

Kitchen Window[®]

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

April 2003



Hazelnut-Honey Pancakes with Raspberries as photographed in *The Best of Waffles & Pancakes* - CollinsPublishersSanFrancisco 1994

In the Spotlight:

Breakfast & Brunch Tools 2

Drink in Mother Nature 4
by Stephen Cottrell

Morning is the Best Time
to Pump Iron 5
by Brooke Holliday

Columns

Food History 6

The Incredible, Edible...
by Hilary Lord

Melanie's Book Review 8

Brighten Your Mornings with
the Sunlight Café
by Melanie Miller

Carl's Corner

The Fussy Professor 8

Abelskiver Country 9

Carl's Hidden Gems 9

by Carl Antholz

Cooking School & Event Center

Featured Culinary Instructor 10

Culinary Assistant of the Month 10

Event Center Highlights 11

Recipes & Techniques

Home Entertaining Tips 11

Grandma's Waffles 11

Abelskiver 9

News & Events

Kitchen Window Calendar 12

What's for Breakfast?

In preparation of Easter and Mother's Day, the Kitchen Window staff has contemplated and practiced preparing wonderful breakfasts and brunches. We've wondered about waffles, practiced our pancakes and scrambled our eggs. Take a peek inside to see what we've chosen as our favorite tools, from cast iron to juicers. As you turn the pages, you will also stumble across a couple of recipes and entertaining ideas that are sure to be a hit.

As an added bonus, staff member and Culinary instructor, Carl Antholz shares an adventure-travel tale fueled by abelskiver. Hilary Lord, Department Manager by day and food history researcher by night, shares all there is to know about the incredible, edible egg. And, our Executive Chef, Scott Rosenbaum has even parted with his grandmother's favorite waffle recipe.

If you like bacon and eggs or crepes with whipped cream, we invite you to take a few minutes to learn how to celebrate mom and start your day of right!

For an in-depth look at cutlery, look for our May issue. It will be full of cutting-edge advice and we promise not to be dicey!

In the Spotlight: Breakfast & Brunch Tools

Each month our Department Managers select products to highlight that relate to the topic of our current issue. Some products will assist you in implementing the recipes and ideas in this issue and some are highlighted to expand your knowledge of the topic.

This month our focus is Breakfast and Brunch. Here are the recommendations from...

Brooke In Cookware

The right cookware is essential to making successful breakfast and brunch dishes. Omelet pans, cast iron skillets and griddles are the essentials. But what do you need when you want to make something fancy and fun? Or something special for mom on Mother's Day? Two of our elegant brunch favorites are crepes and abelskiver.

Crepe Pans

Crepes, those melt-in-your-mouth thin and delicate pancakes, are one of the most perfect batter concoctions ever invented. They are versatile; you can fill them with anything you like: from cheese to chocolate. And, for pretty presentation, they can be rolled, folded or bunched.



Berndes Non-Stick Crepe Pans
9.5 inch Reg. \$30.00 Now \$24.99
11 inch Reg. \$40.00 Now \$34.99

Berndes, one of our favorite non-stick manufacturers, has provided us with one of the best crepe pans ever. It comes in two sizes, 9.5 and 11 inch, and has the traditional low sides that make flipping a breeze.

Abelskiver Pans

If it's fun and different you're looking for, try making abelskiver. They're a wonderful, Danish treat traditionally made for children. In my opinion, you're never too old to enjoy them! They are a spherical pancake typically served with jam and powdered sugar. If you live in this part of the country and have never tried abelskiver; it's high time you do!



Norpro Abelskiver Pans
\$21.95 & \$8.95

Stephen in Electrics & Cutlery

Coffee Makers

Coffee in the morning is a pleasure for some and a necessity for others! This month we are featuring the Capresso Elegance Grande Plus. This 12-cup digital coffee maker is fully programmable. It features a reusable gold-tone filter, and a charcoal water filtration system to remove chlorine and other water impurities.



Capresso Elegance Grande Plus - \$79.95

The Elegance Grande Plus has an ergonomically designed carafe handle, "Drip-Stop," and a two hour safety shut-off; great for people in a hurry! For \$79.95 it's an awesome value.

As an added benefit, a 16 oz 18/10 Stainless steel thermal carafe is included with the coffee maker at no charge! This one is the answer for the morning commuter!

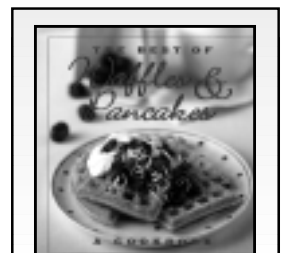
Waffle Makers

How 'bout waffles for breakfast? You bet! A long time favorite of the Kitchen Window staff is the Chef's Choice WafflePro® line of waffle bakers. They are available in Belgian and Five of Heart styles. The Chef's Choice line features the Unique Quad® baking system allowing you to select the flavor, texture, and color of your waffles. And, they bake uniform waffles in only 90 seconds! These waffle irons work perfectly with homemade and quick mix batters. Recipes and a one year warranty are included in the box. Our price is \$69.95



Chef's Choice Waffles - \$69.95

Looking for more recipe ideas? Pick up *The Best Waffles & Pancakes* cookbook. Featuring over 40 delicious recipes.



