

Kitchen Window[®]

for the passionate cook . . . and those who aspire to be

February 2006

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After Eight Mint Coffee and Viennese Chocolate Coffee as pictured in Coffee and Espresso by Tanja Dusy - 2004 Silverback Books, Inc. (see book feature on page 2)

To Drink is Human, to Drink Coffee is Divine

Ah, coffee. It's taking the nation by storm. You can't go anywhere these days without walking through a sea of coffee-carrying citizens. And with good reason. Coffee can stimulate you to think your best, motivate you to start your day and relax you into a good conversation with a close friend.

In this month's issue, we will focus on home brewing, home roasting, and anywhere appreciating coffee.

Read on to find out what equipment you need to be your own personal barista. Ever wonder why some coffee tastes so different from others? Carl's Corner has an answer. Explore some of the lesser-known ways to brew your morning cup of joe. And after you have your perfect cup before you, create the delicious Espresso Panna Cotta from Chef Scott's own personal recipe.

Happy buzzing!

New Product Spotlight

Heart Platter Set

Present your sweet-heart with delicious Valentine's Day treats on these delightful ceramic heart platters. Microwave & dishwasher safe, these 9" & 11" platters are versatile enough to use year round. **\$31.95**



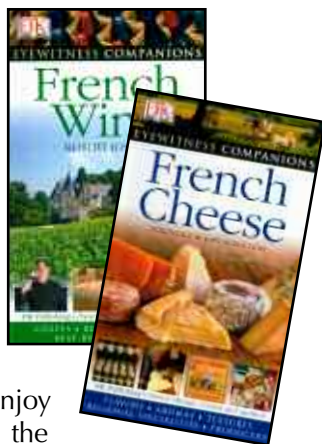
Le Petite Jr. Puppet Oven Mitt

Fun, flexible & easy to clean, these kid's oven mitts are sure to bring a smile to all faces. The mitts are heat resistant to 500 degrees, water repellent & stain resistant. Available in red, blue, & green. **\$13.50**



French Wine & French Cheese Eyewitness Companions

These 2 books are the definitive visual companions to French wines and cheeses. French Wine is an unpretentious and informative reference that brings each wine and region of France to life with detailed maps & photographs. This book will help you discover the best wines of France, where they are produced and how to best enjoy them. French Cheese covers the many flavors, aromas, textures, regional specialties & producers of the cheeses of France. It explains how to buy, store, and serve a good cheese, as well as advice on which wines to serve with them. **\$20.00 ea**



New Contempo Line from Ganz

These fun & funky ceramic pieces will brighten any setting.

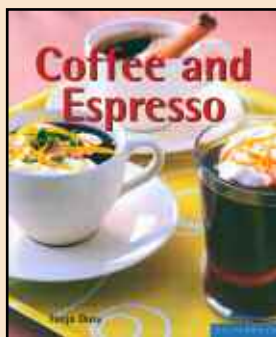
- 5.5" Snack Plates **\$6.95 ea**
- Salsa Bowl **\$7.95 ea**
- 12"x18" Platter **\$34.95 ea**
- Bread Tray/Platter **\$26.95 ea**
- Tea for One **\$24.95 ea**
- Tea Bag Holder **\$4.95 ea**
- Latte Mug **\$11.95 ea**



Mercer Genesis Cutlery Line

Professional, forged cutlery in an excellent price range! Mercer has been a leader in the commercial market for the last 25 years. Lucky for us, their knives have just arrived on the retail market. Mercer's high-carbon, no-stain, German steel knife blades are made of one-piece forged construction and feature unique non-slip handles. These are great knives for the young person just starting to build their knife collection or anyone wanting to build off of their existing one. Lifetime limited warranty.

- 3.5" Parer **\$19.99**
- 5" Utility **\$27.99**
- 6" Boning **\$33.99**
- 8" Bread **\$39.99**
- 6" Chef's **\$42.99**
- 7" Vegetable Cleaver **\$45.99**
- 8" Chef's **\$45.99**
- 7" Granton Edge Santoku **\$46.99**



Coffee and Espresso

Make Your Favorites at Home
by Tanja Dusy

If you enjoy coffee, you'll love this book! It contains more than 30 different coffee drinks from Cappuccino and Latte Macchiato to Advocaat Ice Cream Coffee, plus fantastic recipes for Coffee Flan and Mocha Truffles. And if you still are in the mood for something to nibble on, try these international accompaniments, including savory tramezzini, tender brioches, and sweet muffins. **\$8.95**

Alternative Coffee Brewing Methods

by Robin Osterberg

Tired of the same old drip brew coffee maker? Have you ever wondered why your coffee never tastes as good as (insert your favorite coffee shop or coffee enthusiast's name here)'s. Maybe it's time to explore the Wonderful World of Alternative Coffee Brewing Methods!

