

Kitchen Window®

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

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As pictured in The Big Book of Preserving the Harvest by Carol W. Costenbader 1997

Keep Your Cool with Kitchen Window!

Summertime provides us with some of Mother Nature's finest gifts: warm sun, cool water and incredible produce! Although you may think it's too hot to be in the kitchen, this is the best time of year to experience fabulous, unadulterated flavor. We think that one of the best ways to showcase fresh fruits and vegetables is in salads and chilled soups. And, the best part...they help to keep you cool! Turn these pages for a few chilling ideas.

This is also the time to think about preserving your garden treasures to be enjoyed during the colder, darker months ahead. Imagine being warmed by a jar of homemade canned tomato sauce when the temps dip below zero; it's a sure way to brighten any dark January day!

If the dog days of summer are keeping you out of the kitchen, come to Kitchen Window and keep your cool!

Prepare for fall and winter with our September Newsletter. We'll explore how to keep warm with flavorful soups, stocks and stews.

Products to Make the Most Out of Summer

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 Food Preservation & Summer Cooking. Here are the recommendations from...

Melanie in Gadgets

Many of us who grow vegetable gardens in the summertime work pretty hard at weeding and watering and generally giving them a lot of TLC. Since our growing season is so short, many of us want to take full advantage of preserving the "fruits" of our labor for later use throughout the year. Many of us also prefer to eat foods that are fresh, flavorful, and pesticide-free. A food mill is a necessity to any food preservation job.

Food mills can be used to process tomatoes by removing the skin and seeds to make sauce or juice. The same is true of apples, berries and other fruits. With the appropriate discs, they can also be used to make mashed or riced potatoes, spaetzle, and process baby food. For continuous flow, reverse the direction of the blade frequently to reposition the food and unclog the perforations.

The Foley food mill is probably the most requested food mill in our selection. It is best used for straining and pureeing. It has a 3 qt. Capacity and is made of stainless steel.



Foley Food Mill - \$37.95

The Italian Mouli food mill comes in both a 2 qt. plastic model with a tinned steel blade and two discs for \$18.95 (definitely the most bang for your buck!) and a 2qt stainless steel model with 3 discs for \$32.95.



Mouli Food Mills
Plastic - \$18.95
Stainless Steel - \$32.95

The Cuisipro food mill from Brown and Company is a high quality, heavy duty 18/10 stainless steel mill with a 2qt

capacity and three discs for \$89.95.

There's nothing more refreshing on a hot summer day than a cool, crisp salad. And, there's nothing more disappointing than a salad that is limp or water-logged.

This can be easily avoided with a simple device called a salad spinner. The operation is simple: wash your lettuce under running cold water, toss in a salad spinner and spin away the excess water! Now your dressing will do a much better job of clinging to your lettuce. Here's a tip for crispier salad: put your lettuce in the fridge for about 15-20 minutes after spinning; it really works!



Cuisipro Food Mill - \$89.95

The Oxo salad spinner, a customer favorite, is very easy to operate. It features a basket and bowl that can be used separately, a non-skid base and a one-hand push knob operation with lock and stop buttons. And, to make your life even easier, it is even dishwasher safe.

The regular size is ideal for larger salads and the mini is perfect for berries, herbs, and small salads.



Oxo Salad Spinners
Regular Size - \$27.95
Mini Size - \$19.95

The Zyliss, the best performer, features a pull cord which is able to take out the greatest amount of water from your lettuce after a few good pulls. It has a retractable cord that can be rewound by spinning the underside of the lid. Zyliss salad spinners are available in two sizes and have a

variety of color options. The regular size is also available with a stainless steel bowl. Each has a five year warranty.



Zyliss Salad Spinners
Regular Size - \$21.95
Stainless Steel Bowl - \$
Mini Size - \$14.95

For those of you who want to try something a bit more automatic, we offer the one touch battery-operated

Bonjour. It features a wash through lid opening, two baskets - large for salads, small for herbs, berries and salad for one. It offers variable speeds: fast for salads, slow for delicate herbs and berries. It has a non-slip outer bowl with open and close feature for draining and serving.



Bonjour Salad Spinner - \$34.95

Stephen In Electrics

For many years food has been dehydrated in the sun or oven to preserve the nutrient quality and extend the life of, of fish, meats, fruits and vegetables. Today, easy to use and more efficient dehydration units are available. The features to look for in a dehydrator are opaque trays to block light, an efficient motor and fan, and a round shape to promote even heating. Kitchen Window carries two terrific dehydrators from American Harvest that meet all these food preservation requirements.

For the small garden or occasional use, the American Harvest Snackmaster Pro is the perfect choice. Featuring a 5" fan and 500 watt motor the Snackmaster Pro's fast drying capability ensures nutrient preservation. An adjustable thermostat allows you to use the dehydrator for foods, herbs, and flowers. No tray rotation is necessary and even heating is guaranteed with the patented Converga-Flow system exclusive to American Harvest dehydrators. The unit is ready with four opaque trays to block out harmful light and can be expanded to twelve!



