

8000 Series - Foods & Nutrition - Section I

Creative Living
with Sheryl Borden



Producer/Host

CELEBRATION

45

YEARS
ANNIVERSARY

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Foods & Nutrition

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Due to the size of this section, it has been separated into two sections in order for it to be downloaded more quickly. For instance, “Rio Star Grapefruit & Quinoa Salad” is in Section I on page 3, whereas “Cooking with Johnny Vee” is in Section II on page 13.

Rio Star Grapefruit & Quinoa Salad

- 1 Texas Rio Star Grapefruit, sectioned
- 1 Texas Orange, sectioned
- 8 thin slices fresh ginger
- 1/4 cup extra-virgin olive oil
- 3/4 cup quinoa
- 1/2 tsp. kosher salt, plus additional for seasoning
- 1 Tbsp. white wine vinegar
- 2 tsp. honey
- 1 small serrano or jalapeno chile, minced (with seeds for maximum heat)
- 2 scallions (both white and green parts), minced
- 2 carrots, peeled & diced
- 2 Tbsp. chopped fresh cilantro leaves
- Freshly ground black pepper

Strip the peel from the grapefruit with a vegetable peeler, taking care not to include the bitter white pith. Warm the grapefruit peel, ginger, and olive oil in a small saucepan over medium heat. As soon as the oil starts to bubble, after about 2 minutes, remove from heat. Set the oil aside to steep for 30 minutes. Strain and reserve the oil. Meanwhile, rinse the quinoa in a bowl and drain. Put the quinoa in a small saucepan with 1 1/2 cup water and 1/2 teaspoon salt. Boil over high heat, and then reduce heat to maintain a gentle simmer and cook, uncovered, for 15 minutes. Set aside off the heat, undisturbed, for 5 minutes. Transfer the quinoa to a bowl and fluff with a fork. Cool. Segment the grapefruit over a bowl, reserving the segments and juice separately. Whisk 3 tablespoons of the grapefruit juice with the vinegar, honey, and salt to taste in a medium bowl. Gradually whisk in 3 tablespoons of the reserved grapefruit oil, starting with a few drops and then adding the rest in a stream to make a slightly thick dressing. Season with pepper to taste. Toss quinoa with the dressing, chiles, scallions, carrots and cilantro. Season with salt and pepper, to taste. Toss the grapefruit segments into the salad, divide among 4 plates. Serve warm or at room temperature. 4 servings.



COURTESY: Eleisha Ensign
 TexaSweat Citrus Marketing, Inc.
www.texasweet.com

Easy Ways to 'Kick up' Nutrition

KALE CAESAR SALAD WITH PARMIGIANO REGGIANO

Flavorful kale makes a superb base for an eggless Caesar salad in this easy recipe. Be sure to coat all the kale with the dressing; use your hands to do the job effectively.

- 2 Tbsp. lemon juice
- 1 1/2 tsp. Dijon mustard
- 4 anchovies, finely chopped
- 2 garlic cloves, finely chopped
- 1/4 cup extra-virgin olive oil
- 1/4 tsp. fine sea salt
- 1/4 tsp. ground black pepper
- 2 Tbsp. grated Parmigiano Reggiano cheese, plus more for garnish (about 1 ounce total)
- 1 (0.75-pound) bunch kale, stems and tough ribs removed, leaves thinly sliced



In a large bowl, whisk together lemon juice, mustard, anchovies and garlic. Slowly whisk in oil until combined and thickened. Whisk in salt, pepper and grated cheese. Add kale and toss for a few minutes to coat all leaves well. Use a vegetable peeler to make ribbons of cheese for topping the salad. Serves: 6.

COURTESY: Hillori Hansen, Chef
 Whole Foods Market
www.wholefoodsmarket.com

All About Fresh Ginger



What is ginger? Ginger is a flowering plant, originally from Southern Asia. The interesting thing is that we eat the root, not the

plant. Ginger no longer grows wild. It comes in three main forms:

1. **Crystalized** - ginger that has been cooked until soft in sugar water, often then coated with fine sugar
2. **Ground (or powdered)** - dried fresh ginger that is ground to a fine powder
3. **Fresh** – what I'll demonstrate today

How to Buy? Ginger root should be hard, and the skin shouldn't be too wrinkled or dry. Look for 2 to 4-inch long pieces in the grocery store produce section, often in a basket. Break off a piece around the size you need - piece should break off cleanly (another check of freshness.)

