

Kitchen Window[®]

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

May 2003



Wüsthof Trident 2 piece Asian Knife Set

Kitchen Window Has The Edge!

The Kitchen Window staff is rife with people who love to cook. Everyone has been diligently slicing, dicing and honing their skills in preparation for a month focused on the world of knives. We chopped our way through oodles of onions, cases of carrots and pounds of potatoes until all of our stock pots were full! Our team of Certified Culinary Specialists is now ready and waiting to respond to all of your cutlery needs.

If you're a beginner, in need of a knife sharpening lesson or you need to learn how to turn a green papaya into a salad; Kitchen Window can help! To start, turn these pages for a smorgasbord of information about the tasks of slicing and dicing. And, if you're up to a small challenge; grab a boning knife and check out Scott Rosenbaum's recipe for Stuffed Chicken Galantine. You'll be rewarded with oohs and aahs when you make this impressive dish for your mom. May is the month to celebrate her, after all!

Finally, we invite you to stop by our store and cooking school for a visit. We'd love to share our knowledge and expertise with you and hear about your latest cooking adventures.

Our June issue is for grilling masters and novices alike! Learn about the magic of charcoal as well as assembling a state-of-the-art outdoor kitchen.

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In the Spotlight: Cutlery & Knife Skills

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 Cutlery and Knife Skills. Here are the recommendations from...

Melanie in Gadgets

Have you ever wondered how restaurants produce the most perfect waffle cut potatoes, julienne strips of carrot and thinly sliced cucumbers? The most likely answer is with a mandoline. With this invaluable tool, you too can produce these uniform cuts.

The best mandolines have adjustable blades that regulate the thickness of each cut. They also come with two or three sizes of julienne cutting blades. For both safety and precision, it is important that the blades be razor sharp.

My two favorites are the Bron from France and the Benriner from Japan. Although they have many features in common, their design differences make each suitable for specific kinds of cutting tasks. The ultimate kitchen might even have both!

The Bron features an attached stand with non-skid feet for ease and comfort and 100% stainless steel construction for durability and longevity. Most notably, you will never lose the accessory julienne blades, because they both are housed within the unit.

This mandoline has the ability to produce waffle cuts, crinkle cuts, thin and thick slices and 1/8 and 3/8 inch julienne strips (thin enough for stir-fries and wide enough for French fries). Be sure to always use its well-designed hand-guard to protect your fingertips, knuckles and the palms of your hands.



Bron Mandolin
Reg. \$190.00 SALE \$159.00

The Benriner is the ultimate tool to produce perfectly cut fruits and vegetables for garnishes, stir-fries and Asian salads. If fine and thin is what you're going for, this is the mandoline for you! Benriner offers two widths of mandolins, 3 1/2 and 5 inches, to accommodate different sizes of fruits and vegetables.



3 1/2" Benriner Mandoline - \$44.95
5" Benriner Mandoline - \$64.95

The housing is made from durable fiberglass and each model comes with an adjustable slicing blade and three removable julienne blades. It is important to pay attention when using this mandoline as the blades are razor-sharp and the hand-guard offers only minimal protection.

So, if your knife skills aren't quite perfect and you don't have much time, set down your knife and grab a mandoline!

Don't You Wish That Your Work Meetings Were This Much Fun?

If you've ever shopped for cutlery at Kitchen Window, you've probably noticed that our sales staff is very knowledgeable and enthusiastic about knives and how to use them. A big part of working at our store is being committed to constant learning. And, we do our best to provide as many useful training opportunities as possible.

An important part of our education program is our monthly staff training. Each month we all assemble in our Cooking School for three hours of cooking, eating, learning and experiment-

ing. This is a terrific opportunity for hands-on training and product testing.

On April 27, we had one such event. This particular evening was patterned after the Cooking School's popular Knife Skills 1 class that is offered to our customers. Each employee brought their knives and cutting boards from home and processed 110 pounds of produce. We discussed both knife construction and use and then got down to the business of honing our knife skills.

It is our goal to be an important

information resource for our customers. It's training sessions like these paired with our in-depth certification program (in which our sales associates go through proficiency training and testing in each of our eight departments) that, we believe, makes this possible.

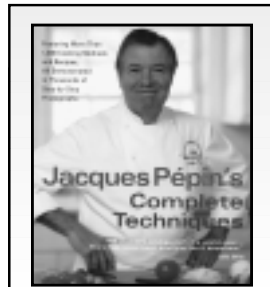
So, next time you're in the market for cutlery, come in and seek out one of our Certified Culinary Specialists with a little knife on their name tag (this represents their cutlery certification). It shouldn't be difficult as 25 of our 32 sales associates are certified in cutlery!

Hilary in General Merchandise —

There is no better resource than a good book. Cookbooks, etiquette manuals, food history chronicles: books like these can teach us anything from where to find ingredients to how to turn them into an extravagant dinner party. Perhaps the most important resource for the cook is a book on culinary technique.

Kitchen Window offers a variety of technique books, fit for the novice or the professional cook. A couple of books I recommend are *Jacques Pépin's Complete Techniques* and *The Professional Chef's Knife Kit*. If you need to learn how to shuck an oyster, julienne a carrot, or just peel a potato, you need these books.

