

Kitchen Window[®]

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

May 2006

In the Spotlight:

New Product Spotlight 2

Show Mom What
You're Made Of 3
by Krista Palmquist

Don't Fear the Quiche 4
by Stephen Cottrell

Breakfast Trays and
Brunch Buffets 5
by Caroline Glawe

Columns

Chris's Book Review: 7
*Books to Bolster Brunch:
The Big Book of Breakfast,
Breakfasts, & The Egg Book*
by Chris Thomas

Carl's Corner:
Happy as a Clam or
Rotten as an Egg? 6
by Carl Antholz

Cooking School & Event Center

May Cooking Classes 9

Recipes & Techniques

Thai Egg Strips 7

Chef Scott's Recipe Box 8
Creme Brulee French Toast
with Fresh Berries & Cream

News & Events

Kitchen Window Calendar 10



*Raspberry Yogurt Pikelets with Vanilla Mascarpone as pictured in **Breakfasts** more than 80 inspiring recipes by Jacque Malouf - Conran Octopus Limited - 2005*

Make Mother's Day Memorable

May is the month for mothers. During the other eleven months of the year, Mom cares for us when we need her (and sometimes when we don't), but during this festive, spring month, it's all about her. Instead of treating her to a hotel brunch buffet, why not show Mom a little homemade TLC?

Want to try your hand at from-scratch waffles and yogurt? Read on to find the perfect, much-needed tools. Want to throw Mom a celebratory brunch bash? Caroline gives you the tips and ideas you'll need to impress your guests and keep your sanity. Need ideas for menu items for dear ol' Mom? Chris's breakfast book reviews can steer you in the right direction, as will Chef Scott's easy, delicious recipe for a refreshing spring salad. Don't feel like spending the day in the ER? Carl's Corner will teach you how to play it safe with those eggs.

Good luck and Happy Mother's Day!

New Product Spotlight

Poesie Tea Line from ASA

Perfect Mother's Day gifts for the tea-loving Mom! This stylish, black & white, hand-painted porcelain tea ware with a far eastern flair is sure to make her smile.



Tea Bowl \$5.95, 12oz Mug \$9.95, Tea Cup Set \$17.95, 3 cup Round Tea Pot \$24.95, 4 cup Tea Pot \$34.95

RSVP Revolving Spice Rack

A distinctive self-balancing turning design features 20 of the most popular spices in glass jars. The rack frame is chrome and measures 10x13x13" **\$64.99**

Gourmet Getaway Lunch Tote

The perfect lunch or beach tote. It insulates foods for up to 4 hours, stretches to hold and protect a variety of items, folds flat when not in use, and is machine washable. Available in black, cranberry or leaf green. **\$26.99**

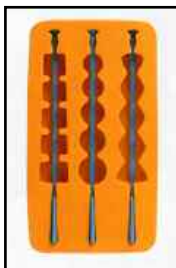


Picnic Time Turismo Insulated Backpack

This backpack is perfect for picnics or day trip adventures. It features two insulated compartments, inner security pockets, four exterior pockets, a utility clip, an insulated water duffel and bottle, and a reinforced base. **\$32.99**

Ice Swizzle Sticks & Ice Shot Glasses

Stir and chill your drinks with these festive ice swizzle sticks. Use lemonade, cranberry or pineapple juice for extra kick and color in drinks. Great for kids!



Serve your guests ice cold shots like never before with these ice shot glasses. Fill the tray with water for pure ice glasses, or get creative with coke, juice, jello or chocolate! A serving tray is included. **\$8.95 - \$12.95**

Margaritaville Frozen Concoction Maker

A few minutes with this machine and you will be looking for your lost shaker of salt and relaxing with the best homemade frozen Margarita have ever made. Simply add the alcohol and with the push of a button the Frozen Concoction maker will shave the ice into the pitcher at the perfect consistency. Your kids would also

enjoy snowcones and other shaved ice delicacies. Easy to use, automatically shaving ice and blending for fantastic results and two durable motors, one for blending and one for shaving. **\$299.99**

Dalla Piazza Lustro Kitchen & Bar Tool Line

Beautiful, task specific & ergonomically styled, these Swiss kitchen & bar tools work as wonderfully as they look. Each die-cast, chrome-coated tool, designed by Enrico Dalla Piazza, has a five-year warranty and is dishwasher safe. **\$5.00 - \$19.95**



