

8000 Series - Foods & Nutrition - Section II

Creative Living
with Sheryl Borden



Producer/Host

CELEBRATION

45

YEARS
ANNIVERSARY

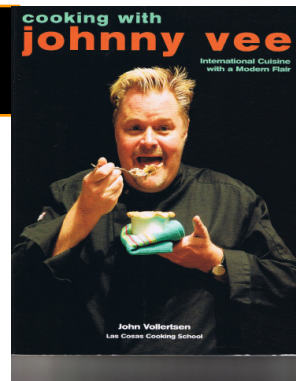
Table of Contents

Foods & Nutrition

Rio Star Grapefruit & Quinoa Salad	I-3
Easy Ways to “Kick Up” Nutrition	I-3
All About Fresh Ginger	I-4
10 Tips for Creating a Dinner Party Menu	I-5
California Figs	I-6
Entertaining Tips With Texas Citrus	I-9
Health Benefits of Raisins	I-10
Stenciling Cookies	I-11
Cooking with Johnny Vee.....	II-13
Sheet Pan Supper of Roasted Fish & Vegetables.	II-16
California Raisins - the Wise Choice	II-17
National Festival of Breads for Fall & Winter.....	II-19
Cooking with Kids	II-21
Everyday Food & Wine Pairings.....	II-22
Crispy Twist Cake.....	II-25
Power Up! What Makes Breakfast the Best	II-26
Meal of the Day	
Fresh From the Garden	II-27
The Thrill of the Skill.....	II-29
Guests	II-30

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.

Cooking with Johnny Vee



Crêpes Suzette

- 1 cup all-purpose flour
- pinch of salt
- 1/4 cup sugar **plus** 1 Tbsp. sugar
- 1 1/4 cups milk
- 3 egg yolks
- 2 Tbsp. unsalted butter melted and cooled **plus** 1/2 tsp. more for sautéing crepes
- 1 tsp. grated lemon zest
- 1 Tbsp. grated orange zest
- 1/2 cup fresh orange juice
- 2 Tbsp. orange liqueur
- powdered sugar
- whipped cream, optional

Combine flour, salt, 1 tablespoon sugar and milk in a medium bowl and whisk until smooth. Beat in the yolks, melted butter, and lemon zest. Cover and refrigerate for one hour.

Heat a 6-inch crêpe pan over medium heat. Add 1/2 teaspoon butter to pan and swirl it around to cover surface. Ladle 1/4 cup of batter over pan and swirl to cover bottom of pan. Cook for about 1 minute or until surface of batter looks dry. Gently flip crêpe and cook 15 to 20 seconds longer. Do not allow crêpe to get browned or crispy. Slide crêpe out of pan and repeat process until you have used all the batter.



Fold the finished crêpes into quarters. Combine re-maining 2 tablespoons of butter in a medium skillet and stir in 1/4 cup sugar. Add the orange juice and zest and sauté until sauce starts to thicken. Quickly

turn the folded crêpes into the sauce and slide them around to cover with sauce. Finish the sauce by adding the liqueur, letting it warm and igniting it. Pour the sauce over the crêpes on warm plates. Dust with powdered sugar and serve with whipped cream if desired. Serves 4 to 6.

Spinach Crepes Mornay

- 8 crepes (1 cup flour **plus** 1 cup milk **plus** 1 egg)
- 6 Tbsp. flour
- 6 Tbsp. butter
- 3 cups milk
- 3/4 tsp. salt
- 1/4 tsp. pepper
- 1/4 tsp. ground nutmeg
- 1 cup grated Swiss cheese
- 2 Tbsp. butter
- 6 green onions, chopped
- 2 Tbsp. parsley, chopped
- 2 cups shredded spinach
- 3/4 tsp. salt
- 3 oz. grated Parmesan cheese

Melt 2 tablespoons butter in a large skillet. Add chopped green onions and parsley, sauté till tender. Mix in shredded spinach and salt. Set aside. Make bechamel sauce using first 6 ingredients, add cheese to melt. Mix one cup of sauce in spinach to bind. Fill crepes with spinach mixture, pour the remaining sauce over them, top with Parmesan and bake at 350° F. for 30 minutes til bubbly. Serves 4.



Classic Caesar Salad with Toasted Garlic Croutons

- 1 egg yolk
- 1 Tbsp. Dijon mustard
- 1 tsp. Worcestershire sauce
- 2 lg. garlic cloves, peeled and roughly chopped
- 3 Tbsp. olive oil
- 6 anchovies, minced or to taste
- Juice of 2 lemons
- 1 head romaine lettuce
- 1 tsp. salt
- 1 tsp. freshly ground pepper
- 1/2 cup shaved Parmigiano-Reggiano cheese
- 3/4 cup Toasted Garlic Croutons (recipe follows)
- Additional anchovies for garnish (optional)

In a large bowl, whisk egg yolk, mustard and Worcestershire sauce together. Add garlic, olive oil, anchovies, and lemon juice; mix well. Separate lettuce leaves, wash, and pat or spin dry. Tear leaves into bite-size pieces. Toss lettuce in bowl with dressing and season with salt and pepper. Divide salad on chilled serving plates and garnish with shaved cheese and croutons. Top with additional whole anchovies if desired.

Toasted Garlic Croutons

- 1/2 loaf (1 pound) baguette
- 2 Tbsp. butter
- 1 Tbsp. olive oil
- 2 garlic cloves, minced
- 1/4 tsp. salt
- Freshly ground black pepper

Tear bread into bite-size pieces approximately 1/2 x 1/2-inch. Melt butter in large saute pan and add olive oil and garlic. Over medium heat, saute the



garlic until it just starts to brown; add bread pieces immediately. Saute until the croutons start to brown. Season with salt and pepper and place on a baking sheet. Bake in a 350° F oven until croutons are crisp, about 10 minutes. Croutons may be stored in an airtight container for 3 days, but allow them to cool completely before covering.

Garlic & Shrimp Tapas

- 1/2 cup Spanish olive oil
- 8 garlic cloves, sliced thin*
- 1 pound small shrimp (size 36-45), peeled
- 1 tsp. crushed red pepper flakes
- pinch of kosher salt
- 2 Tbsp. chopped parsley
- 1 lime, cut into wedges
- 1 pound loaf crusty bread, toasted in oven

Heat olive oil in medium saucepan over medium heat until very hot but not smoking. Add garlic slices and allow to sizzle for one minute. Add shrimp, red pepper flakes, salt and parsley. Stir once, allow shrimp to turn pink and pour into a heated oven-proof dish. Serve immediately, garnished with lime wedges and with crusty bread. Serves 4 as appetizer.