The Best of Waffles & Pancakes - \$16.95

Hilary in General Merchandise —

Egg Gadgets

What better way to celebrate breakfast in the spring than with eggs. Whether you like them boiled, fried, scrambled, or coddled, we've got everything you need to help you prepare eggs your way. Almost everyone can boil an egg. To make an easy job fool-proof, we sell egg piercers and egg timers. (We've got a selection of egg cups, for presentation, as well). The Zyliss Egg Piercer (\$5.95) and Egg Perfect Color Changing Egg Timer by Norpro (\$7.95) are invaluable gadgets. The piercer puts a tiny hole in the base of the egg, where the air pocket is. This prevents the eggshell from cracking in the boiling water - no oozing egg whites. The egg timer couldn't be easier to use. Place the egg-shaped timer in the cool water with the eggs. The timer will darken (it is very easy to read) as the eggs cook, indicating whether the eggs are soft, medium, or hard boiled.

Egg Rings

Fried or scrambled eggs can come shaped as well. Egg rings hold the egg in place as it cooks. These work for pancakes, that other breakfast food, as well. You can serve eggs in the shape of perfect circles, hearts, or teddy bears. These Norpro egg rings come in sets of two, with handles for easy use; each set costs \$4.95.



Norpro Egg Rings - \$4.95

Egg Coddlers

Feeling adventurous? Well, not so much adventurous as in the mood to revisit an old classic? Coddled eggs were invented in Britain, in the late 19th century by a manufacturer of porcelain called Royal Worcester. Very similar to poached eggs, coddled eggs are cooked in boiling water. The dish, the coddler, is buttered or oiled before cracking in one or two whole eggs. Sometimes seasoning, such as thyme or salt and pepper is added. Coddlers usually have a screw on top; when sealed, the whole dish goes into the saucepan of lightly boiling water. (The water should go halfway up the sides of the coddler). Once the egg is set, after eight minutes or so, the dish is removed, the top unscrewed and the egg served in the dish with a small spoon. The coddlers we carry come from RSVP; a set of two in blue or white, costs \$16.95.



RSVP Egg Coddlers - \$16.95

Melanie in Bakeware & Gadgets —

Quiche Pans

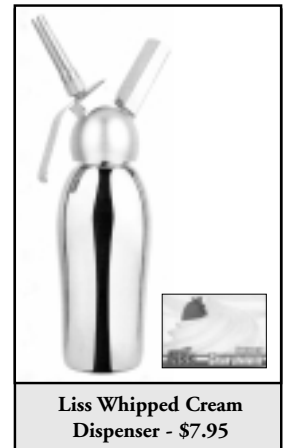
Here are just a few products from the Bakeware section that will add to the delight of your breakfast or brunch guests. For your savory main course we have several different quiche pans. Our long-standing favorite is the 11.5 inch earthenware pan by Emile Henry. It provides a very gentle, slow and even heat for a perfect crust every time. It is available in white, red and cobalt and sells for \$39.95. Another great option is BIA's 9.5 inch porcelain quiche pan that sells for \$30.00. For a less expensive alternative, we offer the Kaiser tinplated quiche/tart pans in a variety of sizes starting at \$7.95. They all have removable bottoms for perfect, out-of-pan presentation.



Emile Henry Quiche Pan - \$39.95

Whipped Cream Dispensers

If you love crepes or Belgian waffles, here's a great device to top them off: the Liss Whipped Cream Dispenser. Now you can forget about hand whipping cream with a mixer! With the Liss Whipped Cream Dispenser all you have to do is pour heavy cream, sugar, and vanilla into the canister and let a NO₂ cartridge do all the work. In seconds, you will have delicious whipped cream to top off all your sweet breakfast favorites! The dispenser sells for \$49.95 and the chargers are \$7.95 for one box of ten.



Liss Whipped Cream Dispenser - \$7.95

Doughnut Makers

Remember the wholesome goodness of your Grandma's old fashioned homemade doughnuts? You can duplicate them yourself with the doughnut maker by SCI. The plastic dispenser is springloaded and allows you to make homemade doughnuts with just the right size and shape for \$10.95.



SCI Donut Maker - \$10.95

Drink in Mother Nature

by *Stephen Cottrell*

Americans love juice. Orange and Grapefruit juice are favorites that fit with any breakfast. For lunch and snacks, there are all sorts of bottled juices available as healthy alternatives to soda. Juice bars have become increasingly popular as well; they seem to be popping up all over the Twin Cities.

The fact is, there are many benefits to adding fresh juices to our diets. Certainly, the flavor and freshness of juice from a home juicer is vastly superior to any store bought version. They are very frequently full of water and chemical stabilizers. There are many great books on nutrition and diet that point to juicing as a tool to assist in a healthy lifestyle. Besides the terrific taste of freshly juiced produce, many nutritionists believe that our bodies can absorb more beneficial vitamins, minerals, enzymes, and amino acids from fruits and vegetables in juice form. Although fiber is also necessary, it tends to slow digestion interfering with nutrient absorption.

There are several different types of juicers on the market today: citrus juicers, centrifugal juicers, and masticating juicers. The price range for a home juicer ranges from about one hundred to several hundred dollars depending on brand and design.

Citrus Juicers are used exclusively for - you guessed it -- citrus fruits! This is definitely a breakfast favorite. Using a citrus juicer can be the fastest and easiest way to squeeze the juice from lemons, limes, oranges, and grapefruits. There are dozens of gadgets that can be used to press the juice from citrus, but the two most efficient to use are lever-models and manual reamers.

