

Welcome to Big White and Stonebridge 205. Obviously, we have way too much time on our hands. We spent six weeks at our condo this summer and came up with the idea for this book. We hope you enjoy it and will add your comments and/or a recipe or two.

This book is currently on the computer in the second bedroom or can be downloaded from

http://www.acatmeowz.com/sb

We will be updating the book every year, so be sure to check back at the end of the season.

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Measurement Equivalencies All measurements are level

Weights-

Weight	U.K. / U.S. Units	Metric Units
I ounce	I/I6 pound	28.34952 grams
I pound	16 ounces	453.592 grams
l milligram	0.000035274 ounces	0.001 gram
I centigram	0.00035274 ounces	0.01 gram
I decigram	0.0035274 ounces	0.1 gram
l gram	0.035274 ounces	I.O gram
l decagram	0.35274 ounces	I0 grams
I hectogram	3.5274 ounces	100 grams
l kilogram	35.274 ounces	1000 grams
l kilogram	2.204625 pounds	1000 grams

Dry Measure Equivalents—

Spoonfuls	Cups	Ounces	Grams
3 teaspoons	l tbsp.	1 tbsp. 1/2 ounce 14.3	
2 tbsp.	I/8 cup	I ounce	28.3 grams
4 tbsp.	I/4 cup	2 ounces	56.7 grams
5-1/3 tbsp.	I/3 cup	2.6 ounces	75.6 grams
8 tbsp.	I/2 cup	4 ounces	113.4 grams
12 tbsp.	3/4 cup	6 ounces 170 gra	
16 tbsp.	l cup	8 ounces	226.8 grams
32 tbsp.	2 cups	16 ounces	456.3 grams

Volume (Liquid)—

Ounces	Liters
	.5 ml
	l ml
	2 ml
	4 ml
	5 ml
1/2 fl. oz.	I5 ml
2 fl. oz.	59 ml
2.67 fl. oz.	79 ml
4 fl. oz.	118 ml
5.33 fl. oz.	158 ml
6 fl. oz.	177 ml
8 fl. oz.	225 ml
16 fl. oz.	450 ml
24 fl. oz.	675 ml
32 fl. oz.	l liter
64 fl. oz.	2 liters
128 fl. oz.	4 liters
	1/2 fl. oz. 2 fl. oz. 2 fl. oz. 4 fl. oz. 5.33 fl. oz. 6 fl. oz. 8 fl. oz. 16 fl. oz. 24 fl. oz. 32 fl. oz. 64 fl. oz.

Oven Temperature—

American Standard	Metric
250° F	130° C
300° F	150° C
350° F	180° C
400° F	200° C
450° F	230° C

Equivalency Yields

Food	Quantity	Yield
apple	l medium	l cup
banana, mashed	l medium	1/3 cup
bread		soft crumbs
bread	I slice/4 cup fine	dry crumbs
	stick or 1/4 lb.	
	l pound	
	.3 ounce pkg 6-2/3	
	I square	
	l pound	
	.I-1/2 pounds	
	I pound	
	I pound	
	I pound	
	28 crackers l cup	
	4-5 whole	
egg whites	8-10	l cup
	10-12	
evaporated milk	l cup	ups whipped
flour, sifted	I pound	4 cups
flour, unsifted	I pound	. 3-3/4 cups
gelatin, flavored	.3-1/4 ounces	1/2 cup
gelatin, unflavored	4 ounce	l tablespoon
	medium 3 tabl	
macaroni, uncooked4	oz. (1-1/4 cups) 2-1/4	cups cooked
noodles, uncooked4	oz. (1-1/2 cups) 2-3	cups cooked
nuts, chopped	/4 pound	l cup
	l medium	
orange	.3-4 medium	. I cup juice
	l pound	
	1 cup	
	l cup	
rice, regular	1 cup	cups cooked
	l cup	
	7 ounces4	
	I pound	
	I pound	
	I pound	
	22 l cup	
zwieback, crumbled .	4	l cup

Food Quantities

	25 Servings	50 Servings	100 Servings			
Beverages —						
coffee	I/2 pound & I-I/2 gallons water	I pound & 3 gallons water	2 pounds & 6 gallons water			
lemonade	I0-I5 lemons & I-I/2 gallons water	20-30 lemons & 3 gallons water	40-60 lemons & 6 gallons water			
tea	I/I2 pound & I-I/2 gallons water	I/6 pound & 3 gallons water	I/3 pound & 6 gallons water			
Desserts —						
layered cake	I-12'' cake	3-10' cakes	6-10'' cakes			
sheet cake	- 0" x 2" sheet	- 2" x 20" sheet	2-12'' × 20'' sheet			
watermelon	37-1/2 pounds	75 pounds	150 pounds			
whipping cream	3/4 pint	2 pints	3-4 pints			
Ice cream —						
brick	3-1/4 quarts	6-1/2 quarts	13 quarts			
bulk	2-1/4 quarts	4-1/2 quarts or 1-1/4 gallons	9 quarts or 2-1/2 gallons			

	25 Servings	50 Servings	100 Servings			
Meat, Poultry or Fish —						
fish	13 pounds	25 pounds	50 pounds			
fillets or steak	7-1/2 pounds	15 pounds	30 pounds			
hamburger	9 pounds	18 pounds	35 pounds			
turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds			
wieners (beef)	6-1/2 pounds	13 pounds	25 pounds			
Salads or Cass	seroles —					
baked beans	3/4 gallon	I-I/4 gallons	2-1/2 gallons			
jello salad	3/4 gallon	I-I/4 gallons	2-1/2 gallons			
potato salad	4-1/4 quarts	2-1/4 gallons	4-1/2 gallons			
scalloped pota- toes	4-1/2 quarts or 1-12" x 20" pan	9 quarts or 2-1/4 gallons	18 quarts or 4-1/2 gallons			
spaghetti	I-I/4 gallons	2-1/2 gallons	5 gallons			
Sandwiches —	•					
bread	50 slices or 3-1 pound loaves	100 slices or 6-1 pound loaves	200 slices or 12-1 pound loaves			
butter	1/2 pound	I pound	2 pounds			
lettuce	I-I/2 heads	3 heads	6 heads			
mayonnaise	l cup	2 cups	4 cups			
meat, eggs, fish	I-I/2 quarts	3 quarts	6 quarts			
jam, jelly	l quart	2 quarts	4 quarts			



5,000 Feet

Elevation at Stonebridge Lodge, Big White, BC, Canada

Elevation Adjustmentsby Pat Kendall, Colorado State University Cooperative Extension

Water boils at a lower temperature at higher altitudes because of the lower air pressure. If you cook noodles at sea level, the boiling water heats the noodles to 100°C or 212°F. When a molecule reaches that temperature it vaporizes and leaves the mixture. At 5,000 feet it would begin to boil at a lower temperature so you are cooking your noodles at a lower temperature and it will take longer.

Altitudes above 3,000 Feet—

Preparation of food may require changes in time, temperature or recipe. The reason, lower atmosphere pressure due to thinner blanket of air above. At sea level, the pressure on a square inch of surface is 14.7 pounds, at 5,000 feet it's 12.3 pounds, and at 10,000 feet it's only 10.2 pounds — a decrease of about 1/2 pound per 1,000 feet. This decreased pressure affects food preparation in two ways:

- Water and other liquids evaporate faster and boil at lower temperatures.
- Leavening gases in breads and cakes expand more.

Cooking—

The boiling point is the temperature at which the pressure of the water vapor equals atmospheric pressure and the bubbles of water vapor are able to break through the surface and escape into the air. If the atmospheric pressure is less, the temperature required for water to boil is less. Therefore, cooking food in water boiling at this lower temperature takes longer. A "3-minute egg" will take more time. Also, a bowl of boiling soup is not as hot.

Deep-Fat Frying—

The lower boiling point of water in foods requires lowering the temperature of the fat to prevent food from over browning on the out-

side while being under-cooked on the inside. The decrease varies according to the food fried, but a rough guide is to lower the frying temperature about 3 degrees F for every increase of 1,000 feet in elevation.

Puddings and Cream-Pie Fillings—

Above 5,000 feet, temperatures obtained with a double boiler are not high enough for maximum gelatinization of starch. Therefore, use direct heat rather than double boiler.

Breads—

High altitude has its most pronounced effect on the rising time of bread. At high altitudes, the rising period is shortened. Since the development of a good flavor in bread partially depends on the length of the rising period, it is well to maintain that period. Punching the dough down twice gives time for the flavor to develop.

In addition, flours tend to be drier and thus able to absorb more liquid in high, dry climates. Therefore, less flour may be needed to make the dough the proper consistency.

Biscuits and Muffins—

Although the cell structure of biscuits and muffins is firm enough to withstand the increased internal pressure at high altitudes without adjustment, a bitter or alkaline flavor may result from inadequate neutralization of baking soda or powder. When this occurs, reducing the baking soda or powder slightly will usually improve results.

Cookies-

Although many sea-level cookie recipes yield acceptable results at high altitudes, they often can be improved by a slight increase in baking temperature; a slight decrease in baking powder or soda, fat and/or sugar; and/or a slight increase in liquid ingredients and flour. Many cookie recipes contain a higher proportion of sugar and fat that necessary, even at low altitudes.

Cakes Made with Shortening—

Most cake recipes perfected for sea level need no modifications up to 3,000 feet. Above that, decreased atmospheric pressure may result in excessive rising, which stretches the cell structure of the cake, making the texture coarse, or breaks the cells, causing the cake to fall.

This usually is corrected by decreasing the amount of leavening agent. Also, increasing the baking temperature 15 to 25 degrees "sets" the batter before the cells formed by the leavening gas expand too much.

Excessive evaporation of water at high altitude leads to high concentration of sugar, which weakens the cell structure. Therefore, decrease sugar in the recipe and increase liquid.

In making rich cakes at high altitudes, you might have to reduce short-ening by 1 or 2 tablespoons. Fat, like sugar, weakens the cell structure. Also, increasing the amount of egg strengthens the cell structure and may prevent the too-rich cake from falling.

Cake Recipe Adjustment Guide for High Altitude.

Reduce / Add	3,000'	5,000'	7,000'
For each tsp Baking Powder reduce by	⅓ tsp.	1/8 - 1/4 tsp.	⅓ tsp.
For each cup Sugar reduce by	0-1 tbl.	0-2 tbl.	I-3 tbl.
For each cup Liquid reduce by	I-2 tbl.	2-4 tbl.	3-4 tbl.

Angel Food and Sponge Cakes—

The leavening gas for these is largely air. Do not beat too much air into the eggs. Beat egg white only until they form peaks that fall over - not stiff and dry, which will cause collapse of cells. Strengthen cell structure by using less sugar and more flour, and a higher baking temperature.

Practical Baking Notes—

Flour, use any brand of enriched all-purpose flour (or cake flour, if called for by the recipe).

Do not assume that your sea level recipe will fail. Try it first. It may need little or not modification.



Cooking Terms

Au gratin Topped with crumbs and/or cheese and browned in

oven or under broiler.

Au jus Served in its own juices.

Baste To moisten foods during cooking with pan drippings or

special sauce in order to add flavor and prevent drying.

Bisque A thick cream soup.

Blanch To immerse in rapidly boiling water and allow to cook

slightly.

Clarify Process used to separate the milk solids from the oily

butterfats in butter.

Cream To soften a fat, especially buffer, by beating it at room

temperature. Butter and sugar are often creamed

together, making a smooth, soft paste.

Crimp To seal the edges of a two crust pie either by pinching

them at intervals with the fingers or by pressing them

together with the tines of a fork.

Crudites An assortment of raw vegetables (i.e. carrots, broccoli,

celery, mushrooms) that is served as an hors d'oeuvre,

often accompanied by a dip.

Degrease To remove fat from the surface of stews, soups, or

stock. Usually cooled in the refrigerator so that fat

hardens and is easily removed.

Dredge To coat lightly with flour, cornmeal, etc.

Entree The main course.

Fold To incorporate a delicate substance, such as whipped

cream or beaten egg whites, into another substance without releasing air bubbles. A spatula is used to gently bring part of the mixture from the bottom of the bowl to the top. The process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly

blended.

Glaze To cover with a glossy coating, such as a melted and

somewhat diluted jelly for fruit desserts.

Julienne To cut vegetables, fruits, or cheeses into match shaped

slivers.

Marinate To allow food to stand in a liquid in order to tenderize

or to add flavor.

Meuniére Dredged with flour and sautéed in butter.

Mince To chop food into very small pieces.

Parboil To boil until partially cooked; to blanch. Usually final

cooking in a seasoned sauce follows this procedure.

Pare To remove the outermost skin of a fruit or vegetable.

Poach To cook gently in hot liquid kept just below the boiling

point.

Purée To mash foods by hand by rubbing through a sieve or

food mill, or by whirling in a blender or food processor

until perfectly smooth.

Refresh To run cold water over food that has been parboiled

in order to stop the cooking process quickly.

Sauté To cook and/or brown food in a small quantity of hot

shortening.

Scald To heat to just below the boiling point, when tiny bub-

bles appear at the edge of the saucepan.

Simmer To cook in liquid just below the boiling point. The sur-

face of the liquid should be barely moving, broken

from time to time by slowly rising bubbles.

Steep To let food stand in hot liquid in order to extract or to

enhance flavor, like tea in hot water or poached fruit in

sugar syrup.

Toss To combine ingredients with a repeated lifting motion.

Whip Beat rapidly in order to incorporate air and pro-

duce expansion, as in heavy cream or egg whites.

Herbs & Spices

Acquaint yourself with herbs and spices. Add in small amounts, 1/4 teaspoon for every 4 servings. Crush dried herbs or snip fresh ones before using. Use 3 times more fresh herbs if substituting fresh for dried.

When cooking with fresh herbs, it's best to add them at the end of the recipe, so the heat doesn't destroy their bright color and flavor. If using dried herbs, add them at the beginning. This way, their flavor has time to better infuse the dish.

Basil Sweet, warm flavor with an aromatic odor. Use whole

or ground. Good with lamb, fish, roast, stews, ground

beef, vegetables, dressing and omelets.

Bay Leaves Pungent flavor. Use whole leaf but remove before

serving. Good in vegetable dishes, seafood, stews and

pickles.

Capers Pickled flowers of the caper bush. They are available

preserved in brine, vinegar or salt and should be rinsed

well and squeezed dry before using.

Caraway Spicy taste and aromatic smell. Use in cakes, breads,

soups, cheese and sauerkraut.

Chives Sweet, mild flavor like that of onion. Excellent in salads,

fish, soups and potatoes.

Cilantro Use fresh. Excellent in salads, fish, chicken, rice, beans

and Mexican dishes.

Curry Spices are combined to proper proportions to give a

distinct flavor to meat, poultry, fish and vegetables.

Dill Both seeds and leaves are flavorful. Leaves may be

used as a garnish or cooked with fish, soup, dressings, potatoes and beans. Leaves or the whole plant may be

used to flavor pickles.

Fennel Sweet, hot flavor. Both seeds and leaves are used.
Use in small quantities in pies and baked goods. Leaves

can be boiled with fish.

Ginger A pungent root, this aromatic spice is sold fresh, dried

or ground. Use in pickles, preserves, cakes, cookies,

soups and meat dishes.

Marjoram May be used both dried or green. Use to flavor fish,

poultry, omelets, lamb, stew, stuffing and tomato juice.

Mint Aromatic with a cool flavor. Excellent in beverages, fish,

lamb, cheese, soup, peas, carrots, and fruit desserts.

Nutmeg One of the old spices-great for barbecue, baking, and of

course, holiday drinks.

Oregano Strong, aromatic odor. Use whole or ground in tomato

juice, fish, eggs, pizza, omelets, chili, stew, gravy, poultry

and vegetables.

Paprika A bright red pepper used in meat, vegetables and

soups or as a garnish for potatoes, salads or eggs.

Parsley Best when used fresh, but can be used dried as a

garnish or as a seasoning. Try in fish, omelets, soup,

meat, stuffing and mixed greens.

Rosemary Very aromatic. Can be used fresh or dried. Season fish,

stuffing, beef, lamb, poultry, onions, eggs, bread and

potatoes. Great in dressings.

Saffron Orange-yellow in color, this spice flavors or colors

foods. Use in soup, chicken, rice and breads.