Ilio Spring Blossom Fragrance Diffuser

Featuring classic design and ease of use, this fragrance diffuser will complement any décor style well. When the accompanying reeds are immersed in the sleek 6" clear glass bottle, the beautiful essential oils will begin to dissipate into the air. **\$34.99**

John Boos Rosato Kitchen Cart

From one of the best names in kitchen-grade woodwork comes the Rosato Kitchen Cart featuring a Lyptus hardwood top and stylish stainless form. The cart will bring convenience, versatility, and aesthetic appeal to your kitchen. Lyptus is a renewable resource from sustainably managed forests. 30x20x1". **\$499.99**

Cuisinart Traditional Cordless Electric Tea Kettle

Cuisinart's new electric kettle combines all of the comforts of the kettle on the stove with the convenience of today's newest technology. Features include a concealed heating element, auto shut-off, anti-splatter spout and a non-slip stay-cool handle. With its elegant stainless steel finish this 1 1/2 qt kettle makes a lovely addition to any table. 3 year warranty. **\$79.99**



Villaware PizzaGrill BBQ Pizza Maker

Imagine the flavor of authentic brick-oven style pizza with the comfort of your own backyard grill. The extra-thick pizza stone stays off of the grill surface, allowing full air and heat circulation providing for much higher temperatures than a traditional household oven. The internal heat thermometer provides precision feedback for baking to ensure a perfectly crisp crust and caramelized top in only minutes. **\$99.99**

Show Mom What You're Made Of

By Krista Palmquist

People tend to celebrate Mother's Day in two ways . . . treating Mom to a spectacular yet expensive brunch or realizing that you missed it a day or two after the fact causing you to spend too much on a grand arrangement that screams "I love you . . . I just can't remember dates very well." I believe that both less-than-ideal scenarios are stressful on not only your pocketbook but your sanity. Why not put a little thought and care into celebrating your good ol' Mom this year? Invite her over to your place, make a delicious breakfast while she sips Mimosas or tea and catch up in a relaxed and intimate way. Just be sure to forbid her from helping out with the dishes!

Waffles are the perfect lazy weekend menu item. You whip up a batch of batter, heat up the waffle iron and, oh wait, the only waffles you've ever made were from a freezer and crisped in a toaster? Time to upgrade. You can't serve that to your mom unless you are under the age of 12. Have no fear. There are many good waffle makers out today and some are even great.

With the **Chef's Choice Waffle Pro 830B**, you can prepare the world's most delicious waffles in 90 seconds. The unique Quad® baking system lets you select the ideal flavor, texture and color. With a simple flip of the texture select switch, you can choose either fast bake for crisper waffles with a soft, oven fresh interior, or deep bake for a more uniform texture. This professional, heavy-duty unit offers a "waffle ready" beeper, "baking" and "ready" lights, instant temperature recovery for continuous baking, a non-stick deep channel griddle and an easy-clean overflow channel. A "floating" hinge for the stainless lid ensures uniform thickness and baking. With a built-in cord storage compartment, the waffle maker can be efficiently stored in a space-saving, upright position.



If you really know your waffles and want to impress your friends, not to mention your hard to please mother, try **Waring Pro's Belgian Waffle Maker**. This professional quality Waffle Maker has extra-deep pockets to produce the thickest Belgian Waffles available! A rotary feature ensures even baking on the top and bottom along with producing a crisp crust and tender interior. A

browning control knob lets you pick a shade between light and dark. The Audio Beep tone indicates when the waffle maker is ready to operate and when the waffle is finished baking. Power and Ready LED indicators help you make a perfect waffle every time. The Waring Pro® Belgian Waffle Maker features a brushed stainless steel housing and brushed die-cast base, and is UL/CUL approved.



Now, one cannot expect Mom to dine on waffles alone (although later on for an easy dinner, they cannot be beat). A nice ending to the brunch could be a fruit, granola and yogurt parfait. Not only is yogurt delicious but we now all know how healthy it is for us, especially woman (ahem, Mom). And, how could you treat her any better than to make her homemade yogurt from scratch? Blasphemy? No way!

Make your own homemade yogurt with no artificial additives or preservatives with the **Donvier™ Electronic Yogurt Maker**. Using only



milk and a starter, create fresh, natural yogurt at a fraction of the cost of commercial brands. The special Donvier™ Thermometer Stirrer included with your Yogurt Maker takes all the guesswork out of making yogurt at home. Make the yogurt the night before you expect your guest of honor, and you'll wake up with nothing to worry about except what to mix into your fresh, homemade yogurt.

