

# Kitchen Window<sup>®</sup>

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

March 2006

## In the Spotlight:

- |   |   |
|---|---|
| New Product Spotlight                                   | 2 |
| Knife Sharpeners<br><i>by Robin Osterberg</i>           | 3 |
| What Makes My Knife Sharp<br><i>by Stephen Cottrell</i> | 4 |
| Sticks and Stones and Knives<br><i>by Carl Antholz</i>  | 6 |

## Columns

- |   |   |
|---|---|
| Chris's Book Review<br><i>A Professional Chef's Knife Kit</i><br><i>by Chris Thomas</i> | 8 |
| Carl's Corner<br>The Lansky Professional<br>Sharpening System                           | 7 |

## Cooking School & Event Center

- |                       |    |
|-----------------------|----|
| March Cooking Classes | 10 |
|-----------------------|----|

## Recipes & Techniques

- |  |   |
|--|---|
| Chef Scott's Recipe Box<br>Guisada & Sofrito | 9 |
|--|---|

## News & Events

- |                         |    |
|-------------------------|----|
| Kitchen Window Calendar | 11 |
|-------------------------|----|



Slicing Carrots as pictured in *Essentials of Cooking* by James Peterson - ©1999 James Peterson - Artisan A Division of Workman Publishing Company Inc. (See cookbook feature on page 7)

## A Knife is to a Chef as a Scalpel is to a Surgeon

When professional chefs and serious home cooks start to talk about their knives, they mean business. And rightfully so. One is almost unstoppable in the kitchen if one has a scrupulously maintained knife ready to go. Not feeling exactly confident in the knife department? Then, this month's issue will be a lifesaver and eye-opener.

Allow Stephen to lead you down the path to understanding why your knives need to be sharp, then join up with Carl as he explains the tools needed to achieve sharpness. Finally, once you've figured out why you need to sharpen (and hone) and what materials will assist you, Robin can direct you to the sharpener of your dreams. All that's left is a little know-how on slicing and dicing. Chris introduces you to a well-thought out cutlery guide in his review of the CIA's *Professional Chef's Knife Kit*.

Understand your knives, maintain your knives, and most importantly, enjoy your knives.

## New Product Spotlight

### New from Caldrea!

Caldrea's newest scent, Basil Blue Sage, blends the essential oils of basil, blue sage, rosemary, thyme, spearmint, and cinnamon leaf to create a clean and clarifying fragrance. Reminiscent of an herb garden in the South of France, this wonderful scent appeals to both men & woman alike. Dish Soap \$8.00, Countertop Cleanser \$8.00, Hand Soap \$10.00, Hand Lotion \$10.00

**Petite Sink Sets** are perfect for smaller sinks. The beautifully wrought caddy is sturdy, water-resistant, and shaped to hold a pair of Caldrea's 11oz bottles of Liquid Hand Soap and Hand Lotion. These make not only the perfect housewarming or hostess gifts but also a lovely indulgence for yourself! Available in Lavender Pine, Green Tea Patchouli and Basil Blue Sage. \$25.00



For those of you who love **Caldrea's Rose Collection**, we now have all three enticing scents (Rose Pink Peppercorn, Rose Tobacco & Rose Anise) available in hand lotion & liquid hand soap! Perfect for the powder room, these spicy floral fragrances are sure to delight the senses! \$10.00

**Caldrea's Liquid Laundry Detergents, Linen Sprays & Fabric Softeners** are now available in Lavender Pine and Basil Blue Sage, in addition to White Clover and White Tea!

Mild, yet hard-working, Caldrea's laundry soap contains powerful, plant-derived surfactants and Borax to get your whites white and colors bright. The fragrances will linger in your clothes long after they are folded. Safe and effective for all types of washable fabrics, the laundry soaps are biodegradable and contain no phosphates. Use 2-3 ounces per load. 64oz \$16.00



Enjoy a fresh and fragrant mist for your linens and clothes with Caldrea's Linen Sprays. Made of deionized water with essential oils and fragrance, these sprays are great to use for ironing or to freshen linens between washings. 32oz \$12.00

Caldrea's lush Fabric Softener contains plant-derived softening elements combined with essential oils. It will leave your clothes & bedding feeling extra soft and fresh. 32oz \$15.00

### New Tea Forte

Tea Forte's whole-leaf premium teas are enjoyed by tea connoisseurs across the globe. The open weave of the handmade silk infuser bags allow water to flow freely around the tea leaves, allowing them to unfurl, mingling the blends in the infuser. It's like brewing a pot of tea in your cup! Try all 11 of their delicious, all natural blends.



**Forte** -A robust breakfast blend, combining the finest high grown Ceylon tea with white jasmine flowers. Contains caffeine.  
**Earl Grey** -A unique reinvention of a classic. A Chinese tea infused with Italian pressed bergamot, marigold petals and safflowers. Contains caffeine.

**Black Current** -A full-bodied Chinese tea infused with black currant, blended with blackberry leaves. Has a delicious aroma. Wonderful with milk and a touch of sugar. Contains caffeine.