American Harvest Dehydrators
 Snackmaster - \$69.95
 Gardenmaster - \$139.95

For the ultimate home dehydrator, the American Harvest Gardenmaster may be right for you. Its 1000 Watt motor allows for super-fast drying times. The Gardenmaster is expandable up to 30 trays and requires no rotation during the dehydrating process. Other quality features include a durable metal base, a 40" power cord, and a 64 page recipe book.

Remember! When you are ready to expand your American Harvest Dehydrator, Kitchen window carries additional trays and screens.

Dehydrating Tips

1. Use only perfect, blemish-free fruits and vegetables.
2. Keep the size of the pieces of food as uniform as possible to ensure they dry at the same rate.
3. Remember that all vegetables and some fruits require blanching.
4. Improve color retention by adding ascorbic acid, honey, lemon juice, pectin, or salt.

Brooke In Cookware & Bakeware

Are you looking for a new way to carry your picnic to the picnic site instead of a clumsy and heavy picnic basket? We are carrying great picnic backpacks again this season. They are comfortable and easy to carry on any short hike and give you something to look forward to at the end of your trek. Each of



PicnicTime
 Picnic Backpacks
 Price Range - \$83.95 - \$94.95

the three styles we carry have an insulated main pocket for your food. They each come with four table settings, a table cloth, cutting board, cheese knife, corkscrew and bottle stopper. Two of the three come with an insulated bottle jacket and one comes with a blanket. Blankets are also available separately for \$15.95 in burgandy, forest green and navy.

It's that time of year for Jello salad and Kitchen Window has some fun molds. We have sunflowers, hearts, rings and others. Jello molds are also great for making decorative ice rings for punch bowls. Prices range from \$10.95 - 18.95.

Cool, Crisp & Creamy Summer Treats

by Anita Teigen

It may seem too hot to be in the kitchen, but how can you bear to pass up the fabulous produce decorating grocery store aisles and farmer's market tables? Or maybe your own back yard is adorned with red peppers, purple beets and green beans waiting to be picked and enjoyed. In a brief visit to your kitchen you can create some delicious treats that will not only nourish you, but also cool you down.

The most obvious summer food is salad. It's light, cool and crisp and the bright flavors and colors are enough to revive even the most slow-moving, overheated individuals. Salads come in all different forms: lettuce salads, shredded salads, cooked salads, marinated salads, etc. You can be as straight forward or as creative as you like!

The most simple type of salad is a lettuce salad. The only thing you need to worry about is washing and drying the lettuce and making a tasty dressing. Usually making the dressing is the easy part. But, with the help of a salad spinner you are insured dry, crisp lettuce that any dressing will cling to.

Shredded salads are simple in concept, but a little more tricky in presentation. You can always fall back on a trusty grater, but sometimes the outcome looks a bit sloppy. If you want the sleek look of an Asian salad, you might try a hand-held julienne peeler or a mandoline. If it's volume you're interested in, a food processor is the answer. Both shredding and julienne discs are available. And, if you're after something fancy and different, give a spiral cutter a try. Your salad will look like colorful angel hair. These tools work wonders with carrots, beets, sweet potatoes, apples, daikon radish and green papayas and mangoes.

Cucumber salad is an especially cooling summer treat. And, as we all know, the best ones are made with paper thin slices! A Benriner mandoline makes this otherwise tedious job a breeze.

Everyone thinks of salad as the quintessential summer food, but what about soup? If you don't think this is soup weather, think again! Other than salad (and maybe ice cream!) there is nothing more refreshing than a cold soup. And, once prepared, it sits in the refrigerator ready and waiting to be eaten. What could be more easy and delicious for a picnic? Think gazpacho, vichyssoise, borscht, avocado, green pea, fruit soups, yogurt soups...the list goes on and on.

Cold soups are most commonly ground or pureed. A blended texture is usually preferable for a chilled presentation. (I can hardly imagine eating chicken noodle soup cold; it's definitely at its best served hot during cold & flu season!) The fastest and most convenient method to puree a soup is to use an immersion blender. You simply stick it into the pot and turn it on. When you're finished, simply rinse it off and put it away. This amazing gadget not only works effectively, it cuts down on clean up!

An all-purpose tool like a food processor, also works well. Although you'll be left with more clean up, you'll also be able to shred and slice, make pesto and mayonnaise and master the perfect pie crust. No kitchen should really be without this wonderful tool!

If you appreciate only the most silky of purees, you should use a high-powered blender. This is the only appliance that will make a perfect Kermit the Frog green soup out of fresh peas! You will also be equipped to make smoothies and margaritas, not to mention salad dressings and sauces.