Sage Use fresh or dried. The flowers are sometimes used in

salads. May be used in tomato juice, fish, omelets, beef,

poultry, stuffing, cheese spreads and breads.

Shallots Garlic-onion flavor (but sweeter) used heavily in French

cooking for meats, eggs and soups.

Tarragon Leaves have a pungent, hot taste. Use to flavor sauces,

salads, fish, poultry, tomatoes, eggs, green beans, carrots

and dressings.

Thyme Sprinkle leaves on fish or poultry before

broiling or baking. Throw a few sprigs directly on

coals shortly before meat is finished grilling.

Salt to Taste

The secret of great tasting food is plenty of butter (the real stuff) and salt. While the proper amount of salt is imperative, the kind of salt is even more important.

The word "salt" comes from the Latin word "salarium", meaning salary. The ancient Greeks traded salt for slaves resulting in the phase "not worth his salt." Roman soldiers were partially paid in salt.

Like so many things, salts have become trendy. To determine if the salt trend is overrated, here are some basics.

Table Salt. This granular salt is what most of us know. It is mined and processed to form small, uniformly shaped cubes that don't dissolve very well making it less desirable for cooking but good for baking. Additives have been added to prevent caking.

Kosher Salt. This salt is made by compacting granular salt between rollers which produces large irregular flakes. This shape allows the salt to draw blood when applied to freshly butchered meat. The structure allows the salt to dissolve easily and implants plenty of flavor.

Sea Salt. Sea salt is created when ocean waters flood shallow beds along coastlines. The different waters and minerals from the surrounding land lend their flavors. These expensive salts are geared towards finished food and should be sprinkled on food just before serving.

Maldon Seal Salt from England gets its delicate flavor from a tradition of boiling the sea water to form hollow pyramid-shaped crystals.

Sel Gris is a gray salt harvested on France's Atlantic coast where shallow basins are flooded with ocean waters.

Fleur de Sel, a by-product of Sel Gris is created only when the winds are calm and the days warm. It is on these rare days that the gray salt "blooms" lacy, white crystals. Use sparingly on foods.

Red Alae Hawaiian and Black Sea Salts are speciality finishing salts. While they look cool, their flavor is a bit odd. Red salt has an iron taste while the black salt tends to have a sulfuric aroma from added purified lava.



Buying Fresh Vegetables

Artichokes

Look for compact, tightly closed heads with green, clean looking leaves. Avoid those with leaves that are brown or separated.

Asparagus

Stalks should be tender and firm; tips should be close and compact. Choose the stalks with very little white; they are more tender. Use asparagus soon because it toughens rapidly.

Beans, Snap

Those with small seeds inside the pods are best. Avoid beans with dry looking pods.

Broccoli, Brussels Sprouts and Cauliflower

Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate pests or disease.

Cabbage and Head Lettuce

Choose heads that are heavy for their size. Avoid cabbage with worm holes and lettuce with discoloration or soft rot.

Cucumbers

Choose long, slender cucum¬bers for best quality. May be dark or medium green, but yellow ones are undesirable.

Mushrooms

Caps should be closed around the stems. Avoid black or brown gills.

Peas and Lima Beans

Select pods that are well filled but not bulging. Avoid dried, spotted, yellow, or flabby pods.

Buying Fresh Fruits

Bananas

Skin should be free of bruises and black or brown spots. Purchase them green and allow them to ripen at home at room temperature.

Berries

Select plump, solid berries with good color. Avoid stained containers which indicate wet or leaky berries. Berries

with clinging caps, such as blackberries and raspberries, may be unripe. Strawberries without caps may be overripe.

Melons

In cantaloupes, thick, close netting on the rind indicates best quality. Canta¬loupes are ripe when the stem scar is smooth and the space between the netting is yellow or yellow green. They are best when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

Oranges, Grapefruit and Lemons

Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken or soft areas.



Pealing Tomatoes

Bring a large sauce pan of water to boil. Using a very sharp knife, score a small cross in the bottom of each tomato.

Cut around and remove any stems on the tomatoes.

Blanch the tomatoes in the saucepan of boiling water for 10 seconds. Remove and plunge into a bowl of ice cold water to stop the cooking and keep the flesh firm.

Pull away the skin from the cross and discard the skins.

If a recipe calls for the removal of the tomato seeds, cut the tomato in half and use a teaspoon to gently scoop out the seeds.

Cooking Times

Vegetable	Cooking Method	Time
artichokes	boiled	40 min.
	steamed	45-60 min.
asparagus tips	boiled	10-15 min.
beans, lima	boiled	20-40 min.
	steamed	60 min.
beans, string	boiled	15-35 min.
	steamed	60 min.
beets, old	boiled or steamed	I-2 hours
beets, young with skin	boiled	30 min.
	steamed	60 min.
	baked	70-90 min.
broccoli, flowerets	boiled	5-10 min.
broccoli, stems	boiled	20-30 min.
brussels sprouts	boiled	20-30 min.
cabbage, chopped	boiled	10-20 min.
_	steamed	25 min.
carrots, cut across	boiled	8-10 min.
	steamed	40 min.
cauliflower, flowerets	boiled	8-10 min.
cauliflower, stem down	boiled	20-30 min.
corn, green, tender	boiled	5-10 min.
corn on the cob	boiled	8-10 min.
	steamed	15 min.
eggplant, whole	boiled	30 min.
	steamed	40 min.
	baked	45 min.
parsnips	boiled	25-40 min.
	steamed	60 min.
	baked	60-75 min.
peas, green	boiled or steamed	5-15 min.
potatoes	boiled	20-4-min.
	steamed	60 min.
	baked	45-60 min.
pumpkin or squash	boiled	20-40 min.
· · ·	steamed	45 min.
	baked	60 min.
tomatoes	boiled	5-10 min.
turnips	boiled	25-40min.



Microwave Hints

- Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave on high for 1-1/2 to 2 minutes for 1/2 pound or 2 to 3 minutes for 1 pound.
- Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30-45 seconds; and one half gallon, 45-60 seconds.
- To melt chocolate, place 1/2 pound in glass bowl or measuring cup. Melt uncovered at 50% power for 3-4 minutes; stir after 2 minutes.
- Soften one 8 ounce package of cream cheese by microwaving at 30% power for 2 to 2-1/2 minutes. One 3 ounce package of cream cheese will soften in 1-1/2 to 2 minutes.
- A 4-1/2 ounce carton of whipped topping will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center; but it will blend well when stirred. Do not over thaw!
- Soften jello that has set up too hard. Heat on a low power setting for a very short time.
- Heat hot packs. A wet fingertip towel will take about 25 seconds.
 It depends on the temperature of the water used to wet the towel.
- To scald milk, cook I cup for 2 to 2-1/2 minutes, stirring once each minute.
- To make dry bread crumbs, cut 6 slices of bread into 1/2 inch cubes. Microwave in 3 quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender:
- Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave for 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
- Nuts will be easier to shell if you place 2 cups of nuts in a 1 quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nutmeats will slip out whole after cracking the shell.

- Stamp collectors can place a few drops of water on a stamp to remove it from an envelope. Heat in the microwave for 20 seconds, and the stamp will come off.
- Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
- Sprinkle a layer of medium, finely chopped walnuts evenly onto the bottom and side of a ring pan or bundt cake pan to enhances the looks and eating quality. Pour in batter and microwave as recipe directs.
- Do not salt foods on the surface as it causes dehydration and toughens food. Salt after you remove from the oven unless the recipe calls for using salt in the mixture.
- Heat left over custard and use it as frosting for a cake.
- Melt marshmallow creme. Half of a 7 ounce jar will melt in 35-40 seconds on high. Stir to blend.
- To toast coconut, spread 1/2 cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes. Watch closely, as it quickly browns.
- To melt crystallized honey, heat uncovered jar on high for 30-45 seconds. If jar is large, repeat.
- One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.
- Every microwave recipe has a specified standing time. The dish or casserole must stand on a solid surface to retain heat and finish cooking. DON'T use a cooling rack or trivet. Microwave ovens cook by making water, sugar and fat molecules vibrate, creating heat. Standing time allows heat to spread, cooking to finish, and allows the temperature of the food to stabilize and moderate.
- Most foods are cooked starting at refrigerator or room temperature. Using frozen foods, unless specified, will change the cooking time and may affect the recipe quality.
- Most microwave recipes direct you to stir the foods at least once during cooking time. This helps redistribute the heat so foods cook more evenly.



- Microwave cooking times are directly related to amounts of food being cooked. When you double the quantity of a recipe, increase cooking time by at least 50%, and check carefully for doneness. As an example, two medium potatoes will take 5-7 minutes to cook, while four potatoes take 10-12 minutes.
- Foods that are the same size and shape will cook more evenly in the microwave and will finish cooking at the same time, which means there will be no overcooked or undercooked sections. Foods with thick and thin sections should be arranged so the thin portions are toward the center of the dish. Microwaves penetrate the food from 3/4" to 1-1/2".
- Solid foods like pieces of meat or large vegetables may need to be rearranged or turned over during cooking. Corners or sides of casseroles and dishes will receive more energy, so the foods need to be turned and rearranged for even cooking. Placing food in a ring generally assures even cooking.
- Foods typically don't brown in the microwave oven. Browning elements are available and may be a good investment if you do a lot of microwave cooking. Some foods, like meats, will turn brown because of carmelization of sugars and starches in the food.
- You can add browning agents to foods to increase appeal. Agents include soy sauce, Kitchen Bouquet, Worcestershire sauce, seasoning mixes, cinnamon and other spices, and glazes which use sugar.
- Cover the food with microwave safe plastic or waxed paper if the recipe specifies. This helps hold in steam for fast and even cooking. Paper towels (don't use recycled paper towels!) are used to absorb spatters and moisture. Pay close attention to venting instructions. Venting prevents dangerous amounts of steam from building up in the dish.
- Shielding uses small pieces of foil to cover areas of the foods
 which are susceptible to overcooking. In the same way that you
 cover the edge of a pie crust to prevent overbrowning, in
 microwave cooking you can shield bones in meat and thinner

pieces of food. Make sure foil pieces are at least I" away from oven walls and each other to avoid arcing.

• If in doubt as to the suitability of a container for use

in a microwave oven, place ½ cup water into a dish. Heat on 100% POWER for one minute. If the dish is warm to touch and the water is cool, the dish must not be used as the microwaves are not passing through the container but are being absorbed by it.

• To get rid of the stink of burnt popcorn, fill a large microwavesafe bowl with one cup of water and sprinkle your favorite spice like cinnamon or add several drops of vanilla or lemon extract. Bring to a boil.

You must let it sit inside for 10 to 15 minutes to cool down. Simply wipe the walls down with paper towels. Leave the door open to further air it out.

- When defrosting food in the microwave
 - Remove food from it's original freezer wrap or loosen as required.
 - Discard any metal twists or clips.
 - Follow package instructions for convenience foods.
 - Place food on a rack in a shallow microsafe dish (with sides) to catch the liquids when thawing.
 - Defrost food that is loosely covered unless specifically stated otherwise.
 - Large dense foods (eg meat joints) should be turned over once or twice during defrosting to assist with equal heat distribution.
 - Once defrosted, allow the food to stand.
- Microwave ovens are easy to clean and maintain. Clean the exterior by wiping it with a damp cloth. The interior should be cleaned with a cloth soaked in warm soapy water. Never scour or use abrasive powders or creams in your microwave as these will scratch the surface of your oven.

For stubborn stains, simply fill a bowl with cold water and heat it in the microwave until its boiling. The steam should loosen the food particles which can then be easily wiped away.

Microwave Times for Vegetables

V egetable	Cooking Procedure	Amount	Time	Standing Time
Artichokes	I tbsp. water in 8 x 8- inch dish, covered	I med.	4-6 min.	3 min. covered
(fresh)	1/4 c. water, 1 tsp. salt, in cake dish, covered	2 med.	5-7 min.	3 min. covered
Asparagus (fresh)	1/4 c. water, 1/2 tsp. salt in 1-1/2 qt. covered casserole	15 4-inch pieces	5-7 min.	3 min. covered
Asparagus (frozen)	Use 1-qt. covered casserole. Separate after3 min.	10 oz.	5-7 min.	3 min. covered
Beans, Butter (fresh)	1/2 c. water in 1 -qt. covered casserole. Stir 1/2 c. water in 1-1/2 qt. covered casserole. Stir,	l lb. (2 c.) shelled	6-8 min.	3 min. covered
Beans, Green or Wax (fresh)	1/4 c. water, 1/2 tsp. salt in 1-1/2qt. covered casserole.	I lb. snapped or French cut	7-9 min.	3 min. covered
Beans, Lima	1/2 c. water in 1 qt. covered casserole. Stir.	l lb. (2 c.) shelled	6-8 min.	3 min. covered
(fresh)	1/2 c. water in 1-1/2 qt. covered casserole. Stir.	2 lb. (4 c.) shelled	9-11 min.	3 min. covered
Beans, Pinto (fresh)	Soak overnight. 3 c. water in 2-qt. covered casserole. Stir.	l lb. (2 c.)	20-25 min.	3-5 min. covered
Beets (fresh)	Barely cover with water. Add 1/4 tsp. salt. Cook in 2 qt. covered casserole.	4 whole, med.	15-17 min.	3 min. covered
Broccoli (fresh)	Cut away tough part of stalk, split tender ends. Add 1/2 c. water, 1/2 tsp. salt in 1-? qt. covered casserole.	I sm. bunch (I- I/2 lb.)	7-9 min.	3 min. covered
Brussel Sprouts	2 tbsp. water in 1 qt. covered casserole.	1/2 lb. (2 c.)	4-6 min.	3 min. covered
(fresh)	3 tbsp. water in 1-1/2 qt. covered casserole.	l lb. (4 c.)	5-7 min.	3 min. covered
Cabbage (fresh)	Fill 1-1/2 qt. casserole with chopped cabbage, add ? tsp. salt, 2 tbsp. water. Cover.	I sm. head chopped	10-12 min.	3 min. covered

Vegetable	Cooking Procedure	Amount	Time	Standing Time
Carrots (fresh)	2 tbsp. water in 1 qt. covered casserole.	4 med. sliced	4-6 min.	3 min. covered
Cauliflower (fresh)	1/2 c. water,? tsp. salt in 1-1/2 qt. covered casserole.	I sm. head	5-7 min.	3 min. covered
Celery (fresh)	1/4 c. water, 1/2 tsp. salt in 1-1/2 qt. covered casserole	4 c. coarsely chopped	6-8 min.	3 min. covered
Corn, cut off the cob (fresh)	1/4 c. water, 1/2 tsp. salt in 1 qt. covered casserole.	I-I/2 c.	3-5 min.	3 min. covered
Corn on the cob (fresh)	Put ears in open glass dish. Pour melted butter over corn. Turn ears 2 or 3 times during cooking.	2 ears	4-6 min.	3 min. covered
Corn on the cob (frozen)	1/4 c. hot water in 1 qt. covered casserole. Turn ears after 3 min.	2 ears	6-8 min.	3 min. covered
Eggplant (fresh)	Peel and dice eggplant. Put in 2 qt. covered casserole. Add 2 tbsp. water, 1/4 tsp. salt.	l med. (4 c.) cubed	4-6 min.	3 min. covered
Onions (fresh)	1/2 c. water, 1/2 tsp. salt in 1 qt. covered casserole.	2 large, cut in quarters or eighths	5-7 min.	3 min. covered
Parsnips (fresh)	2 tbsp. water in 1 qt. covered casserole.	2 med.	5-7 min.	3 min. covered
Peas and Carrots (frozen)	2 tbsp. hot water in 1 qt. covered casserole. Stir after 4 min.	10 oz. pkg.	4-6 min.	3 min. covered
Peas, Green (fresh)	2 tbsp. water in 1 qt. covered casserole.	2 c. shelled	4-6 min.	3 min. covered
Peas, Tiny Green (frozen)	2 tbsp. hot water in I qt. covered casserole.	10 oz. pkg.	4-6 min.	3 min. covered
	Scrub potatoes and dry. Spread paper towel on	I med.	5-6 min.	
Potatoes, baked (Irish) Idaho (fresh)	oven shelf Put notatoes	2 med.	7-9 min.	Wrap in foil, let stand 5-10
	inch apart. When baking more than 4 potatoes,	3 med. 10-12	10-12 min.	min.Will stay hot for 20 min.
	rearrange after half the cooking time.	4 med.	14-16 min	