**English Breakfast** -A full-bodied rich Assam with a malty note, this brisk tea combines well with milk. Good for a pick-me-up anytime of day. Contains caffeine.

**Decaf English Breakfast** - This decaffeinated version makes a full, almost brisk cup of tea. Also very good with milk. Contains no caffeine.

**Bombay Chai** -A spicy blend of Assam & Ceylon teas, cardamom pods, cinnamon, ginger and other spices. Delicious with milk and honey or sugar. Contains caffeine.

**Oasis** -A soothing blend of green teas and spring flowers, with citrus infusions. Wonderfully calming with a subtle floral bouquet. Very high in antioxidants. Contains a low level of caffeine.

**Flora** -Blending crimson hibiscus flowers with cinnamon sticks, this full-flavored, red herbal tea has soft fruit notes and is delicious with a touch of honey. Contains no caffeine.

**Ginger** -Created for ginger lovers, lemon flavors mingle with fresh cut ginger root in this enticing blend. Very satisfying. All natural. Contains no caffeine.

**Citrus Mint** -A brilliant mint tea with green African rooibus and citrus zest. Refreshing with a distinctive hearty note. Contains no caffeine.

**Chamomile Tisane** - Egyptian chamomile tisane combined with orange pieces create a soothing tea with a delicate fruit finale. A great tea help you unwind after a long day. Contains no caffeine.

Individual Tea Bags are \$1.00 each; Ceramic Tea bag tray set \$4.95, Café Cup \$19.95

# Knife Sharpeners

by Robin Osterberg

Most cooks would agree that nothing impairs the enjoyment of cooking more than having to work with bad tools. Bad knives are especially frustrating to use. Sadly, the problem is usually not knife quality, but rather, lack of maintenance. That \$100.00 forged chef's knife isn't going to do a better job than that one you picked up at the grocery store if you don't keep an edge on it... and how often have we all heard that a dull knife is much more dangerous than a sharp one?

Unfortunately many people just don't really think about their knives until they are dangerously SMASHING that tomato instead of SLICING it! The optimistic view on all of this is that it is easy to prevent the dreaded dull knife right in your very home, in a matter of minutes. All it takes is the right tool. What tool would that be, you ask? Read on.

## Electric Sharpeners

Few people would argue that anything gives a knife a better edge than consistently honing it with a steel and sharpening with a whetstone. However, it's rare that someone would stop in the middle of prepping a recipe to spend the 20 minutes it takes to get the knives back in shape by hand, so rather than reaching for that BREAD KNIFE to finish the job, how about trying one of our foolproof, super fast, electric sharpeners and get that edge back on your chef's knife instead!

People who use electric sharpeners swear by them. The speed and ease of use make them the perfect choice for anyone who wants a sharp knife pronto!! Stop by the cutlery section of Kitchen Window and let us show you some of our favorites.

**Chef Choice 120 Chrome knife Sharpener** - Many critics consider this the best knife sharpener on the market! This revolutionary, professional, system uses a three-stage process in which blades are sharpened and honed on 100 percent diamond abrasive belts, then stropped to give the blade a fine, smooth edge. This combination results in less metal removal than conventional means, (even less than sharpening steels) to create, in just seconds, a sharp and durable edge on straight edge and serrated knives. Their high precision angle guides eliminate all the guesswork. And it's made in the U.S.A.

**Chef's Choice 320 Knife Sharpener** - This one is the same as the 120 except that the extra course stage is eliminated. Unless your knives are really (and I mean REALLY) in bad shape, this stage is rarely necessary so the 320 would be considered a better value in most instances.

**Kershaw Electric Knife Sharpener** - Finally an electric sharpener for your Asian knives (sharpened at a 17 degree angle)!! Sharpening a knife with this sharpener requires only a few strokes for ultimate performance and the stones come out for easy cleaning.

## Manual Sharpeners

If electric sharpeners seem a bit more aggressive or costly option than you are looking for, perhaps one of the manual sharpeners would better suit your needs. Kitchen Window offers several fine options.

**Minosharp water sharpener** - This is an award-winning, hand-held knife sharpener that is easy to use and designed exclusively for Global knives. Simply remove the clear cover from the knife sharpener, fill the basin with water, and reattach the cover. Begin sharpening your knife by gently sliding it through the white coarse-grit ceramic wheels, then repeat the same process with the medium-grit wheels. The water in the basin continually rinses the sharpening wheels, keeps the knife blades from overheating, and assures a clean and even edge on the knife. It's very easy and effective.

**Chantry Knife Sharpener** - The Chantry Knife Sharpener is designed for easy use with both serrated and straight-edged knives. At the heart of the machine are two small butchers' steels, the same hardness, temper and cut as a professional butcher's steel. The steels are pre-set at the optimum edge angle and are spring loaded so as not to damage the knife. Just run any knife blade between the steels four or five times and your knife is sharpened! The steels rotate slightly and last nearly forever. This is what we use in the store for serrated knives, as it is a proven performer. Made in Sheffield England.