A lever-model citrus juicer is by far the easiest to use. You simply slice the

citrus fruit in half and compress it between a perforated screen and a press using the lever. Kitchen Window carries several varieties of this type of juicer.

In the past it required a little more elbow grease to use a reamer juicer. However, electric models now attach the reamer to a low rpm motor. Now you simply have to hold and press the fruit against the spinning reamer.

Citrus juicers are affordable and efficient and a great option for those seeking the benefits of fresh-squeezed OJ in the morning.

What Juicer is Right for You?

Selecting the right juicer for you is easier than you might think! Use the scale below to see where you are and what might work best for you. Juicers can provide a superior tasting, healthy and economical beverage for the home. Stop by the electrics section and check them out.!

If you are...

- Thinking about juicing but not sure you'll use it all the time
- Not prepared to commit

Consider the:

Waring, Le 'Equip \$100 - \$200

If you are...

- Seeking to supplement a physical fitness program or improve diet
- A runner, actor, dancer, swimmer, cyclist
- Physically active or changing in that direction
- Seeking an alternative to vitamin supplements

Consider the:

Omega, Green Life \$215 - \$500

If you are...

- Wanting fresh OJ in the morning
- Wanting fresh citrus flavors for cooking

Consider the:

OrangeX, Metrokane & Waring \$50 - \$130

A high-speed centrifugal juicer is a requirement for extracting juice from dense fruits and vegetables like apples, celery, beets, and carrots. The juicer shreds the fruit or vegetable while spinning it in an enclosed container at a high speed. This allows the juice to be extracted while the pulp is trapped behind a perforated screen.

Centrifugal juicers are available with or without pulp ejectors. A pulp ejector saves time when processing large batches by automatically sending the pulp out of the machine into an exterior container. Kitchen Window carries Centrifugal juicers by Omega, Waring, and Le 'Equip.

Masticating Juicers are arguably the best at extracting juice from fruits and vegetables. They function by mashing or crushing the produce with powerful gears through a screen. This design does not oxygenate the juice as much as a centrifugal juicer does, resulting in a more nutrient rich, stable and delicious product. You gain more flexibility with this type of juicer as it is very effective at juicing leafy greens like kale and wheat grass and it can perform double-duty as a grinder for nut butters. Kitchen Window carries masticating juicers by Omega and Green Life.

Morning is the Best Time to Pump Iron

by *Brooke Holliday*

Breakfast, some say, is the most important meal of the day. It's foods like coffee, juice, milk, pancakes, cereal, eggs, fruit and breakfast meats that we think of when eating breakfast. Cast iron is not only the most traditional, but also one of the best cookware selections for preparing breakfast. The wonderful thing about cast iron is that it absorbs, conducts and retains heat very effectively. The fact that it is inexpensive is an added benefit. There are three types of cast iron: raw, pre-seasoned and enameled. Although more expensive, enameled cast iron is bright, colorful and a joy to use. If you opt for raw or pre-seasoned cast iron, you will have a little change left over to put towards a few wonderful breakfast ingredients.

The key to success with cast iron is the seasoning of the pan. The more advanced the seasoning, the more stick resistant the pan will be. How do you achieve this superb cooking surface? Plan three or four hours in a row that you will be home. This job does not require constant supervision, just intermittent checking. (See the adjacent box for seasoning directions.) The alternative to seasoning raw cast iron is to buy pre-seasoned pans, where the initial seasoning is done for you. This allows you to use the time usually spent seasoning your pans more enjoyably: making breakfast for your family and friends.

You will need about four to five pieces to have a complete cast iron cookware set. The pieces I find to be the most useful are: a double burner griddle, two to three sizes of skillets, and a Dutch oven. Also there are a variety of specialty pieces that will spice up your collection such as an abelskiver pan or a comal (a griddle for tortillas).

We all love to have people over for breakfast or brunch and what better time than Easter or Mother's Day! Here is a sample menu for an Easter or Mother's Day Brunch that will put to use most if not all of your cast iron pieces. Enjoy!

Easter or Mother's Day Brunch

Beverages

Coffee • Bloody Mary • Fresh squeezed citrus juice

Dishes

Raspberry Buttermilk Pancakes (prepared on griddle)

Buttermilk Cracking Corn Bread (prepared in a 9" or 10" skillet)

Red Flannel Hash (prepared in a 10" or 12" skillet)

Worlds Creamiest Scrambled Eggs (prepared in a 10" or 12" skillet)

Extra Thick Bacon (prepared on griddle with a bacon press)

How to Season Cast Iron

Initial Cleaning

- Wash your pan in warm sudsy water (this is the only time you will use soap on your pan). Scrub vigorously to remove the factory rust resistant coating.
- Dry thoroughly.

Seasoning Raw Cast Iron

- Take a clean paper towel dipped in a high smoke point oil such as peanut, safflower or grapeseed oil and apply a very thin layer of oil over the entire interior and exterior surface of your pan. A missed spot is a potential rust spot.
- Place the oiled pan upside down on a cookie sheet lined with aluminum foil and bake in a preheated 300° oven for 1 hour.
- Test the pan when it is cool enough to touch - it should no longer be sticky. If it is, return it to the oven until all the oil is absorbed.
- Let the pan cool until it is cool enough to handle. Repeat the oil, baking and cooling process two more times, checking each time to make certain the surface is no longer tacky.
- Your pan is now ready to use.