V egetable	Cooking Procedure	Amount	Time	Standing Time
Potatoes, boiled (fresh)	1/4 c. water, 1/2 tsp. salt in 2 qt. covered casse- role. Stir once after 6 min.	6 med., peeled, cut in half	12-16 min.	3-5 min. covered
Rutabaga (fresh)	Wash, peel and cube rutabaga. I/2 c. water, 3 tbsp. butter, salt and pepper to taste. Use I qt. covered casserole.	One (1 lb.)	7-9 min.	3 min. covered
Spinach (fresh)	Wash. Cook in water that clings to the leaves. 2 qt. covered casserole.	4 c. (1 lb.)	3-5 min.	3 min. covered
Spinach, leaf or chopped (frozen)	2 tbsp. water in I qt. covered casserole.	10 oz. pkg.	4-6 min.	3 min. covered
Squash, Acorn or Butternut (fresh)	Cook whole. Pierce skin with sharp knife in several places. Cook on paper towel.	One (1 lb.)	4-6 min.	5 min. covered
Sweet Potatoes (fresh)	1/4 c. water, 1/2 tsp salt in 1-1/2 qt. covered casserole.	4 med., cut in half length wise, peeled	8-10 min.	3 min. covered
Sweet	Scrub and dry potatoes. Cover oven shelf with paper towel, put pota- toes on towel about I inch apart.	I med.	5-7 min.	Wrap in foil, let stand 5-10 min.
Potatoes, baked		2 med.	7-9 min.	
whole (fresh)		4 med.	14-16 min.	
Zucchini (fresh)	Wash, remove stems. Cut into thin slices. Add 1/4 c. water in 1 qt. covered casserole.	One (1 lb.)	5 to 5-1/2 min.	3 min. covered
Tomatoes (fresh)	Clean, peel and halve 2- 1/2 – 3 inch tomatoes. Place in 1-1/2 qt. cov- ered casserole. Add 2 tbsp. water:	4 lg. (2-1/2 – 3 inch diameter (1 lb.)	4-6 min.	3 min. covered
Turnips (fresh)	Peel and cube. Add 3 tbsp. water, ? tsp. salt in I-I/2 qt. covered casse- role.	2 or 3 med. (1 lb.)	7-9 min.	3 min. covered
Vegetables, mixed (frozen)	Add 1/4 c. hot water in 1 qt. covered casserole.	10 oz. pkg.	4-6 min.	3 min. covered



Baking

Baking Breads

• Kneading dough for 30 seconds after mixing improves the texture of baking powder biscuits.



- Instead of shortening, use cooking or salad oil in waffles and hot cakes.
- When bread is baking, a small dish of water in the oven will help keep the crust from hardening.
- Dip a spoon in hot water to measure shortening, butter, etc., and the fat will slip out more easily.
- Small amounts of leftover corn may be added to pancake batter for variety.
- To make bread crumbs, use the fine cutter of a food grinder and tie a large paper bag over the spout in order to prevent flying crumbs.
- When you are doing any sort of baking, you get better results if you remember to preheat your cookie sheet, muffin tins or cake pans.

Rules for Use of Leavening Agents

- In simple flour mixtures, use 2 teaspoons baking powder to leaven I cup flour. Reduce this amount 1/2 teaspoon for each egg used.
- To I teaspoon baking soda use 2 I/4 teaspoons cream of tartar, 2 cups freshly soured milk, or I cup molasses.
- To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure and add acid according to the rule above.

Perfect Cookies

Cookie dough that is to be rolled is much easier to handle after it has been refrigerated for 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour

makes cookies hard and brittle. Place on a floured board only as much dough as can be easily managed.

Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and add trimmings to dough that needs to be rolled. Place pans or sheets in upper third of oven. Watch cookies carefully while baking in order to avoid burned edges. When sprinkling sugar on cookies, try putting it into a salt shaker in order to save time.

Perfect Pies

• Pie crust will be better and easier to make if all the ingredients are cool.



- The lower crust should be placed in the pan so that it covers the surface smoothly. Air pockets beneath the surface will push the crust out of shape while baking.
- Folding the top crust over the lower crust before crimping will keep juices in the pie.
- In making custard pie, bake at a high temperature for about ten minutes to prevent a soggy crust. Then finish baking at a low temperature.
- When making cream pie, sprinkle crust with powdered sugar in order to prevent it from becoming soggy.

Perfect Cakes

- Fill cake pans two thirds full and spread batter into corners and sides, leaving a slight hollow in the center.
- Cake is done when it shrinks from the sides of the pan or if it springs back when touched lightly with the finger.
- After removing a cake from the oven, place it on a rack for about five minutes. Then, the sides should be loosened and the cake turned out on a rack in order to finish cooling.
- Do not frost cakes until thoroughly cool.
- Icing will remain where you put it if you sprinkle cake with powdered sugar first.

Baking Powder, Flour & Liquid Proportions

ITEM	FOR	USE
biscuits	I cup flour	I-I/4 tsp. baking powder
cake with oil	I cup flour	I tsp. baking powder
muffins	I cup flour	I-I/2 tsp. baking powder
popovers	I cup flour	I-I/4 tsp. baking powder
waffles	I cup flour	I-I/4 tsp. baking powder
drop batter	I cup liquid	2 to 2-1/2 cups flour
pour batter	I cup liquid	I cup flour
soft dough	I cup liquid	3 to 3-1/2 cups flour
stiff dough	I cup liquid	4 cups flour

Time and Temperature

ITEM	TIME	TEMPERATURE
biscuits	12 - 15 min.	400° - 450°F
cornbread	25 - 30 min.	400° - 425°F
gingerbread	40 - 50 min.	350° - 370°F
loaf	50 - 60 min.	350° - 400°F
nut bread	50 - 75 min.	350°F
popovers	30 - 40 min.	425° - 450°F
rolls	20 - 30 min.	400° - 450°F
butter cake, layer	20 - 40 min.	380° - 400°F
butter cake, loaf	40 - 60 min.	380° - 400°F
cake, angel	50 - 60 min.	300° - 360°F
cake, fruit	3 - 4 hrs.	275° - 325°F
cake, sponge	40 - 60 min.	300° - 350°F
cookies, molasses	18 - 20 min.	350° - 375°F
cookies, thin	10 - 12 min.	380° - 390°F
cream puffs	40 - 60 min.	300° - 350°F
meringue	40 - 60 min.	250° - 300°F
pie crust	20 - 40 min.	400° - 500°F

Baking Hints

Over-ripe bananas can be peeled and frozen in a plastic container until it's time to bake bread or cake.

When baking bread, a small dish of water in the oven will help keep the crust from getting too hard or brown.

Use a metal ice tray divider to cut biscuits in a hurry. Press into the dough, and biscuits will separate at dividing lines when baked.

To make self-rising flour, mix 4 cups flour, 2 teaspoons salt, and 2tablespoons baking powder, and store in a tightly covered container.

Hot water kills yeast. One way to tell the correct temperature is to pour the water over your forearm. If you cannot feel either hot or cold, the temperature is just right.

When in doubt, always sift flour before measuring.

When baking in a glass pan, reduce the oven temperature by 25°F.

When baking bread, you get a finer texture if you use milk. Water makes a coarser bread.

If your biscuits are dry, it could be from too much handling, or the oven temperature may not have been hot enough.

Nut breads are better if stored 24 hours before serving.

To make bread crumbs, toast the heels of bread and chop in a blender or food processor.

For a quick, low-fat crunchy topping for muffins, sprinkle the tops with Grape-Nuts cereal before baking.

Egg whites need to be at room temperature for greater volume when whipped. Remember this when making meringue.

When preparing several batches of pie dough, roll dough out between sheets of plastic wrap. Stack the discs in a pizza box, and keep the box in the freezer. Pull out the required crusts as needed.

Place your pie plate on a cake stand when placing the pie dough in it and fluting the edges. The cake stand will make it easier to turn the pie plate, and you won't have to stoop over:

Many kitchen utensils can be used to make decorative pie edges. For a scalloped edge, use a spoon. Crosshatched and herringbone patterns are achieved with a fork. For a sharply pointed effect, use a can opener to cut out points around the rim.

When cutting butter into flour for pastry dough, the process is easier if you cut the butter into small pieces before adding it to the flour.

To keep the cake plate clean while frosting, slide 6-inch strips of waxed paper under each side of the cake. Once the cake is frosted and the frosting is set, pull the strips away leaving a clean plate.

When decorating a cake with chocolate, you can make a quick decorating tube. Put chocolate in a heat-safe zipper-lock plastic bag.Immerse in simmering water until the chocolate is melted. Snip off the tip of one corner, and squeeze the chocolate out of the bag.

Professionally decorated cakes have a silky, molten look. To get that appearance, frost your cake as usual, then use a hair dryer to blow-dry the surface until the frosting slightly melts.

To ensure that you have equal amounts of batter in each pan when making a layered cake, use a kitchen scale to measure the weight.

Dust a bread pan or work surface with flour by filling an empty glass salt shaker with flour.

Push animal shaped cookie cutters lightly into icing on cakes or cupcakes. Fill depressed outlines with chocolate icing or decorating confections.

Fill flat bottomed ice cream cones half full with cake batter and bake. Top with icing and decorating confections.

To make cookie crumbs for your recipes, put cookies into a plastic bag and run a rolling pin back and forth until they are the right size.

To decorate cookies with chocolate, place cookies on a rack over waxed paper. Dip the tines of a fork with chocolate, and wave the fork gently back and forth making wavy lines.

A gadget that works well for decorating sugar cookies is an empty plastic thread spool. Simply press the spool into the dough,imprinting a pretty flower design.

Some holiday cookies require an indent on top to fill with jam or chocolate. Use the rounded end of a honey dipper to make the indent.

Tin coffee cans make excellent freezer containers for cookies.

If you only have one cookie sheet on hand, line it with parchment paper. While one batch is baking, load a second sheet of parchment paper to have another batch ready to bake. Cleaning is also easier.

When a recipe calls for packed brown sugar, fill the correct size measuring cup with the sugar, and then use the next smaller size cup to pack the brown sugar into its cup.



Helpful Hints

Liquid Refreshments—

You won't need sugar with your tea if you drink jasmine tea or any of the lighter-bodied varieties, like Formosa Oolong, which have their own natural sweetness. They are fine for sugarless iced tea, too.

Calorie-free club soda adds sparkle to iced fruit juices, makes them go further and reduces calories per portion.

For tea flavoring, dissolve old-fashioned lemon drops or hard mint candy in your tea. They melt quickly and keep the tea brisk!

Make your own spiced tea or cider. Place orange peels, whole cloves, and cinnamon sticks in a 6-inch square piece of cheesecloth. Gather the corners and tie with a string. Steep in hot cider or tea for 10 minutes or longer if you want a stronger flavor.

Always chill juices or sodas before adding to beverage recipes.

To cool your punch, float an ice ring made from the punch rather than using ice cubes. Not only is this more decorative, but it also inhibits melting and diluting.

Place fresh or dried mint in the bottom of a cup of hot chocolate for a cool and refreshing taste.

One lemon yields about 1/4 cup juice. One orange yields about 1/3 cup juice. This is helpful in making fresh orange juice or lemonade!

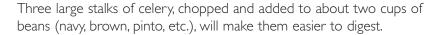
Never boil coffee; it brings out the acid and causes a bitter taste. Store ground coffee in the refrigerator or freezer to keep it fresh.

Always use COLD water for electric drip coffee makers. Use 1 to 2tablespoons ground coffee for each cup of water.

Vegetables—

To save money, pour all leftover vegetables and water in which they are cooked into a freezer container. When full, add tomato juice and seasoning to create a "free" soup.

Instant potatoes are a good stew thickener.



When cooking vegetables that grow above ground, the rule of thumb is to boil them without a cover.

A lump of sugar added to water when cooking greens helps vegetables retain their fresh color.

Never soak vegetables after slicing; they will lose much of their nutritional value.

Fresh vegetables require little seasoning or cooking. If the vegetable is old, dress it up with sauces or seasoning.

To cut down on odors when cooking cabbage, cauliflower, etc., add a little vinegar to the cooking water.

To avoid tears when cutting onions, try cutting them under cold running water or briefly placing them in the freezer before cutting.

Perk up soggy lettuce by soaking it in a mixture of lemon juice and cold water.

Keep bean sprouts and jicama fresh and crisp up to five days by submerging them in a container of water, then refrigerating them.

For an easy no-mess side dish, grill vegetables along with your meat.

To dress up buttered, cooked vegetables, sprinkle them with toasted sesame seeds, toasted chopped nuts, canned french-fried onions, or slightly crushed seasoned croutons.

A little vinegar or lemon juice added to potatoes before draining will make them extra white when mashed.

To quickly bake potatoes, place them in boiling water for 10 to 15minutes. Pierce their skins with a fork and bake in a preheated oven.

To keep cauliflower white while cooking, add a little milk to the water.

When boiling corn, add sugar to the water instead of salt. Salt will toughen the corn.

To ripen tomatoes, put them in a brown paper bag in a



dark pantry, and they will ripen.

To keep celery crisp, stand it upright in a pitcher of cold, salted water and refrigerate.

When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage. It will absorb the odor.

Potatoes soaked in salt water for 20minutes before baking will bake more rapidly.

Let raw potatoes stand in cold water for at least a half-hour before frying in order to improve the crispness of French-fried potatoes. Dry potatoes thoroughly before adding to oil.

Use greased muffin tins as molds when baking stuffed green peppers.

A few drops of lemon juice in the water will whiten boiled potatoes.

Buy mushrooms before they "open." When stems and caps are attached firmly, mushrooms are truly fresh.

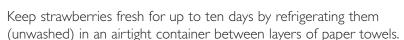
Do not use metal bowls when mixing salads. Use wood, glass or china.

Lettuce keeps better if you store it in the refrigerator without washing it. Keep the leaves dry. Wash lettuce the day you are going to use it.

Do not use soda to keep vegetables green. It destroys Vitamin C.

Fruits-

Your fruit salads will look perfect when you use an egg slicer to make perfect slices of strawberries, kiwis, or bananas.



When grating citrus peel, bits of peel are often stuck in the holes of the grater. Rather than waste the peel, you can easily brush it off by using a clean toothbrush.

To core a pear, slice the pear in half lengthwise. Use a melon bailer to cut out the central core, using a circular motion. Draw the melon bailer to the top of the pear, removing the interior stem as you go.

Dipping strawberries in chocolate? Stick toothpicks into the stem end of the berry. Coat the berries with chocolate, shaking off any excess. Turn the berries upside down and stick the toothpick into a block of Styrofoam until the chocolate is set. The finished berries will have chocolate with no flat spots. Another easy solution is to place dipped berries dipped-side up in the holes of an egg carton.

Cut-up dried fruit sometimes sticks to the blade of your knife. To prevent this problem, coat the blade of your knife with a thin film of vegetable spray before cutting.

Eggs & Cheese-

Egg shells can be easily removed from hard-boiled eggs if they are quickly rinsed in cold water after they are boiled. Also, add a drop of food coloring to help tell the cooked eggs apart from the raw ones in your refrigerator.

Don't freeze cooked egg whites; they become tough.

Cracked eggs should not be used because they may contain bacteria.

The freshness of eggs can be tested by placing them in a large bowl of cold water. If they float, do not use them.

Soufflé dishes are designed with straight sides to help your soufflé climb to magnificent heights. Ramekins are good for serving individual casseroles.

Cheeses should be served at room temperature, approximately 70°F.

To prevent cheese from sticking to a grater, spray the grater with cooking spray before grating.

Meats—

Use little oil when preparing sauces and marinades for red meats. Fat from the meat will render out during cooking and will provide plenty of flavor. Certain meats, like ribs, pot roast, sausage, and others, can be parboiled before grilling to reduce the fat content.

When shopping for red meats, buy the leanest cuts you can find. Fat will show up as an opaque white coating or can also run through the meat fibers, as marbling.

Although most of the fat (the white coating)can be trimmed away, there isn't much that can be done about the marbling. Stay away from well-marbled cuts of meat.

No time for marinating meat? Pound meat lightly with a mallet or rolling pin, pierce with a fork, sprinkle lightly with meat tenderizer, and add marinade. Refrigerate for about 20minutes, and you'll have succulent, tender meat.