**Wusthof Knife Life 3 Stage Knife and Scissor Sharpener** - The latest sharpener in the Wusthof line is extremely well priced and efficient. This is a two-stage knife sharpener and includes a scissors sharpener as well. The carbide side sets your knife's edge, while the ceramic side finishes it. The scissors sharpener will sharpen both blades for left- or right-handed scissors. The E-Z grip handle and non-slip rubber feet on this sharpener will help to keep it in place, making it safe and easy to use.

Any of these sharpeners will make it easy to take your culinary experience to the next level. So, don't get frustrated or embarrassed by your raggedy, neglected blades, make an overdue addition to your kitchen. You won't be disappointed when you can slice through your tomato with no smashing in sight.

# What Makes My Knife Sharp?

Every one agrees that there is no more important tool in the kitchen than a sharp knife. It is the bow to our culinary violins, and without it no magic could ever be created in the kitchen. When we first purchased our knives we sought the right tool for the job. We selected these tools with care, based on the balance, heft, authority, and intangible but important qualities such as “feel.” Some of us even studied the type of steel used in its manufacture and the method that it was forged. We also studied the handle and all the aspects of a good knife that reveal quality to the careful observer; the tip, heel, bolster and tang. But one part of the knife we couldn’t see with the naked eye, though everyone agrees it is really what the knife is all about: the cutting edge.

We know that a sharp knife is safe, predictable and reliable and dull knives are frustrating and dangerous. But because it can’t be seen with the naked eye the anatomy of a knife’s edge has been a small mystery for many people, even to culinary professionals who have used high quality knives for years. Many of our customers who inquired on how to care for their knives, are also seeking information on what makes the a knife sharp in the first place. Partial information from many experts such as, “the angle is sharpened at 22 degrees” or “You need to have a smooth bevel” doesn’t have a lot of meaning out of context. In the following paragraphs we’ll touch on what makes a knife edge sharp, reliable, and useful to you.

In the most general terms, the effects that determine a knife’s sharpness are the type of steel it is made from the angle, smoothness of its edge, and the shape or profile of that edge. What we perceive to be sharp or dull is in effect the physics of effort vs. resistance. The more efficient the cutting edge (source of effort) the less resistance we experience as we manipulate the knife. Professional butchers and cooks have taught us through their work experience that the “tools of the trade” require a perfect edge.

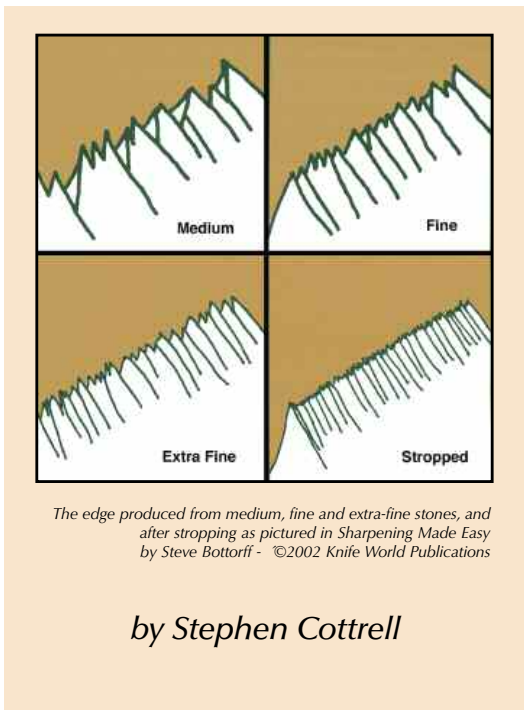
One of the most important words to define regarding a knife’s edge is the term “bevel.” Essentially, a bevel is just a surface that joins another surface at an angle that is

not a right angle, thus creating a tiny edge only several thousandths of an inch wide. There is a wide variety of bevels manufactured to create a sharp knife, but the important principle to comprehend in the context of knives is that the steeper the angle of the bevel, or the more severe the taper, the sharper the knife will potentially be. However, the knife’s design, function, application, and material all

affect the type and severity of the bevel that should be used. For example, a knife manufactured from relatively pliable steel may not benefit from an extremely severe bevel, say less than 10 degrees, because the edge will easily fail (often referred to as “folding”) when met with resistance. This principle is largely why we don’t want to use a knife designed for culinary applications to open boxes; and we don’t want to use a hunting knife designed to work the tough hide of a deer to dice an onion. When determining the bevel angle on a knife understanding the purpose and material of the knife is essential. Most culinary knives from Europe have the bevel ground by the manufacturer at approximately 22 degrees. Japanese culinary knives, often

made from denser carbon steel alloys, are frequently sharpened between at 15 – 18 degrees.