As you can see, summer is actually an inspirational time to be in the kitchen (especially if you have air conditioning!). With a few fun gadgets you can make beautiful and delicious meals that showcase the abundance of summer. If you plan well, you might not even have to turn on your stove!

Tools for Summer Soups & Salads



Kuhn Rikon
Julienne Peeler
\$13.95



Benriner
Spiral Cutter
\$49.95



Benriner Mandolines
Little Beni - \$44.95
Super Beni - \$64.95



Bamix Immersion
Blenders
Mono - \$109.95
Gastro 200 - \$179.95



Cuisinart
Prep 11 Plus
\$199.00



Vita-Mix
Turboblend 4500
\$369.00

Canning 101

by Brooke Holliday

It's that wonderful time of year when fruits and vegetables are at their peak. While savoring these luscious and delightful flavors, it's difficult to avoid mourning how temporary the season is. Thankfully, there is a way to preserve summer's splendor and carry it on into winter. Although it is impossible to preserve a fresh tomato much longer than a few days, it is possible to capture its essence in a sauce. And, it is quite simple to preserve a sauce in such a way that it can be enjoyed at anytime. One of the best ways to do this is by canning.

There are a few good reasons to consider canning produce from your garden or local farmer's market. Canned food is very cost effective. If you canned it, you know what is in it and where the ingredients came from. You can enjoy food from every season in any season. And, most importantly, it is fun!

Canning is an effective method of preserving food, because it removes all oxygen, the vehicle for food spoilage, from the container. A vacuum is achieved in the jar by exposing it to heat. The heat also kills yeasts, molds and bacteria present in the food which is important to avoid food poisoning. Although the process is quite simple, it is paramount to understand and employ the proper canning procedures to ensure the safety of your food.

Clostridium Botulinum, the bacteria that causes botulism, is the most common and most troublesome of food bacteria in canned products. These bacteria are present on fresh foods, but inert in the presence of oxygen. They thrive, however, in warm (40° - 120°F), moist, anaerobic environments with little or no acid present. In other words, a jar of canned peas is a welcoming and cozy environment for *Clostridium Botulinum* to build a flourishing community. For humans, this is quite unfortunate, as botulism is quite dangerous and can be life-threatening.

To foil these pesky critters, think about what it is you are canning. If it is a food or preparation that is high in acid, such as pickles or preserves, boiling water will provide enough heat, 212°F, to kill any harmful bacteria. You can simply place your jars in a hot water bath canner or a stock pot with a rack, add water and process for the suggested amount of time. If, on the other hand, you are canning vegetables, meats, seafood or prepared foods, a higher temperature (240°F) is required to ensure the sterilization

of the food and therefore the ruin of all bacterial colonies. In this case, a pressure canner is necessary, as it raises the boiling point of water by trapping steam. Choosing the proper method gets tricky when canning foods such as tomatoes and some fruits, because, although acidic in nature, their acid content isn't high enough to ensure food safety. You have two choices: either add bottled lemon juice or citric acid, or use a pressure canner. For more delicate foods, such as peach halves, adding acid is preferable, as the heat and pressure in a pressure canner will most likely leave you with peach sauce.

The best place to begin your canning enterprise is with a good book on food preservation. (See Melanie's Cookbook Review for a few good ideas.) You will not only find helpful information on the process itself, but also wonderful recipes and creative ideas on what to prepare. Another great resource for canning methods and food safety information is the Minnesota Extension Service at the University of Minnesota. They publish clear and informative pamphlets on food preservation available for a small fee. You can contact them at (612)-625-8173 or online at www.extension.umn.edu. The National Center for Home Food Preservation at www.uga.edu is also an excellent resource.

Canning is a very simple and healthy way to enjoy the summer harvest all year long with only a small amount of effort and investment. It will be necessary to purchase canning jars and lids, which can be found at most grocery and hardware stores. Otherwise, the tools required are quite minimal and often can be found in a well-outfitted kitchen. For any specialized equipment needs, from jar lifters to pressure canners, or simply to learn more about food preservation, pay us a visit at Kitchen Window. Our knowledgeable sales staff will be happy to answer any questions and help you find the perfect tool for your project.

Sources

- *The Big Book of Preserving the Harvest* By Carol W. Contenbader
- *The Busy Person's Guide to Preserving Food* By Janet Chadwick
- *The Food Lovers Guide to Canning* By Chris Rich and Lucy Clark Crawford
- *The Minnesota Extension Service Publication* www.extension.umn.edu
- *The National Center for Home Food Preservation*

The Salad Days

It's hot. Weather like this inspires nothing in the kitchen, nothing from the bursting-in-flames stove that we rely on the other ten months of the year. But there are still dinners to be had, pot lucks and garden parties to attend, lakeside picnics to enjoy. What can you make that's quick, interesting, delicious, and nutritious? Salad.