Marinating is a cinch if you use a plastic bag. The meat stays in the marinade and it's easy to turn and rearrange. Cleanup is easy; just toss the bag.

It's easier to thinly slice meat if it's partially frozen.

Tomatoes added to roasts will help to naturally tenderize them. Tomatoes contain an acid that works well to break down meats.

Whenever possible, cut meats across the grain; they will be easier to eat and have a better appearance.

When frying meat, sprinkle paprika over it to turn it golden brown.

Thaw all meats in the refrigerator for maximum safety.

To slice meat into thin strips, as for stir-fry dishes, partially freeze it so it will slice more easily.

A roast with the bone in will cook faster than a boneless roast. The bone carries the heat to the inside more quickly.

When making a roast, place dry onion soup mix in the bottom of your roaster pan. After removing the roast, add I can of mushroom soup and you will have a good brown gravy.

For a juicier hamburger, add cold water to the beef before grilling (1/2 cup to 1 pound of meat).

To freeze meatballs, place them on a cookie sheet until frozen. Place in plastic bags. They will stay separated so that you may remove as many as you want.

To prevent getting your hands messing when mixing meat loaf, put ingredients into a large resealable plastic bag. Close the bag, then "knead" everything together until well mixed.

Poultry-

Refrigerate poultry promptly after purchasing. Keep it in the coldest section of your refrigerator for up to two days. Freeze poultry for longer storage.



Never leave poultry at room temperature for more than two hours.

Use shortening, not margarine or oil, to grease pans, as margarine and oil absorb more readily into the dough or batter (especially bread).

If you're microwaving skinned chicken, cover the baking dish with vented clear plastic wrap to keep the chicken moist.

After stewing a chicken, cool in broth before cutting into chunks; it will have twice the flavor.

Fish-

Lemon juice rubbed on fish before cooking will enhance the flavor and help maintain a good color.

Scaling a fish is easier if vinegar is rubbed on the scales first.

Sauté works with any type of skinless fish fillet. First season the fish as desired and add I-2 tablespoons of olive oil to a skillet. Cook the fish over medium-high heat for 2-3 minutes per side per 3/4 inch of thickness. The thicker the fish, the longer the cooking time.

To bake fish grease a baking sheet and arrange with seasoned fish fillets. Bake about 7-10 minutes per 1 inch of thickness. It's not necessary to flip the fish.

Pasta & Rice-

A few drops of lemon juice added to simmering rice will keep the grains separated.

An easy way to stuff manicotti noodles would be to put the cheese mixture in a heavy-duty resealable plastic food bag. Seal the bag and then cut off one corner, making the cut about the same size as the manicotti opening. Then gently squeeze the bag to fill the paste with the mixture.

Store dried pasta, rice (except brown rice), and whole grains in tightly covered containers in a cool, dry place.



Always refrigerate brown rice, and refrigerate or freeze grains if they will not be used within five months.

Frozen-

When preparing a casserole, make an additional batch to freeze. It makes a great emergency meal when unexpected guests arrive. Just take the casserole from the freezer and bake it in the oven.

Never over cook foods that are to be frozen. Foods will finish cooking when reheated, Don't refreeze cooked thawed foods.

When freezing foods, label each container with its contents and the date it was put into the freezer. Store at 0°F. Always use frozen cooked foods within one to two months.

Clove,garlic, and pepper flavors get stronger when they are frozen, while sage, onion, and salt get milder.

Household-

To refinish antiques or revitalize wood, use equal parts of linseed oil, white vinegar, and turpentine. Rub into the furniture or wood with a soft cloth and lots of elbow grease.

To stop the ants in your pantry, seal off cracks where they are entering with putty or petroleum jelly. Also, try sprinkling red pepper on floors and counter tops.

To fix sticking sliding doors, windows, and drawers, rub wax along their tracks.

To make a simple polish for copper bottom cookware, mix equal parts of flour and salt with vinegar to create a paste. Store the paste in the refrigerator.

Applying baking soda on a damp sponge will remove starch deposits from an iron. Make sure the iron is cold and unplugged.

Remove stale odors in the wash by adding baking soda.

To clean Teflon TM, combine I cup water, 2 tablespoons baking soda and I/2 cup liquid bleach. Boil in stained pan for 5 to 10 minutes or until the stain disappears. Wash, rinse, dry, and condition with oil before using the pan again.

Corning Ware can be cleaned by filling it with water and dropping in two denture cleaning tablets. Let stand for 30 to 45 minutes.

A little instant coffee will work wonders on your wood furniture. Just make a thick paste from instant coffee and a little water, and rub it into the nicks and scratches on your dark wood furniture. You'll be amazed at how new and beautiful those pieces will look.

For a clogged shower head, boil it for 15 minutes in a mixture of 1/2 cup vinegar and 1 quart water.

For a spicy aroma, toss dried orange or lemon rinds into the fireplace.

Add raw rice to the salt shaker to keep the salt free-flowing.

Ice cubes will help sharpen garbage disposal blades.

Separate stuck-together glasses by filling the inside one with cold water and setting them in hot water.

Miscellaneous-

Do not despair if you over salt gravy. Stir in some instant mashed potatoes to repair the damage. Just add a little more liquid in order to offset the thickening.

Seeds and nuts, both shelled and unshelled, keep best and longest when stored in the freezer. Unshelled nuts crack more easily when frozen. Nuts and seeds can be used directly from the freezer.

Fresh lemon juice will remove onion scent from hands.

To keep hot oil from splattering, sprinkle a little salt or flour in the pan before frying.

Vinegar can remove spots caused by tomatoes. Soak the spot with vinegar and wash as usual.

One of the handiest tool in the kitchen is shears. In a flash, you can snip parsley, chives, cilantro, etc.

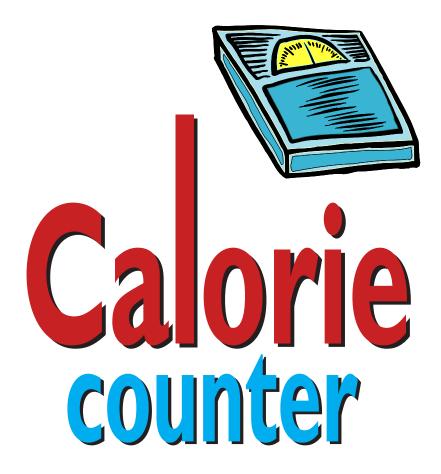
Use chicken skin and bones to make your own stock. Freeze in an ice cube tray and then save the cubes in freezer bags for use when needed in soups and sauces.



Substitutions—

Ingredient	Quantity	Substitute
baking powder	I teaspoon	1/4 tsp. baking soda plus 1/2 tsp. cream of tartar
catsup or chili sauce	I cup	I cup tomato sauce plus I/2 cup sugar and 2 tbsp. vinegar
chocolate	I square (I oz.)	3 or 4 tbsp. cocoa + 1 tbsp. butter
cornstarch	I tablespoon	2 tbsp. flour or 2 tsp. quick cooking tapioca
cracker crumbs	3/4 cup	I cup bread crumbs
dates	l lb	I-I/2 cup dates, pitted and cut
dry mustard	I teaspoon	I tbsp. prepared mustard
flour, self rising	l cup	I cup all purpose flour, I/2 tsp. salt, and I tsp. baking powder
herbs, fresh	I tablespoon	I tsp. dried herbs
milk, sour	l cup	I tbsp. lemon juice or vinegar plus sweet milk to make I cup (let stand 5 minutes)
milk, whole	l cup	1/2 cup evaporated milk plus 1/2 cup water
mini marshmallows	10	I large marshmallow
onion, fresh	I small	I tbsp. instant minced onion, rehydrated
sugar, brown	I/2 cup	2 tbsp. molasses in I/2 cup granulated sugar
sugar, powdered	I cup	l cup granulated sugar plus l tsp. cornstarch
tomato juice	I cup	1/2 cup tomato sauce plus 1/2 cup water

When substituting cocoa for chocolate in cakes, the amount of flour must be reduced. Brown and white sugars can usually be interchanged.



Calorie Counter

Cereals
cornflakes, I c 105
cream of wheat, I c
oatmeal, I c
rice flakes, I c
shredded wheat, I biscuit 100
sugar krisps, 3/4 c
graham, I cracker 15-30 rye crisp, I cracker 35 saltine, I cracker 17-20 wheat thins, I cracker
Dairy Products
butter or margarine, IT 100 cheese American, I oz 100 camembert, I oz 85 cheddar, I oz 115
cottage cheese, I oz

Eggs	Meat and Poultry
fried, I lg	beef ground (lean), 3 oz
salmon, broiled or baked, 3 oz 155	chicken, broiled, 3 oz
sardines, canned in oil, 3 oz . 170	lamb chop (lean), 3 oz . 175-200
trout, fried, 3-1/2 oz 220	turkey
tuna in oil, 3 oz	dark meat, 3 oz
Fruits	cutlet, 3 oz
apple, I med 80-100	roast, 3 oz
applesauce sweetened, 1/2 c 90-115 unsweetened, 1/2 c 50 banana, I med 85 blueberries, I/2 c 45 cantaloupe, I/2 c 24 cherries (pitted), raw, I/2 c 40 grapefruit, I/2 med 55 grapes, I/2 c 35-55 honeydew, I/2 c 55 mango, I med 90 orange, I med	Nuts almonds, 2T 105 cashews, 2T 100 peanuts, 2T 105 peanut butter, IT 95 pecans, 2T 95 pistachios, 2T 92 walnuts, 2T 60 Pasta macaroni, cooked, 3/4 c 115 spaghetti, cooked, 3/4 c 115
pear, I med 60-100 pineapple	Salad Dressings
fresh, I/2 c	blue cheese, I T
plum, I med30	Italian, I T
strawberries fresh, I/2 c	mayonnaise, I T 100 olive oil, I T 124
tangerine, I lg	Russian, I T70

Soups

bean, I c
beef noodle, I c70
bouillon and consomme, I c . 30
chicken noodle, I c 65
chicken with rice, I c50
minestrone, I c 80-150
split pea, c
tomato with milk, I c 170
vegetable, I c30

Vegetables

asparagus, I c35	5
broccoli, cooked, 1/2 c 25	5
cabbage, cooked, 1/2 c15-20)
carrots, cooked, 1/2 c 25-30)
cauliflower, 1/2 c 10-15	5
corn (kernels), 1/2 c70)
green beans, I c30)
lettuce, shredded, 1/2 c5	5
mushrooms, canned, 1/2 c 20)
onions, cooked, 1/2 c 30)
peas, cooked, 1/2 c 60)
potato baked, I med)
spinach, I c40)
tomato	

raw, I med25 cooked, I/2 c ...30

Fat Fighter—

Knowing how much fat is in the food you eat is the first step to reducing fat. On food packages look to the Nutrition Labeling for the TOTAL FAT per portion. When preparing food at home keep track of the amount of fat added in the form of cream, butter, margarine and oil.

It is important to cut down on the fat you eat, but you should not cut it all out! Healthy eating is full of fibre and the calories come mainly from carbohydrates (fruits, vegetables, whole grain breads, cereals, pasta and grains) rather than from fat.

Fat & Cholesterol—

The biggest culprit in raising blood cholesterol is consuming excess fat, especially saturated fats.

Monounsaturated and polyunsaturated fats help to lower blood cholesterol. These fats are liquid at room temperature and include canola, corn, cottonseed, olive, sunflower, safflower, soybean, and sesame. Walnuts, other nuts and some soft tub margarines are also good sources of these fats.

Try stir frying or simply bake or broil instead. Remember, no matter what oil you use, a tablespoon is 100% fat and it contains 100 calories.



Cheeses of British Columbia

Cheeses have been part of the human diet for millennia. They play an important role in a healthy diet, both for nutritional value and personal enjoyment. Consumed alone or in recipes, cheese provides unparalleled taste, texture, versatility and variety.

Preparation Tips—

- For best results, always cut cheese while it is cold.
- To add a touch of elegance to your presentation, cut round or square cheeses in wedges from the centre, cylindrical and rectangular cheeses in thin slices, and small cheeses in pieces.
- If you prepare a plate or a cheese board beforehand, make sure to cover it with a damp cloth to keep the cheese moist and to prevent the flavors from blending together.
- Before the tasting, it is always recommended to bring the cheeses to room temperature by taking them out of the refrigerator 45 minutes to an hour in advance.
- Make sure that the cheeses do not touch each other so as not to mix their flavors. For the same reason, be sure to provide a different knife for each cheese.
- After you've thoroughly enjoyed your new tasty discoveries, don't forget to wrap your cheeses separately to protect their aromas and flavors. Wrap them tightly in plastic wrap or in aluminum foil or waxed paper and they should keep for a long time.

Fresh Cheese—

Fresh cheeses include **Baker's**, **Cream Cheese**, **Quark**, **Cottage**, **Neufchâtel**, and **Ricotta**

At the beginning of the cheese making process, all cheeses are considered fresh cheeses, as they are neither fermented nor ripened. We often refer to this as

the "infant" stage, because they haven't aged yet.

Canadian fresh cheeses are made with whey (lactoserum) extracted from whole or skim milk, and are often enriched with cream. Once the whey has finished the curdling process (achieved by the addition of rennet), the draining process begins, which allows a firmer consistency while preserving a very high level of moisture, from 60 to 80%, and a reduced level of butterfat, between 0.5 and 30%.

Fresh cheese is rindless and of a bright white color. Its texture is soft, granular or smooth, and creamy and velvety, according to the cheese. Aroma is light fragrance of fresh milk. The taste is milky and a slightly acidulous creamy, very refreshing. Attributes are easy to spread, they mix well with other ingredients, and they can be used with good results in cooked or uncooked dishes, in desserts and in pastries. Some are light. Others are flavored with herbs, garlic, spices or fruits.

Canadian fresh cheeses are typically appreciated by children, especially younger children. From breakfast to dessert, and also for snacks, they

can be enjoyed at any age.



Soft Cheese—

Soft cheeses with **bloomy rinds** include **Brie, Camembert,** and **Borgonzola**. Soft cheeses with **washed rinds** include **Empereur, Providence d'Oka, Sir Laurier d'Arthabaska,** and **Le Saint-Damase**.

Canadian soft cheeses are neither pressed nor cooked during manufacturing. Most are surface-ripened, which means the ripening process begins on the surface of the cheese and progresses toward the centre. In this category, only Feta is interior-ripened, with the ripening process beginning at the centre and progressing toward the surface in a solution of salt water called brine.

Apart from Feta, which has no rind, soft cheeses are made according to a process requiring dexterity, patience and know-how in order to create quality cheeses with bloomy rinds and soft cheeses with washedrinds recognized for their high quality and originality. For example, Saint-Damase is the first soft cheese with mixed rind made in Canada. Its rind is both bloomy and washed. The moisture level of soft cheeses varies between 50 and 60% and

their butterfat level varies between 20 and 26%.

Canadian soft cheeses are often enjoyed at the end of a meal with crusty bread, a few grapes or with a glass of red wine. They also are favorites at "Wine and Cheese" tastings. But, these cheeses also delight numerous gourmets and cheese lovers who eat slices in sandwiches, add them to hot soups or incorporate them into everyday dishes.

To fully appreciate all the qualities of these cheeses, remember to take them out of the refrigerator about 45 minutes to an hour before eating them. They will then be at their best!

Semi-Soft Cheese-

The semi-soft category of Canadian cheeses offers the largest variety of cheeses and tastes, ranging from very mild to sharp. It is divided into three subcategories, which have been established according to the processing and ripening procedure.



- Semi-soft unripened cheeses (pasta filata) include Bocconcini, Fior di Latte, Scarmorza, Caciotta, Mozzarella, and Trecce.
- Semi-soft interior-ripened cheeses include Bénédictin, Gruyère, Monterey Jack, Buttiri, Havarti, Munster, Casata, Mont Saint-Benoît, Saint-Paulin, and Ermite.
- Semi-soft surface-ripened cheeses (washed rinds) include Cantonnier, Le Migneron de Charlevoix, St-Pierre de Saurel, Le Cendré, Mamirolle, Tomme, Le Clos St-Ambroise, Noyan, Trappist, Le Douanier, Oka, and Vacherin.