Electric drip brew coffee makers have been the standard brewing method for most households since Joe Di Maggio started hawking the Mr. Coffee in the early 70's. Unfortunately, this tends to be the method that offers the least amount of flavor and aroma. It is also seriously lacking in the depth and body one would try to achieve as a true coffee aficionado. Yet, most people have never considered brewing their coffee any other way. If you are one of these people, do yourself a favor and let Kitchen Window help you expand your coffee-brewing repertoire. We offer many different systems to achieve total coffee nirvana! Below, in no particular order, are several different options so don't stop at just one...

The French press (or press pot) actually brews the coffee in hot water (as opposed to drip machines that only "drip" the water through the coffee and a filter). After a few minutes, a metal filter is pressed through the brew catching the coffee grinds and then trapping them at the bottom of the carafe. What is left over is full-bodied coffee with all its aroma and essences. One of the main advantages to using a French press, other than great coffee taste, is the amount of control you have. You can control the water temperature (which should be around 190 to 200 degrees Fahrenheit, a temperature that most drip makers do not achieve), you can control the amount of coffee you want to add, and you can control the brew time. Four minutes of brew time is best.

Vacuum brewers were popular in the 30's and 40's but are no longer very common and, sadly, are rarely suggested, but they make coffee just as well as a French press and should not be overlooked!!! A vacuum brewer has an upper and a lower chamber connected by a tube with a small filter inside. All you do is place the grounds in the upper chamber and the water in the lower. As the lower chamber is heated, the water rises up to meet the coffee in the upper chamber where the brewing begins. After brewing, the water (now coffee) cools and a vacuum is formed pulling the perfectly brewed, full flavored coffee back down into the lower chamber leaving the used coffee grinds behind in the upper chamber. The upper chamber is then removed and the lower chamber is used as the decanter for the

finished coffee. This is easily the most dramatic brewing method and simply, just plain fun to watch! And now the electric models have combined the pre-set convenience of an electric drip with the flavor and flash of the old vacuum. I have to admit that this is my absolute favorite method!

The Toddy Maker uses an unusual cold-brewing method that creates a coffee concentrate. This concentrate is then mixed with hot water to make coffee. The concentrate can be stored in a refrigerator (for as long as 2 weeks) and used to make as much or as little coffee as you want, as strong as you like it. This method eliminates 67% of the acid found in standard brews so it is highly recommended for coffee drinkers with stomach conditions. Although this method sounds rather odd, the result in taste is very satisfying.

A manual pour-over brewer is the ultimate technique if you prefer a coffee almost as full-bodied as French press but without the French press grit. The advantage to this method is that you can be absolutely sure all the ground coffee is saturated because you are doing the pouring yourself. Once you saturate the grounds, you can stir the water and grounds in the cone as they steep, an important step to the many devotees of this method. The origination of the pour-over brewer can be traced back to 1908 when Melitta Bentz, a housewife from Dresden, Germany, received a patent for the idea of the filter top coffee maker with filter paper. The basic plastic cone and glass decanter set by Melitta (yes the same one) is still one of the most economical brewing devices on the market and is offered in two sizes. Another classic option from Melitta is a matching porcelain cone and decanter with classic, rounded lines reminiscent of traditional French drip pots.

Another favorite option, **The Chemex**, was developed in 1941 from, and still resembles, a well-made piece of laboratory equipment. Many find its austere design (honored by the Museum of Modern Art in New York) and authentic materials (glass and wood) attractive, yet, more importantly, functional; it brews a smooth, never bitter, cup of coffee due to the unique filter paper. This is also offered in 2 sizes with 2 filter paper choices.

These are just a few of the many fun, unique, and extremely flavorful alternatives for brewing coffee. Don't get stuck in a rut; try something new!!