Strictly speaking, a salad is any mixture of foods that is dressed. The word "salad" comes from the Roman term *salata* ("salted things"), which in classical times referred to a mixture of raw, cooked, or preserved vegetables dressed with salt, oil, and vinegar. As centuries passed, any number of foods, including meats, nuts, cheeses, fruits, flowers, eggs, or pasta, have been thrown into salads; and dressings have varied to include citrus juices, herbs, cream, mayonnaise, spices, wine, even ketchup.

Today, in every deli counter and salad chapter in a cookbook, one finds an array of pasta, marinated vegetable, chicken, tuna, egg, potato salads. Even with these impressive choices, the one salad that stands in the forefront, the image of salad itself, the *salad de la salad*, is the green salad. And the foundation for many a perfect green salad is lettuce.

True, baby field greens have given lettuce a run for its money during the past five years. But what keeps lettuce in the running is its abundance, variety, and low cost. Not just during the summer, but all year round, lettuce is a ready source of crisp, cool, and easy refreshment. It's casual or elegant, good alone or accompanied. This humble bunch of leaves is a vegetable not to be taken for granted.

Lettuce has legendary origins. According to ancient Romans, Venus created lettuce when a protégé of hers behaved badly. As a reward for delivering her home, Venus gave the ferry operator, Lothario, a potion to make him stronger and more handsome. Lothario

became well known to many ladies, including the hard-to-tempt Sappho. Lothario got a big head. He spurned Sappho, driving her to suicide. Venus, a fan of love and a friend of Sappho's, was disappointed in Lothario and turned him into a lettuce plant. This plant was then known to grow in very large chutes which stimulated the appetite and brought sleep to those who ate it. (Venus herself slept on a bed of lettuce.)

However it got there, lettuce was discovered growing wild in the Near East around 4500 BCE. Cultivation of the plant soon spread rapidly. Throughout Asia, lettuce is more often cooked than eaten raw, used in stir fries and soups. Ancient Romans used lettuce the way most Europeans and Americans still do today. The leaves were eaten raw, dressed with salt, oil, and vinegar.

Cultivation of lettuce began for medicinal purposes. The plant contains a latex which is similar to opium. This narcotic was found to increase appetite, aid in digestion, promote relaxation and sleep, calm the mind, and offer an overall sense of well-being. This narcotic has been cultivated out of modern lettuce plants. Lettuce is still touted to stimulate appetite and aid in digestion; but these traits are more likely due to its water and fiber contents.

The medicinal and soporific properties of lettuce are responsible for salad's placement as a course served before the meal. Supposedly, ancient Romans originally ate lettuce salads after a meal, to help digest the foods they had just eaten. When this proved to take the vigor out of evening activities, salad was moved to first course.

Even as a small, first course, lettuce salads have been given much attention throughout Europe. During the Middle Ages, salad preparation became an art. In France, making and serving salad was a ritual; the perfect salad was a reflection of the perfect table. The



Lettuces and Other Salad Greens as pictured in Chez Panisse Vegetables by Alice Waters, 1996 HarperCollins

by Hilary Lord

greenest lettuce leaves were carefully selected and torn, never cut, into manageable pieces. These were rinsed and spun-dry, wrapped in a cloth. The dressing was pooled in the bottom of the bowl, made of wood. If flowers were to be added, they were placed on the dressing. The lettuce was then placed on top, but not mixed. The servers, always wood, were crossed over the top, and the salad was served. The salad would be mixed immediately before serving the host. The guests would be served last, as the best of the salad was considered to be at the bottom of the bowl.

Today, making a salad might not be the ceremony it once was, but in our modern ways, many of us have attached meaning to the creation of a salad. Sure, we have bottled dressings, salad spinners, and lettuce knives. And we add more stuff: croutons, nuts, cheese, fruit. But the making and serving of a particular salad is a tradition among many families, many restaurants are known for their signature salads. And who doesn't know that mother-in-law or neighbor with a special salad recipe that turns up at every family get-together or block party? We love salad's simplicity, elegance, and healthfulness, from Caesar to Mayfair.

Sources:

The Oxford Companion to Food, Alan Davidson
History of Food, Maguelonne Toussaint-Samat
Food: A Culinary History, Albert Sonnenfeld

From Bibb to Romaine

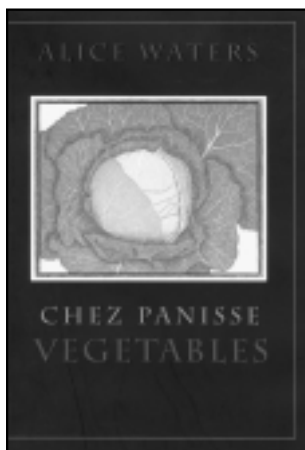
In its beginnings, cultivated lettuce could only be enjoyed when the climate allowed. This meant salad was good for about three months a year, on average. Today, lettuce is grown worldwide in commercial greenhouses; so it is available, inexpensively, year-round. And the variety is impressive. You can find the following lettuce types at most grocers.