Basic Care and Maintenance of All Cast Iron

- After using your pan allow it to cool.
- Rinse under hot water using a nylon or natural bristle brush if necessary.
- DO NOT PUT YOUR PAN IN THE DISHWASHER OR USE SOAP . This will remove the seasoning that has built up.
- Rinse and dry thoroughly.
- Before storing, apply a very thin film of cooking oil on the inside of your pan to prevent rusting.
- If your pan does develop rust, scrub the area with a scouring pad and re-season.

Sources:

- *Food Lover's Companions* by Sharon Tyler Herbst
- *A Real American Breakfast: The Best of the Day, Any Time of the Day* by Cheryl Alters Jamison and Bill Jamison
- *The Best Of Waffles & Pancakes: A Cookbook* by Jane Stacey
- *Joy of Cooking: All About Breakfast & Brunch* by Irma S. Rombauer, Marion Rombauer Becker and Ethan Becker
- *Mollie Katzen's Sunlight Café* by Mollie Katzen

The Incredible, Edible...

Scrambled, fried, hard or soft boiled, raw for hangovers, omelet-ed, or as ingredients, eggs are essential to nearly every cook. As early as birds were domesticated, 6,000 years ago, eggs were harvested. The hen is descended from a wild jungle bird in India. Its domestication spread westward from India by the 5th century BCE. The hen egg is relatively small and abundantly produced, making for easy harvests. Since the domestication of the hen, its egg has been the egg of choice. When World War II introduced chicken farming, hen eggs quickly and permanently became a staple in every recorded cuisine.

Domestically raised birds and their eggs provided a ready protein source in the Classical world, where meat was not eaten on a regular basis. Eggs were hard cooked, laid in the ashes of fires while or after other dishes were prepared. Eggs also played a role in the ceremonial feasts of Classical Rome. These banquets featured many elaborate dishes made of meats and vegetables. Meat was seen as a food of the gods; it was eaten only for pleasure and was believed to be indigestible. It was served only during these ceremonies, alongside many other foods thought by the Romans to aid in digestion and add symbolic weight to the feasts. As part of the *gustatio*, the first course made of small bites, eggs were served toward these purposes. Eggs were also seen as symbols of eternity, eaten to bring that virtue to Classical society.

Eggs are used not only as food, but as art and symbol by nearly every culture. Ancient Persian and Celtic cultures welcomed spring with gifts of painted eggs during the equinox. Those observing Easter and Passover use eggs in their rites, where they are eaten as well as decorated and shared.

Most of us are familiar with the Easter egg. That one has become such a part of society that chocolates have been made in its honor. Its origin is in the monasteries of the Middle Ages. Eggs were one of the few allowed foods, along with bread, wine, and the occasional vegetable, in the monk's diet. Meat was strictly prohibited and fish was hard to come by. Given these few resources, monks in the Middle Ages developed dozens of recipes for eggs, including omelets,

soufflés, and rich cakes. Eggs were a necessity turned luxury in the monasteries of Europe. And along with all good Catholics, monks had to give up even this meager food during Lent. These 40 days are a time of penance as well as a preparation for Easter. Easter is a symbol of Christian rebirth; and practically speaking, it is the day when Lent ends. During the Middle Ages, for 40 days each year, no eggs were eaten in monasteries. But eggs were still being laid; on Easter, there was always a surplus of eggs and an exaltation at the lifted ban on Lenten foods. Easter was celebrated with the decoration, the exchange, and the consumption of eggs.



by Hilary Lord

A look at the Middle Ages offers some information about the use of eggs in Passover as well. Passover observes the Jews' exodus from Egypt, when they were liberated from slavery; it is symbolic of a new life. Passover is also a celebration of the beginning of the harvest in Israel. Mediterranean Jews of the Middle Ages observed Passover with a variety of symbolic foods. The egg was a symbol of joy (along with lettuce, sweets, and yeast). Boiled eggs and omelets were, and are still, eaten at Passover banquets and exchanged among the religious community in

observance of the holiday.

The egg is a nearly perfect food. Its shape and strength make it portable; its readiness makes it an affordable necessity. Eggs provide a perfectly packaged source of protein, vitamins, and minerals. They also give us an emblem for our springtime rituals, ceremonies, and holidays. Eggs embody the fertility, new life, renewal, and abundance that are associated with spring.

Sources:

- *Sloan Lorsung - Wedge Co-op*
- *Ken Rowe - Mississippi Market*
- *www.aeb.org (American Egg Board)*
- *www.wonderquest.com*
- *plasticforkdiaries.org*
- *freshlay.co.uk*
- *Food: A Culinary History, by Jean-Louis Faludrin & Massimo Montanari (eds)*
- *Oxford Companion to Food, by Alan Davidson (ed)*

Duck, Duck, Goose

Hen eggs are by far the most widely eaten bird eggs. But every bird lays an egg, and most of those eggs are edible. Eggs from the domesticated ostrich, quail and duck are enjoyed more commonly in Europe and Asia than they are in the States.