Understanding the type of steel that the knife is made from is an important factor a knife manufacturer must consider when selecting the bevel angle. Often, good quality cooking knives are made from high carbon steel alloys that often contain chromium, molybdenum, vanadium, nickel, and other elements that help decrease the blades reactivity to acids in food. In general, a steels’ density (hardness) is manipulated in manufacture by the speed in which the material cools and the type alloy/carbon composition that was used. Unfortunately, steel loses its ductility with increased hardness and becomes more brittle and far less malleable, making it more difficult to repair and reconstruct the edge through sharpening. Because they are brittle, extremely dense steel alloys, such as 18/10 stainless steel, are more prone to breakage and chipping, restricting their ideal use as sharp objects to delicate and precise work such as surgical instruments. Fine culinary knife makers seek the perfect balance of ductility and density that allow the knife



The edge produced from medium, fine and extra-fine stones, and after stropping as pictured in *Sharpening Made Easy* by Steve Bottonoff - ©2002 Knife World Publications

by Stephen Cottrell

to perform its intended application and allow the user to easily maintain its sharpness.

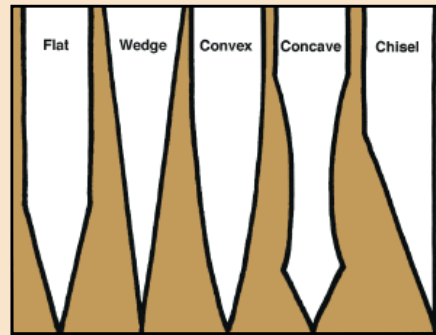
But it's not just the angle of the bevel and the type of steel that make a knife sharp; it is also the quality of the surface finish on the bevel. According to knife sharpening expert and author Steve Bottorff, "The most important issue in sharpness is smoothness of the bevel that forms the edge. You simply cannot have a perfect edge when two rough surfaces come together." (See illustration on page 4) Mr. Bottorff further explains in his book *Sharpening Made Easy*, the fundamental relationship between surface finish and sharpness. Under high magnification, the edge of a knife looks something like a mountain range, really thousands of microscopic metal teeth that form the edge. These miniature, rough serrations (not to be confused with manufactured serrated knives) if left unpolished, have a considerably negative impact on the knife's performance. They create significant drag, making the knife feel dull, perform poorly, and tear into food more than slice. Therefore, the ideal edge for most butchering and culinary applications requires these rough teeth to be ground or polished to a fine, uniform surface. In general, the smoother the bevel, the sharper knife will feel. This smoother bevel is acquired by utilizing progressively finer sharpening abrasives. Many sharpening experts will have sharpening stones or "hones" that vary in abrasiveness from 300 to 4000 grits, even polishing edges with a leather strop! Though, for many home cooks a 1000 grit stone is perfectly fine, this illustrates how important a polished bevel is, and how edges on many knives can potentially be improved for even better performance.

If we look at a knife from a cross-section we discover that there are really two profiles. The blade itself has a profile, and the cutting edge of the knife also has a profile. The blade profile for most kitchen knives is typically flat (rectangular) in the case of stamped knives, or wedged (triangular) in the case of forged knives. There

are also convex, concave, and chisel-shaped blade profiles on the market. All of these edges are designed with specific tasks in mind. (See Blade Profile illustration)

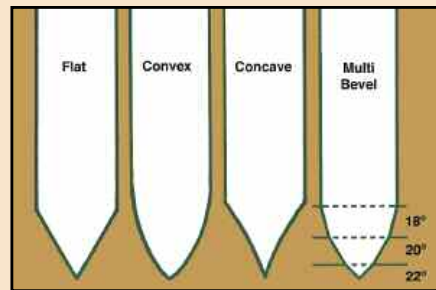
Again, the cutting part of the knife, the edge itself also has a profile too. Depending on the method and technique that was used to sharpen the knife, a knife edge will be flat, convex, concave, or as in the case of most western knives, contain a multi-bevel. Multi-bevel knives have the distinct advantage of being quite strong, and require sharpening far less frequently than concave edges that tend to easily fold. (See Edge Profile illustration)

Understanding the anatomy of the knife edge will help you get the best possible performance from your knife. We encourage you to stop in and visit with our staff or sign up for our knife sharpening clinic. Clinics take place the last Sunday of each month from 1 p.m. - 2 p.m.. Registration is required. Visit our website for a complete listing of class availability.



**BLADE PROFILES**

*Cross-sectional blade profiles as pictured in  
Sharpening Made Easy by Steve Bottorff -  
©2002 Knife World Publications*



**EDGE PROFILES**

*Cross-sectional edge profiles as pictured in  
Sharpening Made Easy by Steve Bottorff -  
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### "Sharpening Made Easy"

by Steve Bottorff

*This book will provide you with more information on knife sharpening - how to select a sharpening system and how to sharpen a knife to a razor edge. There is also information about abrasives, knife steels, sharpening theory, honing & stropping, electric sharpening machines, using steels, and how to sharpen ceramic knives, vegetable peelers, axes, chisels, plane irons and other common tools. This book will show you how to get the edge you need. It lives up to its title - Sharpening Made Easy.*



# Sticks and Stones and Knives

Cooking is truly a profession where you can blame your tools, and using dull knives will hang you up every time. Keeping knives sharp has been a challenge for hunters and cooks since the Stone Age.