Jacques Pépin, that well known French chef, is familiar to many of us from the Food Network. His expertise and charm infuse his book, page to page. *Jacques Pépin's Complete Techniques* is chock full of essential information, and it's easy to read. Recipes and professional tips are fluently combined. The best part is that thousands of step-by-step photographs accompany the instructions. When you're told to cut your canapé into "lozenges," Jacques's own hands are depicted, right there, to show you what that means.



Jacques Pépin's Complete Techniques- \$19.95

This book is truly comprehensive. There are over a thousand methods and recipes. With *Jacques Pépin's Complete Techniques*, you can turn snails into escargot, bake a country baguette, pipe a meringue, truss or butterfly a chicken, or just separate an egg.

The Professional Chef's Knife Kit deals more specifically with knife skills than other techniques. Photographs are present here, too. This book is filled with excellent tips on knife selection, knife care, and knife use. The tips come from pros, but there's no need to be intimidated; *The Professional Chef's Knife Kit* is suitable for anyone who wants to learn knife skills.



The Professional Chef's Knife Kit- \$34.95

Brooke In Cookware —

If you're looking for a great way to celebrate your mom this Mother's Day, I have a great suggestion! First, check out Scott's recipe for a delicious and impressive Stuffed Chicken Galantine. It's a great choice for a special Mother's Day brunch or dinner, because it makes a beautiful presentation as well as giving you the opportunity to practice your knife skills.

If you're still with me, I have another suggestion. You could purchase a Le Creuset Buffet Pan to both prepare and present the roast in and then, after it's cleaned up, send it home with mom. She will be delighted with this colorful and useful gift. If you're lucky, she might even invite you to enjoy some of her future creations prepared in the pan!



**Le Creuset Buffet Pan
Reg. \$180.00 Sale \$135.00**

The pan is designed perfectly for braised dishes, oven pancakes, frittatas, paella, casseroles, etc. It comes in six fun colors and measures 12 inches in diameter and 3 1/2 quarts in volume.

Stephen in Cutlery & Electrics —

In 1986 EdgeCraft™, today popularly known as Chef's Choice®, went into business with a mission to create the world's best domestic knife sharpener. Kitchen Window carries several of the Chef's Choice® knife sharpeners. The Professional #120 is a favorite for many home cutlery enthusiasts. The three-stage sharpener gives precise angle control and works with both straight and serrated blades. Stages 1 and 2 use 100% diamond abrasives that are tough enough to replace the edge on any knife. For a finely polished hone, Stage 3 gently reinforces the blade to razor-like sharpness. This is a multi-use sharpener, equally effective on gourmet, butcher, sporting, and serrated knives. The fast, durable result makes the Chef's Choice® Professional #120 a great choice for the home chef! Available in white and chrome.



Chef's Choice Professional Knife Sharpener #120 - \$129.99

On the Cutting Edge

When asked what the most important tool in their kitchen is, the seasoned cook will probably reply: "a good knife." Most of us are, by now, very familiar with the leading German, French and American brands of cutlery. We know what knives we like and we know how to use and maintain them. After we had committed ourselves to a certain brand of cutlery, Japanese knives started appearing in professional kitchens and on cooking shows, muddling our resolve. They have a different look and feel than our familiar friends; and their maintenance and price tags can be intimidating. Are they a useful and necessary addition to a standard knife set? Well, we have been studying and experimenting with these recent additions to Kitchen Window's knife case. Here's what we learned...

Before jumping into the specific brands of cutlery that we carry, it is important to understand why Japanese cutlery is different and has evolved differently than European and American cutlery. If you think about Japanese cooking, you probably envision many piles of perfectly, thinly sliced vegetables. Cutting vegetables in this manner requires skill and a very sharp knife. Aren't all knives sharp? Well yes, but in different ways. A thinner and stronger blade is more precise, giving its user more control. On the other hand, a broader, heavier blade is more assertive when presented with harder foods.

Japanese knives are typically face-sharpened at a 10-15° angle instead of the traditional 20° angle of American and European knives. Face-sharpening bevels the edge from 4-5 mm and comes to a very extreme point. This results in a blade that is thinner, stays sharper longer and makes sharpening easier. In order to manufacture a very thin blade that is strong enough to hold a face-sharpened edge, the steel must be quite hard - more than Rockwell 56. Western knife edges are beveled less than 1 mm into a slightly convex shape. They are most often made from a slightly softer steel - about Rockwell 55-56 (Chef's Choice is the most notable exception at Rockwell 60). The convex bevel helps to prevent the knife's edge from bending or developing a burr. In other words, the steel in a western knife would not be able to sustain a face-sharpened edge. It is important to consider that face-sharpening can only be done by hand, on a whet stone. And, since the edge is so thin,

face-sharpened knives should not be used to cut through bone, frozen foods or similarly hard items.

Traditional Japanese knife sharpening methods are user specific. First of all it is important to determine if the user is right or left-handed. If right-handed, the right side (the outside edge) should be sharpened 70% and the left side only 30%. In other words, for every ten times that the blade is run across the whet stone, the right side should be swiped seven and the left three. The reverse is true for left-handed users. Also, it is believed that the same person should always sharpen a knife, because they will have a specific style and angle that they employ. Over time the knife should, in theory, continue to get sharper. Although somewhat abstract and maybe even numinous, consider the following: If you take the time to respect and impart your personality on your knife, it will work with you and become an extension of you.

