

3 simple dishes with fresh oranges

BY MARGE PERRY

This is the time of year that Florida graces us with the best and widest variety of oranges. As good as they are when eaten as a snack or fruit, oranges also add lively, sweet flavor to hot and cold dishes.

1 CHICKEN WITH ORANGE AND FETA

You will no doubt be surprised that so little effort results in such a tasty and attractive-looking dish.

3 tablespoons flour
 1/2 teaspoon salt
 1/4 teaspoon black pepper
 1/2 teaspoon thyme
 1 pound boneless chicken breasts, pounded to 1/4 inch
 1 tablespoon olive oil
 2 medium oranges, cut into 1-inch pieces
 1 teaspoon orange zest
 1 tablespoon plus 1 teaspoon white wine vinegar
 1/2 cup orange juice
 1/2 cup crumbled feta

1. Combine the flour, salt, pepper and thyme on a plate. Dredge the chicken thoroughly in the mixture, shaking off any excess.

2. Heat the oil in a large, non-stick skillet over medium high. Add the chicken and cook (without moving it) 3 to 4 minutes on each side, or until lightly browned and at an internal temperature of 160 degrees. Remove from the skillet.

3. Add the orange pieces and zest, vinegar and orange juice and cook 1 minute, or until slightly reduced and thickened. If desired, return the chicken breasts to the skillet and allow the chicken to heat



PHOTO BY MARGE PERRY

Oranges added to salads make them tasty and attractive.

through on both sides for a total of 1 to 2 minutes.

4. Transfer chicken to plates, sprinkle with the feta and spoon the sauce over the top. Makes 4 servings.

Nutritional analysis per serving: 269 calories, 27 g protein, 17 g carbohydrates, 2 g fiber, 10 g fat, 4 g saturated fat, 79 mg cholesterol, 555 mg sodium

2 ORANGE COLESLAW

The sweet flavor of the oranges is balanced by the fairly assertive mustard flavor. If you prefer the mustard to be less prominent, cut back to 2 teaspoons.

While 6 cups of cabbage

may seem like a lot, bear in mind that it "shrinks" once dressed, and you'll end up with about 4 cups of salad.

1/2 cup light mayonnaise
 1 tablespoon cider vinegar
 1 tablespoon prepared yellow mustard
 1 teaspoon sugar
 1 teaspoon grated orange zest
 1/4 teaspoon salt
 1/4 teaspoon ground black pepper
 6 cups shredded cabbage
 Segments from 2 medium oranges, coarsely chopped

1. Combine the mayonnaise, vinegar, mustard, sugar, or-

TIP
 When you want orange segments, first peel the orange. Then use a small paring knife to make a cut on each side of the membranes. The wedge-shaped segments will pop right out.

ange zest, salt and pepper in a small bowl. Taste and adjust the salt and pepper, if needed.

2. Toss the dressing with the cabbage until thoroughly and evenly dispersed. Gently toss in the orange segments. Makes 6 servings.

Nutritional analysis per serving: 111 calories, 1 g protein, 12 g carbohydrates, 3 g fiber, 7 g fat, 1 g saturated fat, 7 mg cholesterol, 297 mg sodium

3 ROMAINE SALAD WITH ORANGES AND CASHEWS

Add chicken breast, shrimp, or salmon to make this a meal, or use as is to accompany your meal.

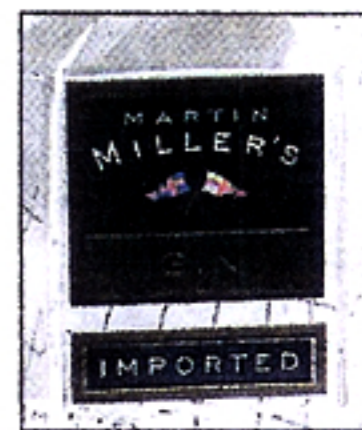
1/2 teaspoon orange zest
 1 tablespoon balsamic vinegar
 1/2 teaspoon Dijon mustard
 2 tablespoons extra-virgin olive oil
 1/8 teaspoon salt
 1/8 teaspoon black pepper
 6 cups romaine lettuce
 Orange segments from 1 orange
 1/4 cup cashews
 1/2 cup thinly sliced red onion

1. Whisk together the orange zest, vinegar, mustard, olive oil, salt and pepper. Toss with the lettuce.

2. Gently mix in the orange segments, cashews and red onion; alternatively, distribute them evenly on each plate over the dressed lettuce. Makes 4 servings.

Nutritional analysis per serving: 151 calories, 3 g protein, 12 g carbohydrates, 3 g fiber, 11 g fat, 2 g saturated fat, 0 mg cholesterol, 141 mg sodium

DRINKS



Smooth as a Savile Row suit, **Martin Miller's Gin** calls for an immediate cocktail.

