



Tidbits for Cape and Islands foodies

October 08, 2008

CASTING COOKS

Can you cook? Are you spunky? Can you stand the heat, even when it's hot as Hades? If so, you might want to show up Sunday for an open casting call for the Fox TV show, "Hell's Kitchen." The show's senior casting producers will be at the Boston Park Plaza Hotel and Towers from 10 a.m. to 6 p.m. Sunday looking for people 21 and older "who not only have the experience, but the stamina to cook alongside the infamous Gordon Ramsay," producers write. Details: www.fox.com/hellskitchen.

4-H FOOD

Massachusetts 4-H is seeking food donations to benefit area shelters and pantries as part of its "4-H Cares About Community" food drive, which began Sunday. Sponsored by Cumberland Farms, the food drive coincides with the start of National 4-H Week. Club members and adult volunteers will collect food and donate it directly to local pantries and shelters. Cumberland Farms stores will also have collection boxes available Oct. 27 through Nov. 15. Details: www.mass4H.org, or 800-374-4446.

BREAK FAST

Yom Kippur's 25-hour fast begins before sunset tonight to mark the Jewish high holiday known as the day of atonement. Tomorrow night, after a day of religious services and reflection, friends and families gather to break the fast. Lender's Bagels offers this recipe, one of several created by "Simply Manischewitz Cook-Off" prize winner Joy Devor:

ROASTED GARLIC AND RED PEPPER HUMMUS

1 can garbanzo beans

1/4 cup tahini (sesame paste)

1/4 cup lemon juice

3 cloves garlic, roasted in oven in 1/4 cup olive oil at 350 degrees for 20 minutes

1/2 teaspoon cumin

1 red pepper, broiled

Salt and pepper to taste

Parsley for garnish

Broil pepper on both sides for 5 minutes each. Peel off the black parts and place in brown paper bag for 20 minutes. In food processor, grind garbanzo beans, tahini, lemon juice, salt and pepper and cumin. Once ground, slowly add garlic and olive oil. Add peppers until ingredients are combined. Let sit in refrigerator for at least one hour. Can also be done a day in advance. More recipes: www.lendersbagels.com.

EAT & GREET

The Cape Cod and the Islands chapter of the American Culinary Federation will meet Oct. 20 at EmBARgo, 453 Main St. in Hyannis, where chef Mike Crowell will host a reception at 6 p.m., followed by dinner at 7 p.m. The meeting is open to anyone interested in the culinary field. Tickets, gratuity included, are \$30 for members, \$40 for nonmembers. Reservations are required. Details: Paul W. Smith, 508-432-4500, ext. 303.