The ostrich egg is the largest egg produced by any creature. It is approximately the size of 24 hen eggs. The shell of the ostrich egg is very strong; some say a person can stand on the egg without breaking it. The egg itself is not a common menu item; its size is difficult to work with. It might take 90 minutes to hard-boil an ostrich egg. The texture of the egg, too, is tougher than other eggs. However, they are eaten. One famous nibbler of the ostrich egg was Queen Victoria. She supposedly ate one soft boiled egg for what she claimed was the best breakfast she'd ever eaten. Nowadays, these twelve-serving-per-egg eggs are served mostly as novelties in restaurants. They are also eaten in parts of Africa, where ostriches are native. The hollowed shells are used, too, as water vessels by some African tribes.

And at the other end of the scale is the minute quail egg. These speckled treasures are actually quite common throughout most of the world, especially Asia. Quail eggs are almost always eaten boiled. Seen as a gourmet food in Europe and the States, quail eggs are readily available at Asian and specialty markets.

Duck eggs are two to four times larger than hen eggs, and almost as abundantly produced. In Europe, they are mainly used as ingredients. (The rich flavor, oily texture, and slightly higher protein content of these eggs make them good for baking.) In Asia, the duck egg is also eaten, fairly commonly, on its own.

In the Philippines, the duck egg provides a delicacy known as *balut*, a boiled, fertilized duck egg. Balut is seen as a food containing three parts: the broth, the egg (white) and the duckling (yolk). It takes 17 days to prepare the balut. After fertilization, the egg's temperature is regulated so that the zygote will develop. The eggs are incubated and checked daily to ensure proper development. After exactly 17 days, the zygote is just beginning to show signs of its form, including beak and claws. The egg is then boiled and served. The top of the egg is removed and the liquid surrounding the white is sipped. Then the white is eaten, followed by the yolk. Balut are often served by vendors, who carry them in hide-lined baskets.

The Good Egg

Which came first? Well, at this point in the cycle, the chicken does. A farmed or domesticated hen lays an average of an egg a day. The size, nutrient content, and flavor of an egg is determined by the hen who laid it, what she eats and how she is kept. The kind of diet provided for a free range chicken, typically a variety of organic grains, tends to produce an egg with a complex and rich flavor and a bright yellow yolk. These eggs are also richer in essential vitamins and minerals. Commercial eggs sometimes come from hens fed almost exclusively a meal made of fish and corn. These eggs might have a brightly colored yolk, but the flavor of the egg is fishy and bland.

Organic, free-range eggs, containing no harmful pesticides, hormones or antibiotics, are readily available at most grocers. Locally, The Wedge Co-op in Minneapolis and Mississippi Market in St. Paul carry a variety of organic, free-range eggs. Both markets offer eggs from Organic Valley Farms (LaFarge, WI), Promised Land Organic Farms (Zimmerman, MN), and Larry Schultz (Owatana, MN). Duck and goose eggs can be ordered through the Wedge during summer and fall months. Quail eggs are available at Asian markets. Ostrich eggs can be purchased directly, on line, through ostrich farms.

The fresher the egg, the better the egg's flavor. Eggshells are porous and so lose moisture and carbon dioxide through the shell. Stale eggs are not harmful; in most cases, eggs can be safely eaten for up to 42 days after laying. However, as the egg gets older, it loses nutrients and flavor. Also, the pores on the eggshell can absorb other odors, affecting the egg's flavor. The freshness of the egg can be detected by the size of the air pocket and the prominence of the *chalaza*, the strands of white that hold the yolk in the center of the egg. As the egg ages and loses moisture, the air pocket increases, and the chalaza becomes less obvious. These traits are detected by farmers as they hold the egg up to a light. At home, you can test an egg's freshness by setting it in a bowl of water. If the egg lies there, it is very fresh. If it floats, throw it out. If it stands on end, it is stale, but not harmful. Make a batch of *huevos rancheros* and use those up.

To keep eggs at their best, over time, they should be refrigerated. At room temperature, eggs are at their optimal flavor and nutrition for only about a week. Never buy or eat eggs that are cracked. The shell is the ultimate protector and should always be intact.

Brighten Your Mornings with the Sunlight Café

You've heard the old cliché a hundred times: "Breakfast is the most important meal of the the day". It revs up your metabolism and gives you energy to start your day. So why do so many of us minimize it or skip it altogether? I think a big part of it is that we're bored with the same choices day after day. If this is true in your case, take a look at Mollie Katzen's "Sunlight Café". She is the renowned author of the classic vegetarian "Moosewood Cookbook" and "The Enchanted Broccoli Forest".

Katzen gives us a pantry and equipment list. I'm finding them in almost every cookbook I review and it is an invaluable tool when planning a menu or shopping list. She divides the book into twelve sections with an informational introduction and history to each section. For example, she begins the bread section with an overview and cute story about toast involving Julia Child and follows it with a recipe for crunchy cinnamon toast. Such a simple thing, but when done well, there's nothing better! Katzen also includes simple tips like "use good bread and you'll have great toast." and "For a quick, hearty breakfast, reheat vegetables from last night's dinner and heap them onto a fresh piece of toast".