Global is probably the most familiar brand of Japanese cutlery on the market. The streamlined, contemporary design has become very popular in the stainless steel kitchens of today. They have even found their way into design shops around the world, most notably the museum shop at The Museum of Modern Art. Don't be fooled though, Global knives aren't just for looks; they are also wonderful tools. They have been manufactured

in Japan since 1985. The knives are made from molybdenum/vanadium stainless steel and are ice tempered and hardened to Rockwell 56-58. This steel stays sharp for a long time and resists rust, stains and corrosion. The line that we carry is constructed of three pieces of steel, one for the blade and two for the handle, that are seamlessly sintered together. The seamless construction makes the cutlery more sanitary and the lack of a bolster makes it easier to sharpen the entire blade uniformly. When handling a Global knife for the first time, you are sure to be pleasantly surprised by its lightness and perfect balance.

Kasumi, the newest addition to our knife case, is a very unique and intriguing product. The blades are made of high carbon, stainless steel that has been ice hardened to Rockwell 59-60. The blade faces are decorated with a wood-grain pattern that is a result of the unique manufacturing process. The steel is



Asian Cooks Knives from left to right: Kyoceera, Global, Chroma and Kasumi

by Anita Teigen

repeatedly folded and forged into 32 layers, resulting in an exceptionally stable and beautiful product. Kasumi knives are manufactured in Seki, Japan's cutlery capital. Almost 800 years ago, Seki became a sword manufacturing center. The swords were known both for their durability and artistic quality. These same specialized manufacturing techniques are used to produce Kasumi cutlery today.

A very recent addition to our knife case is the Type 301 knives by Chroma. They are manufactured in Japan following the design of F.A. Porsche. They have a very attractive, sleek design that is also very functional and comfortable. The blades are constructed of Japanese 301 steel and the handles of 18/10 stainless steel. The blades and the handles are seamlessly fused together with only a metal "pearl" on each side. This is an aid to keep your hand properly positioned on the knife for cutting control and safety. The blades are sharpened at an angle between 15° - 20° and must be maintained on a ceramic whet stone. This is a slightly larger angle than is used to sharpen most Japanese blades, making this knife a nice compromise between traditional Japanese and traditional European cutlery designs.

A very different, but equally impressive, knife product from Japan is the ceramic knife. Could these knives be made from the same material as your morning coffee mug? Well, not exactly... Kyocera uses advanced ceramics such as zirconium oxide to achieve the strength and durability needed to manufacture a usable tool. The material is second in hardness only to diamond. The benefits of a ceramic knife are extreme sharpness, superior edge retention and a light-weight, non-reactive blade. Ceramic knives should not be sharpened at home. It is recommended that they be sent to Kyocera America where they are sharpened on a powered diamond wheel. If used properly, ceramic knives should hold their edge for many months, and probably years, without noticeable wear. As with Global, Kasumi and Chroma cutlery, the cutting of extremely hard items such as bones should be avoided.

If you are a devoted cook, a knife enthusiast, a garnishing guru or are simply enchanted by magnificent craftsmanship, Japanese cutlery is worth investigating. It may require a bit more commitment, but the payoff is truly quite extraordinary.

Sources

- www.kochmesser.de
- www.kyocera.com
- www.chroma-cutlery.com



Wüsthof Trident - Tried & True

If you are an accomplished chef or aspire to be, Wüsthof cutlery is a must. Wüsthof's experience and commitment to quality will never let you down. The cutlery's full-tang, forged construction, meticulous craftsmanship and large selection continue to deliver Wüsthof number one ratings in the world by leading consumer magazines including Consumer Reports, Good Housekeeping, Cooks Illustrated, Cooking Pleasures, and London Times. Wüsthof cutlery is a staple in nearly every kitchen and offers something for everyone. If you are looking for a specialty knife; Wüsthof most likely has it. And, if you are a beginner, a Wüsthof two-piece Cook's and Paring knife set is the most important investment you can make.

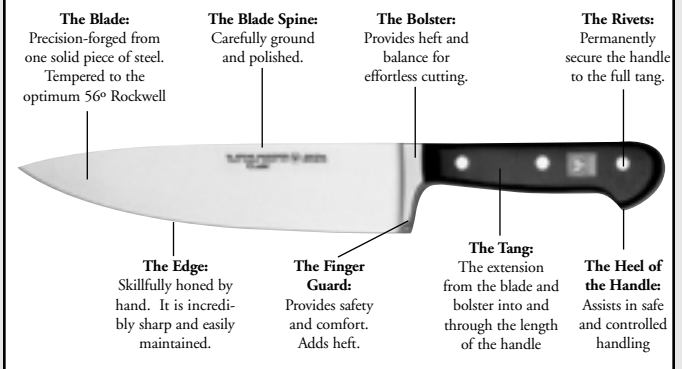


Wüsthof 2-piece Set
8" Cooks & 3 1/2" Parer
Reg. \$158.00 Sale \$99.99

The company has been manufacturing cutlery in Solingen Germany since 1814. The skill and expertise has become a family tradition that has been handed down from generation to generation. Currently the company rests in the hands of the forward-thinking sixth and seventh generation Wüsthofs who have combined the old world tradition with state of the art techniques to achieve unmatched perfection.