Now, as delicious as your waffles will be, it's doubtful that you'll polish them off in one sitting. You can freeze them with a piece of wax paper nestled between each OR send Mom home with some leftovers for Dad! There's no better way to transfer these delicate delights than with the Gourmet Getaway Lunch Tote. It insulates foods for up to 4 hours, stretches to hold and protect a variety of items, and folds flat when not in use.

Mom will be happier than ever that she raised such a sensible child!

Don't Fear the Quiche

The Food Network lists quiche as the most popular fad food of the 1970's, and quiche also received some dubious credit in Bruce Feirstein's 1982 book *Real Men Don't Eat Quiche: A Guidebook to All That is Truly Masculine*. Quite a bit of fame for what is really just a simple pie made from eggs, cream, and pastry crust. But because it is so deceptively simple, and endlessly versatile in terms of pantry-available favorite ingredients, quiche is the perfect food to create any time of the day and any time of the year. It is the infinitely adaptable meal.

It surprises some folks to discover that this most classic French dish originated in Germany, where it is still enormously popular and originally known as Lothringer Speckkuchen. Quiche was born in Lothringen, then under German rule, which the French later renamed Lorraine. The word quiche is from the German kuchen, meaning cake. Smoked bacon, cream and an egg custard were the original ingredients, with cheese being added in later centuries. Quiche became popular in the United States after soldiers from WWII "discovered" it in Europe and brought the recipe home.

Today, quiche has evolved into a dish far beyond its simple country origins. It has the potential to be one of the most complex, savory and delightful baked foods that can be created in a common kitchen. Of course, at its worse it can be soggy crusted when undercooked, and well, just pretty revolting. So here are a few tips to follow when you are creating your quiche:

Form the Casing: Back in the day, bread was the crust for quiche. Now, just about everybody (except staunch traditionalists) use a piecrust or puff pastry, which makes the quiche buttery and flaky. To guarantee these results, moisten the crust with butter or milk and use only a minimum of water. After forming your crust, it is a good idea to brush it with an egg white wash and pre bake it in the pan for up to 15 minutes. This will make a tight seal to resist the wet ingredients that will be added later.

Layer, Layer, Layer: If you are using cheese in your quiche, that should be the first layer added on the crust.

The cheese will then melt quickly and form another seal to protect the crust.

Be Cool with the Temperature: Many people crank up the oven temperature as a strategy so the quiche bakes fast and doesn't get soggy. As a result, flavor development suffers and the quiche can develop a cracked or separated custard with a dry, undesirable consistency. Keep your oven around 375 degrees and remember quiche should be moist when served. Allow at least 5 minutes for the quiche to cool before serving. The quiche should be just set in the center and golden brown at the crust.



Zucchini, sun-dried tomato, and ricotta tart as pictured in The Egg Book souffles, crepes, frittatas and more by Hamlyn - Octopus Publishing group Ltd 2003 (see book feature on p. 7 of this issue)

by Stephen Cottrell

Prep Your Ingredients: If you are preparing your quiche from the pantry and not a recipe book, don't try to add more than two or three flavors. Quiche may be a good way to get rid of leftover ingredients but you can inadvertently make something pretty undesirable if you just throw in anything. I made a salmon and ham quiche once, and I think my wife is still mad at me. Not all flavors meld well together.

Another tip regarding ingredients: Prep your vegetables by blanching or even par-boiling. In many cases, this will help them retain their color and flavor, and ensure they are properly baked when added to the quiche. It will also cook out some unnecessary moisture, which may add to the dreaded soggy-crust syndrome.

Egg Custard Suggestions: For a 10-inch quiche pan, use at least 2 eggs plus 1 yolk per 1 cup milk and one-half cup heavy cream. The more eggs you use, the richer and firmer the custard will be. Using 4 eggs, reduce the liquid proportionately. Remember, the more ingredients, the less egg quantity will be needed to bind and fill the base. And don't skimp on the cheese!

So if it is breakfast, lunch, dinner, or something in between, the multi-faceted quiche meal can fit in anywhere, any time. Use the suggestions above to create your own fantastic quiche creation!