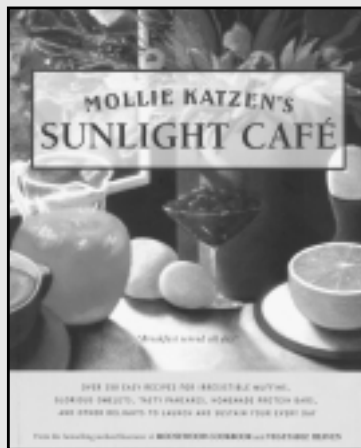
My favorite section is "Eggs, Tofu, Scrambles, Quiches, And Soufflés". Eggs are a delicious source of protein and Katzen gives us so many creative ways to cook and serve them. She starts with basic tips on boiling,

poaching, frying, and scrambling eggs and then goes on to omelets and more involved recipes. Some of the more noteworthy recipes include Spring or Summer Frittata, a thick Italian omelette with scallions, roasted garlic, zucchini, and feta cheese. She also includes her two favorite quiches: Gruyere with Golden Onion and Red Pepper and Fried Green Tomato Quiche.

In the potato section we learn how to make the perfect hash browns as well as the more exotic Mexican Home Fries made with anaheim and poblano chiles, pinto beans, and lime. The griddle food section includes such favorites as waffles, pancakes, and french toast but some have a new twist. Try Savory Wild Rice Pancakes with Mushrooms and Goat Cheese, Zucchini-Carrot Pancakes, Oatmeal Waffles, or Crunchy Coated French Toast.

There are many more creative interesting recipes to be experienced in Mollie Katzen's "Sunlight Café". It's true that many of us aren't hungry first thing in the morning, but don't feel you have to limit yourself to eating "breakfast" food only in the morning. Try having it for

brunch, lunch, dinner, or whenever you're hungry. Once you take a look at "Sunlight Café" you won't be bored with breakfast anymore. You might even be more likely to start your day off right! The book has 292 pages and sells for \$29.95.



Mollie Katzen's Sunlight Café - Hyperion 2002

*Review by
Melanie Miller*

The Fussy Professor

Dear Fussy:

My Cousin's daughter Melba has been staying with me for a couple of weeks. She loves to eat a few very thin slices of dry toast for breakfast every day. Go figure. Sometimes she'll vary her morning ritual by eating a peach with a mixed-fruit sauce. She eats and hums familiar operatic themes at the same time. She wants to host a brunch at my house and wants to feature toast! This wafer-thin, well-tanned beauty has invited more than twenty people to munch and crunch on -- toast! And she wants my help in preparing the feast! Can you help? -Dottie

Dear Dottie:

Don't worry my friend. You don't have to serve each guest Melba's favorite toast. Given a few hours to shop and prepare, you can serve a vast assortment of toasts. Home-made whole-wheat toast with an assortment of jams and jellies comes to mind. Have you ever tried Texas Toast with red eye gravy? Making French Toast in varying textures and served with myriad toppings could keep this crowd busy for hours. Melba's "a toast to toast" breakfast gathering has great potential. Each guest makes their own toast-featured breakfast, and at the table, before digging in, each must make a toast, lifting a glass of their favorite morning beverage. This could range from coffee, to freshly squeezed fruit juice, to champagne, to a bloody mary. The toasts should be fun, and the food will be terrific! -Fussie

Abelskiver Country

Given the exception of 20 million acres of National Forest and National Park land, there's probably no more remote region in California than Sounddog Ranch. Situated a little east of San Luis Obispo and a little west of interstate 5, it's hard to find. I spent most of a winter-shortened, beautiful day trying to find it. Actually, I had a good hand-drawn map, but I didn't quite understand the final direction. Did I really have to leave a paved road, cross a narrow bridge, make a right-angle turn, and scale a two-rut dirt road rising 300 feet in less than a quarter-mile? And then, was I expected to make that severe, left hairpin turn at the top? Yup!

When I emerged from the canyon, I saw what appeared to be a normal park landscape. The dirt roads branched and wandered through a relatively flat landscape of dried grass and a few shelters connected with the various campsites. I quickly fluffed my sleeping bag and crashed. Too early the next morning, I learned that this remote spot had both a landing strip and a helicopter pad. Guests were flying in and the two-rut path was alive with motorized two-wheelers'. We were gathering for an outdoor Thanksgiving feast featuring a deep-fried Turkey.

One couple, who'd driven up from San Diego, took charge of breakfast. I set up my portable camping kitchen and let them make use of all my utensils and vast selection of pots and pans. To my surprise, Dawn pulled out a cast iron implement that I'd never seen before. It looked like a small skillet with a wooden handle that had suffered serious hail damage. Seven bigger than golf-ball, but smaller than baseball sized hail, had produced evenly spaced, very deep dimples in the pan. She called it an ayh' bull skee ver. The spellings vary: abelskiver, aebelskiver, abelskiver, etc., but they all rhyme with Able Skier with the accent on the front end of Able. She then, proceeded to make dozens of pancakes, by definition, that were globe-shaped instead of flat. She filled each dimple with batter, and when the outside had set properly, she used what looked like knitting needles, to turn them over, allowing them to disgorge their remaining unset batter onto their own dimple a little at a time. A little more needling, and the result was perfectly cooked, puffy, golden orbs. Dawn's husband Sunny made the freshly made batter as needed, and we were all full by about 9:30a.m.

For Dawn and Sunny's authentic Danish Abelskiver recipe, see adjacent box.