Overnight Buttermilk Waffles

- 2 cups flour
- 1 tsp. sugar
- 1/2 tsp. salt
- 1/2 tsp. dry yeast
- 2 1/4 cups buttermilk
- 1 stick butter, melted and cooled to room temp.
- 2 eggs
- Vegetable oil for the waffle iron

The night before making the waffles combine the dry ingredients in a medium bowl. Stir in the buttermilk and melted butter, mix well. Cover with plastic wrap and leave at room temperature overnight or up to 12 hours. To cook waffles, heat waffle iron and brush with vegetable oil. Separate eggs and stir the yolks into the batter.

Whip the whites to soft peaks and gently fold into the



batter. Pour a ladle of the batter onto the waffle iron and close lid, cooking for 3-5 minutes depending on waffle iron instructions. Serve waffles hot. Serves 4-6.

Smoke the shrimp for 6 minutes using the mildest wood available such as alder, cherry or apple.* Allow to cool; peel and slice along the back of each shrimp. Cut the bacon into 1/4-inch slices and sauté in a medium saucepan until crispy. Drain on paper towels and drain the fat from the pan. Add the butter to the pan and sauté the shallots and the scallions for 4 minutes over medium heat. Add the thyme, tomatoes, lemon juice, and fish stock and sauté briefly. Add cream and reduce to a simmer. Add the shrimp and cook until the sauce thickens slightly. Stir in the bacon and paprika, season with salt and pepper. Serve hot over Overnight Buttermilk Waffles (see above) toast, biscuits, or grits.

*Try the Camerons Stovetop Smoker. The smoker can be used indoors on gas, electric and glass-top stoves with minimal ventilation necessary.

Spaghetti Carbonara

1 lb. pasta, spaghetti
1/4 cup extra virgin olive oil
1/4 lb. pancetta, chopped
1 tsp. red pepper flakes
5-6 garlic cloves, chopped
1/2 cup dry white wine
2 large egg yolks
Freshly grated Romano cheese or Parmesan
salt & freshly ground black pepper, to taste

Put a large saucepot of water to boil. Once boiling, add a liberal amount of salt and pasta. Cook to al dente, about 8 minutes. Meanwhile, heat a large skillet over medium heat. Add olive oil and pancetta. Brown the pancetta about 2 minutes. Add red pepper flakes and garlic and cook 2 to 3 minutes more. Add wine and stir up all pan drippings. In separate bowl, beat yolks, then add 1 large ladleful (about 1/2 cup of the pasta cooking water. This tempers the eggs and keeps them from scrambling when added to pasta. Drain pasta well and add directly to skillet with pancetta, garlic and oil. Pour egg mixture over pasta. Toss rapidly to coat the pasta without cooking the egg. Remove from heat and add a big handful of cheese, lots of pepper and a little salt. Continue to toss and turn pasta until it soaks up egg mixture and thickens, 1 to 2 minutes. Serve with extra Romano.

Green Chili Alfredo Sauce

2 Tbsp. olive oil
6 garlic cloves, minced
3 cups heavy cream
1/4 cup dry white wine, dry vermouth or vegetable stock
1/2 cup grated Parmesan cheese + additional
1/4 cup roasted, peeled, seeded and chopped New Mexico green chilies, or to taste
Salt and freshly ground pepper to taste

Heat olive oil in large deep saucepan. Add garlic and saute for 1 minute. Add wine and simmer for 3 minutes. Add cream, stir well and allow to simmer until liquid is reduced by half (about 20 minutes.) When sauce has thickened add green chile and cheese and season with salt and pepper. Serve with additional Parmesan.



COURTESY: John Vollertsen
Las Cosas Cooking School
www.chefjohnnyvee.com



SHEET PAN SUPPER of ROASTED FISH & VEGETABLES

Making meals the "sheet-pan" way works especially well when cooking for two because an entire meal fits in one 9 x 13-inch pan. You begin roasting the food(s) that take longest to cook such as potatoes, adding additional foods (fish, vegetables) later, since they cook faster. If your vegetables are especially delicate (or if you prefer them steamed) layer them under the fish.

- 1/2 pound (2 cups, about 6 potatoes) small Yukon gold potatoes or fingerlings, halved
- 1 tablespoon olive oil
- 3/4 teaspoon dried herbs of your choice (I like oregano or tarragon for this dish)
- 1/4 teaspoon smoked paprika
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 2 5-ounce salmon fillets
- 1 cup thin asparagus in 1/2-inch pieces
- 1/2 cup cherry or grape tomatoes, halved
- 1 fresh lemon, cut into 2 halves, for garnish

Place a rack in the middle of the oven. Preheat the oven to 425°F. Line a 9 x 13-inch nonstick (gray, not black) rimmed baking sheet with foil and lightly grease or use a 10-inch greased ovenproof skillet. In a medium bowl, toss the potatoes, 1/4 teaspoon of the herbs, and smoked paprika with the olive oil until well coated. Arrange evenly, cut side down, on the baking sheet and roast 20 minutes. Arrange the salmon, asparagus, and tomatoes on top of the potatoes and sprinkle with the remaining 1/2 teaspoon herbs and the salt and pepper. Continue to roast until the salmon is cooked through and the potatoes are tender, about 10 to 15 minutes, depending on thickness of the fish. Serve with lemon wedges, for garnish. Preparation time: 10 minutes. Roasting time: 30 minutes. Makes 2 servings.



NOTE: You can also vary this dish: use cod instead of salmon, 1/8-inch red bell pepper strips instead of tomatoes, or broccoli florets or snow peas instead of asparagus - and monitor the roasting times accordingly. Generally speaking, the thinner and less dense the food, the shorter the cooking time. So, put the more delicate vegetables under the fish.