Breakfast Trays and Brunch Buffets

By Caroline Glawe

What a lovely word - brunch. A vast umbrella of thoughts and images swirl round this simple word, which in its definition is rather boring, really. A dictionary says of brunch: a meal that combines breakfast and lunch, eaten late in the morning. Lacking in Webster's definition is the essence, the magic if you will, in this one syllable meal, which implies a bit of foresight and planning. Brunch doesn't simply "happen" each time a morning slips by too quickly and we find ourselves slurping lukewarm coffee with a tuna fish sandwich. No. Brunch, in finest form, is the celebration of unique culinary combinations to be eaten at leisure in the company of carefully chosen characters.

The simplest approach to brunch and perhaps the most intimate and memorable, includes a tray laden with little delicious bites to be enjoyed in bed after a premeditated tardy beginning. No alarm clocks to enforce the day. No tight schedule to keep chewing and swallowing to an aggressive pace. Instead, waking a bit late and stretching long and languidly, pulling back window coverings and inviting the welcome light of day as comfy clothes are shrugged on for the excursion to the kitchen. The aromas of good, strong coffee summon pangs of hunger as the feast builds on the breakfast tray: bagels with cream cheese and lox, crumpets with farmer's market strawberry jam, slices of orange and banana, pastries from a favored café and chocolate, bits of fine chocolate in fancy paper. With newspaper under arm, the brunch tray balanced carefully so as not to spill a drop of coffee - all is ready for an elegant, informal, late morning breakfast in bed.

Brunching options certainly do not end with the informal, and the beauty of brunch is the reflection of any culinary description and desire. Numerous foodie magazines have sung the praises of brunch, featuring articles complete with photo spreads of Armani-clad guests smirching in the corner of a legendary loft, obviously elated at topping the brunch food chain. Fortunately, these fine people are the exception, not the rule. Most of us do not have the luxury of a 10-person decorating team and personal chef. We need time! But not for more extravagance, for leisure. Who wants to get up at the crack of dawn just to entertain? I believe that defeats the purpose of brunch, does it not?

For most who enjoy hosting a brunch for friends, the extra hours leading morning into day are a godsend. With the doorbell set to start ringing at 11:00, there is

plenty of time to enjoy the art of entertainment. Starting with brunch libations, embracing the range of ages and desires in the room, one must concoct a tray filled with exotic juices and pretty little glasses. But don't stop there. For the adults, the bar includes fixings for the perfect Bloody Mary, Mimosa or your own morning concoction, complete with all necessary garnishes: fancy olives, sticks of celery, pearl onions, hot sauce and peppers, sliced fruit and, of course, maraschino cherries.

A stylish table is set, best done the night before guests arrive, to reflect your mood and personality. Grandmother's china may be unearthed from a tippy-top shelf or groovy garage sale treasures in vintage colors and shapes spell out the fun in store for those gathered at your table. Plenty of strong coffee is ready as your first guests arrive, as well as a vast tea assortment for the most civilized of friends. The welcome sound of laughter fills your house, perhaps the squeal of children, perhaps the soulful sounds of your favorite jazz musician on your stereo, and it all crescendos as you announce the meal. Friends place themselves around your table, their gleaming smiles evidence that laughter is easiest in the company of others.

Menu planning for brunch is the start of the party, the very beginning of the fun. Springtime is filled with exciting foods easily combined to make an outstanding buffet: pencil-thin asparagus, locally-harvested morel mushrooms, ramps (also known as wild leeks) found near early spring streams created by the run-off of snow, chives, edible wild flowers such as violets, early bloomers in your backyard garden. Brunch menus are limitless and a good exercise for your imagination. Think of savory quiche, peppery bacon, ooey-goey sweet rolls, baked scrambles, fruit salads. A fun interactive idea is to set out various add-ins and make custom scrambles for each guest or couple. Not feeling that ambitious? Who says you can't make (or buy) fantastic granola to pair with fruit, yogurt, cream, and sugar? The sky really is the limit but I've noticed that people are usually happy to have good conversation, paying little mind to what is set in front of them. Although, crème brulee french toast makes life better on many levels. Place this lovely in the center of the plate and build nirvana around it. Now this is brunch.

Whether your guest list is one or eleven, celebrated in bed or around a table, re-discover the enchantment and delight of brunch, where the last bite of dessert is always followed by an irreversible smile.

Happy as a Clam or Rotten as an Egg?