Abelskiver

Ingredients:

- 2 cups buttermilk
- 2 cups King Arthur, unbleached, unbromated flour (All purpose flour)
- 2 large, natural eggs, separated
- 2 teaspoon fresh baking powder
- 1 teaspoon Diamond Crystal Kosher salt, or 1/2 teaspoon table salt
- 1/2 teaspoon baking soda
- 2 tablespoons sugar
- 1/4 cup good quality, unsalted butter, melted

Method:

1. Using a large bowl, sift the dry ingredients and whisk until thoroughly combined.
2. In another bowl, beat the egg-whites into stiff peaks, and reserve.
3. Combine the dry and the wet ingredients to make the basic batter.
4. Gently fold in the reserved egg whites until batter is light and fluffy.
5. Heat Abelskiver pan and brush with melted butter. Fill each cup with batter and proceed to make globe-shaped pancakes.
6. Serve with thinly sliced fresh apples, a dollop of apple-sauce or jam and powdered sugar.

Carl's Hidden Gems

The Twin Cities has many wonderful breakfast options. The eggs benedict at Z Café, and the blueberry whole-wheat pancakes at Al's were just featured in the latest Mpls St Paul magazine as two of the top sixty dishes. That said, I'd like to suggest a few less publicized places to start your day:

Maria's -- Order the corn pancake dusted with cojito cheese on your first visit

Sunny-Side Up Café -- Order the Cowboy tort on your first visit

Zumbro -- Order the corn-meal blueberry pancakes, even if not on the menu; they'll make it. Choose the genuine maple syrup option. Order a side of bacon - best flavor - tooth breaking texture, but worth it.

Chan's -- Best dim sum I've eaten since leaving the Bay Area. They make it fresh, and they are creative.

Featured Culinary Instructor



Beth Fisher

After completing a long stay at the helm of Lucia's kitchen, Beth Fisher has turned her sights to food on a smaller, more personal scale. Beth is a Personal Chef, Caterer and Teacher of the wonderful world of food preparation.

What currently keeps you busy in the culinary field?

About a year ago Caroline Glawe and I launched our business, "TWO" a Food, Wine and Design Company. We are involved with restaurants in Minneapolis, Duluth, Florida and Saint Petersburg, Russia. Between our teaching, consulting and working with our clients as Private Chefs we manage to stay very busy.

What are some of the highlights of your culinary career?

I had a great run at Lucia's Restaurant, learning from a true master of cooking, Lucia Watson. I have been fortunate to travel and eat in many places, from New York to San Francisco, from Italy to the South of France.

What's your favorite kitchen tool?

My KitchenAid mixer.

For more information about Cooking Classes and Private Event Booking visit our website at www.kitchenwindow.com

Who has most influenced your culinary career?

My mother and grandmother's love of entertaining certainly influenced me. Lucia Watson taught me the essentials of cooking. Caroline Glawe has been there to continue challenging me to create and re-create.

What kinds of classes do you teach at Kitchen Window?

I try to host fun, energetic classes ranging from a Valentine's Day Couples Class (which was a smashing success this year) to an elegant Mother's Day Champagne Brunch (one of my personal favorites).

Do you have an exciting idea for a new cooking class you would like to teach at Kitchen Window?

I would love to teach a class inspired by my mother's and grandmother's Southern roots, with Classic Fried Chicken, Buttermilk Mashed Potatoes and Sautéed Greens. Southern food is the ultimate in comfort food.

If you were stranded on a desert island, what five ingredients would you most want to have at your disposal?

With the assumption that I would catch many, many fish I would want: Salt, Garlic, Olive Oil, Pepper Seeds (so I can grow hot peppers), and a big bag of Rice.

Culinary Assistant of the Month



Carlee Bendickson

What do you most like about being a Culinary Assistant?

I enjoy meeting the chefs, discovering new recipes and working with the students and other Culinary Assistants.

How long have you been a Culinary Assistant?

A little over 2 years.

Tell us about one of your most memorable experiences as a Culinary Assistant.

Anyone who has gone on one of Carl Antholz's Ethnic Market Tours will agree it's an amazing experience not to be forgotten.

What's your favorite kitchen tool?

My Global vegetable knife, without question, but my rice cooker is a close second.

What is the most interesting dish or complete meal you've ever cooked?

I did an entire Thai menu for Thanksgiving this past year. I had accumulated many great recipes from classes with Kitchen Window cooking instructor Joe Surisook and thought it would be a great change from the traditional turkey.

If you could have anyone in the world cook dinner for you, who would it be?

Vincent Francoual - I only had one class with him, but it left a lasting impression. Not only was the food amazing, but he is extremely charming and personable as well.

For more information about becoming a Culinary Assistant visit our website at www.kitchenwindow.com.

Event Center Highlights

Among several private events in February, three were hosted by the same company. These events were hosted to entertain clients and thank them for their business during the year 2002. Each event was a smashing success for the group!

Our Executive Chef, Scott Rosenbaum hosted the first event where the guests prepared a Warm Arugula and Smoked Mozzarella Salad followed by homemade Fettuccini Prima Donna served with Pan Roasted Rosemary Lemon Chicken Breasts. The guests finished their meal with a Polenta Pear Cake with Apple Cider Reduction, Frangelico Whipped Cream and Chopped Toasted Hazelnuts.

Todd Bolton, Chino Latino's Executive Chef hosted their second event where the guests prepared Guam Tuna Sashimi Bombs, Spicy Yuzu Shrimp Salad, Kao Soi (chicken curry with noodles), Tacos de Crunchy Carne and Garibaldi Plaza Fruit Salad.