All these cheeses contain a firmer and more compact texture. Their butterfat content varies between 10 and 30%, and their moisture level between 40 and 60%.

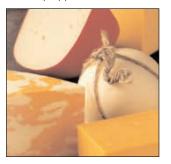
On pizza, in lasagna, in pasta dishes, in quiches or in sandwiches,

Canadian semi-soft cheeses are indispensable in the kitchen.

They give taste to soups, they garnish salads and add con-

siderable nutritional value to any meal. And they're wonderful in fondues to warm those cold winter evenings!

For the simple pleasure of appreciating their aromas and tastes, semisoft cheeses are great additions to a tray, either for a tasting or to end a good meal. Their variety is so vast that one of them is sure to please any type of cheese lover, from the timid to the most expert.



Firm Cheese-

Firm cheeses include Brick, Emmental, Marble, Caciocavallo, Extra Aged Gouda-Grizzly, Miranda, Canadian Swiss, Farmers, Pastorella, Cheddar, Friulano, Provolone, Colby, Gouda, Raclette, and Curds.

This category of Canadian cheese is the most important in terms of variety. It also boasts the best-known varieties, notably Cheddar. Once the curdling process is complete, the curd is drained and subjected to high pressure to remove the maximum amount of whey (lactoserum).

This process produces a firm cheese. These multi-purpose cheeses are then interior-ripened, which means that the process starts at the centre and progresses to the surface.

The ripening period, which varies according to cheese, sees the forming of "eyes" in some cheeses (like Emmental and Swiss). These elegant holes, so fascinating to children, are due to the release of gases which dilate the cheese body before it becomes truly firm.

Firm cheeses have a butterfat content varying from 20 to 31% and a moisture level varying from 35 to 52%.

Canadian firm cheeses offer a great flexibility of use. They keep very well. They are delicious by themselves and can also be used in a thousand different ways in the kitchen. Pastas, cooked dishes, quiches, omelets, gratins, sandwiches and salads couldn't survive by without them! At any meal, these cheeses add taste and nutritional value.

At a tasting or simply at the end of a meal, accompanied by fruit and nuts or with varied breads, they're able to please young and old alike.

Hard Cheese-

Hard cheeses include **Parmesan**.

Canadian hard cheeses are firm cheeses that have been aged for months, and sometimes years, so as to lose of up to 70% of their moisture. Although mostly appreciated when grated, in au gratin dishes, sauces, or salad dressings, they can also be nibbled at with a



few grapes or black olives. Complex and robust, these mouth-watering cheeses immediately evoke tasty and aromatic Mediterranean dishes. It is the quality of their sharp taste that defines hard cheeses. To achieve this, they are pressed, cooked and interior-ripened for a long period.

Hard cheeses, such as Parmesan have a moisture level of 35% and a butterfat level from 10 to 25%.

Calcium and protein levels increase accordingly and make these cheeses excellent additions to a healthy and well-balanced diet.

Pasta dishes seem bland without Parmesan! Canadian hard cheeses add that little something that never goes unnoticed and heightens the taste of vegetables, omelets, gratins, quiches, pizza and soups. Combined with Cheddar, Mozzarella or Emmental, they add a sharp

bite that will make your favorite dishes a suc-

cess.

Light Cheese—

By definition, the term "light", "light-style" or "lite-style" can only be applied to cheese that have a 25% or more reduction in milk fat content compared to their "regular" counterparts.



Increasingly concerned about nutrition, Canadians are demanding lower-fat products, including cheese. The range of these light (or lite) varieties of Canadian cheeses is growing - but there is a drawback. Light cheeses are simply not as flavorful and as satisfying as the cheeses they're meant to replace. This is because butterfat

plays a major role in a cheese's texture, and because it

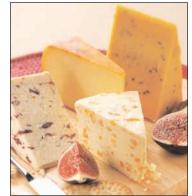
contains the components that make up that cheese's unique flavor.

Canadian cheese producers are working on more and more flavorful light cheeses. For those who would not otherwise eat cheese low-fat varieties are an excellent option.

In most cases, you can simply substitute "light" Canadian cheeses for their regular counterparts.

Wines & Cheeses—Taste & Harmony

- Fresh Cheeses. On biscuits. they make delicious little snacks to accompany sparkling wines and Champagne. They can also be enjoyed with most white and some red wines.
- Soft Cheeses. With a young Brie or Camembert, serve light fruity wines, such as a Gewürztraminer, a Riesling or a Bordeaux.



If the cheeses are more mature serve drier red or white wines. such as a Châteauneuf-du-Pape, a Cabernet Sauvignon or a Gamay.

• Semi-Soft Cheeses. Gruyère, Havarti and Monterey Jack go well with dry and light white, rosé or red wines, such as Alsace, Orvieto, Entre-Deux-Mers, white Sauvignon, Chablis, Moselle wines or Beaujolais.

With semi-firm cheeses offering stronger flavors, like Cantonnier, Noyan or Oka, serve full-bodied wines such as a Chianti or a Burgundy.

• Firm Cheeses, With mild or medium Cheddar, Emmental. Gouda, Friulano, or Provolone, choose dry rosé wines or fruity red wines.

With flavored cheeses (sharp Cheddar, Miranda, Aged Provolone), serve full-bodied reds, like Bordeaux, Médoc, Côtes-du-Rhône, Zinfandel, Rioja, Chianti or Saint-Émilion wines.

There's also a growing tendency among wine and cheese lovers and gourmets to enjoy these cheeses with an old Burgundy, Port or Sherry wines.

Blue cheeses, such as Ermite or Blue Bénédictin, are marvellous with Port, Ice wines, Ice ciders or dessert wines such as a Sauternes.

 Hard Cheeses. A Canadian Parmesan is a pure delight with very dry whites, such as Alsace, Tokay and Pinot Gris wines. It is also delicious with a sherry. Ample and full-bodied reds can also be served.

Dairy Fat

- Exaggerations about the benefits and harmfulness of certain foods abound, but perhaps none so provocative as those surrounding milk and milk products. The indictments against milk range from the impact of cattle on earth's ecological balance to the notion that it is the underlying cause of virtually every disease known to mankind.
- One accusation levelled at dairy products is that they account for too much of the fat we eat. Nothing could be further from the truth. Milk, cheese and yogurt account for less than 18% of the total fat in the Canadian diet. Moreover, milk packs a nutritional wallop to which no other single food can lay claim.
- An American study that evaluated the impact of dairy foods on nutrient intakes in the U.S. showed that total dairy and milk intakes were the same for those who restricted their fat intake and those who did not.

Moreover, cholesterol intake was consistently lower among those in the higher quartiles of dairy intake. I Saturated fat intake was slightly higher. I

It is worth noting that "other foods" (e.g., nutrient-poor, high-calorie soft drinks, sweets, desserts, alcoholic beverages, etc.) contribute one quarter2 to one third of the calories and fat calories3 in the average North American diet.



Wines of British Columbia

By Julianna Hayes from the 2006 Wine Tour Handbook to British Columbia

There are few who can deny the rugged, natural beauty of Canada's most westerly province.

Jagged peaks and snowcapped mountains, glacier lakes and hot springs, dense forests, and uninhabited terrain rich in native tradition all signify what has become Beautiful British Columbia. But until very recently, few people associated the province with wine,



Okanagan Valley

an unfortunate oversight and a great loss for those outside the loop.

B.C. wine country may only be now coming into its own, but there is a tradition that dates back 140 years. **Father Charles Pandosy** is credited with setting up the first vineyards at the **Obelate Mission** near Kelowna back in the 1860s. The purpose was to make sacramental wines for his parish.

It wasn't until 1926 when the first commercial vineyards were planted and a winery began offering products for sale to the general public. It was not a stellar beginning. B.C.'s early foray into the industry was synonymous with jug wines. To serious wine consumers, the products were a joke. No one believed that B.C. could ever evolve into a credible wine region. But it did.

The turning point came in the latter part of the 20th century. Prior to the late I 980s, the British Columbian wine industry was well protected. Producers relied on the domestic market for 99 per cent of their sales. But when free trade was announced, winery operators were faced with the options of radical change or being replaced by imports. They chose to change.

The vineyards were once planted mostly in French hybrid varieties, which were hardy but tended to produce wines of little dimension. In order to compete with the anticipated flood of imports, local vintners gambled with Mother Nature and began replacing these less desirable vines with highly-regarded vinifera grapes. Prior to the introduction of Free Trade there were just 14 wineries operat-

ing in the province with approximately 3,400 acres of mostly hybrid grapes. Growers pulled out about 2/3 of the vines, leaving barely 1,000 acres in the ground.

That move, while drastic, was the catalyst for remarkable growth. There are now 116 wineries producing grape and fruit wines, ciders and other wine-type products. Another 28 licenses are pending. And vineyards have multiplied to almost 6 ODO acres. The most commonly planted variety today is Merlot.

The BC Region-

The Okanagan/Similkameen Valley is B.C.'s largest and oldest wine appellation and has experienced unprecedented growth over the last two decades, in the past five years alone it has nearly doubled in size as consumers begin to take notice of this astonishing resource.

The Okanagan is an ecological wonder. It stretches more than 100



East Kelowna

kilometers and is fairly arid, receiving less than 30 mm of precipitation annually. One of the predominate features is Okanagan Lake, which fills most of the valley floor and offers welcome respite from the blistering summer heat. The expanse of shimmering blue water and abundant beaches along the lake has helped to transform the valley into Canada's summer playground.

An additional attraction is the vast array of wildlife species that cohabit, including grizzly bears, big horn sheep, cougars, burrowing owls and even rattlesnakes. The Okanagan is also home to Canada's only desert, an extension of the Sonoran, which stretches up from Mexico.

This divergent terrain has created unique microclimates and soil types in the various pockets of the valley. For that reason, you will find a profound diversity in the varieties of grapes and styles of wines produced here. For example, in the south part of the valley - an area often referred to as the **Golden Mile** - one will find increasing numbers of plots containing highly prized Bordeaux varieties such as Cabernet Sauvignon, Merlot and Cabernet Franc. These plots are yielding stylish, lush and full-bodied red wines, previously thought to be impossible to produce here.

Mother Nature also blesses the Okanagan with the ideal climate to produce highly prized icewines.

The combination of natural splendor, first-class hospitality, and fine wines make the Okanagan a superb choice for a memorable wine adventure.



The coastal region, which includes wineries on Vancouver Island and the gulf islands, is far more humid, but like the Okanagan, is blessed with microclimates that favor winegrowing. Cowichan Bay enjoys rather dry summer months with just over 52 days of sunshine annually. While it does rain more than in the South Okanagan, Cowichan and the other grape-growing coastal pockets are blessed with a longer growing season and a lower risk of frost in the spring and fall.

These areas are more suitable for growing aromatic whites and lighter-style reds, although many of the producers on the islands purchase fruit from the Okanagan to make fuller bodied wines.

What the region lacks in heat, it more than makes up for in charm and beauty. Vancouver and the gulf islands wineries typically are quaint, family-run cottage wineries each with its own signature and style. Agritourism is very strong in this area with roadside and farmgate

produce at the ready.

Growing conditions are similar in B.C.'s third primary wine producing region, the Fraser Valley, which has a growing collection of wineries in an area rich in agricultural roots. Its proximity to Vancouver makes this region accessible and provides excellent opportunities for day trips.



Fraser Valley

Like the wineries on the islands, Fraser Valley producers focus mainly on growing whites and lighter reds, which picking up fruit from the Okanagan, compete with the anticipated flood of imports, local vintners gambled with Mother Nature and began replacing these less desirable vines with highly-regarded vinifera grapes.

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Okanagan Wines-

Adora Estate Winery

6807 Hwy 97 Summerland, BC Wed-Sun, IO am-6 pm Ph: 250.404.4200

Arrowleaf Cellars

1574 Camp Road Lake Country, BC May-Nov 10:30 am-5:30 pm www.arrowleafcellars.com Ph: 250.766.2992

Black Hills Estate Winery

30880 Black Sage Road Oliver, BC 12 pm-5 pm www.blackhillswinery.com Ph: 250.498.0666

Blasted Church Vineyards

378 Parson Rd, Okanagan Falls, BC May-Oct. 10 am – 5 pm www.blastedchurch.com Ph: 250.497.1125

Blossom Winery

5491 Minoru Blvd Richmond, BC Mon-Sat 10 am-6 pm www.blossomwinery.com Ph: 604.232.9839

Burrowing Owl Vineyards

100 Burrowing Owl Pl. South Okanagan Valley Apr-Oct, 9 am-6 pm Dining Room & Guesthouse www.burrowingowlwine.ca

www.burrowingowlwine.ca Ph: 250.498.0620

Calona Vineyards

I 125 Richter Street Kelowna, BC June-Dec, 9 AM – 6 PM Jan-May, 9 am-4 pm www.calonavineyards.ca Ph: 250.762.9144

Carriage House Wines

32764 Black Sage Road Oliver, BC Apr-Oct, 10 am-6pm www.carriagehousewines.ca Ph: 250.498.8818

Cedar Creek Estate Winery

5445 Lakeshore Road Kelowna, BC May-Oct, 10 am-6 pm Dining Room www.cedarcreek.bc.ca Ph: 250.764.8866

Crowsnest Vineyards

Surprise Drive, Cawston, BC May-Oct, 10 am-6 pm Dining Room www.crowsnestvineyards.com Ph: 250.499.2149

D'Angelo Estate Winery

979 Lochore Road Penticion, BC 10 am-6 pm www.dangelowinery.com Ph: 250.493.1364

Desert Hills Estate Winery

30480-71 Street Oliver, BC 10 am-5 pm www.deserthills.ca Ph: 250.498,1040

Dirty Laundry Vineyards

7311 Fiske Street Summerland, BC May-Oct, 10 am-5 pm www.dirtylaundry.ca Ph: 250.494.8815

Domaine Combret

32057 Rd #13 Oliver, BC May-Oct, 10 am-6 pm www.combretwine.com Ph: 250.498.6966

Elephant Island Orchard Wines

2730 Aikens Loop Naramata, BC May-Oct, 11 am-5:30 pm www.elephantislandwine.com Ph: 250.496.5522

Fairview Cellars

13147-334th Street Oliver BC Hours: 1 pm-5 pm Ph: 250.498.2211

Forbidden Fruit Winery

620 Sumac Road Cawston BC Apr-Oct, 10 am-6 pm www.forbiddenfruitwines.com Ph: 250,499,2649

Gehringer Brothers Estate Winery

Road #8 Oliver, BC Jun-Oct, 10 am-5 pm Nov-May, M-F, 10 am-5 pm Ph: 250.498.3537

Golden Beaver Winery

29690 S Hwy 97 Oliver, BC 10 am-6 pm www.goldenbeaverwienery.com Ph: 250.498.8330

Golden Mile Cellars

13140316a Ave Rd #13 Oliver, BC May-Oct, 10 am-6 pm www.goldenmilecellars.com Ph: 250.498.8330

Granite Creek Estate Wines

2302 Skimikin Road Tappen, BC Oct-June, I 2 pm-5 pm Jul-Sep, I 0 am-5 pm www.granitecreek.ca Ph: 250.835.0049

Gray Monk Estate Winery

1055 Camp Road Okanagan Centre, BC 10 am-5 m Dining Room www.graymonk.com Ph: 250.766.3168

Greata Ranch Vineyards

697 Highway 97 S Peachland, BC May-Oct, 10 am-6 pm Dining Room www.greataranch.com Ph: 250.767.2768

Hainle Vineyards / Deep Creek Wine Estate

5355 Trepanier Bench Rd Peachland, BC May-Oct, 10 am-5 pm www.hainle.com Ph: 250.767.2525

Hawthorne Mountain Vineyards

Green Lake Road Okanagan Falls, BC Mar-Dec, 9 am-5 pm Winter, Tue-Sun, 11 am-5 pm Dining Room in Summer www.hmvineyard.com Ph: 250.497.8267

Hester Creek Estate Winery

13163-326th Avenue Oliver, BC 10 am-5 pm www.hestercreek.com Ph: 250.498.4435

Hillside Estate Winery

1350 Naramata Road Penticton, BC Winter, 11 am-4 pm Summer: 10 am-6 pm Barrel Room Bistro www.hillsideestate.com Ph: 250.493.6274

House Of Rose Winery

2270 Garner Road Kelowna, BC Apr-Oct, 10 am-6 pm Nov-Mar, 10 am-5 pm www.houseofrose.ca Ph: 250.765.0802

Hunting Hawk Winery

9380 Hwy 97 (7 km N of Vernon) May-Oct, 10 am-5 pm July-Aug, 10 am-8 pm www.huntinghawkvineyards.com Ph: 250.308.6433

Inniskillin

Road #11 Oliver, BC May-Oct, 10 am-5 pm www.inniskillin.com Ph: 250.498.6663

Jackson-Triggs Vintners

38691-97th Highway 97 N. Oliver, BC www.jacksontriggswinery.com Ph: 250.498.4981

Kettle Valley Winery Ltd.