Wüsthof considers Kitchen Window to be the best independent retailer of their products in the country. Kitchen Window not only has the best selection available at the retail level, but also has a well-trained and skilled sales staff to support it. Conveniently, the North American headquarters for Wüsthof is located right here in Minneapolis, always offering Kitchen Window excellent inventory support and back-up.

Details of the Precision Forged Wüsthof Knife



A Day in May

by Hilary Lord

The custom of honoring moms with a national holiday was started by one Miss Anna Jarvis on May 12th, 1906, in West Virginia. As a memorial for her mother, who died the year before, Anna called together a committee of her mother's friends and coworkers to meet in the church of her mother's hometown. Anna's mother had founded the Mother's Day Work Clubs, whose purposes were to do good work in the community and strengthen family bonds. Many members of these clubs were present at Mrs. Jarvis' memorial; with their help, Anna Jarvis campaigned and officially created Mother's Day in West Virginia.

Mother's Day was also honored in Pennsylvania, where Anna Jarvis was living. She continued to campaign to make Mother's Day a national holiday;

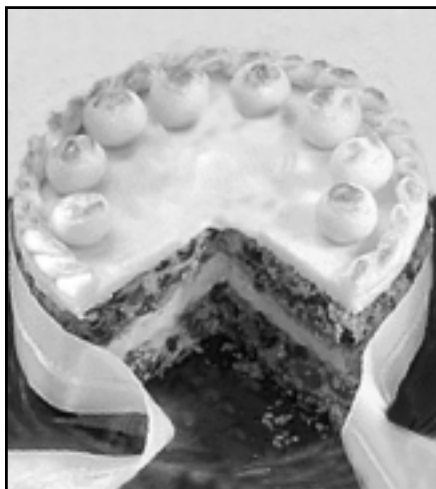
and in 1914, President Woodrow Wilson officially declared the second Sunday in May to be this national holiday. Mother's Day is known as a primarily North American holiday, but it is celebrated in many countries, including Turkey, Finland, Denmark, Belgium, and Italy.

Every year, on the second Sunday in May, dozens of waffles, hundreds of sausage links, and thousands of strawberries are consumed by mothers and their adoring families across the country. Let's not forget the frittatas, the mimosas, the lemon tarts, the crab cakes, or the quiche. Mother's Day is the day to celebrate moms - to treat them to the breakfasts and brunches they so well deserve. "Traditional" Mother's Day foods are hard to find. The foods served are mom's choice. It is her day; her favorites are always on the menu.

In 17th century Britain, however, mothers were honored once a year with a traditional cake. The Simnel Cake was labored over and brought to mothers by their daughters on the fourth Sunday of Lent in 17th century England. That day, still celebrated in England, is Mothering Sunday, the day when children who worked in service were given time off to go "a mothering." It sometimes took days, but children all over England walked home to their mothers, carrying the Simnel Cakes with them.

There are as many different Simnel Cake recipes as there are daughters. Every recipe was a labor of love. It was a confection really: layers of cake and marzipan, topped with crystallized flowers. The cake was a kind of fruit and spice cake, dense and rich. The outside of the cake was often crusted in

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Simnel Cake

You'll need a 9-10" round springform cake pan, greased and lined with parchment paper.

Preheat the oven to 300°.

Ingredients:

- 1 1/2 c. flour
- 1/2 tsp. baking powder
- 1/4 tsp. allspice
- 1/4 tsp. cinnamon
- 1/4 tsp. nutmeg
- 1/4 tsp. ground cloves
- 1/4 c. softened butter
- 3/4 c. sugar
- 1/2 c. golden raisins
- 3/4 c. currants
- 1 c. candied fruit
(your choice), chopped
- 2 T mixed candied fruit peel
- 3 eggs, lightly beaten
- 1 tsp. vanilla
- 2 T brandy, Cointreau, or
Grand Marnier
- 1# almond paste
- 1 egg white

Method:

1. Divide the almond paste in half and roll into 9" circles. Set aside, covering one circle with a tea towel.
2. Mix all dried fruits and peels with 1 tablespoon flour. Set aside.
3. Sift together remaining flour, baking powder, and spices. Set aside.
4. In a large bowl, cream butter with sugar until light and fluffy.
5. Beat in eggs, liqueur, and vanilla.
6. Beat in dry ingredients until just combined.
7. Add fruits and peels to batter. Mix well.
8. Turn 1/2 the batter into the prepared cake pan. Place the uncovered circle of almond paste in the pan, over the batter.
9. Turn the other 1/2 of the batter into the pan. Smooth the top.

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Mother's Day Around Town

A Day In May continued...

a flour and water mixture flavored with saffron. Marzipan was also used to top the cake, eleven balls of it to symbolize the eleven Christian apostles.

Today, the Simnel Cake is more likely to appear on an Easter buffet than at a Mother's Day brunch. But this Mother's Day, why not roll up your sleeves and revisit an old tradition. Bake this slightly less complicated version of the Simnel Cake as a gift for your mother. (You can drive it over.)

Sources:

- *The Oxford Companion to Food* - Alan Davidson
- theholidayspot.com
- stmarkscatford.org.uk
- britannia.com

Simnel Cake continued...