COURTESY: Carol Fenster
Savory Palate, Inc.
www.savorypalate.com

California Raisins - the Wise Choice

California Celebration Slaw

Salad

- 1 pkg. (16 ozs.) shredded cabbage with carrots
- 1 medium apple; cored and diced
- 1 medium orange; peeled and cubed
- 1 small green pepper, chopped
- 1/2 cup California golden raisins
- 1/2 cup California natural raisins
- 4 tablespoons chopped nuts



Dressing

- 1 cup mayonnaise
- 1/2 cup bottled chili sauce
- 1 tablespoon lemon juice
- Salt, to taste

In large bowl, toss together cabbage, apple, orange, green pepper, raisins and nuts. In small bowl combine mayonnaise with chili sauce, lemon juice and salt. Pour dressing over slaw

Sweet and Spicy Chili

- 3 pounds lean ground beef
- 2 large onions, diced
- 1/4 teaspoon garlic powder
- 1 can (32-ounce) whole tomatoes with juice
- 1 14.5-ounce tomato sauce
- 2 small cans (8 ounces each) sliced mushrooms
- 1 cup sliced ripe olives
- 1 cup diced celery



- 1 large green pepper, diced
- 1 1/2 teaspoons salt
- 3 tablespoons chili powder
- 1/8 to 1/4 teaspoon ground red pepper
- 2 tablespoons sugar
- 2 beef bouillon cubes
- 1 cup California raisins
- 1 bay leaf
- 5 whole cloves
- 2 cans (15.5-ounce) kidney beans, drained

Brown ground beef, onions and garlic powder in large stockpot. Drain excess fat, if necessary. Add remaining ingredients except kidney beans, including bay leaf and cloves in a tea basket or cheesecloth for easy removal. Bring to boil; reduce heat and simmer, uncovered, for 2 hours, stirring occasionally. Stir in kidney beans and heat through. Remove bay leaf and cloves; adjust seasonings and serve in crocks or bowls. Serves: 25.

Breakfast Raisin-Banana Tortilla Roll-up

- 4 8-in. flour tortillas
- 1 cup peanut butter
- 2 medium bananas, sliced
- 6 tablespoons California raisins



For each sandwich, spread 1 side of 1 tortilla with 1/4 cup peanut butter. Cover with half of 1 sliced banana and sprinkle with 1 1/2 tablespoons raisins. Roll tortilla up tightly; cut in half to serve. Repeat to make 3 more sandwiches. Sandwiches can be made up to 12 hours in advance, wrapped tightly in plastic wrap and refrigerated. Serves 4. Note: For a change, substitute 8 ounces softened cream cheese combined with 2 teaspoons honey and 1 teaspoon grated orange peel for the peanut butter.

OATMEAL RAISIN COOKIES

- 3-1/4 cups all purpose flour
- 2 tsp. baking soda
- 1 tsp. salt
- 4 cups rolled oats
- 1 cup sugar
- 1 1/4 cups brown sugar, packed
- 1 tsp. ground cinnamon
- 1/4 tsp. ground cloves
- 1/2 tsp. ground nutmeg (optional)
- 1 1/4 cups shortening
- 3/4 cups + 2 Tbsp. butter or margarine
- 3 whole eggs*
- 1 Tbsp. vanilla
- 1 1/2 cups California raisins, plumped*



Blend flour, baking soda, salt, rolled oats, sugar, brown sugar, cinnamon, cloves and nutmeg for 2 minutes in mixer bowl on low speed. Add shortening, butter, eggs and vanilla. Mix for 1 minute on medium speed. Add raisins and blend for 30 seconds on low speed. Portion with No. 40 scoop in rows of 6 down and 5 across onto each of 2 sheet pans (18 x 26 x 1-inch). Bake until lightly browned in Conventional oven - 350° F for 12 to 14 minutes or Convection oven - 300°F for 6 to 8 minutes. Cool completely. Remove from sheet pans. Yield: 50 cookies.

*Note: May substitute 1 1/2 ounces (1/2 cup) dried whole eggs and 1/2 cup water for shell eggs.

Frothy Yogurt Shake

- 1/2 cup California raisins
- 1/2 cup milk
- 1/2 cup yogurt, plain or flavored
- 1/2 medium banana, sliced
- 1/2 teaspoon vanilla

Purée raisins, milk and yogurt in blender or food processor. Add banana and vanilla; process until smooth. Yields: 2 cups.

Raisin Apple Mini Pizzas

Easy to make, fruit-flavored pizzas are a tasty variation on this traditional snack.

- 2 baked mini pizza crusts
- 3 Tbsp. apricot spreadable fruit or preserves
- 1/2 cup finely chopped apple
- 1/2 cup California raisins
- 1/2 cup shredded Monterey Jack cheese



Heat toaster oven or regular oven to 375°F. Place pizza crusts on small tray for toaster oven. Spread with spreadable fruit. Sprinkle with apples, raisins and cheese. Bake at 375°F for 10 minutes or until thoroughly heated and cheese is melted. Yields: 2 mini pizzas (1/2 pizza each serving.)

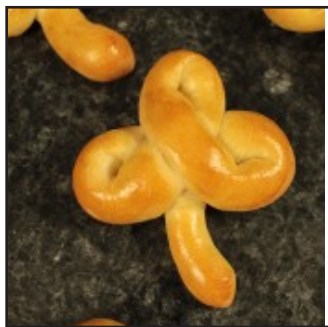
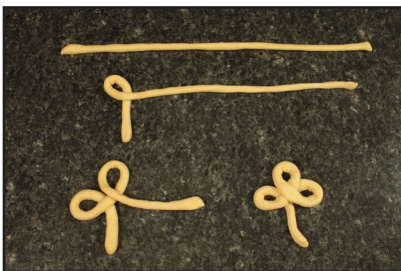
COURTESY: Mary Lee Chin
California Raisin Marketing Board
www.loveyourraisins.com



Lucky Shamrocks



To make 12 shamrocks, roll 1 pound of dough into a 10" x 12" rectangle. Cut into 12 equal strips. Roll each strip into a 16" x 18" rope. Form a loop, leaving 2 inches for the stem. Form a second loop. Loop the remaining dough; tuck and seal the end in the back. Place on greased baking sheets, re-shaping leaves and curving stem. Cover; let rise 20 minutes. Beat together 1 whole egg and 1 tablespoon water; brush on shamrocks. Sprinkle with green sugar. Bake at 400°F, 12 minutes or until golden.