Super Automatic Espresso Machines

Time - we could all use more if it. Just think of it . . . you wake to the sound of singing birds in the tree just outside your window. You lazily stretch, then slide your feet into slippers that are somehow pre-warmed just for you. Since you can be in to the office whenever you please, you slip outside to the neighborhood coffee bar, order a latte, which just happens to be the perfect strength, sweetness and temperature. Once back at home, you take an hour or so to prepare a special breakfast, focusing attention to every culinary detail. It turns out delicious, of course. You slip into your just-pressed suit, call for your washed-and-dressed-themselves angelic children and head out the door and into the perfect workday. What's that you say? Your days do not play out like this? Oh, that's right, you barely have time to adjust to daylight (if you have the luxury of sleeping until daylight at all) before you've half-dressed yourself, threw some cereal into the kids and made it to the local I-have-to-have-my-coffee-or-I'll-die joint, only to wait in line for a so-so cafe latte. In the meantime, traffic is just getting worse and those lids for the paper cups? Let's just say they aren't exactly leak-proof. My point? Leisure just isn't realistic for many people these days.

However, that morning latte is the one thing that you can count on to give you a head start on the day, without the headaches of parking and standing in line. That is why a super-automatic espresso machine at home may be the best new appliance for your kitchen.

Super Automatic machines are more sophisticated than traditional espresso machines because they perform the entire ritual of brewing an espresso beverage for you, with little time and no hassle. They are pushbutton technology at its best. With self-contained water reservoirs and integrated coffee grinders, a super automatic espresso machine will grind the right amount of beans, tamp the ground beans, and brew a predetermined amount of coffee. The waste coffee is then disposed of in a special receptacle you can clear at your convenience. Super Automatic machines are quickly becoming the best selling type of home espresso machine.

Special features found on these machines give you considerable flexibility in determining the type of coffee you may want to brew. Many will give you the ability to change the coffee strength by controlling the amount of coffee used in each extraction. This can be used to make lighter or stronger bodied espresso and crema coffees. Additionally, most super-automatic machines of good quality contain a bypass doser that allows the user to bypass the whole bean coffee in the grinder with pre-ground coffee – perfect for households where regular and decaf coffee drinkers share the same machine.



Jura Capresso Impressa Z5

by Stephen Cottrell

Frothing is also simple with these machines. All super automatic machines we carry at Kitchen Window use thermo block technology that heats water to steam very rapidly and allows for a constant, uninterrupted flow of steam for making cappuccinos and lattes. This effective steaming system is also a great hot water dispenser as well.

Maintenance and cleaning of the Super Automatic is the easiest of any espresso machine. Our machines from Jura/Capresso are self-cleaning systems, but if you prefer we also carry Saeco Super

Automatic machines that allow for removal of brewing components for cleaning. Both companies' machines also have self-monitoring systems that inform the user of routine maintenance and repair requirements, making them worry free.

Perhaps the best thing besides the convenience of owning a Super Automatic espresso machine is the cost savings for the espresso beverage enthusiast. Though it's easy to be taken back by the price tag at first, consider the cost of a years worth of coffee shop visits: A household of 2 can spend over \$2000 dollars in less than a year, just to enjoy their daily latte. A good quality Super Automatic espresso machine at home starts at just \$700 dollars and with proper care and maintenance, will perform brilliantly for years!

Stop by Kitchen Window's coffee and espresso section soon for a demonstration of our many Super Automatic espresso machines. Our knowledgeable staff can answer all your questions and get you started on making one ritual of the day a little easier!

What is Espresso?

By Stephen Cottrell

Many of us started on our coffee journey years ago, and as our palates and expectations matured, we discovered the best coffee that can be found is espresso. Whether it is enjoyed straight or mixed with milk and other flavorings, espresso beverages are rapidly replacing the drip brewed coffee of America's past. As well it should: the flavor, intensity, and complexity of a properly brewed espresso is matched only by specialty tea and fine wine in the world of liquid cuisine. To many, espresso seems like a magic potion that pours like honey from a colossal machine operated by a skilled barista, amidst gurgling sounds of frothing milk and simmering vapors of steam. But going to a busy coffee house for a custom espresso drink can be another obstacle to maneuver on a busy day. Increasingly, coffee lovers are purchasing their own equipment to make their espresso beverages at home, where quality is never compromised and customization is perfected. At Kitchen Window, we give our customers the tools and techniques to make the best espresso bar in town the one right in their kitchen.

"Espresso", according to one cultural definition, can refer to three different things - a beverage created by forcing pressurized water thorough finely ground, filtered, and compressed coffee; a darkly roasted coffee bean, usually a blend of origin coffees, with complex flavors that are best revealed through the espresso brewing method; or an integrated brewing system utilizing specialized equipment and techniques.