10. Cover pan with two layers of parchment paper.
11. Bake on middle rack of oven for 1 - 1 1/2 hours, until cake tester comes out clean from center of cake.
12. Allow the cake to cool in the pan, 10 to 15 minutes. Turn the oven to broil after removing the cake from the oven.
13. Brush top of cake with egg white and place second circle of marzipan on top of cake and decoratively crimp the edges.
14. Brush the almond paste with remaining egg white and place cake under broiler for a few minutes, until it turns a light golden brown.
15. Cool completely in pan before removing. Use candied fruit peels and crystallized flowers to decorate top.

May, in Minneapolis, is one of those months when everyone can breathe a sigh of relief. No more surprise snowstorms, birds are singing, the sun doesn't set before dinner, and greens and blues replace the grays and browns of the winter months. Mother's Day, then, is especially lovely. Get your mom a bouquet of fresh spring flowers, get gussied up, and do something special. All around town, there are plenty of Mother's Day events that celebrate spring and Mother's Day in style. Brunch is the traditional Mother's Day event. Why mess with a good thing? Take your mom to any of the places below and enjoy warm service, good food, and inviting atmospheres.

Minneapolis Sculpture Garden and Walker Art Museum

Special Mother's Day tours of the Sculpture Garden and the Walker galleries highlight women in art. The Garden tour is free at 1 PM, the Walker tour is free with gallery admission at 2 PM. Go early and have brunch at the Gallery 8 Restaurant. This brunch is informal and, weather permitting, there's outdoor seating. The hours are 11 AM - 3 PM. Call 612/ 374-3701 for more information.

Mother's Day Boat Cruises and Trains

What better way to enjoy your mother and the weather than with a riverboat cruise. Brunch or dinner cruises are available in Taylor Falls, MN. Reservations are required; call 651/465-6315.

If water isn't your thing, try the Mother's Day Brunch Train. Scenic Tours start from Osceola, WI at 10 AM or 2 PM. Call 715/755-3570 for more information.

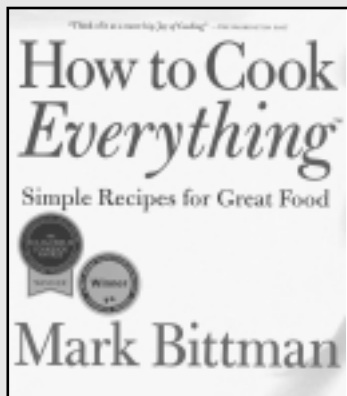
Good Old Fashioned Brunch at Your Local Restaurant

This is the perfect time to try a new place or to revisit a favorite. All around town, there are fabulous brunches offered by fabulous restaurants. Try any of the restaurants listed below; you can't go wrong. Each of the below serve off-the-menu brunches.

Lucia's Restaurant: Cozy, inviting American Bistro. 31st and Hennepin in Uptown, Mpls. 10 AM - 2 PM. Casual. Reservations recommended. 612/825-1572

Erté: Elegant, hip, and inexpensive steak house. 1304 University Av. NE, Northeast Mpls. 9 AM - 2 PM. Casual chic. No reservations required. 612/623-4211

W.A. Frost & Company: New American cuisine in historic surroundings. 374 Selby Av., St. Paul. 10:30 AM - 1:30 PM. Casual. Reservations recommended. 651/224-5715



Wiley Publishing, Inc. 1998

Banana Bread

8 tablespoons butter,
plus some for greasing the pan
1 1/2 cups all-purpose flour
1/2 cup whole wheat flour
1 teaspoon salt
1 1/2 teaspoons baking powder
3/4 cup sugar
2 eggs
3 very ripe bananas, mashed with
a fork until smooth
1 teaspoon vanilla extract
1/2 cup chopped walnuts or pecans
1/2 cup grated dried unsweetened
coconut

1. Preheat the oven to 350°. Grease a 9 x 5 inch loaf pan.
2. Mix together the dry ingredients. Cream the butter and beat in the eggs and bananas. Stir this mixture into the dry ingredients; do not mix more than necessary. Gently stir in the vanilla, nuts and coconut.
3. Pour the batter into the loaf pan and bake for 45-60 minutes, until nicely browned. A toothpick inserted into the center of the bread will come out fairly clean when it is done, but because of the bananas this bread will remain moister than most. Do not overcook. Cool on a rack for 15 minutes before removing from pan. To store, wrap in waxed paper.

Banana Bread recipe from *How to Cook Everything* by Mark Bittman

How to Cook Everything

Review by Melanie Miller

I love to cook. Over the years, I have experimented with recipes and tried to increase my cooking repertoire. Despite my large cookbook collection, my tendency is to go back to the same few gems for tried and true recipes. *How to Cook Everything* by Mark Bittman is now one of those gems. For a general, all-inclusive cookbook, it's the most hip, fun and updated.

I spent a lot of time going over this cookbook, not only because of its many pages, but as I read it, it compelled me to read further. It also made me want to try the recipes; which I did, six of them. The book contains many helpful illustrations to describe the proper preparation and cooking techniques. Bittman writes with a straightforward, easy-to-follow style.

The book begins with a brief pantry list and a bit of advice about what's good to have on hand. This is great, because, with this list, you can throw together a tasty healthy meal without much notice. The discussion of cooking equipment is quite detailed and filled with good information. The technique section is more concise, but essential for the beginning cook. It is of utmost importance to understand the basics of heat and how they apply to the following cooking techniques: grilling and broiling, roasting, sautéing, stir-frying, deep-frying and cooking in liquid. This can also be a great review if you tend to cook by following your gut as it offers a more scholarly approach and may offer a few solutions. It also provides you with the knowledge necessary to cook without recipes.