2988 Hayman Rd. Naramata, BC Apr-Oct, 11 am-5 pm Ph: 250.496.5898

La Frenz Winery

740 Naramata Road Penticton BC May-Oct, II am-5 pm www.lafrenzwinery.com Ph: 250.492.6690

Lake Breeze Vineyards

930 Sammet Road Naramata, BC Jul-Oct, 10 am-6 pm Dining Room www.lakebreezewinery.ca Ph: 250.496.5659

Lang Vineyards Ltd.

2493 Garner Road Naramata BC May-Oct, 10 am-5 pm www.langvineyards.com Ph: 250.496.5987

Larch Hills Winery

110 Timms Road Salmon Arm, BC Apr-Oct, 12 pm5 pm www.larchhillswinery.bc.ca Ph: 250.832.0155

Laughing Stock **Vineyards**

1548 Naramata Road Penticton, BC By Appointment www.laughingstock.ca Ph: 250.493.8466

Little Straw Vineyards

2815 Ourtoland Road Kelowna, BC Apr-Oct, 10 am-5:30 pm www.littlestraw.bc.ca Ph: 250.769.0404

Mission Hill Family Estate

1730 Mission Hill Road Westbank, BC Winter, 10 am-5 pm Summer, 9 am-7 pm Outside Dining www.missionhillwinery.com Ph: 250.768.6448

Mistral Estate Winery

170 Upper Bench Rd. S Penticton. BC www.mistralestatewinery.com Ph: 250.770.1733

Mt. Boucherie Estate Winery

829 Douglas Road Kelowna BC Winter, II am-5 pm Summer, 10 am-6 pm www.mtboucherie.bc.ca Phone: 250.769.8803

Nichol Vineyard

1285 Smethurst Road Naramata, BC May-Oct, II am-5 pm NovApr, by appointment www.nicholvineyard.com Ph: 250,496,5962

Nk'Mip Cellars

1400 Rancher Creek Rd Osoyoos, BC Winter, 10 am-4 pm Summer, 9 am-5 pm Dining Room www.nkmip.ca Ph: 250.495.2985

Noble Ridge Vineyard

2320 Oliver Ranch Road Okanagan Fails, BC May-Oct, II am-5 pm www.nobleridge.com Ph: 250.497.7945

Orofino Vineyards

2152 Barcelo Road Cawston, BC May-Oct, 10 am-5 pm www.orofinovineyards.com Ph: 250.499.0068

Osoyoos Larose

Osovoos, BC Not open for tasting yet

Peller Estates

1125 Richter Stleet Kelowna, BC Jan-May, 9 am-5 pm June-Dec, 9 am-6 pm www.peller.com Ph: 250.762.9144

Poplar Grove

1060 Poplar Grove Road Penticton, BC May-Oct, II am-5 m www.poplargrove.ca Ph: 250.492.4575

Quails Gate Estate Winery

3303 Boucherie Road Kelowna, BC May-Oct. 9 am-6 pm Nov-Apr. 10 am-5 pm Old Vines Patio & Restaurant www.quailsgate.com Ph: 250.769.445 I

Raven Ridge Cidery Co., Ltd

3002 Dunster Road. Fast Kelowna, BC. www.k-l-o.com/raven/index.shtml Ph: 250.763.1091

Recline Ridge Winery

2640 Skimikin Road Tappen, BC Apr-Oct, 12 pm-5 pm www.recline-ridge.bc.ca Ph: 250.835.2212

Red Rooster Winery

891 Naramata Road Penticton, BC. May-Oct, 10 am-6 pm www.redroosterwinery.com Ph: 250.492.2424

Rollingdale Winery, Inc.

2306 Hayman Road Kelowna, BC May-Oct, 10 am-6 pm www.rollingdale.ca Ph: 250.258.3253

Sandhill

1125 Richter Street Kelowna, BC lan-May, 9 am-4 pm lune-Dec. 9 am-6 pm www.sandhillwines.ca Ph: 250.762.9144

Silver Sage Winery

32032-87 Street, Road #9 Oliver: BC May-Oct, 9 am-6 pm Nov-Apr. 10 am-5 pm www.silversagewinery.com Ph: 250,498,0310

Sonoran Estate Winery

21606 Hwy 97 N Summerland, BC Apr-Oct, 10 am-6 pm www.sonoranestate.com Ph: 250.494.9323

Spiller Estate Winery

475 Upper Bench Rd N. Penticon, BC call for hours www.spillerestates.com Ph: 250.490.4162

St. Hubertus & Oak **Bay Estate Winery**

5225 Lakeshore Road Kelowna, BC. 10 am-5:30 pm www.st-hubertus.bc.ca Ph: 250.764.7888

Stag's Hollow Winery

2237 Sun Valley Way Okanagan Falls, BC 11 am-4:30 pm www.stagshollowwinery.com Ph: 250.497.6162

Stonehill Estate Winery

170 Upper Bench Road Penticton, BC call for hours www.benchlandwines.com Ph: 250.770.1733

Sumac Ridge Estate Winery

17403 Hwy 97 Summerland, BC lune-Oct. 9 am-6 pm Nov-May, 9 am-5 pm Dining Room www.sumacridge.com Ph: 250.494.045 L

Phone: (250) 868-0441

http://www.kelownamuseum.ca

Summerhill Pyramid Winery

4870 Chute Lake Road Kelowna, BC Summer, 10 am-9 pm Winter: 10 am-6 pm www.summerhill.bc.ca Ph: 250.764.8000

Tantalus Vineyards

1670 Dehart Road Kelowna, BC. By appointment www.tantalus.ca Ph: 877.764.0078

The Rise

701 Hwy 97 South Vernon, BC 9 am-5 pm www.therise.ca Ph: 250.542.5111

Thornhaven Estates Winery

6816 Andrew Ave. Summerland, BC 10 am-5 pm www.thornhaven.com Ph: 250.494.7778

Therapy Vineyards

940 Debeck Road Naramata, BC Hours: II am-6 pm www.therapyvineyards.com Ph: 250.496.5217

Tinhorn Creek **Vineyards**

Road #7 Oliver, BC May-Oct, 10 am-6 pm Oct-May, 10 am-5 pm www.tinhorn.com Ph: 250.498.3743

Township 7 Vineyards

1450 McMillan Avenue Penticton, BC. www.township7.com Ph: 250.770.1743

Van Westen Vineyards

Rt #1 850 Boom Road Naramata, BC www.vanwestenvinevards.com Ph: 250.496.0067

Wild Goose Vineyards

2145 Sun Valley Way Okanagan Falls, BC Hours: 10 am-5 pm www.wildgoosewinery.com Ph: 250.497.8919

Wild Horse Canyon

1730 Mission Hill Road Westbank, BC. Winter, 10 am-5 pm Summer, 9 am-7 pm Ph: 250.768.6448



Peachland

Visit B.C.'s only Wine Museum. Learn the art of winemaking and sample the wine as you browse through the whimsical wine-related gift shops.

1304 Ellis Street, Kelowna, British Columbia

Okanagan Wine Tours—

Spend the morning skiing in the exceptional champagne powder of Big White Ski Resort and the afternoon visiting the fabulous Okanagan Wine Country. Below is a company that offers tours.

Okanagan Wine Country Tours

470C Cawston Ave (across from the wine Museum in downtown) Kelowna, BC Phone (250) 868-9463 www.okwinetours.com

Okanagan Wine Country Tours offers a year round variety of interesting and fun tour packages. Ranging from 1/2 day wine tours to full day excursions, and overnight stays. Here's samples of what they offer.

Afternoon Delight

2:30 PM Departure. 5:50 PM Return to/from Kelowna \$55.00 per person - plus GST

This afternoon tour stops at several award-winning wineries in the Kelowna area often including: Summerhill Estate Winery, St. Hubertus Estate Winery, Cedar Creek Estate Winery, and Calona Wines.

The Day Tripper

9:00 AM Departure, 5 PM Return to/from Kelowna \$130.00 per person - plus GST

This spectacular scenic drive takes you from Kelowna to Canada's only desert in Osoyoos. Located in the "Golden Mile" of wine country, the south Okanagan offers wineries as unique and interesting as the desert they thrive in. A vineyard lunch is also included in this all day adventure.

The Sampler

10:00 AM Departure, 2:00 PM Return, to/from Kelowna \$65.00 per person - plus GST

This scenic tour includes a leisurely visit to three wineries in the Kelowna area. Sample the wine, tour a facility and take time to browse through the unique gift shops. A vineyard lunch stop is included in this tour and guests are invited to choose from a selection of tasty menu items at their own expense.



Food Fusion

By Julianna Hayes from the 2006 Wine Tour Handbook to British Columbia

Red with red meat, white with white meat?

Wine and food pairing used to be that simple. But so was food when this so-called winning formula was first established. That rule today should be discarded, if not forgotten.

The way we eat has changed dramatically in recent years. We are no longer a meat-and-potato society. This is the age of fusion cuisine, where east meets west and every culinary culture in between. As a result, the subject of wine and food pairing is causing wine aficionados and gastronomes much angst.

Experts in the field offer varied opinions on wine pairing in today's dining environment. Some say to just forget the idea of finding a perfect match. Just choose a wine that you want to drink by itself.

Despite all the hoopla about matching wine and food, you will probably drink most of the wine without the benefit of food — either before the food is served or after you've finished your meal. Therefore, you will not go too far wrong if you make sure the food is good and the wine is good too. Even if the match is not perfect, you will still enjoy what you're drinking.

Some food-and-wine pontificators suggest that mediocre wines can be improved by serving them with the right food. The flaw in that reasoning is if the match does not quite work as well as you hope, you're stuck with a mediocre wine.

Life is too short to drink bad wine.

This reasoning doesn't help much if you truly savor a match made in heaven. A good pairing can make what's in your glass and on your plate sing.

Fortunately, British Columbia wines are easy to work with, at least, relatively speaking. Their high acidity provides a great backbone, making the wines capable of standing up to even the most stubborn of foods.

Food/Wine Considerations—

Sweet— Sweetness in a dish, as you will often find in Asian cuisine, can knock the fruit out of dry wines making them taste even drier and somewhat dull. There can be an increased perception of sourness in acidic wines and tannic wines will come across even more bitter. For sweet foods like Italian tomato sauce, Japanese teriyaki and honemustard glazes try an off-dry wine such as Chenin Blanc, White Zinfandel, or Riesling.



Narmata Bench

Experiment— Pour and taste a sample of a young Cabernet Sauvignon. Then dissolve a cube of sugar on your tongue and taste the wine again. The astringency will appear markedly pronounced.

Acid—

Acidity in foods can increase the bitterness in tannic wines and, in some cases, virtually neutralize acidity in wine. Be cautious with the use of vinegar and citric acid in dishes when pairing with wine. High acid foods like salads with balsamic vinaigrette dressing, soy sauce, or fish served with a squeeze of lemon go well with wines higher in

acid such as Sauvignon Blanc, Pinot Grigio, Pinot Noir.

Experiment— Sample an off-dry, high acid wine like Gewurztraminer and then suck on a wedge of lemon. Try the wine again and it will taste like candy.

Salt—

Salt gets a bad rap, but it is a friend to wines that are bitter. But don't overdo it. A lot of salt will heighten any sweetness in wine and can make it taste flat and flabby. It can also boost the perception of alcohol in wine.

Experiment—Try a young Cabernet Sauvignon before and after you've licked some salt. It should taste less tannic the second time around, but if the alcohol content is high, it might burn a little on the finish.

Bitter-

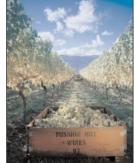
Unlike acidity, bitter foods and bitter wines will not neutralize each other. Adding salt will help smooth out the wine. Bitter and astringent foods like a mixed green salad of bitter greens, Greek kalamata olives and charbroiled meats accentuate a wine's bitterness so complement it with a full-flavored forward fruity wine such as Chardonnay, Cabernet Sauvignon, Merlot. Big tannic red wines like many red Zinfandels, and Shiraz or Syrah wines will go best with your classic grilled steak or lamb chops, as the fat in the meat will tone down the tannin (bitterness) in the wine.

Experiment—Tasting the Cabernet Sauvignon with asparagus or brussel sprouts will give you shivers, and not in a good way.

Rich/Fatty—

Proteins and fat cut through the tannins in wine. And acidic wines will cut through the fat.

Experiment—Try the Cabernet Sauvignon with a hunk of cheddar or even better a cut of rare, juicy grilled steak. Both will smooth out its tannins.



Mission Hill

Hot/Spicy—

Really, hot spicy foods will ignite high alcohol wines even more than salt does. But unlike salt, hot spice wont neutralize tannins, in fact, it will increase their perception. Wines with some residual sweetness will cut through the heat. Use hot spice sparingly in your dishes if you plan to do a food and wine pairing - too much heat will desensitize your palate making it impossible to even taste the wine.

Experiment— Put a drop of hot sauce on you tongue and taste both the Cabernet Sauvignon and Gewurztraminer assuming you can even taste anything. The Gewurztraminer should do much better in this experiment. The Cab will taste bitter and you'll really notice the alcohol.

Other Considerations—

Weight—

Choosing a wine and food with similar weight, or body, is the easiest way to assure a good pairing. If the weight of the dish is lighter, such as with a salad of spring greens and vinaigrette and or poached mild fish, then a lighter-bodied wine with similar intensity of flavors will be your best bet. The heavier the dish, the heavier the wine should be.

Consider how the food is prepared — grilled, roasted or fried food will have more weight and flavor than foods that are steamed, poached or sautéed. Ditto for dishes that feature a sauce or a lot of spice. But if you're going to err in the weight department,

it is far better to have a wine that is fuller than lighter bodied. A wine far lighter than the food will simply taste flat and bland.

Matching and Contrasting—

Matching flavors in wines and foods can highlight the particular characteristics of each and enhance them. For example, if you have a herbaceous wine like a tank-fermented Sauvignon Blanc or Semillon it will go nicely with chicken in a light tarragon or rosemary sauce.

Minty lamb chops will bring out the mint flavor often found in Pinot Noir. Buttery Chardonnay is a hit with popcorn. Chicken with a lemon butter sauce will call for a different more delicate wine to play off the sauce than chicken cacciatore with all of the tomato and Italian spices, or a grilled chicken breast.

But sometimes contrast is the answer. Many people love the combination of sweet and salty so Icewine with blue cheese will sing on the



Penticton

palate. High acid wines will cut through rich fatty foods. Sparkling wine, for example, will wash away the briny taste of fresh, shucked oysters.

Reaction—

For every food action, there is a wine reaction. When you drink wine by itself it tastes one way, but when you take a bite of food, the wine tastes different. This is because wine is like a spice. Elements in the wine interact with the food to provide a different taste sensation.

White Wine Suggested Food Matches—

Chardonnay—

Seafood with butter sauce, chicken, pasta with cream sauce, veal, turkey, ham, Emmenthal, Gruyeres, Port-Salut.

Sauvignon Blanc-

Oysters, grilled or poached salmon, seafood salad, Irish stew, ham, chevre, goat cheese and strongly flavored cheeses, asparagus quiche.

Riesling—

Mild cheese, clams, mussels, Asian dishes, sashimi, ham, pork, lobster Newberg, Tandoori chicken, Coquilles St Jacques.

Gewurztraminer—

Spicy dishes, Thai food, curry, smoked salmon, pork and sauerkraut, Muenster, spiced/peppered cheeses, onion tart.

Pinot Gris—

Perfect wine to pair with any kind of seafood and a great match with many chicken, turkey or pork dishes. This wine can also be served with salads or just to sip on its own.

Red Wine Food Matches—

Pinot Noir-

Braised chicken, cold duck, rabbit, charcuterie, partridge, roasted turkey, roasted beef, lamb, veal, truffles, Gruyeres.