Stone Age hunters and cooks used knives that were methodically chipped out of hard stone, usually chert, flint, obsidian or quartz. However, a ragged or dull edge on a stone knife renders it useless for skinning and almost useless for scraping the flesh from the bones. It tears and shreds more than it scrapes. The razor-thin edge on a stone knife is brittle and fractures easily, so it literally breaks down quickly. Surprisingly, the finest of these razor-sharp edges were made and re-conditioned by chipping the hard stone with antlers. Antlers? How can this be? Can a softer material fracture or sculpt a harder material? Was the Grand Canyon created by water? You bet! Hardness matters. But what role does hardness play in sharpening and maintaining your knives?

For purposes of this discussion, we'll refer to sharpening as grinding the edge and honing as polishing the edge.

Sharpening "steels" are sticks or rods made from steel, steel with diamond particles, or ceramics. Some of the steel rods are grooved and can be quite abrasive. These are referred to as sharpening steels. Smooth steels are referred to as honing steels. Diamond steels are sharpening steels. Ceramic rods can be either sharpening or honing "steels."

The same distinctions apply to whetstones. The coarser or harder the surface of a stone, the more abrasive it is. The smoother the stone, the more suited to honing or polishing it becomes. The softest and smoothest materials do the best honing and polishing. The coarsest materials do the best sharpening. Here is a list of some common stone materials and what they bring to the table.

**Natural Stones** – These can be soft or hard. A Washita stone is considered coarse grit. A soft Arkansas stone is considered medium grit. A hard Arkansas stone is considered fine grit, and a true hard Arkansas stone is considered extra fine grit. Natural Blue Stone is considered fine grit.

**Synthetic Stones** – These run the full gamut from very coarse to extremely smooth. Carborundum stones tend to be on the coarse side of the spectrum. "Ceramic" stones can be made

from a multitude of compounds and powders, and they run the full gamut from very coarse to extremely fine grit. Norton Waterstones have a very wide range of grits.

**Diamond Stones** – These are a combination of synthetic material and diamond dust and tend to be on the coarse end of the scale.

So what is grit? And how does it relate to coarseness? Unfortunately there is no simple answer. The higher the grit number, the smoother the surface of the stone will feel.

However, the numbers don't subscribe to a common scale, and many stone producers don't use them at all. To complicate things even further, using a stone dry is less abrasive than using it with oil or water.

Let's try to come up with a workable comparison. Since the current interest in whetstones corresponds to the rise in popularity of Japanese cutlery, let's use the Japanese grading scale and try to translate it to other stones.

**250 /300 grit: Coarse** - 1000 grit Norton, Soft Arkansas, and most carborundum stones fit here. Most diamond stones fit here also.

**1000 grit: Medium-Fine** - Global, Kai (Kershaw/Shun), Kasumi, etc. stones will be imprinted with 1000 grit.

**6000 grit Norton, Hard Arkansas**, and very smooth carborundum stones fit here

**3000/5000 grit – Very-Fine** - Japanese stones are marked accordingly. Black Arkansas Novaculite (natural silica), and Aoto brand (natural blue stone) fit here.

The best way to test for grit is to use your fingers. Rub a 1000 grit Japanese stone as the starting place and compare the feel with another stone. Decide whether it is coarser, smoother, or the same, and use it accordingly. Remember using a whetstone dry will grind less metal than using it with oil or water. Using very light pressure while honing will take longer but will result in a smoother, more polished, and longer lasting edge.

Of course, you could throw up your hands to all of this and opt for using the modern example of the most ancient of knives - ceramics. Kyocera uses modern technology to make the perfect stone-age ceramic knife. No sharpening required. But what fun would that be?



Global Water Whetstone

by Carl Antholz

# The Lansky Professional Sharpening System

Lansky Sharpeners, since 1979, has been the leader in sharpening system design and technology. Each Lansky Sharpener is engineered for ambidextrous use and is designed with performance and safety in mind.

Kitchen Window has carried Lansky sharpening products for years, and they are one of our best selling sharpening lines. The "Professional Sharpening System" includes a variety of stones to begin and finish the sharpening process. A clamp and guide system allows the user to hold and maintain the desired edge angles, ensuring that your knives are sharpened to perfection with no "free-handing" guess work. The Professional Knife Sharpening System includes all necessary accessories, such as specially formulated oil, 5 different hones, fully adjustable guide rods (one for each hone in the system), the multi-angle knife clamp/honing stone guide, extra long clamp screw, and a custom molded storage and travel case. The enclosed instructions are comprehensive and easy to follow.

The hones included in the Lansky Professional Knife Sharpening System are notably unique. Each of the five assorted aluminum oxide hones has a color coded holder that is finger grooved for comfort and designed with

finger protection in mind. The coarseness of the stones provide flexibility varying from a 120 grit aggressive repair hone, to a 1000 grit ultra fine finishing stone. Also, a triangular stone is provided for serrated knife sharpening.

At the core of each Lansky knife sharpener system is the combination knife clamp/honing stone guide unit. Made of aircraft grade aluminum, the multi-angle knife clamp/honing stone guide has a convenient thumb screw adjustment for secure blade positioning, a mounting hole on both sides (for 360 degree rotation, when using a mounting system), and choice of 17, 20, 25, or 30 degree angle settings for the honing stone.

