

FOOD DAY

TUESDAY, APRIL 12, 2005

The Oregonian

MARKET BASKET

Vibrant Flavors Oregon Dukkah

Looking to spice up your life? Dukkah—a traditional Middle Eastern blend of nuts, seeds and spices – gives an exotic flavor and a crunchy texture to a wide variety of foods. Add the Traditional Dukkah to breading for fish, or rub the Spicy Dukkah on pork before searing. Sprinkle the Sweet or Coconut variety on yogurt or ice cream. A little goes a long way, so use a light hand. \$7 to \$8 per 6-ounce pouch at Food Front, Hillsdale and Portland farmers markets or www.vibrantflavors.com