Espresso culture originated and developed in Italy from the 1880's to the 1950's where people like Dr. Ernest Illy and later, Achilles Gaggia, sought out methods to concentrate and intensify the extraordinary flavors of coffee. They developed the original machines to efficiently increase the atmospheric force in which hot water flowed through the ground coffee, thus revealing all of its best flavors. As coffee patrons discovered the cafes featuring this method, the inaccessibility of espresso became something of a marketing godsend for café owners. If you wanted espresso, you had to go to their cafés to get it. And it seemed as if everyone wanted it. Over the years, the "espresso bar" migrated throughout Europe and eventually crossed the Atlantic into urban areas of the United States.

Perhaps the growth and popularity of espresso is due to the brewing method that creates such a uniquely identifiable coffee. Three distinctive parts are immediately revealed after completing a proper "pull" of espresso: the heart, the body, and the beloved crema. The heart is the heaviest and darkest part of the shot, resting at the bottom of the cup.

The body is a creamy flowing cloud and is much lighter in color than the heart. The top of the properly extracted espresso shot is the crema, a combination of sugars and oxygen that should be rusty orange or auburn in color. The crema is especially important as it traps the aromatic flavors of the espresso and releases them to the palate when you tip the demitasse to drink. The accessibility of complex flavors to even relatively insensitive palates is one of the things that makes espresso so enjoyable. Chocolate, berries, caramel, vanilla, and pleasant (not sour) bitters are frequently qualities of the proper espresso shot. However, as there is seemingly no end to the wondrous variety of coffee beans, blends, and roasts available, every shot of espresso is a potentially unique experience.

Of course, what many of us fell in love with at the local coffee house wasn't the espresso alone, but the sweet and foamy delight of frothed milk sometimes combined with a favorite flavored syrup. Today, the flavored latte has built an empire to rival even the cola companies and is part of the daily ritual of millions. An entire language has been created to articulate our varied preferences, when it comes to ordering. Sometimes, the good people at the coffee bar will even get it right! Though often they don't, which is why more and more people are buying espresso machines for their home.

So how does one achieve a superb home-brewed espresso? To start with, buy a machine. A quality, home espresso machine must be capable of producing consistent water pressure at the brew head and also be able to get hot enough to create a powerful steam jet for frothing milk. And, as with everything culinary, the freshness and proper proportion of ingredients is just as imperative as the proper equipment. Simply put, a great shot of espresso requires the right amount of fresh water and fresh coffee.

Though there is a little to learn about making espresso at home, it is not at all difficult to become a master barista in a short time. At Kitchen Window, our staff can show you our vast selection of espresso machines and accessories available for home use today. We will explain the different technologies and functions of home machines and find the perfect espresso system to suit your needs. Whether you desire to become a hands-on, skilled coffee artisan, or would simply rather push a button and let the machine do the work, the right espresso machine for you is here. When it is time to stop fighting for parking and standing in line at a coffee house to get your latte, our trained staff can demonstrate our machines, give you hands on training and help you create the best coffee house in town – the one in your kitchen.

How Do You Like Your Coffee?

By Carl Antholz

Acidity in food and beverages has always been confusing. Do we like it? Do we not? It has been associated with both good and bad in our cultural tastes (food, health, etc.). Here are some examples, chosen for seemingly obvious reasons.

GOOD: Balsamic vinegar, sour cream, lemonade, tart

BAD: Sour wine, sour milk, "this car's a lemon," tart.

But what about coffee? How do we feel about acidity in our much-loved, used-to-be-only-in-the-morning-and-with-cake beverage? I believe we're probably split down the middle. But, first, let's touch on how coffee is acidic and how one can tell what to expect.

Coffee's acidity is complex. While coffee is certainly acidic tasting, there is no such thing as a single coffee acid. Coffee can contain more than 25 acids, and even more derivatives. To complicate this examination even further, acid is a critical taste element in determining the quality of a simple cup of coffee.

Discovering how acidity levels effect the taste of your coffee is relatively simple:

- The lighter the roast, the more caffeine and acidic taste show up in the final brew.
- The darker the roast, the less acidic taste and caffeine show up in the final brew
- The colder the brewing process, the least acidic taste shows up in the final brew

Check it out for yourself. Do you like acidity or not?