To optimize your sharpening capabilities, the patented Lansky Universal Mounting System is essential. The mounting system allows you the convenience of sharpening numerous knives or larger blades easily. With its patented flip-over feature, you can sharpen both sides of the blade easily. The mount also allows for 360 degree clamp rotation.

Stop by Kitchen Window's cutlery section for a demonstration!

## Kitchen Window's Knife Sharpening Service

Don't want to hassle learning to sharpening your knives or investing in a sharpening system, we can help? All knives lose their edge over time, even if you use a sharpening steel on a regular basis. Periodic sharpening by a professional will ensure that your knives have the proper angle and will help your blades maintain their edge longer.

We have sharpened tens of thousands of knives for people who love to cook and industry professionals. We will even teach you how to maintain your knife edge once you leave.

**Precision knife sharpening:**

**\$3.50 per blade**, most knives

**\$5.50 per blade** for Asian styled cutlery and bolster grinding.



We can sharpen your knives while you wait. No appointment necessary.

***Kitchen Window has been professionally sharpening cutlery for over 20 years.***

## ***A Professional Chef's Knife Kit***

by Chris Thomas

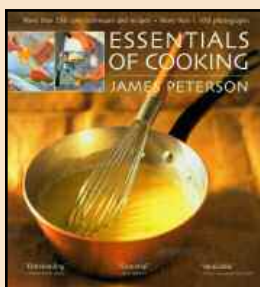
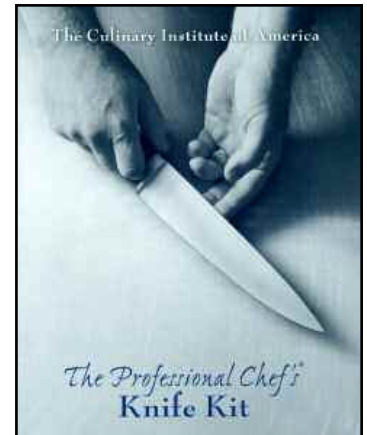
Chopping vegetables or carving meat may seem like simple yet necessary mundane chores, but place a quality piece of cutlery in the hands of a true culinary professional, and these simple acts become elegant works of performance art. Haven't you ever watched the sushi chef at your favorite Japanese restaurant? It's amazing what they can do with just one knife (and many, many years of focus and practice)! From the moment the blade comes ringing off the honing steel, every move is executed with rhythm, grace, and style, with the end result being a pile of prepared food that is a perfect, uniform size and shape. Thus, for the novice cook, learning proper knife skills is not merely a practical means to an end – faster, more consistent prep work (with minimal physical injury) – it also provides the tools and skills necessary to perform works of art in your very own kitchen. So, how does one gain entry into this wonderful world? By tapping the resources the professionals use. The Professional Chef's Knife Kit, a book put out by the Culinary Institute of America, an independent, not-for-profit college offering bachelors and associate degrees in culinary arts and baking and pastry arts., is a practical and useful guide to the selection, care, and proper use of a wide variety of kitchen cutting tools.

This book is an amazing resource. It is basically a textbook outlining the steps to becoming a serious knife user. An extensive section on selection of knives provides detailed descriptions of the different types of knives and other cutting tools available, outlining their uses and advantages. This section also includes a discussion of the individual components of a knife and their relative importance to the knife's performance. Want to know the difference between a chef's knife and a utility knife and for which application each is best suited? Want to know the difference between a full tang and a partial tang and their importance to the performance of the knife? Want to know what those funky little hollowed out ovals are on the side of some blades? It is all in here and much more. There is also a section of the

book dedicated to the care and preservation of quality cutlery, covering topics ranging from cleaning and storage to proper sharpening and honing. All of these elements serve to create a more informed knife buyer and a more responsible knife owner.

But of course, the most important and the most fun part comes in actually using the knife. This is where this book truly shines, providing detailed, easy to follow, step-by-step instructions on how to chop, dice, peel, fillet and carve. Basically, this book will teach you how to cut virtually every kind of food into tiny bits. A whole range of techniques are covered, from the relatively simple, such as dicing an onion or carving roast meats, to more complex and elegant creations such as fluting a mushroom or creating a tourne. These instructions are enhanced by a generous number of photographs and drawings, further elucidating these sometimes complex procedures. For my part, I delighted in playing with all of these techniques, filling my kitchen with far more cut up produce and meat than I could ever consume but excited by the quickness and ease with which I was able to create them. In other words, this book is not only useful but a lot of fun as well.

In the end, The Professional Chef's Knife Kit is at base a valuable resource - a reference book used by professionals and amateurs alike to navigate the world of kitchen cutlery. It perhaps will not turn you into the next Jacques Pepin, but it will at least give you the ability to do some of that fancy knife work you see him doing on television.



## **Essentials of Cooking**

By James Peterson

In this unrivaled guide, one of America's most widely respected cookbook authors distills his vast knowledge and experience into the 100 essential techniques that every cook needs to know, from poaching an egg to butchering a saddle of lamb, accompanied by more than 1,100 color photos that illustrate each and every step. Essentials of Cooking will help unravel the mysteries of each method and provide practical applications on the spot.