The main body of the book is divided into the usual food categories with a few that stand out as new and different. One of many that will appeal to today's cook is the section called "Pizza, Bruschetta, Sandwiches, Pitas and Burritos".

The more I read, the more I wanted to cook. It was the Banana Bread that lured me into the kitchen first. I think it was the unusual addition of coconut that caught my eye! The bread was very moist and delicious and even better toasted the next day with butter! I also enjoyed experimenting with a couple of soup stock recipes. With a rich chicken stock, I made a chicken noodle soup that was very easy and tasty. And the fish stock made a flavorful poaching liquid as well as a sauce reduction for halibut. Finally, the pasta puttanesca, a quick but delicious pasta made with tomatoes, olive oil, garlic, capers, anchovies, olives, and pecorino cheese was delicious! As I prepared the sauce, I chose to add a little wine and let it reduce a bit. Bittman encourages such variations and creativity by offering suggestions after the basic recipes. In other words, he teaches you to be an adventurous, self-reliant cook. So, be daring; use his recipes as though they were suggestions and create your own masterpieces!

There are many "general" cookbooks out there, but this one hits the mark; it's current, inspiring and an excellent reference. *How to Cook Everything* makes a great wedding shower, Mother's Day, birthday or graduation gift for the established and aspiring cook. And, don't forget about yourself! If cooking is your passion, treat yourself to Mark Bittman's *How to Cook Everything*; it's a cookbook you'll turn to again and again! \$29.95

Do Knives Really Have Feathers?

I loved going to the barbershop as a kid for at least three great reasons: One was kind of sneaky, one was sensual, and one was curiosity about sharp and shiny razors, and the leather stropping procedure. Spooner's two-chair barber-shop was manned by Dom and Nick. I assume that Dom's full first name was Dominic, and I know that Nick's last name was Masterjohn. He later opened a root beer stand, which evolved into a restaurant that you could visit today.

Reason 1 - I could read comic books. The front window bench was littered with them.

Reason 2 - I got a fabulous scalp massage. Trying it by myself at home just wasn't the same.

Reason 3 - I could watch in wonder at the stropping of the straight razor used to trim around my ears. Both Dom and Nick had a couple of stropping leathers attached to their barber chairs.

If I was lucky, the barbershop would be jammed. That meant additional time to read comics. But eventually, Dom or Nick would call me from my comic book reverie, arrange me in the chair, and proceed to do the deed. I don't remember who regularly gave the better haircut - and as anyone who knows me or has seen me can confirm, I still don't have a clue about getting good haircuts! I still am fascinated, however, with the leather strops and shiny blades. Dom told me that the business edge of the razor was comprised of metal feathers that needed to be stropped. I thought he was working me from both ends - cutting my hair while pulling my leg. But he was right!

All cutlery has these fragile feathery teeth and it is these that do the cutting. How well you maintain your knife's edge will determine how well it performs. The best thing that you can do for a knife is hone it regularly with a steel. If honed properly and often enough, sharpening only needs to happen every six months to a year. And, it is important to the longevity of a knife to not sharpen it too often, as you remove steel each time.

What exactly is honing? It's what keeps the knife's feathers straight. And, if its feathers are in alignment, the blade is sharp and will slide through almost anything. Watch your fingers! It is important that a steel be harder than the knife it is honing. By running both sides of the blade across the steel at the proper

angle (this depends on the knife - anywhere from 10° - 20°) you are putting the knife's feathers back in alignment.

Along with proper honing, sharpening and cutting techniques, the best thing you can do for your knife's edge is to use proper cutting boards. Selecting cutting boards can be daunting. Kitchen Window alone offers 15 plastic, 14 wood and 4 bamboo boards, as well as one hybrid. In trying to make sense of this array of choices, I'd like to approach it from two angles: food safety, and knife protection.



Steeling as photographed in The Professional Chef's Knife Kit - John Wiley & sons, Inc 2000 (see page 3 for more information)

by Carl Antholz

Let's start with knife protection. Very hard work surfaces like glass, marble, granite, etc. can be quickly eliminated as a cutting board choice, since the feathers could be immediately bent and broken. Pebbled plastic, while not very hard, does damage by making the blade run a slalom course (zigzag) through the plastic bumps. Very soft surfaces like those found on most plastic cutting boards, should also be eliminated because they allow the blade to be grabbed and twisted during each slice or chop. For your knife's sake, very hard plastic or hardwood should be your surfaces of choice.

The size of your board is also important. Plastic boards should be able to fit inside your dishwasher, or at least into your sink for quick cleaning. Wooden boards, like pot racks, are more likely to fit into your kitchen if you consider their place before buying them. There's little joy in bringing home a beautiful end-cut butcher block board and finding out that it overhangs your counter by two inches, and you bang your hip on it every time you rush into the kitchen to shush your tea kettle.

Let's examine food safety. Both wood and plastic boards can be made bacteria safe. While it's true that wooden boards are naturally antibiotic and can also be further purified in a microwave, it's also true that hard plastic/rubber boards are required for use in almost every restaurant, because they can be "sterilized" in the dishwasher.