National Festival of Breads...for Fall & Winter

Sweetheart Cinnamon Rolls



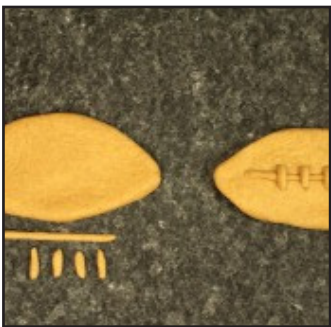
Roll 1 pound of dough into a 10" x 17" rectangle. Sprinkle on 3 tablespoons Cinnamon-Sugar mixture (recipe on page 2); gently press in dough. Cut into 10 (1" x 17") strips. Working with one strip at a time, beginning with each end, roll up toward the middle until rolled ends touch. Transfer onto greased baking sheet, cut-sides up. Pull the middle of the strip down and pinch to create a point, forming a heart shape. Cover; let rise until almost doubled. Bake at 350°F, 15-20 minutes. If desired, glaze with icing.



American Football



Roll out 5 ounces of dough into a 6" x 3" oval. Pull the ends to exaggerate the points to form a football shape. Place on greased baking sheet. With a knife, make a slight cut across the top of the football not quite reaching the points. Using 1 ounce of dough, roll a 10" rope as thin as possible. Cut the rope into 5-6 pieces for the laces. Lay each lace across the cut. Using a toothpick, push the ends of the laces down into the football to secure. Let rise until almost doubled. Beat together 1 egg and 1 tablespoon water; brush on football. Bake at 375°F, 20 minutes or until golden brown.



Mini Cornucopias

Use 3 ounces of dough; divide into 2 1/2 ounce and 1/2-ounce pieces. Use a 6" x 8" piece of heavy-duty aluminum foil and make a cone; stuff it with crushed aluminum foil and pinch to make a pointed end. Spray well with nonstick cooking spray. Roll 2 1/2-ounce dough piece into a rope about 30" long. Loosely coil around cone, leaving 1/2" aluminum foil exposed. Place



on greased baking sheet. Roll remaining dough into a thin rope; divide in half and twist together. Wrap twist around the opening securely pinching ends. Beat together 1 egg and 1 tablespoon water; brush on cornucopia. If desired,

sprinkle twist with sesame seeds. Bake at 375°F, 20 minutes. Cool slightly and remove aluminum foil.



Creeping Crawling Spider

For body: form a large smooth ball and flatten slightly, place on greased baking sheet. For head: shape a small ball and place next to body. For legs: roll dough into 4 long and 4 short ropes. Place in position. For eyes: make clips in head; insert raisins. Cover; let rise 30 minutes. Beat 1 egg and 1 tablespoon water; brush on spider. Bake at 350°F, 15-30 minutes, depending on size of spider. Spider should be golden brown.



For additional recipes, go to:
nationalfestivalofbreads.com

COURTESY: Cindy Falk & Julene de Rouchey
Kansas Wheat Commission
www.kansaswheat.org and
www.nationalfestivalofbreads.com

Cooking with Kids

When your kids or grandkids help in the kitchen, they are building lifelong skills. Cooking brings families together. Cooking can be easy and is an important skill to learn and build upon. Also, when kids help in the kitchen, they are more likely to eat it, too!

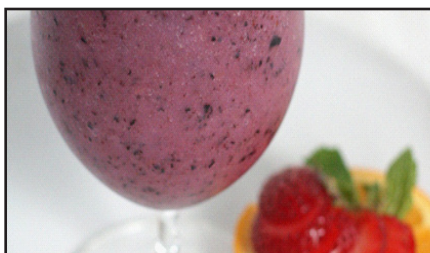


- 4 wooden skewers
- 3 ounces mozzarella cheese, cut into 3/4-inch cubes
- Strawberries, bananas, mango chunks and/or grapes
- Square frozen waffle, heated, cut into squares
- 1/2 cup plain or vanilla yogurt
- 1 tablespoon orange marmalade

Assemble kabobs, alternating cheese, fruit and waffle. Combine yogurt and marmalade. Serve with kabobs. Serves 2.

Blues Buster Smoothie

- 3/4 cup (6 oz.) low-fat blueberry yogurt
- 1/2 cup apple juice
- 1/3 cup fresh or frozen blueberries
- 1/3 cup frozen sliced peaches
- 5 - 6 ice cubes



Combine all ingredients in blender; blend until smooth. Amount of ice will vary depending on desired consistency. Pour into a glass and serve chilled.

Hot Beef "Sundaes"

- 1-1/2 pounds beef for stew, cut into 1 to 1-1/2-inch pieces
- 1 large onion, chopped
- 1 clove garlic, minced
- 1 cup jarred beef gravy
- 1 cup frozen peas or mixed vegetables
- 2 cups instant potato flakes
- 2-1/2 cups reduced-fat milk
- 1/2 cup shredded Cheddar cheese
- 1/4 cup reduced-fat or fat free dairy sour cream
- 4 cherry or grape tomatoes
- 1/4 teaspoon salt

Combine beef, onions, garlic and gravy in 3-1/2 to 5-1/2-quart slow cooker; toss to coat evenly. Cover and cook on LOW 8 to 9 hours or on HIGH 4 to 5 hours or until beef is fork-tender. Add peas and cook until peas are just tender, about 5 minutes. Meanwhile, heat milk in medium saucepan over medium heat until just steaming. Add potato flakes and salt; stir until smooth. Remove from heat; keep warm. Using ice cream scoop, place 2 scoops (about 1/3 cup each) mashed potatoes in each of 4 individual sundae cups or serving bowls. Divide beef mixture evenly over potatoes in each dish. Evenly sprinkle with cheese and top with sour cream. Place 1 tomato in center of each serving for "cherry." Makes 4 servings.



COURTESY: Sarah Ryan & Teresa Wagner
DairyMAX
www.dairymax.com or www.3aday.org



Everyday Food & Wine Pairings

Shrimp & Citrus Salad with Creamy Avocado Dressing

Pairs with Mirassou® California Sauvignon Blanc

For the dressing:

- 1/4 cup orange juice
- 1/2 ripe Haas avocado (reserve the other half for the salad below)
- 1/4 cup sour cream
- 1/4 cup loosely packed cilantro leaves
- 1/4 cup fresh lime juice
- 1/4 cup water
- 3/4 tsp. kosher salt
- 3/4 tsp. sugar
- 3/4 tsp. freshly ground black pepper
- 1/4 cup salad oil



For the salad:

- 2 seedless oranges
- 1 head butter lettuce, washed and torn
- 3 red radishes, cut into thin wedges
- 12 large cooked shrimp, peeled and deveined, chilled
- 1/2 ripe Haas avocado
- Cilantro leaves as needed for garnish

Pour orange juice and the remaining dressing ingredients into a blender. Blend for about 30 seconds, or until the dressing is smooth, and the cilantro is very finely minced.