## Chef Scott's Recipe Box



Many of you are aware of my current affair with food from the "Isle de Encanto" Puerto Rico. This guisada recipe has become a huge favorite of mine, especially as winter in Minneapolis drags on and on. It is a wonderfully satisfying blend of all things good and comforting -beef, onion, garlic, potatoes, tomatoes and, of course, sofrito.

Sofrito, an essential flavor and base for so much of what is native to Puerto Rican cuisine, is very versatile. Natives laugh at me when I reach for it to marinate shrimp or use it as a spread for incredible garlic toast. But, wouldn't you know, they are also some of the first to reach for a second helping of the "crazy" stuff. It really is a no-miss good thing to keep around. Portioned and frozen in ice cube trays, then popped out into a freezer bag to grab when needed, it will last up to 6 months. Make sofrito only twice a year but enjoy year round.

As for the guisado itself, its just one more really wonderful stew. Typically referred to as Carne Guisada (guisar means "to stew"), it is literally a meat stew. You can play around with ingredients you have on hand, as with any stew. If you have only beef, use beef. If you have a medley of meats, by all means, use them. This recipe works really well with chicken too, or patatas (pig's feet) if you are adventurous. And you can substitute butter beans or garbanzo beans in place of the potatoes for a more unique stew experience. It can also be a successful filling for tacos. No matter what you try, the outcome is almost guaranteed. Serve with rice or tortillas so you don't miss any of that rich, flavorful sauce. Eat Well and Be Safe!

## Guisada

A hearty, warming stew. A perfect meal for one of our cold Minnesota nights. Enjoy with warm tortillas or rustic bread.

### Ingredients:

1/4 c extra virgin olive oil  
 2 lbs. beef and pork cut into 2 inch cubes (pork shoulder and beef chuck are best)  
 1 onion, medium dice  
 1 hot pepper, medium dice  
 1 sweet pepper, medium dice  
 4 cloves garlic crushed  
 1/2 c sofrito  
 3T dried oregano  
 1T paprika  
 2 c chopped canned tomatoes  
 1 large baking potato large dice  
 Water to cover  
 Salt and pepper to taste

### Method:

1. In a large heavy saucepan heat olive oil
2. Soften onions, garlic, and peppers, about 5 minutes. Stir in sofrito and herbs and cook about 2 minutes.
3. Add meat and stir to coat.
4. Add water and tomatoes and simmer until meat is tender about 1 1/2 hours depending on the cuts of meat.
5. Add potatoes in the last 30 minutes of cooking.

## Sofrito

### Ingredients:

1 medium onion  
 10 cloves garlic  
 2 sweet chile peppers  
 2 hot chile peppers  
 2 bunch of cilantro  
 1 tomato  
 1/2 c white vinegar  
 1/2 c Extra Virgin Olive Oil

### Method:

1. Coarsely chop all ingredients.
2. Combine all ingredients in a food processor and process until combined in a coarse loose paste.
3. Use as a seasoning base for meat soup or stew.
4. Extra sofrito may be frozen for up to 6 months. It will keep refrigerated for about a week.

# Featured March Cooking Classes

## AT Afton House Inn

3291 S. St Croix Trail, Afton 651-436-8883

- Walleye Cakes with Pepper Salsa
- Strawberry Romanoff Salad with Champagne Dressing
- Quail Breast with Pepper Pistachio Crust, Tomato Confit, Asparagus Puree & Tomato Chutney
- Pumpkin Sponge Cake with Apple Spice Pastry Cream & Caramelized Apple Compote **\$65**

**Justin Grecco, Executive Chef Demonstration/Wine**  
**#1837 - Saturday, March 25 10:00 a.m. - 1:00 p.m.**

## Knife Sharpening Clinics

With the popularity of Japanese cutlery and the demand for a better knife edge, more people are turning to whet stones as a knife sharpening solution. Whet stones allow for more control, provide a single bevel, and allow for a lower angle. All of these lead to a sharper edge with improved knife performance. During this hour-long workshop, we will explore the techniques of using a whet stone and honing steel to create the ultimate knife edge. Sharpening stones will be available at a discount prior to class.

*There is a \$10 fee for this class, however, each guest will receive a \$10 gift certificate to Kitchen Window upon arrival. Please bring your knives, stone and steel. Advanced registration is required.* **\$10**

**Carl Antholz Seminar**  
**#1838 - Sunday, March 26 12:00 p.m. - 1:00 p.m.**  
**#1859 - Sunday, April 30 12:00 p.m. - 1:00 p.m.**

## The Bombay Trading Post

Buying everyday spices such as black pepper, cloves and cinnamon is now so inexpensive, it seems hard to believe that once upon a time, they were valued as highly as gold. Bombay was once India's richest and busiest port, and thus took on a melting pot nature with the vast number of spices and cultures being introduced. Nipa Bhatt will be our guide as we explore some of those spices tonight in a special menu starting with TAJ MAHAL BEER and JHINGA MASALENDAR, stir fried shrimp rubbed in Bombay's street spice, called CHAAT MASALA, a magical mixture of coriander, red chilies, black pepper and salt. Next, we'll enjoy CHICKEN