How to Peel? With a spoon (grapefruit or regular), scrape off the skin. Cut off any small nubby pieces that are too small/difficult to peel.

How to Chop? Slice across the grain/fibers = coins. Then stack slices and cut into strips = julienne pieces. Chop strips = chopped. You can also grate with a small microplane zester.

Storing Leftover Fresh Ginger. My favorite method is to peel and put it in a glass jar, immersed in vodka and store in refrigerator. It can also be peeled and put in a zip top baggie and kept in the freezer.

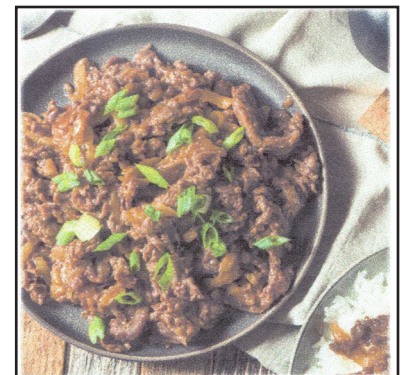
Korean BBQ Beef

(From "A Well-Seasoned Kitchen®" by Sally Clayton and Lee Clayton Roper)

- 1 1/2 to 2 tablespoons grated fresh ginger
- 1 cup chopped yellow onion
- 1/3 cup chopped fresh cilantro
- 1 teaspoon chopped garlic
- 1 tablespoon sesame seeds
- 2 tablespoons brown sugar
- 1/2 cup sherry (optional)
- 1/4 cup soy sauce
- 3 tablespoons sesame oil
- Dash oyster sauce
- Dash Tabasco sauce
- 1 pound flank steak, sliced thinly across the grain and cut in half crosswise

In a 7 x 11-inch glass baking dish, stir together all the ingredients except the steak. Add the steak slices and stir to coat the meat. Cover and marinate in the refrigerator for at least 2 hours, stirring occasionally. Remove the steak slices from the marinade, letting the excess drip back into the dish, reserving the marinade. Heat a large skillet over medium heat. Add the steak and cook, covered for around 10 minutes or until the meat is cooked, stirring occasionally. Stir in the reserved marinade, uncover, reduce the heat to medium-low and simmer for 10 to 15 minutes. Garnish with additional cilantro or chopped green onion.

SERVES: 4



COURTESY: Lee Clayton Roper
A Well Seasoned Kitchen
www.wellseasonedkitchen

10 Tips for Creating a Dinner Party Menu

People often tell me they think the most difficult part of entertaining is determining what to serve. Growing up in a household with dinner parties once a week - sometimes even more often? - I learned a lot from my mom, the consummate hostess. Over the years, I've honed my techniques, learned from others, and also learned from my own mistakes. I often get asked to provide guidance for putting together a dinner party menu - what dishes to pair together. Here are my top 10 tips:

1. First and foremost ... **don't stretch yourself.** Delicious over impressive works every time.

2. **Determine the theme** (if any) and tone of the party - casual, elegant, French, Mexican, etc. Use that as a guide to put together your menu.

3. **Think about the setting** - buffet or plated? Will guests be sitting around a table or on chairs and couches - or standing? If at a table, will platters/bowls of dishes be passed at the table? Is your table big enough to hold everything? Don't serve a dish that's complicated to eat based on the setting. Nobody likes to cut a big steak with a plate balanced on his/her lap. My rule is if people are not sitting at a table, I serve food that doesn't require a knife - just a fork.

4. Politely **ask in advance if guests have any dietary restrictions or dislikes.** There are ways to work around every need and request.

5. In general, **a dinner party menu should include:**

a. Appetizers - I usually keep them on the lighter side - one hot, one cold at most; sometimes just one and a bowl of nuts or chips

b. Main dish

c. Two side dishes (one vegetable, one potato/ rice/grain, or sometimes two vegetables)

d. Bread (optional)

e. Dessert

f. Depending on the tone of your party and/or the richness of the main dish, I often add a first course of a light soup or salad. Salad can also be a side dish, just make sure you have enough room on the table for salad plates/bowls alongside your dinner plate, if serving it that way.