Peel the oranges with a sharp knife as you would a melon. Slice the orange into 1/4-inch wheels, and cut each in half. Place the lettuce in a mixing bowl, and toss with about half of the dressing. The leaves should be evenly coated and flavorful, but not soggy.

Transfer the dressed leaves to a broad, shallow salad bowl. Arrange the orange segments, radish wedges and shrimp on the lettuce, and drizzle the salad with additional dressing to taste. Garnish with whole cilantro leaves and serve immediately. Serves 6.

Macaroni & Cheese with Applewood Bacon

Pairs with Mirassou® Monterey County Chardonnay

- 1/2 pound macaroni or small shell pasta
- 4 ounces thick-cut applewood bacon
- 1 cup panko bread crumbs
- 1 teaspoon minced fresh thyme
- 3 tablespoons butter
- 3 tablespoons all-purpose flour
- 1/2 teaspoon grated nutmeg
- 1 tablespoon dry mustard
- 3 1/2 cups whole milk
- 2 shallots, minced
- 12 ozs. sharp white cheddar cheese, grated
- Salt to taste
- Freshly ground Black pepper to taste



Preheat an oven to 350° F. Cook the pasta *al dente* in boiling salted water as directed on the package. Drain and set the pasta aside.

While the pasta cooks, cut the bacon into 1/4-inch pieces, and sauté in a small pan until crisp and golden. Remove the bacon from the pan with a slotted spoon to drain on paper towels. Pour off all but 2 tablespoons of the drippings, and return the pan to low heat. Add the breadcrumbs and thyme to the bacon drippings, and toss to coat evenly. Season with a sprinkle of salt and pepper, and set the pan aside.

In a four-quart saucepan, melt the butter over medium-low heat. Add the flour, nutmeg and dry mustard, and stir vigorously with a wooden spoon to work the dry ingredients into the butter. Continue to cook for 3 minutes, stirring often. Whisk in the milk in 1/2-cup increments, making sure to work the mixture smooth each time. Whisk in the shallots, and simmer the mixture for about 10 minutes, stirring often. Turn off the heat and whisk in 3/4 of the grated cheddar. Season the cheese sauce with salt and pepper to taste. Stir in the macaroni and bacon, then pour into a greased 2-quart baking dish and top with the remaining cheese. Sprinkle over the breadcrumb mixture and bake un-covered for 45 minutes, or until the cheese and bread-crumbs are golden. Serves 6 as an entrée, 8 as a side dish.

Maple Pork Chops with Apricot & Sage Butter

Pairs with Mirassou® Monterey County Riesling

For the pork chops:

- 3 cups water
- 2 cups apple cider
- 1/2 cup maple syrup
- 4 Tbsp. kosher salt or 2 Tbsp. salt
- 2 cloves garlic, cracked with the heel of the hand
- 1/2 tsp. black peppercorns
- 1/2 tsp. fennel seed
- 1/2 tsp. coriander seed
- 1 bay leaf
- 4 bone-in pork loin chops, about 1 1/2 inch thick
- Olive oil as needed



For the apricot & sage butter:

- 4 Tbsp. unsalted butter, softened
- 2 Tbsp. apricot preserves
- 1 tsp. minced fresh sage
- 1/2 tsp. kosher salt

Combine all of the ingredients except the pork chops and olive oil in a saucepan and bring the contents to a boil. Remove the pan from heat and allow the brine to cool fully before proceeding. Place the pork chops in a non-reactive container (not aluminum or copper), such as a Pyrex dish, and pour the brine over. Cover the container with plastic or a tight-fitting lid, and refrigerate for at least 6 hours or up to 12 hours.

While the meat is brining, make the apricot and sage butter. In a small bowl, work the softened butter together with the apricot preserves, sage and salt. Refrigerate in a small container, but allow the butter to come back to room temperature before using.

Remove the pork chops from the brine and pat dry with paper towels. Preheat a grill or broiler. Brush the chops with a scant coating of oil and season lightly with salt and black pepper. Grill or broil to an internal temperature of 145 degrees. Rest the chops in a warm place for 3 to 5 minutes. Top each chop with a dollop of apricot sage butter just before serving. Serves 6.

Chicken in Tomato & Olive Braise

Pairs with Mirassou® California Pinot Noir

- 6 chicken thighs, 5-6 ounces each
- 2 teaspoons kosher salt, more to taste
- Freshly ground black pepper to taste
- 2 tablespoons olive oil
- 3 cloves garlic, sliced about 1/8-inch thick
- 1 medium yellow onion, thinly sliced
- 1 pinch hot pepper flakes, or to taste
- 1/2 teaspoon ground fennel seed
- 1/4 cup Mirassou Pinot Noir
- 1 large can (1 pound 12 ounces) excellent quality diced tomatoes in juice
- 2 teaspoons brine-packed capers, rinsed
- 1 cup whole pitted green olives, rinsed
- 1 ounce Parmigiano Reggiano cheese, shaved with a vegetable peeler
- 1 loose cup whole parsley leaves, plucked from the stem

Preheat an oven to 325° F. Select a 3 to 4 quart oven-safe baking dish, and set it aside. Heat a large, heavy skillet over a medium-high burner. While the pan is heating, season the chicken with the salt and ground black pepper. Add the olive oil to the skillet, and allow it to heat through, then add the chicken pieces



skin-side down. Cook until crisp and golden, about 5 minutes, then turn and brown equally on the other side, about 4 minutes. Remove the chicken to a plate.

Pour off all but about 2 tablespoons of the fat from the skillet, and return it to the stovetop over medium heat. Add the garlic and onion, and stir often for 3 minutes, or until it smells sweet. Stir in the pepper flakes and fennel. De-glaze with the wine, stirring against the bottom of the pan with a wooden spoon to release the browned juices. Add the tomatoes, capers and olives, and bring the skillet to a simmer. Cook for five minutes, stirring occasionally. Adjust the seasoning to taste, then pour the tomato mixture into the oven-safe baking dish. Arrange the chicken pieces over the tomato mixture, skin-side up, and sprinkle the shaved cheese over the chicken. Place the baking dish on the center rack of the oven and cook for 10 minutes, or until a thermometer reads 160 degrees in the center of the largest piece of chicken.