DIVINE, chicken simmered in a gravy made with three popular spices, turmeric, garam masala, and dhanna jeeru. This will be accompanied by DUM ALOO, potatoes immersed in a gravy laced with fennel, and STEAMED BASMATI RICE, the aromatic, perfumed rice from the Himalaya mountains. We'll sip on a popular Indian drink made with grated ginger and milk, ADU VALI CHAI while we experience dessert, SUKHDI, made with jaggery, a dark and coarse, unrefined sugar with a sweet, wine-like fragrance and flavor. **\$70**

**Nipa Bhatt Demonstration/Beer**  
**#1839 - Monday, March 27 6:00 p.m. - 9:00 p.m.**

## Easter Treats

Spend an evening learning how to vamp up your Easter buffet table with the most important item - dessert! Bruce Broquist of "Three Chocolatiers" wholesale bakery joins us for an evening in the cooking school to share his expertise on some very delicious and less common pastries sure to grace your holiday tables. We'll begin with EASTER BABKA, a rich, delicate yeast coffeecake or Easter morning breakfast cake that is filled with almonds, golden raisins, diced citron and scented with anise and orange zest. Next, LEMON PAVLOVA, a delicious crispy meringue shell filled with a tart lemon filling and finished with whipped cream and strawberries. You'll have no problem eating our next selection before it melts - HOMEMADE WHITE CHOCOLATE ICE CREAM is served inside CHOCOLATE CREAM PUFFS and drizzled with a sweet and tangy RASPBERRY COULIS. Lastly, delicious, CHEWY COCONUT MACAROONS dipped in CHOCOLATE GANACHE will conclude our evening of Easter pastries. **\$65**

**Bruce Broquist Demonstration**  
**#1840 - Tuesday, March 28 6:00 p.m. - 9:00 p.m.**

*To register for one of these featured March cooking classes call Kitchen Window at 612.824.4417. To view our complete Winter/Spring schedule featuring more than 80 classes visit [www.kitchenwindow.com](http://www.kitchenwindow.com).*

# March Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
#0000 Class Name 0 p.m.			Taste of Success Private Event 12 p.m.  #1819 Pasta Making 6 p.m.	Taste of Success Private Event 12:30 p.m.		Taste of Success Private Event 6 p.m.
Kid's Cook Private Event 1 p.m.	Taste of Success Private Event 6 p.m.	#1820 Zinfandel and Cheese 6 p.m.	Taste of Success Private Event 12:30 p.m.  #1821 Stocks and Soup 6 p.m.	#1822 A North African Spice Trade 6 p.m.	Taste of Success Private Event 12 p.m. #1823 Late Winter Beer Dinner with Summit Brewing Company 6:30 p.m.	#1824 AT Shelly's Restaurant 10 a.m.
#1825 AT Broders' Southside Pasta Bar 10 a.m. #1826 Delightful Dim Sum 11:30 a.m.	#1827 Sunday in Brooklyn An Italian American Feast 6 p.m.	#1828 Meet the Chef: Fugaise 6 p.m.	#1829 Sauces 6 p.m.	#1830 Meat and Potatoes 6 p.m.		#1831 AT Chino Latino 10 a.m.  #1832 Kids Cook: James & Giant Peach 10 a.m.
#1833 AT Oceanaire Seafood Room 10 a.m.		Taste of Success Private Event 5:30 p.m.	#1834 Spanish Classics with Saviour Magazine 6 p.m.	#1835 Meet the Chef: Buon Giorno 6 p.m.	Taste of Success Private Event 6 p.m.	Kid's Cook Private Event 10 a.m. #1836 AT The Melting Pot 11 a.m. #1837 AT Afton House Inn 10 a.m.
#1838 Knife Sharpening Clinic 12 p.m.	#1839 The Bombay Trading Post 6 p.m.	#1840 Easter Treats 6 p.m.	Taste of Success Private Event 6:30 p.m.	Taste of Success Private Event 1 p.m.	Taste of Success Private Event 6 p.m.	

For Current Class Availability Please Visit [www.kitchenwindow.com](http://www.kitchenwindow.com)

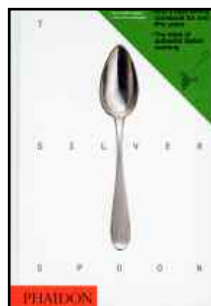
## Events & Highlights

### GRILLING

Grilling season is right around the corner. If you were at the Food & Wine Show or the Minneapolis Home and Garden Show you may have seen a sneak peek at our new collection of Viking Grills, Green Eggs, or our complete outdoor kitchen. Stop by the store to check out our grills and watch for our new outdoor kitchen display coming in April.

### THE SILVER SPOON

Our best selling cookbook of the season "The Silver Spoon" is back in stock.



## 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](http://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](mailto:editor@kitchenwindow.com)

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