Floral and full-bodied, the 80-proof production stems from an alliance of Britain and Iceland. The gin is distilled in London, blended and bottled in Iceland, using "glacial" water. The British botanicals include coriander and cassia bark. And there's a delightful juniper quality. That old copper pot still extracts plenty.

A bottle of Martin Miller's Gin is about \$28.

After a couple of cocktails, dip into these two volumes: **Lobel's Meat and Wine** (Chronicle, \$35) by Stanley, Leon, Evan, Mark and David Lobel, with Mary Goodbody and David White-man, is the work of the respected Manhattan butchers. Good ideas about pairing, and plenty of recipes.

What to Drink With What You Eat (Bullfinch, \$35) by Andrew Dornenburg and Karen Page offers very specific, well-thought out recommendations about what tastes best with what. But use it as a general guide, not the law.

— PETER M. GIANOTTI

TOP FIVE / Soup

BY JOAN REMINICK
 STAFF WRITER

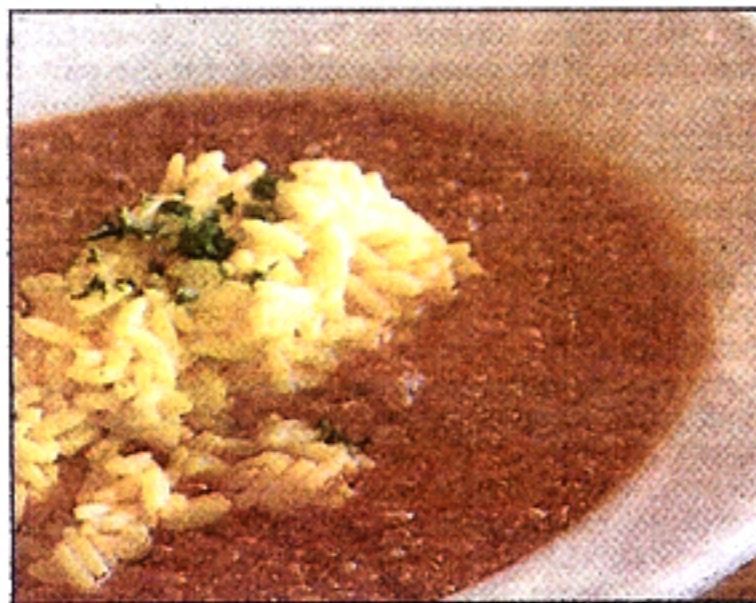
On a blustery winter's day, nothing beats a bowl of steaming soup. But can soup constitute an entire meal? To answer such a profound question (the subject of an entire "Seinfeld" episode), you might want to try one — or more — of the stellar soups from these five Long Island locales:

Empire Szechuan Gourmet. 92 E. Main St., Huntington, 631-425-2666 (also in Melville, Syosset and St. James).

The "big bowl" noodle soups offered at this Long Island chainlet were actually designed as meals. Favorites (with your choice of noodles, such as chow fun or egg) include the soy sauce chicken, scented with five-spice mixture and rife with hacked bone-in pieces of poultry and baby bok choy, as well as the shrimp wonton, afloat with delicate little shrimp-stuffed dumplings and lots of noodles.

LL Dent. 221 Old Country Rd., Carle Place, 516-742-0940.

At this friendly Southern-style spot, chef Leisa Dent offers Toby's Georgia hash, a spicy pork-



NEWSDAY PHOTO / BILL DAVIS

Toby's Georgia hash at LL Dent in Carle Place

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laced gumbo her father used to make in quantity and freeze for the winter. It's about as close to a stew as soup gets.

Pollos el Paisa. 989 Old Country Rd., Westbury, 516-338-5858.

This buoyant Colombian restaurant, specializing in rotisserie chicken, makes a chicken soup that's deeply flavorful, brimming with vegetables, poultry (giblets and all) and chopped fresh cilantro. Call it Latin penicillin — it works wonders if you have a cold and may even stave one off if you don't.

Sweet Basil Fusion Restaurant & Bar. 6500 Jericho Tpke., Commack, 631-499-1828.

The lovely lemongrass-infused parsnip soup at this cavernous Asian hideaway is a complex and intense brew, its smooth texture offset by a piquant kick; on top floats a single scallop. Although listed only on the dinner menu, it can be requested at lunch.

Torcello's. 1932 Jericho Tpke., East Northport, 631-499-8792.

The pasta e fagioli (macaroni and white bean soup) featured here is a thick, rich savory prosciutto-enriched zuppa. Sprinkled with freshly grated Parmesan, it makes for a supremely gratifying repast.