6. **Vary your food colors.** We eat with our eyes first.

7. **Take texture into account** - make sure to have



something crunchy, even a chopped nut garnish on one dish.

8. **Variety in flavors is good, but don't overdo it!** And, pair flavors that work well together - if one dish has very bold flavors, make sure the other dishes don't fight with it. Conversely, don't overdo an ingredient. Three dishes featuring goat cheese is two too many.

9. Do, do, do **strive for a menu that you can make ahead.** My cookbooks are predicated on the concept that nearly everything can be made ahead. This allows you to prepare, clean up, get ready and enjoy your own party!

10. **Think about how often you are duplicating the same menu with the same people.** Your friends may love your lamb dish, but don't want to eat it every time they come to your house. I keep an entertaining diary logging who came, what I served, how I set the table/ buffet, etc. I keep track of my friends' dietary restrictions and dislikes as well.

An Intimate Dinner Party Menu

Appetizer: Artichoke, sundried tomato and feta appetizer.

First Course: Chilled Tomato Dill Soup

Main Dish: Asian Pork Tenderloin

Side Dishes: Lemon rice and Roasted green beans with Caramelized Shallots

Dessert: Chocolate Pecan Pie.

COURTESY: Lee Clayton Roper
A Well Seasoned Kitchen
www.wellseasonedkitchen

California Figs

California Figs are the special ingredient that brings out the chef in all of us. Test your culinary prowess using figs, the ancient fruit that many believe was actually the forbidden fruit in the Garden of Eden.

Truly spectacular dishes can be created by adding just a handful of California figs. Like many people from around the world, you'll enjoy cooking with plump, juicy California figs. Naturally sweet California figs enhance flavors and bring the right touch of sweet balance to every dish.

With Fresh California Figs, the simpler the better! California Fresh Figs and Gingered Mascapone is an easy-to-make first or final course. Prepare it, and prepare to impress!



Slice 'em or dice 'em! California Figs make classic chutneys and jams, and provide the perfect sweet and savory balance to create a new favorite salsa. Simply Delicious Figs -- So Many Possibilities.

Sweet, savory, fresh or dried, sliced, diced, baked, puréed or sautéed - there are a lot of ways to enjoy simply beautiful, simply delicious California Figs.

Start your next party with Seared Fresh Black Mission Figs or Caramelized Onion, Fig and Goat Cheese Tarts for a tasty tidbit while you bask in the sun with friends in your backyard.

Recipes to try when you get out the barbecue should include California Fresh Fig Salsa with Grilled Lamb Chops or Beef Tenderloin with Fig-Cocoa Glaze and Mission Fig Steak Sauce.

Make an extra big batch of that Mission Fig Steak Sauce or double the serving size of the California Fresh Fig Salsa. Store them in the fridge and use them generously with your favorite proteins all summer long.

End the meal with these delicious crowd pleasers - Spiced Poached Figs with Honey Cream or Warm Chocolate Dipper for any summer time dessert.

Savory Fig and Goat Cheese Tart with Arugula

- 1/2 cup Marcona almonds
- 3/4 cup all-purpose flour, divided
- 1/4 cup unsalted butter; chilled & cut into small pieces
- 2 tablespoons honey
- 1/3 cup fig spread
- 3 ounces fresh goat cheese, crumbled
- 2 cups packed baby arugula or mixed salad greens
- 2 teaspoons balsamic vinegar
- 2 teaspoons extra virgin olive oil
- Sea salt and freshly ground Black pepper; to taste

Process almonds in food processor with 1/4 cup flour until coarse powder. Add remaining flour and process until well blended. Sprinkle butter pieces over mixture and pulse until blended. Continue pulsing while adding honey and process until dough begins to form clumps, scraping as necessary.



Preheat oven to 375°F. Press dough into bottom and evenly up sides of a buttered 8- or 9-inch tart pan. Freeze 15 minutes, until firm. Then, bake at 375°F for 12 to 15 minutes, until lightly browned. Spread a thin layer of fig spread evenly onto tart and sprinkle goat cheese evenly on top. Bake 8 to 10 minutes longer until crust is golden brown and goat cheese is softened. Cool slightly and cut into 8 pieces.