Garnish the dish with parsley leaves and a drizzle of extra virgin olive oil. Serve with soft polenta or your favorite short pasta, and a crisp green salad. Serves 6.

Everyday Meals Wine Pairing Chart



Meal	Sauvignon Blanc	Chardonnay	Riesling	Pinot Noir	Merlot	Cabernet
Pastas/ Pizza						
Mac and Cheese (cheddar)		X				
Fettuccine Alfredo	X	X				
Cheese Ravioli		X				
Spaghetti with Meatballs				X	X	
Lasagna with Meat Sauce				X	X	
Cheese Pizza/Margherita				X	X	
Sausage/Pepperoni Pizza				X	X	
Fish						
Sautéed Shrimp	X	X	X			
Fish & Chips	X	X				
Fish Tacos	X		X			
New England Clam Chowder		X				
Baked Salmon		X				
Grilled Salmon/Tuna		X		X		
Fowl						
Sautéed Chicken Breast, Boneless/Skinless	X					
Grilled Chicken Breast, Boneless/Skinless	X	X				
Chicken Tacos			X			
Roast Chicken		X		X		
Glazed Roast Chicken			X			
Roast Turkey		X				
Grilled Half Chicken						
with rosemary and garlic		X		X		
with BBQ sauce			X	X	X	
with pesto	X			X	X	
Chicken Curry			X			
Pork						
Roast Pork		X	X			
Glazed Ham		X	X			
Pork Chops with Applesauce			X			
Sweet and Sour Pork			X			
Baby Back Ribs				X		
Italian Sausage				X	X	
Beef						
Beef Stir Fry/Spicy			X			
Hamburger/Cheeseburger				X	X	
Beef Tacos				X	X	
Meatloaf				X	X	
Beef Stew				X	X	X
Pot Roast				X	X	X
Grilled Steak					X	X
Roast Beef					X	X

For a clearer chart, go to www.mirassou.com and see it there.

COURTESY: David Mirassou
Mirassou Winery
www.mirassou.com



Crispy Twist Cake

Ingredients and tools:

- 6 x 3 in. Round Pan
- Plastic wrap
- 8-inch Cake Circle
- Fancy-Foil Wrap
- White Cookie Icing
- Red Tube Decorating Icing
- Yellow Tube Decorating Icing
- Orange Tube Decorating Icing
- White Tube Decorating Icing
- Tip and Nail Set (star tip used)
- Candy-coated chocolate dots
- Primary Color Lattice Candles

Step 1: Make “cake”

Line pan with plastic wrap. Prepare cereal treats recipe and press firmly into pan. Unmold onto foil-wrapped board.

Step 2: Decorate

Following label instructions, heat cookie icing; cover top of “cake” with cookie icing, letting icing drip down sides. Let set. With tube icing, pipe



assorted color stars on sides of “cake”. Pipe star bottom border in assorted colors with tube icing. Pipe rosette candleholders on top of “cake”. Insert candles.

COURTESY: Nancy Siler

Wilton Brands

www.wilton.com

Power Up! What Makes Breakfast the Best Meal of the Day?

Breakfast may well be the most researched meal of the day. And the evidence is undeniable. Breakfast skippers eat more fat and less of other nutrients like vitamin D, calcium, potassium and dietary fiber. Add that to the existing research that says skipping breakfast contributes to fatigue, inability to focus, poor performance at school or work, less resistance, and it's easy to see why breakfast is so critical.

Despite the overwhelming evidence of the benefits of breakfast, 31 million Americans skip it according to a survey by the NPD Group. In addition, the latest Dietary Guidelines say that, "Skipping breakfast" is one of the "selected behaviors that leads to a greater propensity to gain weight."

The Guidelines also say "On average, Americans of all ages consume too few vegetables, fruits, high-fiber whole grains..." And, they recommend Americans "increase intakes of shortfall nutrients - vitamin D, calcium, potassium and dietary fiber." Breakfast is the ideal way to get a jump start on good nutrition!

Set Up for Success!

- most people skip breakfast because they weren't hungry, didn't feel like eating or were too busy
- weight loss is a goal for most people: breakfast eaters lose weight better and keep it off longer
- the Dietary Guidelines point out that skipping breakfast leads to weight gain
- breakfast eaters feel better, have a sharper memory, better math and reading scores, higher attendance and improved mood
- breakfast is an easy and delicious routine that sets the stage for you to do your best

What You're Missing & How to Get It:

- breakfast skippers eat more fat during the day and tend to get less potassium, calcium, vitamin D and fiber
- the DG's call out potassium, calcium, vita-

min D and fiber as "shortfall" nutrients for all Americans

- breakfast is the ideal time to get a jump start on these nutrients plus better nutrition overall
- add the power of protein for more satiety (fullness after a meal)

Use the Power of the Plate - MyPlate:

- the easier the better... it's more likely to be repeated and become permanent
- MyPlate shows at a glance how to plan all meals
- why this is so important: ensures vitamins, minerals and fiber
- milk is often the overlooked item in a meal



Creamy Banana Walnut Oatmeal

- 1 cup 1% milk
- 2 packets instant oat meal
- 1/2 ripe banana, mashed
- 1/2 Tbsp. chopped walnuts

In a small bowl, combine milk and oatmeal. Microwave on high for 1 to 2 minutes until steaming hot, but not boiling. Add mashed banana and mix until creamy. Garnish with walnuts.



COURTESY: Pat Baird
Got Milk Campaign
www.gotmilk.com

Fresh From the Garden



Lemon Balm Pesto

- 2 cups lemon balm leaves, tightly packed
- 4 garlic cloves
- 1 cup shelled walnuts
- 1 teaspoon salt
- 1 cup extra virgin olive oil
- 6 ozs. grated Parmesan cheese
- Fresh ground black pepper

Rinse lemon balm, let soak until needed. Peel garlic, place in food processor while it is running until minced.



Pat dry lemon balm, remove leaves and put in food processor or blender. Put walnuts and salt on top of leaves. Process until finely chopped but still a bit rough. With machine running, slowly pour in olive oil. Stop machine and add parmesan cheese. Process briefly to mix. Taste, add salt and pepper as needed. This pesto is light and lemony, and a perfect pasta sauce in summer. Also a great sandwich spread or as an appetizer. Lemon balm brings a calm and peaceful feeling.