By Carl Antholz

In the brief span of time that we humans have inhabited the earth, we've learned a thing or two about food. There was a time before farming when we had to go to the food and try to collect it. We stayed healthy by constantly exercising our bodies in the daily quest to get food and maintain shelter. And we only ate and drank enough to satisfy hunger and thirst.

During this time, the concept of food safety was largely a matter of trial and error over a long period of time. The odds of a toxic clam being found fresh in the mud are much lower than finding them in a modern fish market but there is evidence that many of our ancestors died early by making marketing mistakes. More were added to the mortality charts by not practicing good storage habits. I can almost imagine Og and Mog debating whether they could get one more meal from a ripe-smelling deer leg or whether it was time to go hunt, fish, and gather.

Fast-Forward a few thousand years

Going to and gathering food is now fraught with a new set of dangers. Most of the food we eat today has been harvested for us and is displayed as ready to eat or cook. But we need to be careful. Tap your clam or oyster to see if it is still able to close tightly before purchasing it. Keep it wet and cold until time to cook it, and tap it again before so.

In this modern time, we still need to be concerned about food safety. Here are some general guidelines.

Produce

Most fruits and vegetables are very safe and require only minimal inspection. Use your eyes, nose, and fingers. Discolored, off-smelling, bruised and mushy produce should be avoided. You'll be doing a favor if you notify the produce manager of any problem you spot.

Meats, Fish, Deli, Dairy, Eggs

Here's where temperature becomes very important! Remember that nothing should be in the danger zone for more than 2 hours unless the temperature is 95 degrees F and then the rule becomes 1 hour.

The danger zone is below 140 degrees F and above 41 degrees F.

Protein is very unstable and can grow dangerous bacteria when in the zone. If you cut your chicken up on a cutting board, your cutting board is now just as dangerous as the chicken and needs to be treated accordingly. Simply placing it in a home dishwasher may create a bigger problem. Most home dishwashers don't get to a high enough temperature to have any effect on Salmonella, Listeria, or E Coli. They also don't have a sterilizing rinse as required in commercial machines.

A good thing to have on hand to take care of all food preparation surfaces is a mild bleach solution: 1 teaspoon bleach to 1 liter water is all that's required. The smell of bleach is barely perceptible.

Milk or cream may smell bad in the carton, but before you throw it away, pour it into a clean container and smell again. You may have just been smelling the stuff on the pouring spout.

The freshness of eggs can be tested by placing each in a bowl and covering with water. If it lays flat on its side, it is very fresh. As the gas pocket in the large end begins to expand the egg will first be tipped at an angle, and eventually stand straight up in the bottom of the bowl. This is all good. In fact, for hard cooked eggs the older eggs are preferred. You can actually peel them! Now if the egg bounces on the bottom or flat out floats, it's time to toss it. Be careful, if it breaks, the odor will not be pleasant.

Frozen Food

Again, most fruit and produce are safely frozen. In fact certain foods are fresher when frozen. How can that be? Most fruits, as well as beans, peas, corn, etc, are frozen within 30 minutes of being picked. Lots of grocery store produce is several days to weeks in storage before getting to the shelf.

Thaw frozen protein slowly in the refrigerator below 41 degrees to prevent bacteria from forming on the outside while the inside is still frozen.

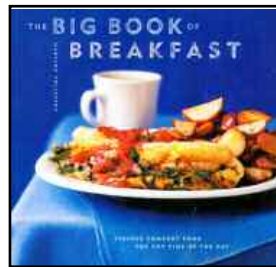
Cooking safety is a large subject and each food category responds differently. But the most danger is in undercooked protein. Use a Thermometer and Cook to the Temperature indicated on the Recipe. An instant read or cable probe thermometer is probably your best kitchen tool after good knives and pots and pans.

Books to Bolster Brunch

Review By: Chris Thomas

Let's face it, the world of brunches is often staid and predictable. Brunches done wrong tend to lean on tried (or perhaps, tired) and true offerings made with little regard to appearance, texture, or taste. Overdone eggs, greasy meats, and uninspired baked goods are the norm in this realm of "blah." So how do you make your brunch a more memorable experience? You do it by bringing an attention to detail and quality to old favorites as well as creating new classics with unique and unexpected flavor combinations. And what tools shall you employ in your battle against the boring brunch? Fortunately, the cookbook industry has seen fit to forge some effective weapons.