Butterhead or Bibb: These lettuces look like cabbages that are losing their leaves. Ranging in size from "Tennis Ball" to "Boston," Bibb lettuces have soft, pliable, overlapping leaves.

Romaine: These lettuces have long, narrow leaves with a crisp texture. The leaves are very green and hold up well, even after cut, in hot climates. Romaine lettuces also have a coarser texture than others.

Iceberg: These look like cabbages. The leaves are pale green to white and are very crisp. Iceberg lettuce has a very high water content, making it not very nutritive or flavorful, but very refreshing.

Loose-Leaf: These are the lettuces with ruffled leaves, green or tipped with red. These are ideal for home gardeners because they are easy to cut from as needed, and new leaves grow in place of the cut ones.



***Chez Panisse Vegetables* by Alice Waters**

Alice Waters has been the proprietor of Chez Panisse, in Berkeley, for twenty-five years. In that time, she has put out a handful of cookbooks sharing her restaurant's famous recipes. This book, dedicated to vegetables, is an encyclopedia of over 250 exquisite recipes, as well as tips for growing, selecting, and caring for vegetables. Whether it's salad, soup, or stir-fry, *Chez Panisse Vegetables* makes eating your veggies interesting and elegant.

Illustration on page 6 from *Chez Panisse Vegetables* by Alice Waters

Preserving the Harvest

Summer is so brief in our region of the country. Wouldn't it be nice to capture the flavors of summer and hold onto them a bit longer? We can if we preserve the fresh fruits and vegetables we've grown in our gardens or purchased at the farmer's market. In the dead of winter you could open a jar of fresh tasting corn and zucchini salsa, strawberry/rhubarb freezer jam, or canned fresh dill cucumber pickles. If you need ideas and information about how to preserve that fresh "summer" flavor so you will be able to enjoy the "fruits" of your labor all year long, *The Big Book of Preserving the Harvest*, by Carol W. Costenbader is a perfect choice. It is a comprehensive guide for freezing, canning, drying, and pickling fruits and vegetables.

It is very important to have the right equipment for ease of use and safety. The first section of the book covers this quite nicely with illustrations and tips for each method. You need not spend a lot of money on food preservation supplies for your first trials. The cost for water-bath canning supplies is minimal and many items can be frozen, which is an inexpensive method as well. There is a table of the best methods to choose for each fruit and vegetable as well as what to look for in the freshest produce. Be sure to study this table thoroughly so that you understand which vegetables and fruits need to be pressure canned to avoid botulism.

With no food preservation experience and very little time, I found it intimidating to choose a recipe. As a salsa and chips lover, I settled on the corn and zucchini salsa. Once I started, I relaxed into the step by step instructions laid out in the book. The most time consuming part was actually the prep work, roasting the corn on the grill and sweating the zucchini, and the simplicity of the canning process was a pleasant surprise. I simply ran the jars and lids through the dishwasher to sterilize them. Once the salsa came to a boil, I ladled it into pint jars and put them into the water bath canner for 15 minutes. In my batch, I found the end result a bit runny and the vinegar flavor a bit too strong. You can adjust the seasonings to suit your own taste.

The Big Book of Preserving The Harvest will tempt you with several delicious recipes. Give the freezer Gazpacho,

Preserved Lemons, Cranberry-Lime Curd, Dried Mushroom-Barley Soup, or Refrigerator Corn Relish a try; I know I plan to! The thing that I appreciate most about this book is that many of the recipes are given in small batches. This makes the canning process much less daunting and time-consuming. I've substituted my old image of preserving the harvest, the memories of my grandmother spending weeks sweating over her canner to preserve food for the winter ahead, with a more contemporary and tempting one. I now picture a few summery treats to brighten up the winter as well as a basket full of homemade gifts for my friends and family.



The Big Book of Preserving the Harvest
by Carol W. Costenbader - 1997 HarperCollins

Review by
Melanie Miller

If you need ideas on how to turn your preserved "treasures" into attractive and unique gifts, Costenbader shares some wonderful ideas and tips. One idea that struck me as particularly special was to take a picnic basket, line it with a couple of cloth napkins and fill it with a jar or two of something you've canned. A jar of your own honey mustard with a sausage, a baguette, and a bottle of wine is a one-of-a-kind gift. Or, you could do a Mexican theme with homemade canned salsa and chips; the possibilities are endless!

There are a variety of other fun and informative canning books in Kitchen Window's cookbook section. *The Busy Person's Guide to Preserving Food*, by

Janet Chadwick features wonderful, time-saving methods and tips. In *Quick Pickles*, by Chris Schlesinger and John Willoughby, you will find some unusual ethnic pickle recipes like Thai-Style Cabbage Pickles as well as traditional Fresh Dill Cucumber Pickles and Bread and Butter Pickles.