Rick Kimmes, Executive Chef at The Oceanaire Seafood Room, worked with the group on their final event and had the guests prepare their famous Crab Cakes, Seared Jumbo Sea Scallops with Blood Orange Vinaigrette and Baby Spinach, Icelandic Salmon Wrapped in Pastry served with Button Mushrooms, Rice and Dilled White Wine Butter Sauce. The lucky guests finished their meal with a Warm Chocolate Pudding and Raspberry Sabayon Cream.

All items were prepared completely by the guests during these events. For more information on how you or your company can host a private event, contact Molly Mample at 612.824.4417 ex. 105.

Home Entertaining Tips

Spring brunches are a popular entertainment venue, so host a lovely brunch for friends on a crisp spring morning. Make crepes to order and have plenty of fillings available including ham, Gruyere cheese, sautéed mushrooms, caramelized onions, spinach, and fresh fruit. The crepe batter can be made the night before and all the fillings can be prepared in advance as well - all you need to do is cook the crepes during your brunch and let your guests fill them with their favorite items!

A Spring Brunch party favor idea....Have a fun assortment of coffee mugs for your guests to use and offer one to each guest to take home as a special thank you. Write the date of your brunch and a thank you on the bottom of each mug with a permanent marker (metallic paint adds a nice flair!) and your guests will remember a great afternoon spent with friends each time they use it!

Chef Scott's Recipe Box

These are the delicious, crisp on the outside, moist and eggy on the inside waffles that my grandparents prepared on Saturday morning when I would stay with them for the weekend. We always had sweet butter and maple syrup to embellish them. Still, my favorite way is just straight out of the waffle iron with nothing!

If fancy is what you're after, you can top them with fresh berries or berry preserves and whipped cream! Any way you serve them, they are the best waffles ever!

Grandma's Waffles

Ingredients:

- 2 cups all-purpose flour
- 3 teaspoons baking powder
- 1 teaspoon soda
- 1 teaspoon salt
- 2 cups buttermilk
- 4 eggs, well beaten
- 3/4 cup melted butter or vegetable oil

Method:

1. Stir together dry ingredients.
2. Stir together buttermilk and eggs.
3. In a mixing bowl, combine egg mixture and dry ingredients and beat at a high speed until smooth.
4. When smooth, beat in butter or oil.
5. Bake waffles in a waffle iron according to manufacturer's directions.

APRIL EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		April Fool's Day 1 #985 Meet the Chef: Tejas & Bar Abilene 6 p.m.	Taste of Success Private Event 2 6 p.m.	#986 Asian Appetizers 3 6 p.m.		#987 At Marimar 5 10 a.m. #988 At La Toscana 10 a.m.
Daylight Savings 6	#990 Knife Skills 1 7 6 p.m.	Taste of Success Private Event 8 6 p.m.	Taste of Success Private Event 9 9 a.m. #991 Meet the Chef: Buon Giorno Italia 6 p.m.	Taste of Success Private Event 10 6 p.m.	Taste of Success Private Event 11 6 p.m.	#992 At Fhima's 12 10 a.m. #993 Carl's Magic Bus Tour 2 - Ethnic 10 a.m. #970 2 Gourmet Club - 6:30 p.m.
#994 At Bacio 13 10 a.m.			#995-1 Cake Decorating Basics 16 6 p.m.	#996 Pie Perfection 17 10 a.m. #997 The Improv Cook: Cook without Recipes 6 p.m.	Good Friday 18	
Easter 20		#998-1 Fundamentals of Entertaining - Part 1 22 6 p.m.	#995-2 Cake Decorating Basics 23 6 p.m.	#999 International Tea Party 24 10 a.m. #998 Fundamentals of Entertaining - Part 2 6 p.m.	#1000 My Big Fat Greek Wedding 25 6:30 p.m.	Taste of Success Private Market Tour 26 10 a.m. #1001 At Pazzaluna 10 a.m. #1002 Fun Brunch for Kids - 10 a.m.
#1003 At Dish 27 10 a.m.	#1004 An Indo-French Fusion Dinner 28 6 p.m.	Taste of Success Private Event 29 6 p.m.	#1005 Pizza from a Pro 30 6 p.m.			

For Current Class Availability Please Visit www.kitchenwindow.com

April Highlights

Sign-up Now for a Special Wine Tasting Event

Kitchen Window's Cooking School is hosting Buon Gusto's monthly Wine 101 event on Monday, April 14. This two hour class will be taught by sommelier Warren Gregory from St. Paul's Muffuletta restaurant. The tasting will focus on wines that are great choices for hors d'oeuvres parties. To register, please contact Kitchen Window at 612-824-4417 and reference class #1037. The cost of this two hour tasting is \$35.00 and begins at 6:30 p.m.

Summer Cooking Classes Are Just Around the Corner!

Our June-September Cooking School catalog will be available in our retail store the third week in April and will be mailed that week to customers on our Cooking School mailing list. The complete class listing will also be available on-line by mid April. Keep your eyes open for an exciting line-up of summer classes including several grilling classes, ethnic market tours, sushi, a salsa making party, and classes featuring some of the Twin Cities' best restaurant chefs.

General registration begins Wednesday, May 7.

From Our Editor

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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

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