Osoyoos

Merlot-

Braised chicken, cold duck, roasted turkey, roasted beef, lamb, veal, stew, liver, venison, meat casseroles.

Shiraz—

Braised chicken, chili, goose, meat stew, peppercorn steak, barbequed meat, spicy meats, garlic casserole, ratatouille.

Cabernet Sauvignon—

Duck, spicy beef, pâte, rabbit, roasts, spicy poultry, cheddar, blue cheese, sausage, kidneys.

Ice Wines—

Ice wines are dessert wines with sweet and intense flavors. Grapes are left on the vine to maxmimize their sugars, and then harvested during a frost. They're then crushed frozen, and the ice removed, which concentrates the juice and sugars, and that is then fermented to accentuate the sweetness.

As you might imagine, all that concentration and the special harvesting requirements means ice wines aren't cheap. But for an occasional after-dinner taste, they're wonderful. We put the bottle in the freezer for a couple of hours to chill and drink it as cold as you can. What comes out of the bottle is almost a syrup, sweet, silky, with subtle flavors of fruit and a wonderful aftertaste.



Avocado Deviled Eggs

10 hard-boiled eggs
I avocado, peeled and pitted
2 tsp. freshly squeezed lemon juice
I/4 cup mayonnaise
Coarse salt and freshly ground pepper

Peel eggs and cut in half, either lengthwise or crosswise. Carefully scoop out yolks, and arrange whites on a platter or tray.

In the bowl of a food processor, process egg yolks, avocado, lemon juice, and mayonnaise until smooth. Season with salt and pepper:



Transfer egg yolk mixture to a pastry bag fitted with a large star tip. Pipe mixture carefully and very neatly into egg halves. Cover with plastic wrap, and refrigerate until ready to use, up to 3 hours.

Makes 20.

Wine Recommendation—

Medium-bodied Chardonnay or Sauvignon Blanc.

Comments or Variations—



Martha Stewart's TV Kitchen

Classic Deviled Eggs

6 hard boiled eggs
1/4 cup mayonnaise
1 tsp. dijon mustard
1/2 tsp. white vinegar
salt & pepper to taste
paprika for garnish



- To boil eggs, place eggs in enough cold water to cover completely, bring to a rolling boil over high heat.
- Reduce heat to a simmer and cook an additional 12 minutes.
- Promptly chill eggs so yolks stay bright yellow.
- Remove shells from eggs, and halve lengthwise with a knife.
- Carefully remove the yolks, and place in a medium bowl.
- Mash yolks with a fork, and add mayo, mustard, vinegar, salt and pepper.
- Very carefully spoon mixture back into the egg white halves.
- Garnish with a light sprinkling of paprika.

Wine Recommendation—

Sauvignon Blanc.

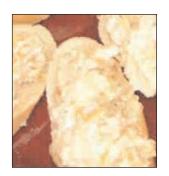
Comments or Variations—



From www.deviledeggs.com

Hot Artichoke Dip A perfect dip for last-minute entertaining

2 cups artichoke hearts
I cup mayonnaise
I cup grated Parmesan cheese
dash garlic salt
dash Worcestershire sauce



- Preheat oven to 350°E.
- Drain artichoke hearts.
- Blend or puree all ingredients well.
- Pour into casserole dish, cover, and bake at 350°F for 15 minutes or until bubbly.
- Serve with **Parmesan Bread** or Stoned Wheat Thin Crackers.

Wine Recommendation—

Sauvignon Blanc or a medium-bodied Chardonnay.

Parmesan Bread

Slice baguette into 1/4" slices at a 45° angle. Spread thin layer of mayonnaise on bread and lay mayo side up on a baking sheet. Sprinkle with Parmesan cheese. Bake at 350°F for approximately 10 minutes or until cheese is golden brown.

Wine Recommendation—

Sauvignon Blanc or a medium-bodied Chardonnay.

Comments or Variations—



Submitted by Gene Fulkerson of San Diego, CA



Vietnamese Summer Rolls

12 med. shrimp, peeled and deveined

3 oz. rice vermicelli

I tbsp. canola oil

8 oz. shiitake mushroom caps, cut into 1" pieces

I/4 cup unseasoned rice vinegar

2 tsp. soy sauce

I tsp. hoisin sauce

I tsp. toasted sesame oil

Coarse salt and freshly ground pepper

16 round 8" rice-paper wrappers

I med. carrot, peeled and julienned

1/2 cucumber, peeled, seeded, and julienned

I/4 cup packed fresh mint leaves

1/4 cup packed fresh basil leaves, preferably Thai

I/4 cup packed fresh cilantro leaves

I mango, peeled, seeded, and julienned

12 pencil asparagus spears, trimmed and blanched

Dipping Sauce (see page 103)

Bring a large pot of water to a boil. Reduce to a simmer Add shrimp; cook until pink and cooked through, about 2 minutes. Slice cooked shrimp in half lengthwise. Set aside.

In a medium bowl, cover rice vermicelli with hot water by 2 inches; let soak for 10 minutes. Drain, and rinse under cold water. Set aside.



Heat canola oil in a large skillet set over high heat. Add mushrooms,

and sauté until tender and mushrooms have released most of their liquid. Add vinegar, soy sauce, hoisin, and sesame oil; cook about I minute more. Season with salt and pepper. Transfer to a small bowl, and let cool to room temperature.

Fill a shallow dish with warm water. Working with 1 rice-paper wrapper at a time, soak in water for 30 seconds; immediately lay flat on a work surface.

Place 3 reserved shrimp halves, cut sides up, on bottom third, leaving a 1/2-inch border. Place 2 to 3 reserved mushrooms over shrimp. Top with 1/4 cup assortment of vermicelli, carrots, cucumbers, mint, basil, cilantro, mango, and asparagus.

Fold bottom of wrapper over fillings; roll over once, tuck in sides, and finish rolling.

Place finished roll on a plate. Cover with a damp paper towel. Repeat process with remaining ingredients.

Cut rolls in half at a 45° angle. Serve with dipping sauce.

Makes 16.

Wine Recommendation—

Sauvignon Blanc or barrel fermented Chardonnay

Comments or Variations—



Martha Stewart's TV Show

Crisp Spring Rolls

These Vietnamese appetizers are traditionally served with fresh herbs and rolled up in lettuce leaves. Serve the herbs and lettuce on a separate platter, and allow guests to roll their own.

I oz. green bean-thread vermicelli

I tbsp. dried tree-ear or wood-ear mushrooms

1/2 cup finely chopped onion

I cup finely grated carrots

I/4 cup thinly sliced scallions

2 large eggs

2 tbsp. Asian fish sauce (nam pla)

I-I/2 tsp. minced garlic

2 tsp. sugar

1/4 tsp. salt

1/2 tsp. freshly ground black pepper

1/2 lb. ground skinless chicken breast

1/2 lb. ground pork

I tbsp. cornstarch

I package 8-inch square spring-roll wrappers

3 cups peanut oil

I small head red-leaf lettuce, leaves separated

I bunch fresh basil, leaves only

I bunch fresh mint, leaves only

I bunch fresh cilantro, leaves only

Vietnamese Dipping Sauce (see page 103)

Place vermicelli in a large bowl. Cover with hot water; soak 30 minutes. Place dried mushrooms in a small bowl.

Cover with boiling water; soak 30 minutes. Drain vermicelli, and cut into 1/2-inch lengths; place



in a small bowl. Drain mushrooms, and roughly chop; add to vermicelli along with onions, carrots, and scallions.

Whisk together eggs, fish sauce, garlic, sugar, salt, and pepper. Using a fork, mix chicken and pork into egg mixture. Add noodle mixture; mix until just combined.

In a small saucepan over medium heat, whisk cornstarch and 5 table-spoons water until mixture comes to a boil and looks like a smooth porridge, I to 2 minutes; remove cornstarch paste from heat.

Line a baking sheet with parchment. Place wrappers in neat stack; cut in half into 4-by-8-inch rectangles. Loosely cover with plastic wrap. Place I wrapper on a clean surface with narrow edge facing you. Place I tablespoon filling I/2 inch in from narrow edge. Fold about I/2 inch of right and left sides over filling, and roll wrapper up to form a cylinder. Use your finger to smear cornstarch paste along end of wrapper; gently press to seal. Transfer to prepared baking sheet. Repeat, using all wrappers and filling.

Heat oil (there should be enough to cover spring rolls) in a wok or large saucepan over medium-high heat to 375°, measured on a candy or frying thermometer. (If using a wok, turn the burner grate over; place wok directly on grate so it is as close to flame as possible.) Carefully slip as many spring rolls as will fit comfortably into oil. Fry, turning often, until golden and crisp, about 3 minutes. Using a slotted spoon, transfer spring rolls to paper towels to drain. Repeat until all the rolls are cooked. Serve immediately. To eat, sprinkle inside of a lettuce leaf with herb leaves, wrap around a spring roll, and dip in dipping sauce.

Wine Recommendation—

Riesling or Semillion.

Comments or Variations—



Thai Chicken Dumplings

I lb. ground chicken breasts

2 oz. bean thread noodles, blanched and chopped

I cup grated carrot

1/4 cup loosely packed fresh Thai basil, chopped

1/4 cup scallion greens, cut on the diagonal

I clove garlic, finely chopped

I tbsp. green curry paste

3 tbsp. fish sauce

2-1/2 tbsp. sugar

Coarse salt and freshly ground pepper

3 tbsp. coconut milk

I package round white dumpling wrappers

Thai Dipping Sauce (see page 104)

Combine all of the ingredients, except the dumpling wrappers, in a medium bowl.

Bring a small saucepan of water to a boil.

Add filling, and cook until no longer pink. Taste, and adjust the seasoning, if necessary.

Place a dumpling skin on work surface. Using your finger, wet around the edges with water. Place 1-1/2 tablespoons filling in the center. Fold dumpling skin over to enclose. Pinch the edges together to form a half moon. Pleat the rounded edge. Set aside.

Repeat with remaining filling and wrappers.

Just before serving, bring a large pot, fitted with a steamer insert lined with lightly oiled parchment paper with a few holes poked in it, to a simmer. Add dumplings and simmer until cooked through, 5 to 7 minutes.

Makes about 3 1/2 dozen.

Martha Stewart's TV Kitchen

Hot Crab Dip

I cup crab meat
8 oz cream cheese, softened
3 tbsp. milk
1/2 cup mayonnaise
4 tbsp. prepared horseradish
I tsp. Worcestershire sauce
4 stalks green onions, minced
Salt and pepper to taste
1/2 cup shredded cheddar cheese (optional)
1/4 cup slivered almonds (optional)



- Soften cream cheese to room temperature. Stir in milk, mayonnaise, horseradish, Worcestershire sauce, onions, salt, and pepper to taste. Blend well. Add crab meat and fold in gently.
- Place crab mixture in a shallow baking dish and sprinkle cheese and slivered almonds on top.
- Bake crab dip in a 350°F oven for about 20-25 minutes or until hot and bubbly.
- Serve hot with variety of crackers or dip chips.

Wine Recommendation—Moscato.

Comments or Variations—



Submitted by Catherine Ohl of San Diego, CA

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Mary & Gene's Gazpacho

Serves 4

I/2 small cucumber, coarsely grated

1/2 small green bell pepper, seeded and finely chopped

I lb. ripe tomatoes, peeled

I/2 white onion, coarsely chopped

2-3 garlic cloves, minced

3 tbsp. olive oil

2 tbsp. white wine vinegar

I-2 tbsp. lemon or lime juice

2 tbsp. tomato paste

2 cups tomato juice

salt & pepper to taste



Coarsely grate the cucumber into a large bowl and add the chopped green bell pepper.

Process the tomatoes, onion and garlic in a food processor or blender, then add the oil, vinegar, lemon or lime juice and tomato paste and process until smooth.

Add the tomato mixture to the bowl and mix well, then add the tomato juice and mix again. Add Cucumber and green pepper.

Season to taste, cover bowl with plastic wrap and chill thoroughly for at least 6 hours and preferably longer so that the flavors have time to meld.

Garnish each individual bowl with cilantro, sour cream and avocado.

Wine Recommendation—

Tempranillo or Rioja (a Spanish wine).



Submitted by Mary Trimmins & Gene Fulkerson

Shrimp Gazpacho

This Spanish soup is traditionally made by adding olive oil to the vegetable purée; we left out the oil and used only a small amount to cook the shrimp.

Serves 4

I tablespoon olive oil

I lb. med. shrimp, peeled, deveined, tails removed

Coarse salt and ground pepper

6 plum tomatoes, chopped (about 3 cups)

I/2 small red onion, chopped

2 garlic cloves, chopped

I/2 cucumber, peeled, chopped

I/2 cup finely chopped jarred roasted bell peppers

I-I/2 cups tomato juice

2 tbsp. red-wine vinegar

In a large nonstick skillet, heat oil over high heat, swirling to coat bottom of pan. Season shrimp with salt and pepper. Add half the shrimp; cook until opaque in the center, 3 to 4 minutes.



Transfer to a plate; repeat with remaining shrimp.

In a food processor, combine tomatoes, onion, garlic, cucumber, and half the roasted peppers; process until combined. Add tomato juice and vinegar; process until smooth. Season with salt and pepper.

To serve, divide tomato mixture among bowls; top with shrimp and remaining roasted peppers.

Wine Recommendation—

Sauvignon Blanc Resvere or a Rhone wine.





Bacon Corn Chowder

Serves 4

6 bacon strips
3/4 cup diced celery
I small diced onion
I cup diced raw potato
I thinly sliced carrot
I cup water
I can creamed corn
I cup milk
I/2 tsp. seasoned salt
I/4 tsp. garlic powder
I/8 tsp. pepper



In a heavy saucepan cook bacon, celery and onion over medium for 10 to 15 minutes. Remove bacon and drain off fat. Add water, potato, and carrot. Cover and simmer for 20 minutes until potato and carrots are tender. Stir in creamed corn, milk, and seasonings. Heat do not boil.

Wine Recommendation—

Sauvignon Blanc or Chardonnay-Semillon.

Comments or Variations—



One 3-inch piece lemongrass, thinly sliced
One 3-inch piece fresh ginger, peeled and grated
3 scallions, trimmed and julienned
I tsp. curry powder
I/2 tsp. ground cumin
I red Thai chile pepper, seeds removed, sliced xwise
I cup shiitake mushrooms, stems removed and sliced
I tbsp. Thai fish sauce
Coarse salt
I/2 cup thinly sliced carrots

Thai Chicken Soup

I cup fresh cilantro leaves, plus more for garnish I/2 cup bean sprouts
Juice of I/2 lime, plus lime wedges for garnish

4 cooked boneless skinless chicken breasts, shredded

In a medium saucepan, bring chicken stock to a boil. Add the lime leaves, lemongrass, ginger, scallions, curry powder, cumin, chiles, chicken, mushrooms, and fish sauce. Reduce heat to medium-low and simmer for 10 minutes. Stir in carrots, cilantro, and bean sprouts.

Mint leaves, for garnish

4 cups chicken stock

2 kaffir lime leaves



Remove lime leaves, and discard. Season with salt and lime juice. Ladle soup into shallow soup bowls. Garnish with cilantro, mint, and lime wedges; serve immediately.

Wine Recommendation—

Sauvignon Blanc or Riesling.



RECIPE FOR		
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Pear Salad with Vinaigrette

4 pears, halved and cored

Serves 8

I tbsp. unsalted butter, melted

I tsp. sugar

I tsp. finely chopped fresh rosemary

Coarse salt and freshly ground pepper

I small shallot, finely chopped

3/4 pound thick-sliced bacon, cooked, chopped

Bacon fat

I/4 cup sherry-wine vinegar

1/2 cup extra-virgin olive oil

I Asian pear

2 Belgian endives, sliced crosswise 1/4-inch thick

I bunch watercress, tough stems removed

I head frisée, torn into bite-size pieces

Preheat oven to 350°. In a medium bowl, toss halved pears with butter, sugar, and rosemary. Season with salt and pepper. Transfer pears to a baking sheet, cut-side up, and roast until tender and well browned, 20 to 25 minutes; set aside to cool.



Cook bacon until crisp and chop roughly. Reserving bacon fat.