Whatever method you choose, there is a true feeling of satisfaction in preserving fruits and vegetables that you've grown yourself. The books that I've featured will help you to do this safely and successfully and hopefully give you some new ideas to boot. Take a moment to imagine that it's January. Brrrr... Now, picture yourself reaching in your cupboard for a jar of homemade canned spaghetti sauce. If that doesn't make it all better, I don't know what would!

Cool Noodles

by Carl Antholz

I was younger and a little more cynical when I attended my first, open-air concert at the Robert Mondavi Winery. It was 1978, and Cathy had scored 4 free tickets at work. She insisted that we attend a Windom Hill Artists session at this prestigious outdoor starlight picnic. So, my buddy Bart, his wife Andrea and I piled into Cathy's '72 yellow Datsun. We left Santa Rosa at just after 6:00 pm and were almost to the winery when Andrea suggested that we stop at the Oakville Grocery to gather a few cold pasta salads to nosh on during the concert. As it turned out, we were not alone! The place was jammed. The Oakville Grocery is a little smaller than an average 7/11 or Tom Thumb, but is stuffed with cool stuff: great cheeses, great salami, Neuske's bacon, Partner's crackers, Acme Bakery bread, exciting olive oils, etc. However, on this particular evening, it was filled with people who were lined up to buy the pre-packaged cold pasta salads. The concert was scheduled to start in 20 minutes and there were still a few miles to go before parking. I grabbed some cool stuff from the shelves and rushed to grab a position at the salad counter. We pointed to the salads of our choice and proceeded a few steps to the left where we paid our bill, and proceeded up the road to the Mondavi Vineyard parking lot.

After 10 minutes into the concert, Bart and Andrea's eyes were beginning to glaze over. Cathy was already in the zone. I felt alone. I was listening to Muzak and eating cold pasta salad.

Please understand that I treasure both creating pleasing food and listening to enjoyable music. And, I love re-creating the pleasing dishes and listening over and over to my favorite music. However, I prefer silence to irritating music and I am willing to endure many hours of hunger instead of eating mediocre food.

Sadly, I can do nothing about the muzak that plays in most public places, but I've discovered a local place where you can buy wonderfully built Italian cold pasta salads. I've also discovered a few places that serve delicious Asian cold pasta salads. I have to admit, I'm really, really, really beginning to love cold pasta salads. But, I'm a little fuzzy about why I just ordered this new cookbook from Amazon.com: *Asian Pasta - Recipes from the Vineyards of Northern California* by Leslie Mansfield -- \$9.95 - paperback.....hmmm, step by step.

Hidden Gems – Great Cold Pasta Salads

Buon Giorno
Floating World Café

The Fussy Professor

Dear Fussy:

My husband Dick and I are hosting a family reunion picnic at our cabin in Northern Wisconsin. We are expecting about 30 people. We've pretty much worked out the menu, but we...er, that is...I, have some food safety issues. Since the kitchen in the cabin is small, Dick wants to prepare a lot of the food here, ahead of time, and bring it up to the lake. I really have no problem preparing food ahead of time and loading it into coolers for the 1-hour drive. But, we recently inherited his late uncle Jake's old Lincoln Town Car, (It's much larger than then our Saturn). He's convinced that we can now put the coolers in the back seat of this monster and make the traditional "Grandma Chandler's Large Potato Salad" (2 gallons worth), put it in the massive trunk (where there is no air conditioning) and drive it up to the lake. Since the dressing is loaded with mayonnaise (her original recipe), I told him that he'd risk poisoning everyone at the gathering. He simply grinned. He then told me that our obnoxious son-in-law assured him that home-made mayonnaise in most picnic salads actually fights and kills salmonella. Is this true?

-Dottie

Dear Dottie:

Alas, it's quite true. And, I'm so sorry for you. I can see you and Dick, stalled in traffic, adding another 45 minutes to the drive. Both of you are getting more convinced that the potato salad dressing is changing. He's thinking that it's getting safer! You're convinced that it's turning into poison. You both stifle your own grins.

Dottie, homemade mayonnaise is very safe. However, it should be quite acidic, (a pH of less than 4.1). Acid does its best killing of bacteria at room temperature. The longer the acidic mixture is left at room temperature, the more efficiently bacteria are killed. Alton Brown, in his new book, I'm Just Here for the Food, describes this process on page 262. And, you should check out page 2 of 14 at www.hitm.com/Documents/Mayonnaise.html.

Tuna Salad, Chicken Salad, Shrimp Salad, Scallop and/or Salmon Mousse, etc. are loaded with animal protein, and quite different from Grandma Chandler's Large potato salad. The home-made mayonnaise in these dishes, will certainly delay the spoiling process once you set them out on the picnic table, for an hour or two, but don't count on them being safe longer than that. It ain't the meat, it's the stupidity!