To serve, toss arugula with balsamic vinegar and olive oil; season with salt and pepper. Divide and top each tart piece with 1/4 cup arugula mixture. Serves 8.

Fig Vinaigrette

1/2 cup chopped fresh California figs
 3 tablespoons extra virgin olive oil
 3 tablespoons sherry, raspberry or white balsamic vinegar
 1 clove garlic, minced
 Sea salt and freshly ground pepper; to taste

Arugula Salad

4 cups baby arugula
 8 small fresh California figs
 2 ounces top quality blue cheese, divided
 8 strips prosciutto (about 4 inches long by 1 inch wide)
 2 tablespoons balsamic vinegar
 1/4 cup pine nuts, toasted

Fig Vinaigrette

Combine figs, olive oil, vinegar and garlic in blender or food processor and process until smooth. Season to taste with salt and pepper; cover and store in refrigerator until ready to serve.



Arugula Salad

Divide and arrange arugula on 4 salad plates. Starting at stem end, cut figs in half nearly through but leaving blossom end intact. Press 1/2 tablespoon cheese in center of each and press halves together. Wrap each fig with prosciutto and secure with toothpick. Grill over high heat 5 minutes, turning frequently, and basting with balsamic vinegar. As soon as prosciutto is crisp, remove from grill and arrange 2 figs on each plate. Sprinkle with remaining cheese and pine nuts. Serve dressing on the side. Serves: 4.

Rib Eye Steak with Black Pepper, Mission Figs, Roasted Garlic and Thyme

Roasted dried California Mission figs and black pepper bring a very deep and meaty flavor to spread over sliced steak, while roasted garlic cloves add a somewhat rustic country style to merging flavors from subtle sweetness to garlicky to spicy black pepper.

8 dried California Mission figs
 1 bulb garlic
 3 tablespoons extra virgin olive oil, divided
 1/2 teaspoon coarse salt
 1 teaspoon coarsely ground black pepper
 1 lemon
 1 thick-cut rib eye steak (16 to 18 ounces)
 Salt and freshly ground black pepper; to taste
 1 bunch fresh thyme sprigs (about 1/2 cup, loosely packed)

Preheat oven to 350°F. Remove and discard stems from figs, and cut in half, lengthwise; place in large ovenproof pan; set aside. Separate garlic into individual unpeeled cloves, and add to pan along with figs, olive oil, 1/2 teaspoon salt and 1 teaspoon fresh ground black pepper; toss to coat well. Roast at 350°F for about 20 minutes or until garlic cloves are soft and fully cooked. Set aside.

Rub steak liberally on all sides with olive oil, salt and pepper. Prepare a hot charcoal fire and, over hottest part of fire, sear steak on both sides. Then, move steak to a cooler area and finish grilling, slowly, for about 5 minutes on each side for medium rare (145°F internal temperature at thickest part) or 10 minutes on each side for medium (160°F). Remove from grill and allow to rest for 10 to 15 minutes before slicing.

To serve, heat 2 tablespoons extra virgin olive oil in a skillet over medium high heat. Add roasted fig and garlic mixture and carefully shake the skillet. Add thyme sprigs and toss or stir until thyme is fragrant, about 30 seconds. Remove from heat; squeeze juice from lemon over all. Cut steak into thick slices and fan onto serving platter. Spoon fig mixture, along with thyme sprigs and pan juices over steak; drizzle



with a little extra virgin olive oil and squeeze lemon juice over all. Serve at once.

Note: To oven roast the steak: Preheat oven to 350°F. Heat 2 tablespoons olive oil in large oven-proof skillet over high heat. Add steak and sear on both sides until nicely browned. Transfer to preheated oven and roast about 15 minutes for medium rare (145°F) or a little longer for medium (160°F). Remove from oven and allow to rest about 15 minutes before slicing. Serves: 6.