The first of these offerings is Maryana Vollstedt's hefty tome, *The Big Book of Breakfast*. This is a serious cookbook. There are no carefully staged photographs to entice the reader with its mouth watering delights, no complex diagrams outlining in intricate detail every step in the cooking process, no loquacious discussions about the role of breakfast food in the history of civilization. Instead, it is just recipe after recipe after delicious recipe of breakfast food. From poached eggs to frittatas, from casseroles to stratas, from French toast to blintzes, this book covers the breadth of the quintessential American breakfast genre. With over 400 well-thought-out, easy-to-follow recipes, this book is a valuable and comprehensive reference tool. Whether you are planning a Sunday brunch for thirty or a weekday breakfast for two, you will find the necessary components here.

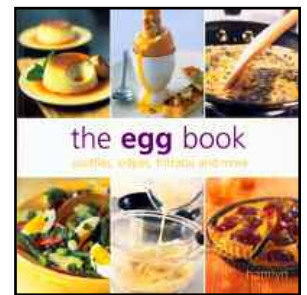


In sharp contrast to the above, yet just as enticing is *breakfasts* by Jacque Malouf. Taking a far more selective

approach (there are just over 80 recipes here), Malouf has assembled recipes that are creative, elegant, and surprisingly easy to prepare. Recipes such as scrambled eggs with crème fraiche and caviar served in eggshells and sticky pancetta-wrapped pork sausages with honey and mustard are stunning to both the eye and the palate. This book abounds with similarly unique flavor combinations and beautiful presentations.



Finally, we have *the egg book*. Far from being a monotonous parade of omelets and quiche, this book truly examines the usefulness and versatility of this humble ingredient. Salads, pasta, and curries stand side-by-side with more predictable offerings like crepes, soufflés, and various baked goods. I was particularly enamored with the Thai egg strips, a very simple, omelet-like recipe that achieved a deliciously unique balance of spicy and savory flavors. Also included is a very basic and informative tutorial on cooking eggs - poaching, frying, etc. - and creating the simplest of recipes such as cheese soufflés, pancakes and mayonnaise. Thus, this skinny little book (127 pages) is a valuable resource for the novice and advanced cook alike.



All of these books provide the techniques, creativity, and flavor to turn your ordinary brunch into an exciting culinary event. So, pick some recipes and fight the good fight! Recapture the brunch from the ordinary and uninspired and make your brunch one your guests will always remember!

Thai Egg Strips

As featured in the *The Egg Book*

- 3 eggs, beaten
- 1 shallot, finely sliced
- green shoots of 1 scallion, sliced
- 1-2 fresh red chiles, finely chopped
- 1 tablespoon chopped cilantro leaves
- 1 tablespoon peanut oil
- salt and pepper
- julienne of scallion, to garnish



Mix all the ingredients, except the oil and the garnish, in a bowl. Heat the oil in a skillet or wok, pour in the egg mixture, and swirl it around the pan to produce a large thin omelet. Cook for 1-2 minutes until firm. Slide the omelet out onto a plate and roll it up as though it were a crepe. Leave to cool. When the omelet is cool, cut the roll crosswise into 1/2 inch or 3/4 inch sections, depending on how wide you want your strips to be. Serve them still rolled up or straightened out, in a heap. Garnish with strips of scallion.

Chef Scott's Recipe Box

By Scott Rosenbaum

Research has shown that smell is the sense closest linked to memory. French toast is the scent of warm memories for me. My grandmother had a habit of cooking the perfect Sunday start: brunch. The very meal itself evokes a sort of lazy-morning, sleep-in-and-read-the-newspaper sort of feel, drawing on the traditional American cuisine providing both savory lunch items in addition to the essential breakfast fare. Menus and preparations differ from family to family and vary depending on location. One staple item, however, is the fantastic creation of French toast. The dish itself is a perfect application of simple household ingredients, consisting almost entirely of eggs, milk, and a loaf of day-old bread. Its popularity is owed to the very simplicity of which it was borne. Our recipe is a contemporary and opulent version of a classic American original, despite the name.

The exact origin of French toast is unknown, and there are many contradictory histories of its origin; the dish does not branch from traditional French cuisine. Most recipes will agree on its construction: dip bread into a concoction of milk and egg, then fry until golden and crispy on the exterior and soft in the center. Some recipes will bake in an oven instead of frying as a way to lower the fat content and provide a more airy product. A large variety of breads can be used including heavier egg-based breads such as brioche or challah, however light baguettes or familiar white bread can be used without fail. The conventional accouterments are maple syrup, jellies and marmalades, or a dash of powdered sugar. Many savory and fruit toppings have become a delightful application as well.