-Fussy

Featured Culinary Instructor



Robin Asbell

Robin Asbell teaches a wide variety of classes at Kitchen Window including Sushi, Truffle Making, Flatbreads, Foods from Tuscany, Vegetarian Cooking, and an International Tea Party. She describes her approach to cooking as being "global leaning towards healthy."

What currently keeps you busy in the Culinary Field? I stay busy with my three jobs as private chef, freelance writer, and culinary instructor.

What is your fondest food memory as a child? My family is into food. Certain things were approached with almost religious intensity when I was growing up, like making hand crank vanilla ice cream in summer, growing really good tomatoes, and baking Christmas cookies. My mom was a great cook, and we loved just about everything she made.

What do you most enjoy about teaching cooking classes? Teaching is the part of my career that involves the most interaction with people since I am generally alone when I cook and write. I left a masters program in sculpture 18 years ago to go into vegetarian cooking because I thought I could really help people and the planet that way. I think people's food choices

have a huge effect on their quality of life, and if I can share something that motivates or inspires them to eat well, I've done something.

If you were stranded on a desert island, what five ingredients would you most want to have at your disposal? If I could only have five foods, I'd have to think nutritionally. I'd choose leafy greens, sweet potatoes, fish, nuts and fruit. If Gilligan figures out how to catch fish and I could bring one other thing, it would be wheat or tomatoes. If I didn't care about staying in shape to swim home to my sweetheart, I would eat Cluizel chocolate, rich cheeses, champagne, New French Walnut Sour, and mangoes.

What's your favorite kitchen tool? I bought myself a Viking range and I am still really into making roasted dishes from my days of restaurant cooking. On a smaller scale, I use my food processor constantly.

What is your favorite restaurant to go to for a special occasion? I am a big fan of Oceanaire. Executive Chef Rick Kimmes deserves all the kudos he can get.

What's your favorite restaurant for a casual meal out? Punch pizza is near me and we love it. I also enjoy Fuji Ya, True Thai, and Marimar.

Culinary Assistant of the Month



Terri Aberg

Terri Aberg has been a Cooking School volunteer for a little over two years.

What do you most like about being a Culinary Assistant? Doing the dishes (wink)! Seriously, I love the exposure to new ingredients and recipes as well as all the interesting and wonderful people I meet.

What are some of your favorite recipes from Kitchen Window classes? Pretty much anything from Tobie Nidetz and Beth Fisher. I love Tobie's roasted poblanos stuffed with spicy potatoes and shrimp and his grilled angel food cake with tropical fruit salsa. I make Beth Fisher's Manchego salad ALL THE TIME (served with a nice rioja) and also her zinfandel cherry stuffed pork loin (served with zinfandel, what else?!)

What is the most interesting dish or complete meal you've ever cooked? It would have to be the meal I recently prepared on the hotplate in my basement. We are remodeling our kitchen, and I've found it challenging to see what I can do without my appliances. I made Charlie Trotter's sweet corn and shrimp soup, Bobby Flay's grilled asparagus risotto with truffle oil, and Beth Fisher's arugula salad with sherry vinegar, Manchego, walnuts and honey.

What is your favorite kitchen tool? I reach most often for my short kitchen tongs, both of my microplane graters, and my Global vegetable knife.

What do you consider to be three of the world's most wonderful ingredients? Balsamic vinegar, vanilla, and any kind of pepper (especially chipotle in adobo)

Chef Scott's Recipe Box

Salad Filled Crepe Pouches

by Scott Rosenbaum

Crepe Pouches

- 2 large eggs
- 1 cup milk
- 1/3 cup water
- 1 1/3 cups all-purpose flour
- 1/4 teaspoon salt
- 2 tablespoons melted butter

Method

1. Mix all ingredients in order in a blender for 5 seconds.
2. Scrape down and repeat if necessary to create a smooth dough
3. Remove to a bowl and rest 2- 24 hours
4. Pre-heat a crepe pan over med-high heat. Brush with butter
5. Coat pan with batter. Cook on one side until edges become dry and bubbles appear
6. Turn and finish by cooking 1 more minute on flip side.
7. Repeat with all the batter.
8. Lightly brush twelve, 8oz, ramekins with oil. Line each ramekin with a crepe and brush the inside with oil. Place the ramekins 6 to a baking sheet.
9. Place the baking sheets in a preheated 400 degree oven for 10-12 minutes to crisp and brown.
10. The crisped crepe will serve as a salad bowl of sorts, remove it from the ramekin and place it on a 10 salad plate to serve.