Scenario 1

Visit your local light roast coffee shops - your local interstate truckstop or neighborhood diner. Sit at the counter reserved for professional drivers in this truck stop and/or at the only counter at your neighborhood diner. Order a cup of coffee. This cup will be continually re-filled, and you'll soon become..."animated." You'll most likely join in the vibrant conversations currently going on to the right and left of you, whether your counter neighbors want your input or not. Yup, the caffeine is kicking in, and the coffee acid has begun its work. 4 or 5 cups later, you'll leave the counter pleasantly buzzing with caffeine, and 4 or 5 hours later, your stomach will be unpleasantly churning with acid. Can you say Maalox? You're experiencing coffee acid in its most dramatic form.

Scenario 2

Visit your local dark roast coffee shops - we'll call them Elk/Moose Coffee, Moon-Penny's Coffee, or Finished Siblings (real names thinly disguised). You'll experience coffee with less acidity and better flavor than found in diners or truck stops. Ask the people behind the counter for low-acid coffee and watch their eyes start to glaze over. And, no, de-caf does not mean low-acidity.

Scenario 3

Make a batch of Toddy Cold Brew.

During the cold-brew process, time replaces heat, which can destroy the desirable flavor of coffee when too high.

The ancient process of cold brewing one's coffee beans was perfected in 1964 with the Toddy Cold Brew System. The cold brew coffee maker was developed and patented by Todd Simpson, a chemical engineering graduate of Cornell University. Simpson's inspiration: His mother had a delicate stomach and couldn't tolerate coffee, but she had no problem drinking coffee daily that had been cold-brewed by his contraction.

A roasted coffee bean contains many compounds that are extracted during the brewing process. Some of those compounds, including certain oils and fatty acids, are soluble only at a high temperature. During the cold brew process, coffee beans are never exposed to high temperature (this only occurs after a rich liquid coffee concentrate has been produced).

Deceptively simple, cold water brewing extracts the delicious flavor compounds (and some of the caffeine) from coffee beans, but leaves behind myriad bitter oils and biting fatty acids, including undesirable elements such as ketons, esters and amids.

These are the same bitter acids and fatty oils that surface to the top of your hot cup of coffee, and give hot-brewed coffee that familiar 'bite' (thus the reason that some 8 out of 10 people attempt to soften the acidic taste by adding milk or cream to their coffee).

So, no matter what your preference, there is a coffee with a suitable acidity for you!

Home Coffee Roasting

Review By: Chris Thomas

Always try to get as close as possible to the true source of your food. This is one of the gourmet cooking mantras. So how does this philosophy apply to coffee drinking? You already buy whole beans, freshly grind them and carefully extract their rich, complex flavor in your French press. Can you get any closer to the source without emulating Juan Valdez? Yes you can. Just keep reciting the mantra in your heart and pick up a copy of *Home Coffee Roasting: Romance and Revival* by Kenneth Davids.

From the opening pages, one thing becomes abundantly clear: Kenneth Davids loves to roast coffee. He is not merely an expert expounding on his field of study (although he is an expert and he does expound...at length). He is a passionate crusader that wants the coffee drinkers of the world to rediscover the artistry of home roasting and the rich flavor of freshly roasted beans. He talks about the relative ease of this practice and the superior taste of freshly roasted coffee. He also speaks to the artistry and romance of roasting – you are connecting, communing with your cup.

But this book is not merely a vessel for Davids' passion; it is, in fact, a truly comprehensive guide to the craft. He discusses the history of coffee roasting in detail, illustrated with diagrams of home, commercial, and industrial roasters. He explains the differences in coffee beans – how variables like climate, processing methods, and species can affect the character and flavor. He provides a glossary of terms, which

he employs in a discussion of various roast styles. Every aspect of roasting is covered, reflecting a completely holistic approach to understanding and practicing this craft.

But perhaps you are not interested in all of this holistic mumbo jumbo and just want to know how to roast coffee at home. Davids also recognizes this and provides glossaries, easy-to-read charts, and most notably, a quick guide that allows the impatient reader to skip all of the other junk and get right to the roasting.

In the recent past, the practice of home roasting has wallowed in obscurity, practiced only by the truly dedicated coffee geek. Lately, there has been a home roasting revival and a number of coffee roasting devices have become available. Davids discusses all of these techniques, examining their strengths and weaknesses. He then gives easy to follow, step-by-step instructions on employing these methods.

This book takes on many roles. It is an easy to follow, how-to guide for the home roaster; it is an encyclopedic resource examining every element of society's love affair with the coffee bean; it is a passionate plea to revive the seemingly forgotten art of home coffee roasting. But mostly, it is a fascinating read and the means for creating a great tasting cup of coffee.