Spiced Port Poached Figs with Honeyed Cream

- 12 fresh, ripe medium California figs
- 1/4 cup honey
- 4 cups port wine
- Pinch of salt
- 1/4 cup balsamic vinegar
- 2 lemons, zested
- 2 oranges, zested
- 2 whole cloves
- 2 cinnamon sticks
- 3 star anise
- 8 peppercorns

Honeyed Cream

- 1/2 cup heavy cream
- 1/2 cup sour cream
- 1 tablespoon honey
- Mint leaves; for garnish



Trim thin slice from bottoms of figs; set aside. Combine 1/4 cup honey, port, salt, vinegar, lemon and orange zests, cloves, cinnamon, anise, and peppercorns in large saucepan. Heat to boiling; reduce heat. Add figs and simmer for 5 minutes. Set aside to cool. Meanwhile, whip creams and 1 tablespoon honey together until fluffy; divide and spoon onto 6 individual serving plates. Arrange figs on top and drizzle with poaching liquid and garnish with mint leaves. Serves: 6 (2 figs each.)

Chocolate Covered Figs

- 4 whole fresh California figs with stems
- fine sea salt; as needed
- 1 cup semisweet chocolate chips

Wash and dry figs; dust lightly with salt. Set aside. Measure chocolate chips into microwavable bowl. Microwave on high for 30 seconds; stir. Microwave for 30 seconds more and stir until chocolate is completely melted.



Holding fig by stem, dip in melted chocolate and set on wax paper-lined tray. Sprinkle with sea salt. Let stand until chocolate is set. Serves: 4.

California Fig and Walnut Smoothie

- 1 cup ice
- 7 Mission figs
- 1/3 cup walnuts
- 1 cup almond milk, unsweetened

Place all ingredients in order listed in a high speed blender. Blend on high until very smooth in consistency. Serve immediately.



COURTESY: John Csukor
KOR Food Innovation
California Fig Advisory Board
www.korfoodinnovation.com
www.californiafigs.com

COURTESY: Karla Stockli
California Fig Advisory Board
www.californiafigs.com

ENTERTAINING TIPS WITH TEXAS CITRUS

Texas Citrus not only tastes great and smells wonderful, it is also beautiful! Get creative and see how many ways you can incorporate citrus in your next dinner party. Appetizers, salads, desserts, centerpieces - the possibilities are endless! **Plan it, throw it, and enjoy it.**

Want a unique display at your next dinner party? **Citrus candles** are sure to wow, and are so easy to make!

Items Needed:

- Texas Sweet Oranges
- White votive candles
- Small paring knife

Cut an orange in half, so that each side will sit flat. Take a paring knife and cut a circle in the



Citrus Candles

middle of the orange, a little larger than the votive candle. Place votive candle inside the center of the orange. Repeat for additional orange

halves. Arrange several orange halves on a table as a unique centerpiece. This interesting display idea can also be done with grapefruit.

CITRUS FLORAL DISPLAY

Hide the stems in your vase with cut citrus... it's so easy! Simply add slices of citrus to a vase of flowers to give your blooms a fresh and distinctive look.



Citrus Floral Display

CITRUS CENTERPIECES

Be creative with your table setting this season! Place whole grapefruit and oranges on a platter or in a bowl for a simple and elegant centerpiece. Enjoy the intermingling scents of flowers and citrus simply by adding a few blossoms to your centerpiece!



Floating Candles



Texas Citrus Centerpiece

COURTESY: Kimberly Meade
TexaSweat Citrus Marketing, Inc.
www.texasweet.com



Health Benefits of Raisins

The most commonly cited health benefits were that raisins are fat and cholesterol free, high in antioxidants, contain sugars of fructose and glucose for sustained energy, have significant amounts of potassium, iron and dietary fiber and were virtually sodium free.

One study shows that when raisins were consumed as a pre-meal snack instead of other popular packaged items, overall caloric intake went down. And another study shows that when raisins were consumed instead of other packaged snacks, the post-prandial blood glucose went down as did the diastolic blood pressure of those tested.

Two-Grain Raisin Muffins

- 1 1/2 cups all-purpose flour
- 1 1/2 cups whole wheat flour
- 2 cups quick-cooking oats
- 3 tablespoons baking powder
- 1 1/4 cups chopped nuts
- 2 cups California raisins
- 2 cups cooked canned sweet potatoes, drained
- 1 1/2 cups lowfat milk
- 1/2 cup vegetable oil
- 2 whole eggs
- 4 tsp. vanilla extract

Combine the flours, oats, baking powder and nuts in mixer bowl. Mix well. Process raisins and sweet potatoes with milk in blender or food processor until smooth. Add to



mixer bowl along with remaining milk, vegetable oil, eggs and vanilla. Mix until dry ingredients are just moistened. DO NOT OVER MIX. Portion batter using No.16 scoop into paper-lined muffin tins. Bake 15 to 20 minutes at 375° F. Yield: 24 muffins.