Brunch is frequently associated with Mother's Day and French toast is often associated with brunch. Mother's Day is a perfect and convenient time to try one's hand at making this tasty item, saving the time, money, and headaches of going out to eat without sacrificing the ability to celebrate a bit of food and the company of family.

Crepe Brulee French Toast with Fresh Berries & Whipped Cream

Ingredients:

1 cup butter
2 cups brown sugar
4 teaspoons corn syrup
1 loaf French bread
5 eggs
2 cups half and half
1 1/2 teaspoon vanilla extract
1/4 teaspoon salt

fresh berries of your choice -
strawberries, blueberries, blackberries, raspberries
or any combination of the above
whipped cream

Directions:

For the caramel sauce combine butter, brown sugar and corn syrup in a sauce pan and cook over low heat. Stir until melted and smooth. Pour the caramel sauce into a 9"x13" baking dish.

Slice the French bread into 1 1/2" thick diagonal slices, reserving ends of bread for another use. Place bread on top of the caramel sauce in a single layer. To make the crepe brulee mixture whisk together the eggs, half and half, vanilla, and salt. Pour the crepe brulee mixture over the bread slowly to ensure that every piece gets covered. Cover the pan with plastic wrap and refrigerate overnight or until the bread has absorbed most of the crepe brulee mixture.

The next morning, remove plastic wrap and bake in the middle of a 350 degree oven for 50 minutes or until bread is puffed and the top is golden. Allow the pan to cool for 10-15 minutes and then place a baking sheet upside down on top of the baking dish. Flip baking dish and baking pan while holding together tightly. Once flipped remove baking dish so that the caramel side of the French toast is on top.

Serve with fresh berries and whipped cream.

Enjoy!

Featured May Cooking Classes

100% Grass-Fed Beef

Thousand Hills Cattle Company's 100% Grass-Fed Beef is the "good for you" meat. But how exactly is it different from regular grain-fed beef? Tonight Chef Rachel Rubin joins us in the kitchen to share some tasty recipes as well as the benefits of this locally raised product. Grass-fed beef is lower in cholesterol, saturated fats and calories per serving than grain-fed beef. It is all natural, hormone-free, and offers a savory "beefier" taste than regular beef. Come experience what has been earning growing acclaim among chefs and food writers across the country. We'll begin with MINNESOTA MEATBALLS with SAUTÉED ONION and NATURAL MINNESOTA WILD RICE. Next, we'll enjoy a tender SLOW COOKED WHISKEY BRISKET with DRIED APRICOTS, CHERRIES and ONIONS. Rachel will explore the harmony of Asian flavors in BRAISED SHORT RIBS with SOY, ORANGE and GINGER. Next, we'll experience ROUND STEAK at its best, HERB RUBBED with GARLIC, THYME & OREGANO and then MARINATED in EXTRA VIRGIN OLIVE OIL, LEMON & LIME, followed by a SIMPLY GRILLED TENDERLOIN. Come join us and put your taste buds to the test while learning about the benefits of this eco-positive beef.

\$70 | Rachel Rubin, with Todd Churchill of Thousand Hills Cattle Company | Demonstration
#1874 - Thursday, May 18 | 6:00 p.m. - 9:00 p.m.

Outdoor Cooking and Grilling Seminar

Join Kitchen Window to learn the basics of successful outdoor grilling and smoking. We will discuss topics that every outdoor cook should know and answer the age old question of "Which is best for me - gas or charcoal?" This is the perfect opportunity for you to experiment with our Viking gas grill and learn how to properly use charcoal and smoking chips for the very best results. You will have the opportunity to sample the items demonstrated so you can decide for yourself what the best fit is for you.

There is a \$10 fee for this class, however, each guest will receive a \$10 gift certificate to Kitchen Window upon arrival. Advanced registration is required.

\$10 | Kitchen Window | Staff
#1882 - Sunday, May 21 | 12 p.m. - 1:30 p.m.