Roasting Coffee in a Gas Oven

from Home Coffee Roasting by Kenneth Davids

Ingredients & Equipment:

Ordinary kitchen gas oven

One or more flat, perforated pans with raised edges

Enough green coffee beans to densely and uniformly cover surface of pan one bean deep

Colander for cooling, large enough to accommodate twice the volume of green beans you intend to roast

Sample beans roasted to the darkness you prefer

Method:

1. Preheat oven to 500° to 540°F, depending on condition of green coffee and desired taste characteristics (540°F for fresh, new crop coffees, 520°F for past crop, aged, or monsooned beans, 500°F for decaffeinated beans).
2. Spread green beans closely together, one bean deep (no deeper) across entire perforated surface of baking

pan. Pat beans down until they are densely but evenly distributed.

3. Place baking pan on middle shelf of preheated oven.
4. In about 7 to 10 minutes you should hear crackling from inside oven and smell the coffee-like scent of roasting smoke.
5. About 2 (for lighter roasts) to 3 (for darker roasts) minutes after crackling begins peek inside oven, with a flashlight if necessary, and compare the color of the roasting beans to your sample beans. Continue peeking at one-minute intervals until the average color of the roasting beans are approximately the same as the sample beans.
6. Pull baking pan out of the oven and dump beans into colander. Stir or toss beans until cool to the touch and until most of the roasting chaff has floated free.

Chef Scott's Recipe Box

Panna cotta is certainly a hidden gem in the world of desserts. Jell-O pales by comparison. If, in fact, panna cotta had been marketed in its stead, Jell-O would be a completely different animal, and our life in the Minnesota Lutheran church would have been vastly different as well. What, no neon green wiggly, jig-gly pear and pineapple delight?

Imagine, if you will, going to a church luncheon in 1972 and having ham salad and a cool smooth light raspberry panna cotta?! Auntie Gretruda would not know what hit her. The ladies faces would turn blue, matching their hair! Alas, that daydream is not soon to be true, but some of us do substitute panna cotta for Jell-O today, and it is a great joy.

For those of you less familiar, panna cotta is a delicious dessert of milk or light or heavy cream, combined with any sort of flavor you can imagine (most often fruit purees). Once combined with sugar and gelatin, it sets, much like Jell-O, but typically isn't transparent or supporting fruit cocktail, although I imagine it could, if one so wished. Panna cotta translates to "cooked cream" and is native to Piedmont in northern Italy, where they are known for their delectable cream.

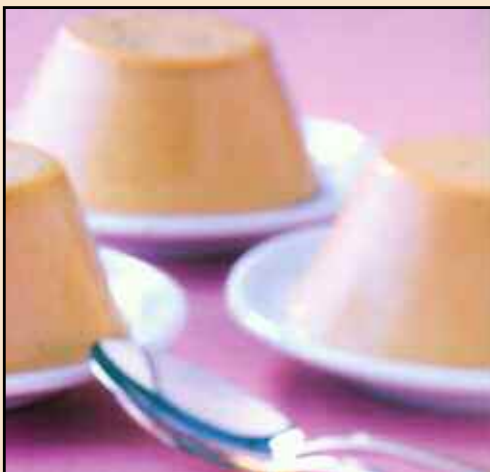
As I said, please use your imagination to include any flavor or combination of flavors. Peaches and cream, mint and chocolate, peach, passion fruit, key lime. They are all out there and outstanding! Not only is this dessert light and delectable, but it is also as simple to make as Jell-O.

A little hot milk, a little sugar, some fruit puree, a bit of gelatin and VIOLA! In about four hours, straight from the fridge comes an elegant dessert that is beyond compare. If you so choose, complement with a sauce or a scattering of fresh berries. A drizzle of balsamic vinegar is also delicious and a bit out of the ordinary.

I have included here a recipe for one of the best mocha desserts I have ever eaten. The first time I made this mocha-flavored Panna Cotta, it was the third of three coffee desserts for one class or another, and even after three other desserts it was still a welcome refreshment. It is light but sufficiently rich and velvety

to satisfy even a ravenous dessert hound.

Not sold? Try this one out for yourself. If you want to be a real revolutionary, take it to the next church basement function. Be careful though, you may be starting something. We can only hope.