Crunchy Vegetable and Curried Chicken Salad

Bottled dressing and prewashed baby spinach make quick work of this raisin and chicken lunch.

Dressing

- 1/2 cup bottled low-calorie Russian salad dressing
- 2 tablespoons low-calorie plain yogurt
- 1 teaspoon curry powder

Salad

- 1/2 pound cooked chicken, diced
- 3/4 cup California raisins
- 1/2 cup sliced celery
- 1/2 cup chopped green pepper
- 1 package prewashed baby spinach leaves

In large bowl, blend dressing, yogurt and curry powder. Add chicken, raisins, celery and green pepper; toss to coat well. Chill. Serve on spinach-lined plates.

Note: To make a tasty seafood salad, substitute 1 pound small to medium shrimp, cleaned, cooked and shelled for chicken.

For heartier meal, spoon mixture into avocado or tomato halves.

COURTESY: Michelle Dudash
California Raisin Marketing Board
www.loveyourraisins.com



Stenciling Cookies

Though I'd categorize this technique as later-stage "icing on the cookie" to master after top-coating, outlining and flooding, it is by no means a difficult technique. In fact, along with marbling, wafer-papering and rubber-stamping, it's one of the easiest ways to add eye-catching detail to cookies even if artistic ability isn't your strong suit. If you can stencil paint on a wall, then I guarantee you can stencil icing on a cookie!

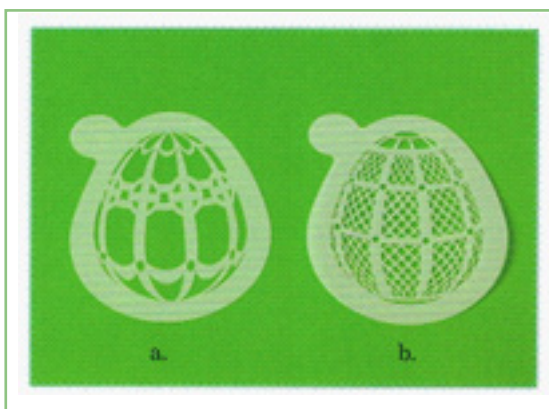
Either naked or top-coated cookies can be stenciled, though I generally prefer to use top-coated cookies because they're flatter (and tastier). Before you stencil, make sure to dry top coats completely, ideally overnight. Stenciling requires application of pressure to the cookie tops, which can crack or dent partially dried icing. Success hereafter depends on three factors: (1) choosing the right stencil, (2) mixing the Royal Icing to the right consistency (as always), and (3) having a steady, even hand.

On the first point, it's best to choose a stencil that lies very flat across the cookie and fits the top coat with some room (at least 1/4 inch) to spare. If your stencil is too large, it can lift off the edge of the top coat and allow the stenciling icing to sneak underneath into areas it shouldn't be. I also urge beginners to start with an easy stencil, meaning one that isn't very intricate and whose openings aren't too closely spaced.

When the openings are closer than about 1/8 inch, it becomes more important to mix the stenciling icing to just the right consistency. If too loose, the icing in one opening will run into the next, resulting in a blurry pattern.

As for stenciling icing, start by tinting thick Royal Icing (Generally, a color that contrasts the top coat color works best.) Then thin the icing to stenciling consistency, a consistency thicker than top-coating consistency and looser than outlining consistency. However, if you find your icing leaving too many tracks, thin it with a bit of water. Conversely, if it flows too freely, especially under intricate stencils, thicken it with powdered sugar.

Lastly, try your hardest not to move the stencil while applying the icing. Even small movements can result in a smudged pattern. Here are some more tips for getting sharp results:



Beginner vs. Advanced Stencil. (a) Beginner stencil, with relatively large openings and distance between openings. (b) Advanced stencil, with smaller more closely spaced openings.

(a) Lay the stencil where you want the design to appear on the cookie. To keep the stencil from moving, hold it firmly in place on the cookie top with a finger or two, or with the tip of a metal trussing needle or toothpick if there's limited holding room on the stencil, as shown here.