Fruits and Vegetables on the Grill

In tonight's class, fruits and vegetables will take center stage on the normally meat-dominated grill. Tonight's menu will begin with a CLASSIC ITALIAN BRUSCHETTA, (Charcoal-Grilled bread). This offering can only be done well by obtaining the best bread, garlic, olive oil, and natural hardwood charcoal available in the Twin Cities. A list of markets to find these ingredients will be made available to each student. We will keep the charcoal grill hot while we fire up the Viking gas grill and start making GRILLED EGGPLANT LASAGNA. We will use both the gas and charcoal grills to make a few more delectable treats for the rest of the evening: GRILLED PINEAPPLE-BOAT TROPICAL FRUIT SALAD, GRILLED VEGETABLE KABOBS (skewered with rosemary stems and lemon grass spears), and GRILLED CORN IN THE HUSK. And we'll finish the evening with you building your own version of GRILLED CHOCOLATE CHERRY BANANAS.

\$70 | Carl Antholz | Participation
#1877 - Monday, May 22 | 6:00 p.m. - 9:00 p.m.

Mediterranean Grilling

Tobie has created a grilling menu with a little something from all around the Mediterranean, including an Italian antipasto, Moroccan kebobs, Spanish calamari, barbecued lamb and dessert from Greece. Tonight's adventure will begin with a lesson on how to properly grill all types of vegetables to create a GRILLED VEGETABLE ANTIPASTO with portobello mushrooms, asparagus and peppers dressed in a light vinaigrette. Next, Tobie will create a KEBAB KOUTBANE, steak kabobs in a Moorish marinade. Delicate calamari will be stuffed with spicy Spanish chorizo sausage and potatoes then grilled to become CALAMARI ASADO a la PARRILLA. A VILLAGE SALAD will be made and topped with a succulent grilled BARBEQUED LEG OF LAMB. Finally, one of Tobie's favorite desserts will round out the evening: GALAKTOBOUREKO, a phyllo crust milk pie with lemon syrup. Join us at the grill and you are sure to learn not only several grilling tips, but a few cultural tidbits as well!

\$65 | Tobie Nidetz | Demonstration
#1880 - Thursday, May 25 | 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.

May Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	#1861 The Art of Pairing Basics: Wines and Cheeses 6 p.m. 1	2	Northeast Restaurant Crawl #1862 6 p.m. #1863 6:30 p.m. 3	#1864 The Improv Cook: Learning to Cook Without Recipes 6 p.m. 4	Cinco De Mayo 5	#1865 AT Cesare's 10 a.m. #1866 Butchers, Choc. Tour 10 a.m. #1867 Kentucky Derby 6:30 p.m. 6
7	8	9	#1868 Julia Child Classics Part II 6 p.m. 10	#1869 Spare Parts - or Everything But the Squeal 6 p.m. 11	#1870 The Pacific Rim - Hot & Spicy Food & Wine Pairings 6 p.m. 12	#1871 Mother's Day Brunch 10 a.m. 13
Mother's Day 14	15	#1872 Solo Suppers - Dinner for One 6 p.m. 16	#1873 Fish & Seafood on The Grill 6 p.m. 17	#1874 100% Grass-Fed Beef 6 p.m. 18	19	#1875 AT Mission American Bar 10 a.m. #1876 West Metro Hidden Gems Tour 10 a.m. 20
#1882 Grilling Seminar 12 p.m. 21	#1877 Fruits & Vegetables on the Grill 6 p.m. 22	#1878 What's Cookin' Fast! 6 p.m. 23	#1879 Knife Skills I 6 p.m. 24	#1880 Mediterranean Grilling 6 p.m. 25	26	27
28	Memorial Day 29	30	31			

For Current Class Availability Please Visit www.kitchenwindow.com

Events & Highlights

Free Mother's Day Gift Wrapping. Need help with a gift idea, pick up a copy of our gift idea brochure or ask our staff can help you put together the perfect gift for Mom.

Spring Riedel Sale

Save 20% off all in-stock Riedel Glassware (while supplies last) Including the O-Series, Vinum Series, and Sommelier Series and Decanters

Annual Spring All-Clad Sale May 1-31

Save 20-40% on selected pieces of All-Clad MC2 Cookware

Kitchen Window presents The ASID Showcase Home Culinary Wednesdays and Saturdays taking place May 13-June 11. This is our fourth year hosting exclusive cooking classes at the amazing ASID Showcase house. Enjoy a fun and entertaining cooking class and to view this incredible home on Lake Minnetonka without any crowds. Visit our web site for additional information.

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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

Kitchen Window

Calhoun Square • 3001 Hennepin Avenue • Mpls, MN 55408
612-824-4417 - 888-824-4417
www.kitchenwindow.com