Makes 12 pouches

Honey Citrus Vinaigrette

- 1 cup extra virgin olive oil
- 1/2 cup orange juice concentrate
- juice of half of a lemon or lime
- 1 tablespoon honey
- 1 teaspoon Dijon mustard
- salt and freshly ground black pepper to taste

Method

1. Combine all ingredients in the bowl of a blender and whiz to combine.
2. Store covered in the refrigerator for up to 1 week.. *Makes 1 1/2 cups*

Spicy Pecans

- 2 cups pecan halves
- 1/3 cup light corn syrup
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper
- 1/8 teaspoon ground Chipotle pepper

Method

1. In a medium bowl toss all ingredients together to coat nuts completely.
2. Spread coated nuts on a sheet pan in a single layer.
3. Roast in a preheated 400 degree oven 8-10 minutes or until nuts are crisp and shiny.
4. Remove from the pan to cool to avoid over cooking.
5. Reserve to garnish salad.

Makes 2 cups

To Assemble Salad

- 8 cups baby romaine
- 1 cup dried cranberries

Method

1. Toss greens and cranberries with about half of the vinaigrette in a large bowl.
2. Fill each crepe pouch with about 1/2 cup of the dressed salad, scattering some onto the plate.
3. Garnish with spicy pecans and extra dried cranberries.
4. Put the extra vinaigrette in a squirt bottle and use to drizzle on the plate. Dust the plate with ground pepper and serve.



Plan a Cooking School Escape

Free Cooking Demonstrations During Uptown Art Fair

Stop by the Cooking School & Event Center for free cooking demonstrations and samples throughout the Uptown Art Fair. Executive Chef Scoot Rosenbaum will be creating quick and fun summer treats for you to enjoy while escaping the heat!

Uptown Art Fair

- August 1, 12 p.m. - 7:30 p.m.
- August 2, 10 a.m. - 7:30 p.m.
- August 3, 10 a.m. - 6 p.m.



Spice Up The Holidays!

Remember, it is not too early to plan a Holiday Party at the Cooking School & Event Center. Contact Molly at 612.824.4417 ext. 105 for more information.

August Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					<i>Uptown Art Fair</i>	<i>Uptown Art Fair</i>
					<i>Sidewalk Sale</i>	
3	4 #1070 Italy - Summer Favorites from Florence 6 p.m.	5 #1071 Kitchen Remodeling: Creating a Functional Kitchen 10 a.m.	6 #1072-a Cooking Fundamentals (Part 1 of 4) 6 p.m.	7 <i>Taste of Success Private Event</i> 6 p.m.	8	9
<i>Uptown Art Fair</i>						
<i>Sidewalk Sale</i>	<i>Sidewalk Sale</i>					
10	11 #1073 Beach Party Chino Latino-Style 6 p.m.	12	13 #1074 Summer Chicken for Everyone 10 a.m. #1072-b Cooking Fundamentals (Part 2 of 4) 6 p.m.	14 #1075 Night at the Sushi Bar 6 p.m.	15 #1076 Carl's Magic Bus Tour 5 - A Variety of Ethnic Markets 10 a.m.	16
17	18 #1077-a Kids' Cooking Camp (Part 1 of 3) 10:30 a.m.	19 #1077-b Kids' Cooking Camp (Part 2 of 3) 10:30 a.m.	20 #1077-c Kids' Cooking Camp (Part 3 of 3) 10:30 a.m. #1072-c Cooking Fund. (Part 3 of 4) 6 p.m.	21 <i>Taste of Success Private Event</i> 11 a.m. #1078 Meet the Chef: Oceanaire 6 p.m.	22 #1079 Uptown Lobster Boil 6:30 p.m.	23
24	25 <i>Taste of Success Private Event</i> 6 p.m.	26 #1081 Salsa Making Party 6 p.m.	27 #1072-d Cooking Fundamentals (Part 4 of 4) 6 p.m.	28 <i>Taste of Success Private Event</i> 6 p.m.	29	30
31						

For Current Class Availability Please Visit www.kitchenwindow.com

This Months Highlights

August Sidewalk Sale at Calhoun Square

Thursday, July 31 - Monday, August 4

Uptown Art Fair

Friday August 1, 12 p.m. - 7:30 p.m.

Saturday August 2, 10 a.m. - 7:30 p.m.

Sunday August 3, 10 a.m. - 6 p.m.

Stop by our Cooking School during the Uptown Art Fair for free cooking demonstrations and samples.

Fall Cooking School Catalog

We are eagerly awaiting the arrival of our fall Cooking School Catalog. It is packed with exciting cooking classes from brand new to tried and true. It will be available on our website and in the store the last week of August. General registration begins on September 10th at 8:00 a.m.

From Our Editor

To Subscribe To Our Newsletter

We hope you enjoyed this issue of our newsletter. If you would like to receive future issues, stop by Kitchen Window and pick up a copy, visit our website and download a pdf file or subscribe to our E-newsletter and we will send it to you monthly by email.

To subscribe to the Kitchen Window's E-newsletter visit www.kitchenwindow.com. and click on Join Mail List in the upper right corner. Fill in your information and select Kitchen Window's E-Newsletter.

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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