Choosing the perfect cutting board came down to this for me: I own two wooden, one bamboo, and four color-coded plastic cutting boards. Thus, the answer to choosing the perfect cutting board is, well . . . 7! Now, ask me about my favorite knife(s)!

Featured Culinary Instructor

Joe Surisook

Joe Surisook was born in Bangkok, Thailand. He's held restaurant positions in four states including Minnesota, and he currently offers in-home Thai dinners and other customized events. He also bakes and sells bread for the Northeast Minneapolis Farmers' Market.



What kinds of classes do you teach at Kitchen Window?

A wide variety of classes that introduce participants to authentic Thai cuisine.

Do you have an exciting idea for a new cooking class you would like to teach at Kitchen Window? Leading a group culinary tour for 1-2 weeks in Thailand during which we would sample foods from street vendors, seaside cafes, and upscale hotel restaurants. I would also love to teach a class on Thai fruit!

What is your fondest food memory as a child? Whenever there was a gathering or party at my parents' house, there was always a big production going: skewering dozens of satays, rolling spring rolls, making steamed buns, grilling seafood, etc. There was no such thing as too much food! And my family truly enjoyed the company of their friends.

If you were stranded on a desert island, what five ingredients would you most want to have at your disposal? Assuming the desert island was in the middle of the ocean in the tropics, I wouldn't need anything additional at my disposal. The prospect of fresh seafood, tropical fruits and vegetables, and sea salt would make for a pretty interesting feast. But, if you're asking for five ingredients I could live on, they would be crusty bread, cheese, nuts, dried fruit, and summer sausage - and a bottle of red wine to wash it all down.

What is your favorite kitchen tool? Mortar and pestle - just because I've seen my mom chase my dad around with the pestle when she was angry with him. I didn't realize it could be used in that way!

What is your favorite restaurant to go to for a special occasion? Chet's Taverna or Restaurant Alma, because I like their approach to food and their commitment to local and sustainable producers.

Culinary Assistant of the Month

Mary Latta

What keeps you busy when you're not volunteering at Kitchen Window? I shop used bookstores to feed my cookbook addiction-I'm just about ready to buy another 5-shelf bookcase. I also collect salt and pepper shakers-the criteria being that the pieces in the pair have to be different (the squirrel and the nut, for example) and not too expensive.



What do you most like about being a Culinary Assistant? I really enjoy getting to know the teachers and other assistants, and interacting with the students. I also appreciate the opportunity to try different cuisines and learn new techniques.

What are some of your favorite recipes from Kitchen Window classes? Stuffed pork roast from Michael Rostance at Broder's Southside Pasta Bar, potstickers from Carl Antholz's Dim Sum class, Tobie Nidetz's oyster mushroom and herb crostini, Marjorie Johnson's dinner rolls, Rick Kimmes's Oceanaire crab cakes, and Scott Rosenbaum's chicken saltimbocca.

If you could have anyone in the world cook dinner for you, who would it be? Julia Child, because-well, just because. Or Biba Caggiano, Lidia Bastianich, Marcella or Giuliano Hazan, Mario Batali-I love Italian food.

What is your favorite kitchen tool? My Wüsthof knives. I have a lot of kitchen toys-large and small food processors, stand mixer, hand mixer, stick blender, ricer, etc., etc., etc., but nothing can beat a good knife!

Feeling Inspired to Sharpen Your Skills?

Join us for Knife Skills 1! Once you develop good knife skills, you're well on your way to becoming a good cook! Cutting up in the kitchen can be fun if you follow a few well-established procedures. Instructors Doug and Carl will teach you basic knife techniques, discuss knife maintenance, and introduce some useful cooking vocabulary. You'll learn how to mince, dice, slice, and julienne a variety of vegetables. In the second half of the class you will practice with some common yet more difficult herbs, fruits, and vegetables.

#1093 Tuesday, September 23, 6:00 p.m. – 9:30 p.m.

For a complete class description, visit our website.

Chef Scott's Recipe Box

Galantine - The Boneless Bird

Galantine is a boneless chicken or other fowl stuffed, formed and cooked by poaching or roasting. It is a perfect menu item for a brunch or buffet service, because, being mostly boneless, it is very easy to serve and eat. It is also a stunner in the presentation department. No one expects that beautiful whole roasted bird to be sliced and served with such ease. It is not very difficult and your first attempt at butchering won't take more than 15 or 20 minutes.

All you need to start is one 3-4 pound chicken and a few ingredients to make the stuffing recipe below.

Wild Mushroom and Sage Butter Stuffed Chicken Galantine

Stuffing Ingredients:

- 1 loaf of good baguette - use a food processor to make crumbs
- 1/4 pound unsalted butter, melted
- 1/4 cup sage leaves, chopped
- 6 ounces total weight mixed wild or other mushrooms
- 6 shallots, minced
- 1-1 1/2 cups beef stock (if needed to moisten)
- 1/3 cup Parmigiano Reggiano, grated
- salt and freshly ground black pepper to taste

Method:

1. Sauté shallots in 2 tablespoons of the butter until soft.
2. Add mushrooms and sauté until golden brown. Mushrooms will sweat and exude moisture which must then cook off before browning will occur, 20-25 minutes.
3. Add the balance of the butter and the bread crumbs.
4. Toss well to coat, and allow to toast slightly. Add the sage and the liquid to make a moist, but not wet, stuffing.
5. Adjust seasoning with salt and pepper and cool slightly.
6. Use to stuff a 3-4 pound galantine chicken.