*Caffé Cotta as pictured in Coffee and Espresso by Tanja Dusy
- 2004 Silverback Books, Inc. (see book feature on page 2)*

by Scott Rosenbaum

Espresso Panna Cotta

Ingredients:

- 2 cups heavy cream
- 2 1/2 teaspoons (1 envelope) unflavored powdered gelatin
- 1/3 cup sugar
- 1 cup fresh hot espresso coffee
- 1 1/2 oz semi sweet chocolate chips

Method:

1. Measure 3/4 cup heavy cream in a liquid measuring cup. Sprinkle gelatin over cream and let stand at least 5 minutes or until ready to use the softened gelatin.
2. Mix sugar, remaining cream and coffee in medium saucepot. Place saucepot over medium heat. Heat to a simmer. Remove from heat and add chocolate. Whisk until chocolate is melted and smooth. Let

stand 5 minutes.

3. Add gelatin mixture. Heat and whisk constantly until gelatin completely dissolved (do not heat to a simmer). Strain mixture through a fine mesh strainer into a large 4-cup liquid measuring cup or pitcher.
4. Pour Mixture into ramekins or serving cups.
5. Refrigerate about 3 hours or until set.
6. Before serving, garnish each dessert with whipped cream, chocolate curls and espresso beans.

Variation of Presentation

instead of ramekins or custard cups, partially fill wine glasses, goblets or cocktail glasses, then chill, for an extra special display. This looks especially nice with a scattering of ripe, colorful mixed berries on top.

Featured February Cooking Classes

Chocolates for Your Valentine

Terry John Zila joins us once again to prepare delectable delicacies in anticipation of St. Valentine's Day. You will make several sweet treats in today's class to take home and share with your sweetie in your very own Valentine's Day Box. What better way to say "I love you" than with the timeless gift of homemade chocolates! We will begin this afternoon's experience with A TRIO OF TRUFFLES including WHITE, MILK and DARK CHOCOLATE. Next, CHOCOLATE CARAMELS are sure to tickle Cupid's taste buds. To round out the variety in your assortment, Terry will share his expertise for creating heavenly CHOCOLATE-FILLED ECLAIRS and CHOCOLATE BISCOTTI, two perfect desserts for that romantic dinner for two you've been fantasizing about. Truly, the best gifts are homemade, especially when they revolve around chocolate!

\$65 | Terry John Zila | Demo./Some Participation
#1809 - Sunday, February 12 | 12:00 p.m. - 3:00 p.m.

AT Solera

900 Hennepin Ave., Minneapolis 612-338-0062
 Entertaining with Spanish Tapas

- Roasted Beets with Horseradish, Fresh Goat's Milk Cheese and Walnuts
- Fried Oyster Montadito with Harissa and Potato
- Roasted Salmon with Chorizo and Cider
- Moroccan Lamb Chops with Caramelized Seasonal Vegetables and Charmoula

\$65 | Matthew Bickford, Executive Chef | Demo./Wine
#1811 - Saturday, February 18 | 10:00 a.m. - 1:00 p.m.

Around the Globe with "North Coast"

North Coast is an American Restaurant & Bar located on the north shore of Lake Minnetonka that offers spectacular views of the lake from its two decks along with a sophisticated menu featuring delicious and hearty Midwestern cuisine. Chef Ryan Aberle brings his charm and talent to the Cooking School tonight as we enjoy a five-course menu influenced from all corners of the earth. We'll begin our evening with PERSIAN MINT SHRIMP COCKTAIL, Chili seared black tiger prawns with mint-apricot cocktail sauce. Delicate pomegranate puree coats free-range chicken tenderloin pieces in POMEGRANATE SEARED CHICKEN TENDERLOIN, served over a fresh COCONUT RISOTTO in a TOASTED COCONUT SHELL. We'll follow this with PHO BO, star anise beef broth with braised Kobe beef short ribs, Vidalia onion, bean thread noodles and carrot. Our entrée continues with SHOYU PORK LOIN, Shoyu (naturally fermented soy & wheat sauce) marinated pork loin served over GINGERED SWEET POTATO PUREE. For a sweet finish to our world-

ly feast, we'll enjoy fragile Italian custard, ESPRESSO PANNA COTTA, laced with ESPRESSO-RUM SYRUP and served over a warm broth of PRESSED COFFEE steeped with CINNAMON, NUTMEG and BROWN SUGAR.

\$65 | Ryan Aberle, Executive Chef | Some Part./Wine
#1813 - Tuesday, February 21 | 6:00 p.m. - 9:00 p.m.