How do I can oil with herbs? Can I can pesto?

Herbs and oils are both low-acid and together could support the growth of the disease-causing *Clostridium botulinum* bacteria. Oils may be flavored with herbs if they are made up for fresh use, stored in the refrigerator and used within 2 to 3 days. There are no canning recommendations. Fresh herbs must be washed well and dried completely before storing in the oil. The very best sanitation and personal hygiene practices must be used. Pesto is an uncooked seasoning mixture of herbs, usually including fresh basil, and some oil. It may be frozen for long term storage; there are no home canning recommendations. (National Center for Home Food Preservation)

Pesto

- 1/3 cup pine nuts
- 4 cups fresh basil leaves
- 2 cloves garlic
- Dash coarse salt
- 1/2 cup freshly grated Parmesan cheese
- 1/4 cup grated Romano cheese
- 1 1/4 cups extra virgin olive oil

In a large food processor bowl place pine nuts, basil, garlic and salt. Pulse until paste forms. Add cheese and drizzle in olive oil, a tablespoon at a time, process lightly. Refrigerate in jars topped with a very thin coating of extra virgin olive oil just



to cover the pesto. Toss pesto with your favorite hot cooked pasta for a quick and easy meal. Left over pesto can be frozen in an ice cube tray. After frozen remove and store in a freezer bag or container.

Baked Pesto Chicken

- 4 boneless, skinless chicken breasts
- salt and fresh ground black pepper for seasoning chicken
- 1/2 cup basil pesto
- 1/2 cup grated low-fat Mozzarella cheese

Preheat oven to 375° F. Trim all visible fat and tendons from chicken pieces, then cut each chicken breast lengthwise into 2 or 3 pieces. Spray a 9"x11"x13" baking dish with non-stick spray, then spread 1/4 cup basil pesto over the bottom of the dish. Lay chicken strips over the pesto, then spread 1/4 cup more basil pesto over the chicken. Cover the baking dish with aluminum foil (or use a baking dish with a tight-fitting lid) and bake the chicken for 25-30

minutes, just until chicken is barely firm and cooked through. (Don't cook too much at this point, or the chicken will be overcooked by the time the cheese is melted and browned.) When chicken is barely cooked through, remove foil and sprinkle chicken with 1/2 cup grated mozzarella cheese. Put dish back into the oven without foil and cook 5 to 10 minutes more, just until cheese is melted and chicken is done. Broil for the last 5 minutes if you would like for the cheese to be lightly browned. Serve hot. There will be some flavorful juice in the bottom of the dish when this is done, so you may want to serve with rice, couscous, or quinoa to soak up the juice or just spoon the juice over the chicken.

8 Steps for Freezing Herbs in Oil

1. Choose firm fresh herbs.
2. Chop them fine or leave in larger sprigs & leaves.
3. Pack ice cube trays about 2/3 full of herbs.
4. You can mix up herbs, too; think about freezing a bouquet garni of sage, thyme and rosemary to add to winter roast chicken and potatoes!
5. Pour extra-virgin olive oil or melted unsalted butter over herbs.
6. Cover lightly with plastic wrap and freeze overnight.
7. Remove frozen cubes and store in freezer containers or bags. Don't forget to label each container or bag with type of herb and oil inside.

Fresh Pickled Cucumber Salad

- 7 cups unpeeled pickling cucumbers sliced thin
- 1 cup sliced onions
- 1 cup sliced bell peppers
- 1 tablespoon salt
- 1 cup white vinegar
- 2 cups sugar
- 1 teaspoon celery seed
- 1 teaspoon mustard seed



Mix cucumbers, onions, peppers and salt; set aside. Put vinegar, sugar, celery seed and mustard seed in a pot and bring to a boil. Remove from heat and let cool for one hour. Pour mixture over cucumbers. Put in jars and store in refrigerator. Will keep up to 2 months. Makes 2 quart jars. **DO NOT STORE AT ROOM TEMPERATURE!**

Garden Salad with Lime Cilantro Dressing

- 1 head lettuce or other fresh salad greens, washed and leaves cut or torn into large pieces
- 2 tomatoes, sliced or quartered
- 1/2 red onion, thinly sliced
- 1 avocado, sliced or diced
- 1 tablespoon finely chopped cilantro
- Juice of 2 limes
- 2 tablespoons olive oil
- Salt and pepper, to taste

Combine the lettuce, tomatoes, onions and avocado in a large bowl. To make the dressing, whisk the chopped cilantro, lime juice, olive oil, salt and pepper together. Toss the salad with the dressing and serve.



Add slices or grilled chicken or meat, or leftover salmon/shrimp to make this a full entrée style salad.

Southwestern Chopped Salad with Cilantro Dressing

- Large head of romaine or other fresh salad greens
- 1 can (15 ozs.) black beans, rinsed and drained
- 1 large orange bell pepper
- 1 pint cherry tomatoes
- 2 cups corn (can use frozen)
- 5 green onions
- Dressing of choice

Finely chop lettuce, bell pepper, tomatoes and green onions. Place all ingredients in a large bowl and mix to combine. Toss with desired dressing.

COURTESY: Connie Moyers
 NM Cooperative Extension Service
<http://rooseveltextension@nmsu.edu>

The Thrill of the Skill

Age-Appropriate Kitchen Tasks

Let older children help teach younger ones - everyone benefits!