To Prepare the Chicken

1. Start at the neck of the bird. Lift the skin and with a short sharp knife cut out the wishbone.
2. Flip the bird onto its breast and cut the skin down the backbone to expose the meat.
3. Slicing against the bones of the carcass, loosen the meat

from the bone. As you approach the wing and shoulder joints, separate them and move on.

4. Cut down and around the breastbone, freeing the skin at the top of the breast bone and continuing around the other side. You will be able to lift the carcass free at this point. You can save it for stock or discard it.
5. Spread the bird out on the work surface. Leave the wings intact and move to the thigh. Slit the meat along the thighbone and scrape the bone clean. Separate the joint and remove the bone. Leave the leg bone intact. Do this to the opposite thighbone and you are ready for stuffing. (See photographs in center.)



Galantine as photographed in Jacques Pépin's Complete Techniques - Black Dog & Leventhal Publishers, Inc. 2001

by Scott Rosenbaum

6. Use an amount of stuffing just a bit larger than the carcass you removed. (See recipe to left.) Pull the flesh and skin up around the stuffing, and secure the back with a wooden skewer.
7. Turn the bird onto the secured back, fold the wings under the bird and cross the legs. Loop a string under the back legs and around the body. End by tying the crossed legs together.

Congratulations! A galantine bird sits ready to roast.

To Roast the Galantine

Arrange the bird on a heavy roasting pan. The Le Creuset Buffet Pan is the perfect size and shape for this (see page 3). Arrange a few wedges of onion and carrot around the bird. Rub its surface with a bit of oil. Roast it uncovered in a preheated 425° oven for about 45 minutes or until an instant read thermometer inserted into the center of the galantine reads 165°.

To Serve the Galantine

To serve the roast, place it on an appropriately trimmed serving platter and slice. No carving! No worries! Watch the faces of your guests; you have just created the next culinary sensation!

A Stuffed Galantine with Extra Pizzazz!

For an extra wow, one of my favorite tricks is to include one or two hard boiled eggs centered in the stuffing before you truss the bird. They provide an extra pop for your already dazzled guests as you slice the bird for service.

May Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<i>Taste of Success Private Event</i> 6 p.m. 1	#1038 A Rake Magazine Exclusive! Cinco de Mayo Celebration 6:30 p.m. 2	#1006 At Sapor 10 a.m. #1007 Totally Tea 10 a.m. 3
4	Cinco de Mayo #1008 Cinco de Mayo Celebration 6 p.m. 5	6	General Registration Begins for Summer Cooking Classes 7	#1009 Fun and Fancy Rolled Sushi 6 p.m. 8	#1010 Carl's Magic Bus Tour 3 - Ethnic 10 a.m. #1011 Wine Primer 6:30 p.m. 9	#1012 Mother's Day Champagne Brunch 10 a.m. #970 - 3 Gourmet Club 6:30 p.m. 10
Mother's Day 11	12	#1013 South American Wine Dinner 6 p.m. 13	TV Filming 8 a.m. #1014 Thai Noodles 6 p.m. 14	#1015 More Weekday Dinners - FAST! 10 a.m. 15	#1016 Carl's Ethnic Market Tour Dinner 6:30 p.m. 16	#1017 At Kincaid's 10 a.m. #1018 Pie Perfection 10 a.m. <i>Taste of Success Private Event</i> 6 p.m. 17
#1019 At Palomino 10 a.m. 18	#1020 Pasta Making 6 p.m. 19	#1021 Indian Favorites from the North 6 p.m. 20	#1022 Grilling FUN!-damentals 6 p.m. 21	<i>Taste of Success Private Event</i> 4 p.m. 22	23	24
25	Memorial Day 26	27	#1023 Grilling & Smoking Your Way into Summer 6 p.m. 28	#1024 Knife Skills 2 6 p.m. 29	<i>Taste of Success Private Event</i> 6 p.m. 30	#1025 Carl's Magic Bus Tour 4 - Hidden Gems Ethnic Tour 10 a.m. 31

For Current Class Availability Please Visit www.kitchenwindow.com

This Month's Highlights

Cinco de Mayo Celebration Friday May 2, 6:30 p.m.

Join The Rake Magazine at Kitchen Window's Cooking School for a unique and fun Nuevo Latino celebration of spring. This Mexican fiesta includes a hands on cooking class complete with recipe packet, a four course dinner and beer pairings.

Mention The Rake and save \$10/person.

For more information about this class or future Rake classes visit Kitchen Window's "Upcoming Events" page at www.kitchenwindow.com

It's Time to Register for Summer Cooking Classes!

Our June-September Cooking School catalog is now available in our retail store and on our website. 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 at 8:00 a.m. Please call 612-824-4417 to register. Don't delay - classes sell out quickly!

Planning a Summer Wedding?

If you hope to start out with a well-equipped kitchen; think of registering at Kitchen Window first! All you need to do is make an appointment and one of our well-trained, Certified Culinary Specialists will guide you through the process. Once you are registered, we will gladly assist your friends and relatives, both near and far, with their gift selection. And, there's a benefit to you too! Once you're married, you will receive a gift certificate from Kitchen Window for 10% of the purchases your guests made.

From Our Editor

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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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