Around the Globe with "North Coast"

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\$65 | Ryan Aberle, Exec. Chef | Some Part./Wine
#1813 - Tuesday, February 21 | 6:00 p.m. - 9:00 p.m.

AT Ravello

1935 West Wayzata Blvd., Long Lake 952-473-7373

- The Making of Italian Breads, with a special lesson on bread baking
- Tiger Beet Napoleon with Pistachio and Goat Cheese Drizzled with Brown Butter Vinaigrette
- Traditionally Steamed Prince Edward Mussels Infused with a Chili Broth
- Grilled Pork Tenderloin with Shallot Risotto Cakes & Coconut Creamed Spinach topped with Balsamic Demi-glace
- Date Toffee Cake topped with Rum Caramel Sauce

\$70 | Jeremy LaFond, Executive Chef | Demo./Wine
#1807 - Saturday, February 11 | 10:00 a.m. - 1:00 p.m.

To register for one of these featured classes call Kitchen Window at 612.824.4417. To view our complete Winter/Spring schedule visit www.kitchenwindow.com.

February Events

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|--|---|--|
| | | | Taste of Success Private Event 4 p.m. 1 | Private Event MN Opera Benefit 6 p.m. 2 | 3 | #1800 At The Corner Table 10 a.m. 4 #1801 AT Shelly's Restaurant 10 a.m. |
| 5 | #1802 Sweet On Chocolate 6 p.m. 6 | #1803 Thai Curries 6 p.m. 7 | #1804 Beyond Pots & Pans: How to Use Other Cooking Vessels 6 p.m. 8 | #1805 The Global Spice Expedition 6 p.m. 9 | #1806 Valentine's Weekend Couples Dinner 6:30 p.m. 10 | #1807 AT Ravello 10 a.m. 11 #1808 Kids Cook: Feast At Midnight 10 a.m. |
| #1809 Chocolate for Your Valentine 12 p.m. 12 | Taste of Success Private Event 5:30 p.m. 13 | VALENTINE'S DAY #1810 Aphrodisiacs with Your Valentine 6 p.m. 14 | SIDEWALK SALE 15 Taste of Success Private Event 4 p.m. | SIDEWALK SALE 16 Taste of Success Private Event 6 p.m. | SIDEWALK SALE 17 Taste of Success Private Event 11 a.m. | SIDEWALK SALE 18 #1811 AT Solera 10 a.m. #1812 AT Afton House Inn 10 a.m. |
| SIDEWALK SALE 19 | SIDEWALK SALE 20 | #1813 Around the Globe with "North Coast" 6 p.m. 21 | #1814 Fondue & Raclette Wine Pairings 6 p.m. 22 | Taste of Success Private Event 6 p.m. 23 | FOOD & WINE EXPERIENCE 24 | FOOD & WINE EXPERIENCE 25 |
| FOOD & WINE EXPERIENCE 26 #1815 Knife Sharpening Clinic 12 p.m. #1816 AT Lurcat 9 a.m. | #1817 Kitchen Remodeling 6 p.m. 27 | #1818 Latino Spice 6 p.m. 28 | | | | |

For Current Class Availability Please Visit www.kitchenwindow.com

Events & Highlights

City of Lakes Loppet Ski Race – Feb 4-5th

Come warm up with a free cup of coffee during the City of Lakes Loppet Ski Race. The races end at Hennepin & Lake. For more information go to www.cityoflakesloppet.com

Gifts for Your Valentine - Feb. 11-14th

Stock up for Valentines Day with Vogues exotic chocolate bars and all natural chocolate truffles from Chocolate Celeste. We will be hand packing your truffle order February 11th - 14th.

Sidewalk Sale – Feb. 15-20th

Come check out our amazing deals during our President's Day Sidewalk Sale. Hundreds of items at half price.

Twin Cities Food & Wine Experience – Feb. 24-26th

Stop by our booth at the Twin Cities Food & Wine Experience.

From Our Editor

To Subscribe To Our Newsletter

We hope you enjoyed this issue of our newsletter. If you would like to receive future issues of our newsletter you can visit our website and subscribe to our E-newsletter. Subscribers will receive our newsletter monthly by email. To subscribe go to www.kitchenwindow.com and click on Join Mail List in the upper right corner. Fill in your information and select Kitchen Window's E-Newsletter. The Kitchen Window newsletter is also available online as a downloadable pdf.

We would like to hear from you!

If you have an idea for something you would like to see in our newsletter, please let us know. Please contact us at editor@kitchenwindow.com

Kitchen Window

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