2 years old:

- Proper hand washing
- Wipe table tops
- Play with safe utensils
- Scrub, wash, tear, snap, break into pieces
- Move pre-measured ingredients from one place to another
- Add ingredients to a bowl

3 years old: *All of the above plus...*

- Handle dough, begin kneading, simple shaping
- Pour cool liquids into mixture
- Mix dry ingredients with wire whisk or spoon in extra large bowl
- Shake liquids
- Spread soft spreads
- Place things in trash

4 years old: *All of the above plus...*

- Peel loose skinned oranges; hard cooked eggs
- Form round shapes with dough
- Mash fruits (bananas) or cooked vegetables
- Cut with dull scissors (snip green onions, dried fruits)
- Set table

5 to 6 years old: *All of the above plus...*

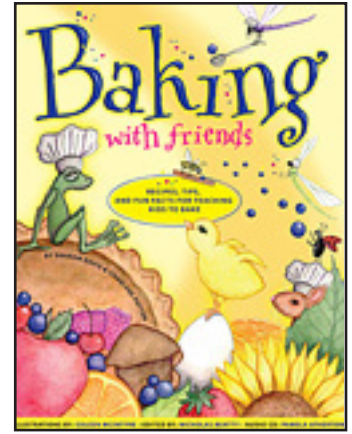
- Help measure dry ingredients (stir, spoon, level)
- Cut with a blunt knife (plastic or tableware)
- Use a hand held egg beater or whisk
- Crush crackers in a bag with a rolling pin
- Sprinkle ingredients on salads, cakes, cookies, casseroles



6 to 8 years old: *All of the above plus...*

- Clean surfaces before and after
- Wash fruits and/or vegetables
- Gather ingredients and equipment
- Grease or spray baking pans
- Measure dry ingredients; measure liquid ingredients
- Add measured dry and liquid ingredients into mixing bowl

- Learn to crack eggs
- Cut fruit, butter or margarine sticks on cutting board (plastic or table knife)
- Push buttons on blenders and/or processors with adult
- Knead dough
- Preheat oven (adults help load products in hot oven)
- Wash dishes, put away ingredients or utensils



9 to 12 years old: All of the above plus...

- Learn safe knife skills (chopping, dicing, and cutting)
- Handle food equipment safely
- Place oven racks and load oven (while oven is cold)
- Safe operation of electric equipment (mixer, microwave, bread machine, food processor, etc.)
- Follow a recipe (measure accurately, prepare a product)
- Read ingredient and food labels
- Safely handle/store ingredients/finished products
- Plan and prepare simple meals, snacks
- Clean up (how and what to wash in dishwasher or by hand)

13 years old and up: *All of the above plus.*

- Tasks requiring multiple preparation steps or close timing
- Create new flavor combinations, shapes or decoration
- Plan and prepare whole menus for meals or entertaining
- Make shopping lists and shop for ingredients
- Help younger children learn about food and how to prepare
- Enjoy cooking with peers

COURTESY: Charlene Patton
Home Baking Assn.
www.homebaking.org

Foods & Nutrition Guests

Pat Baird MA, RDN, FAND

2 Putnam Hill, #2-J
Greenwich, CT 06830
917-797-1024 - phone
[Pat @ Patbaird.com](mailto:Pat@Patbaird.com)

Mary Lee Chin

California Raisin Marketing Board
c/o Allison Beadle
Fleishman-Hillard, Inc.
515 Congress Ave., Ste. 2500
Austin, TX 78701
512-495-7176
www.loveyourraisins.com

Julene de Rouche

Kansas Wheat Comm.
1990 Kimball Ave.
Manhattan, KS 66502
785-539-0255
jderouchey@kswheat.com
www.kansaswheat.org and
www.nationalfestivalofbreads.com

Lee Clayton Roper

A Well-Seasoned Kitchen
209 Cook St.
Denver, CO 80206
303-641-9865
lee@seasonedkitchen.com
www.seasonedkitchen.com

John Csukor

Chef, Kor Food Innovation
CA Fig Advisory Board
9432 Atlee Commerce Blvd.
Ashland, VA 23005, St. K
804-496-6748 (or 804.212.9703-cell)
jc@korfoodinnovation.com
www.korfoodinnovation.com

Michelle Dudash

California Raisin Marketing Board
3317 S. Higley Rd., Ste. 114, #269
Gilbert, AZ 85297
480-907-6948
michelle@dudashnutrition.com
www.loveyourraisins.com

Eleisha Ensign

TexaSweeT Citrus Marketing, Inc.
901 Business Park Drive, Suite 100
Mission, TX 78572
956-580-8004
eleisha@texasweet.com
www.texasweet.com

Cindy Falk

Kansas Wheat Comm.
1990 Kimball Ave.
Manhattan, KS 66502
785-539-0255
cfalk@kswheat.com
www.kansaswheat.org and
www.nationalfestivalofbreads.com

Carol Fenster

Savory Palate, Inc.
6834 S. University Blvd. #410
Centennial, CO 80122
303-741-5408
carol@carolfenster.com
www.savorypalate.com

Hillori Hansen, Chef

Whole Foods Market
650 W. Shaw Ave.
Fresno, CA 93704
559-243-6476
Hillori.hansen@wholefoods.com
www.wholefoodsmarket.com

Kymerly Meade

TexaSweat Citrus Mktg, Inc.
901 Business Park Dri. Ste. 100
Mission, TX 78572
956-580-8004
Kymerly@texasweet.com
www.texasweet.com

David Mirassou

Mirassou Winery
2565 Kolnes Court
San Jose, CA 95121
408-667-4946
david.mirassou@mirassou.com
www.mirassou.com

Connie Moyers (ret.)

Roosevelt Co. Coop. Ext. Service
P. O. Box 455
Portales, NM 88130
575-356-4417
<http://rooseveltextension@nmsu.edu>

Charlene Patton

Home Baking Assn.
2931 SW Gainsboro Rd.
Topeka, KS 66614
785-478-3283
hbapatton@aol.com
www.homebaking.org

Sarah Ryan

Registered Dietitian Nutritionist - DairyMAX
51 E. Stedhill Loop
Conroe, TX 77384
281-702-4049
ryans@dairymax.org
www.dairydiscoveryzone.com

Nancy Siler (ret.)

Wilton Brands
2240 West 75th St.
Woodridge, IL 60517
630-810-2208
630-810-2710
nsiler@wilton.com
www.wilton.com

Karla Stockli

California Fig Advisory Board
600 West Shaw #300
Fresno, CA 93704
559-243-8600
kstockli@californiafigs.com
www.californiafigs.com

Julie Usher

Author, pastry chef, food stylist
405 Newport Ave.
St. Louis, MO 63119
314-960-2712
sweetlife@juliausher.com
www.juliausher.com

John Vollertsen (Chef Johnny Vee)

Las Cosas Cooking School
231 E. Santa Fe Ave.
Santa Fe, NM 87505
505-988-3394
chefjohnnyvee@aol.com
www.chefjohnnyvee.com

Teresa Wagner

DairyMax
8501 Terra Cotta Lane
Fort Worth, TX 76123
682-429-6338
wagnert@dairymax.org
www.dairymax.com Or www.3aday.org