nuts, toasted
- Lemon wedges for garnish

DIRECTIONS

Toss the cucumber pieces with the salt and set in a colander to drain. Meanwhile, heat the oil in a small pot and stir in the coriander and cumin. Cook over medium-low heat for about five minutes, or until the spices become very fragrant. Stir with a wire whisk as needed. Remove from heat, add red pepper flakes and cool completely.

In a bowl, toss the drained cucumbers with the infused olive oil, cider vinegar and diced green onions. Refrigerate until ready to serve.

Combine yogurt and half of the herbs, lemon zest, lemon juice and olive oil. Stir well. Season to taste with salt and freshly cracked pepper. Refrigerate until ready to serve.

To serve, spread the yogurt in the bottom of a shallow serving bowl. Using a slotted spoon to drain the cucumbers of excess liquid, lay the cucumber mixture evenly on top of the yogurt.

Garnish with remaining herbs and toasted pine nuts. Serve as a side or with pita.

Looking Good in Lamorinda

Fashionable summer adventures



Image courtesy Walnut Creek Historical Society



Image courtesy Dey Street Books.

Memoir by Patricia Field.

By Moya Stone

Summer has arrived and it seems everyone I know is traveling to such places as Sweden, Italy, Alaska, and I just returned from San Juan Island in Washington State where I attended a wedding.

One of the tricky things about fashionable travel is deciding what handbag to sport. Crossbody or tote? Canvas or leather? I checked in with Lafayette handbag designer Debra Szidon from Cass Clutch. "My ultimate summer travel bags," says Szidon, "are the Cass Getaway Tote and The Cassie." Both bags are from the

Cass Clutch line. "The Getaway Tote's expandable design makes it ideal for weekend getaways, beach outings, or visits to the farmers' market," explains Szidon. "Meanwhile, the coordinating Cassie with its crossbody strap is perfect for strolling around hands free and when night arrives, it effortlessly transforms into a chic tote or clutch." The Cass Clutch line has expanded to include new silhouettes and colors. Take a peek: www.thecassclutch.com.

Whether en route to an exotic destination, sitting by the pool, or relaxing on the patio, a good book is an essential part of summer. For fashion fans I recommend the memoir "Pat in the City: My Life of Fashion, Style, and Breaking all the Rules" (Deyst Publishers). Patricia Field is known for styling the costumes on the hit TV shows "Sex and The City" and "Emily in Paris," among others. In 11 chapters "Pat in the City" takes the reader through Field's childhood to her first New York City retail shops where in the '70s and '80s she created a haven for club kids and drag queens. Each of her first commercial successes get their own chapter filled with behind-the-scene tidbits. The book itself is quite stylish with colorful illustrations, photos, and photo col-

lages. The images of Field, her family, and other people in her life help complete the story for the reader and they're just fun to look at. I can't think of a better story to dive into during the long summer days.

The Shadelands Ranch Museum's Summer Barn Market in Walnut Creek has become a fashionable trend. Happening on Sunday, July 30, from 10 a.m. to 3 p.m., the Market is in its third year and bigger than ever with over 65 vendors selling all kinds of handmade and vintage goods including jewelry, clothing, art, baked goods, and new this year woodwork and ironwork.

Fabric designer Margaret Szabo and glass artist Cynthia Whitchurch, both from Lafayette, are among the scheduled vendors selling their wares. (Full disclosure, I'll be out there too selling vintage jewelry and clothing). The museum is offering for sale antiques, collectibles, and small pieces of furniture from their archives. Let's not forget food! Look for the oh-so-popular Cousins Maine Lobster and I've heard talk about a pizza vendor. There's more to enjoy in the form of live music and the museum plans to offer tours of the Shadelands mansion. It's always a festive day at the Summer Barn Market (2660 Ygnacio Valley Road, Walnut Creek).

Every sewist will tell you it's never too early to start a project, particularly if there's a deadline and the Make it With

Wool California State Contest entry deadline is Oct. 14. Make It With Wool is a state and national fashion design and sewing competition sponsored by the American Sheep Industry. Founded in 1947, the competition website says it seeks to "Promote the beauty and versatility of wool fabrics, fibers, and yarns." The contest is open to pre-teens, teens, and adults. Do you like to sew? Have a project in mind using wool? For more information check the www.makeitwithwool.com or contact California State Director, April Ward at april.ann.ward@gmail.com.

Enjoy your summer adventures and go forth in style! Moya Stone is a fashion writer and blogger at www.overdressedforlife.com.

Image courtesy The Cass Clutch.



The Cassie in Imperial Dune

Troop 219 honors five new Eagle Scouts

Submitted by Emily Fettig

Troop 219 from Lafayette honored the following five new Eagle Scouts on June 4, from left: Tyler Toni, Acalanes

High School; John Cain, Acalanes High School; Lex Lung, Acalanes High School; Roan Fettig, Campolindo High School; and Lucas Dissman, Acalanes High School.



Photo provided