In a medium bowl, combine shallot, bacon, and vinegar, Slowly whisk in olive oil and 2 tablespoons of bacon fat. Season with salt and pepper. Using a box grater, grate the Asian pear on the small holes into the vinaigrette; stir to combine. Set aside.

In a large bowl, combine greens. Drizzle with enough vinaigrette to coat; toss to combine. Transfer to a large platter, and top with roasted pears. Spoon remaining vinaigrette over pears; serve immediately.



Sauvignon Blanc or Viognier.

Todd English on Martha Stewart's TV Show

Raddichio, Endive, Arugula Salad

Serves 4

I medium radicchio (8 to 10 ounces)

2 medium Belgian endives (4 to 5 ounces each),

2 cups baby arugula

2 tbsp. red-wine vinegar2 tbsp. extra-virgin olive oil

I tbsp. honey

Juice of 1/2 orange

Coarse salt and freshly ground pepper

Halve, core, and thinly slice radicchio crosswise.

Trim, halve crosswise, and thinly slice endives crosswise.

In a large bowl, whisk together vinegar, oil, honey, and orange juice. Season with salt and pepper. Add radicchio,

endive, and arugula; toss to coat. Serve immediately.



Wine Recommendation—

Sauvignon Blanc.

Comments or Variations—



Chilled Crab Salad with Cucumber and Orange

For Crab: Serves 4

12 oz. crab meat, picked

I tbsp. scallions, choppedI tbsp. fresh lemon juiceSalt & white pepper

For Salad:

I cucumber, peeled, seeded, julienne 8 leaves of Belgian endive 3 sprigs fresh chervil

For Saffron-Orange Aioli:

I c. fresh squeezed orange juice

I pinch saffron I c. mayonnaise
I tsp. lemon juice Salt &white pepper

In a small saucepan over medium heat reduce orange juice and saffron together by half. Strain through a fine mesh strainer into a bowl, set aside to cool. Once cooled add the orange reduction to the mayonnaise, add lemon juice and season with salt and pepper.

Place the pickled crabmeat into a bowl. Mix in the scallions, mayonnaise, lemon juice, salt and white pepper.

On 4 large plates, place four round metal ring molds on the plates. Place the crab mixture inside. Place the salad on top with the endive, cucumber and chervil. Drizzle some of the orange-saffron cream on top. Remove ring molds.

Wine Recommendation—

Riesling or Viognier.

Found at **Recipe TV** on **NBC**

Picnic Potato Salad

3 lbs. potatoes, cooked until just tender, cubed, cooled 5 or 6 hard cooked eggs, cooled, coarsely chopped 1/4 to 1/2 cup chopped red onion 1/4 to 1/2 cup chopped celery, optional 3/4 cup mayonnaise (a little more or less, as desired) 1 to 2 tablespoons dijon mustard salt and pepper to taste

- Combine potatoes, egg, onions, and celery.
- Stir in mayonnaise, mustard, and salt and pepper to taste. (Stir mayo and mustard in a little at a time, until you have the flavor and consistency you like.)

Wine Recommendation—

Sauvignon Blanc or Viognier.

Comments or Variations—



Submitted by Frances Ohl of San Dimas, CA

Seven-Layer Salad

I head lettuce

2 small cans black olives

I (16oz.) pkg. frozen green peas

I container mushrooms

I cucumber

2 tomatoes

I cup shredded cheese

3/4 cup bacon bits or cooked and crumbled bacon

I (16oz.) bottle Creamy Italian dressing

I (8oz.) sour cream

- Chop lettuce and use a little as 1st layer.
- Layer each vegetable alternating the lettuce.
- Top with cheese and bacon bits.
- Mix dressing and sour cream. Pour on top of salad.
- Any vegetable can be substituted.

Wine Recommendation—

Light Gamay (rosé) or medium-bodied Chardonnay.

Comments or Variations—

Parmesan Basket

Shredded Parmesan Cheese

This basket is made to eat and goes great with the soft textures of mesculn lettuces and acidic vinaigrette.

Use inexpensive shredded (not grated) Parmesan cheese. The kind in a bag works great.





Heat a 10" nonstick skillet over mediumhigh. Sprinkle shredded Parmesan into a disk shape. Keep cheese light around the edges so it looks lacy. When the disk is slightly golden underneath, carefully remove it using a spatula and your fingers.



Quickly drape disk over a glass, golden side up, and press to form a bowl.

Cooled baskets can sit several hours.



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RECIPE FOR		
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Peanut Dipping Sauce

2 tsp. vegetable oil 4 cloves garlic, finely chopped I small fresh chili pepper, seeded and minced I cup water I/4 cup soy sauce 1/3 cup chunky peanut butter, preferably unsweetened I tsp. packed light brown sugar, or to taste 3 tbsp. chopped unsalted roasted peanuts (optional) I tbsp. finely chopped fresh mint leaves

Heat oil in a small saucepan over medium heat, add garlic and chili pepper for 20 seconds.

Add remaining ingredients (except the mint) and cook, stirring, until thickened, about 4 minutes.

Remove from the heat and stir in mint, if desired.

Serve warm or at room temperature.



Citrus Dipping Sauce

1/3 cup freshly squeezed orange juice 1/3 cup freshly squeezed lime juice 1/4 cup low-sodium soy sauce I tbsp. toasted sesame oil 1/8 tsp. freshly ground pepper 2 scallions, ends trimmed and thinly sliced

In a small bowl, whisk together orange and lime juices, soy sauce, sesame oil, and pepper; add scallions.

Serve with spring rolls.

Makes about I cup





Orange Sauce

for Duck L'Orange or Chicken Diane

I c. fresh orange juice (not from concentrate)
I basil leaves
I tbsp. butter
2 tbsp. hazlenuts, chopped
I oz. Gran Marnier
corn starch for thickening

Melt butter in a sauce pan and brown hazelnuts.

Add Gran Marnier, orange juice, and basil leaves. Simmer for 20 min.

Remove basil leaves and then add cornstarch a little at a time to thicken sauce. Stir constantly.

Keep warm on low heat until ready to serve.

Vietnamese Dipping Sauce

for Vietnamese Spring Rolls

I clove garlic
I/4 tsp. coarse salt
2 tbsp. sugar
I/4 cup hot water
I/4 cup unseasoned rice vinegar
2 tbsp. fish sauce



1/2 tsp. red chile sauce, such as sambal oelek I scallion, thinly sliced crosswise Juice of I lime

On a work surface, crush garlic clove using the flat side of a large knife; sprinkle with salt. Place the flat side of the knife blade on top of the garlic and salt; press firmly, pulling knife toward you. Repeat until a paste forms; transfer to a small bowl.

Stir sugar in hot water until dissolved, and add to bowl. Stir in remaining ingredients. Cover with plastic wrap, and chill in refrigerator until ready to use. Store sauce in a refrigerator for up to 3 days.



Submitted by Gene Fulkerson of San Diego, CA

Martha Stewart's TV Show



1/2 cup smooth peanut butter I/4 cup Sriracha chile sauce One 14-ounce can coconut milk 2 tbsp. fish sauce 1/4 cup dark-brown sugar Coarse salt and freshly ground pepper

Prepare dipping sauce. Combine all the ingredients in a small saucepan.

Heat gently, whisking, until emulsified. Be sure not to boil.

Set aside to cool.





Ted's Special Spice Mix

I tbsp. coarse salt

I tbsp. seasoned salt

I tbsp. onion salt

I-I/2 tbsp. garlic salt

I tbsp. freshly ground black pepper

Mix together all ingredients. Store in an airtight container for up to 3 months.



Martha Stewart's TV Kitchen



Ted Turner on Martha Stewart's TV Kitchen

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Squash Baked Macaroni

1/2 cup browned unsalted butter Serves 8 2 tbsp. butter at room temperature 2 medium butternut squashes, halved, and seeded 2 medium acorn squashes, halved, and seeded I tbsp. olive oil Coarse salt and freshly ground pepper 2 lb. elbow macaroni I cup heavy cream I cup milk Pinch of freshly ground nutmeg I-I/2 cups freshly grated Parmesan cheese I/4 cup mascarpone cheese 3/4 cup fresh ricotta cheese I cup fresh bread crumbs 1/2 cup ground store-bought amaretto cookies

Preheat oven to 350° with oven racks placed in the upper and lower third of the oven.

Butter a 14-by-10-by-3-inch baking dish with I tablespoon room-temperature butter; set aside.



Divide squashes between two rimmed baking sheets; drizzle with oil. Toss squashes until evenly coated. Rub the cut sides and the cavities of the squashes with the remaining tablespoon room-temperature butter, and season with salt and pepper. Place cut sides down, and bake until squashes are very soft, about 45 minutes. Remove from oven and set aside to cool. Do not turn off oven.

When the squashes are cool enough to handle, use a large spoon to scoop flesh into the bowl of a food processor; discard skins. Add cream and milk; purée until smooth. Add nutmeg, and season with salt and pepper. Process until well combined. Transfer mixture to a large bowl; set aside.

Bring a large covered pot of water to a boil; add salt. Add pasta, cover, and return to a boil. Uncover, and cook according to package instructions until al dente.

Drain and add to bowl with squash mixture along with parmesan cheese and the mascarpone cheese. Stir until well combined.

Transfer mixture to prepared baking dish. Using a tablespoon, dollop ricotta cheese on top of the pasta mixture.

Place the bread crumbs, amaretto crumbs, and browned butter into a small bowl; stir to combine. Sprinkle mixture evenly over the surface of the pasta mixture.

Bake golden brown and heated through, about 30 minutes.

Wine Recommendation—

Full-bodied Chardonnay or full-bodied Merlot.

Comments or Variations—



Tood English on Martha Stewart's TV Kitchen

Baked Pasta w/ Tomato & Parmesan

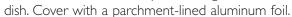
Serves 4

3/4 cup olive oil
I lb. rigatoni or penne pasta
Two 28-ounce cans crushed tomatoes
Coarse salt and freshly ground black pepper
I/2 cup freshly grated Parmesan-Reggiano cheese

Preheat oven to 400°.

Place oil in a large bowl. Add dry pasta and stir until well coated; let stand for 20 minutes.

Add tomatoes to pasta mixture; season with salt and pepper. Stir to combine. Transfer to a 2 1/2-quart baking



Bake, stirring every 5 minutes with a wooden spoon, for 45 minutes to 60 minutes

Remove from oven, sprinkle with cheese, and stir.

Serve immediately.

Wine Recommendation—

Chardonnay or Chianti.

Comments or Variations—





Serves 4

I tbsp. unsalted butter
I tsp. coarse salt
I/4 tsp. ground cumin
I cup white rice
Juice of I/2 lime
I tbsp. freshly chopped cilantro

In a medium saucepan, bring 2 cups water, butter, salt, and cumin to a boil over medium-high heat.

Stir in rice, and reduce heat to a simmer.

Cook, covered, until liquid is absorbed, about 20 minutes.

Remove saucepan from heat; add lime juice and cilantro.

Fluff with a fork until combined. Garnish with lime wedges.

Serve immediately.



Comments or Variations—



Martha Stewart's TV Kitchen



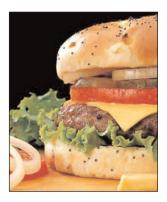
ECIPE FOR		
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Jimmie's Incredible Burgers

Serves 4-6

2 lbs. lean ground beef
I egg
3 tbsp. Maple syrup
I/2 cup Bull's Eye BBQ sauce
Monteral steak spice
seasoning salt
garlic salt
pepper
sliced cheddar cheese



Mix beef, egg, syrup and BBQ sauce to a sticky consistency. Add steak spice, seasoning salt, garlic salt and pepper to taste.

Hand press mixture into 6 oz patties. BBQ on medium heat. After turning, place cheese on top to melt while cooking the burger.

Best served on toasted sesame bun with lettuce, tomatoe, onion, pickle, mayo, mustard and ketchup.

Beverage Recommendations—

Labatt's Kokanee Beer or Mission Hill Reserve Cabernet Sauvignon.

Comments or Variations—



Submitted by Jim Loyd of Big White, BC

George's Cadillac Burgers

Serves 4

2 lb. freshly ground bison meat
3 tsp. Ted's Special Spice Mixture (see page 105)
4 cornmeal-dusted kaiser rolls, split
I cup grated cheddar cheese
I/2 cup store-bought barbecue sauce
I2 slices bacon, cooked

Preheat a griddle to medium. Make 4 equal-sized patties from the ground bison meat, taking care not to overwork the patties.

Season each patty with 1/4 teaspoon of Ted's Special Spice Mixture on each side, and place on griddle. Cover the burgers with a stainless-

steel bowl or other heat-proof dome-shaped object, and cook for 6 minutes. Turn burgers over, and season the top of each burger again with 1/4 teaspoon of the spice mixture. Cover with the dome, and continue to cook for 4 to 5 minutes, for medium.



Place 1/4 cup cheese on each burger, and cook until cheese melts. Butter the cut side of the rolls and place, cut side down, on griddle. Cook until lightly toasted. Serve each burger on a roll with 2 tablespoons barbecue sauce and 3 slices bacon.

Wine Recommendation—

Zinfandel or Shiraz.

Comments or Variations—



Ted Turner on Martha Stewart's TV Kitchen

American Meat Loaf

2 lbs. lean ground beef
2 cloves garlic,minced
I purple onion, diced
I bell pepper, diced
2 tbsp. Worcestershire sauce
2 tbsp. soy sauce
5 tbsp. ketchup
black pepper to taste
I cup plain bread crumbs
2 eggs, beaten



- In a large bowl, mix ground beef with garlic, onion, bell pepper, Worcestershire sauce, soy sauce, ketchup, pepper, breadcrumbs and eggs together. Mix well.
- Put meat in a greased baking dish and covered it with aluminum foil.
- Bake in oven at 350°F for 2 hours.
- Removed aluminum foil and continue to bake until the top is golden brown.

Serve hot with mashed potato, gravy along with steamed vegetables or salad. Left over meatloaf makes delicious sandwiches.

Wine Recommendation—

Medium-bodied Cabernet Sauvignon, Merlot or medium-bodied Zinfandel.



Gourmet Meat Loaf

I cup fresh or canned sliced mushrooms, drained I/2 cup chopped onion 2 tbsp. butter I/3 cup sour cream I-I/2 lbs lean ground beef 3/4 cup uncooked oatmeal I egg

l egg 2 tsp. salt

I/4 tsp. pepper

I tsp. Worcestershire sauce

2/3 cup milk



For filling, lightly brown mushrooms and onion in butter in medium-sized skillet. Remove from heat; stir in sour cream.

For meat loaf, combine beef, oatmeal, egg, salt, pepper, Worcestershire sauce and milk. Place half of meat mixture in shallow baking pan. Shape to form an oval base. Lengthwise down the center make a shallow "well" for the filling.

Spoon filling into "well." Shape remaining meat mixture over filling, making sure all filling is covered. Seal bottom and top meat mixtures together. Bake at 350°F for about 1 hour. Let stand 5 minutes before slicing.

Wine Recommendation—

Merlot, Cabernet Sauvignon or Shiraz.



Orange Beef Stir-Fry

I cup long-grain white rice

Serves 4

I/4 cup freshly squeezed orange juice (from I orange)

I tbsp. rice vinegar

I tbsp. soy sauce

I tbsp. light-brown sugar

I lb. top round steak, cut into strips, 2" long by 1/4"

I tbsp. cornstarch

Coarse salt and ground pepper

I lb. broccoli, florets broken into small pieces

2 tbsp. vegetable oil

I red bell pepper, cut into strips, 2" long by 1/4" wide

Cook rice according to package instructions. Set aside.

Meanwhile, in a small bowl or liquidmeasuring cup, combine orange juice, vinegar, soy sauce, and sugar. Set aside.

In a medium bowl, toss beef with cornstarch; season with salt and pepper. Set aside.



In a large skillet, combine broccoli with I cup water; season with salt and pepper. Bring to a boil over medium-high; cook, partially covered, until broccoli is bright green and crisp-tender, 4 to 6 minutes. Transfer to a plate. Discard any water in skillet; wipe with paper towel.

In same skillet, heat I tablespoon oil over high. When pan is very hot, add half the beef; cook until browned, 2 to 4 minutes. Using slotted spoon, transfer beef to plate with broccoli. Repeat with remaining oil and remaining beef, but leave beef in skillet.

Return reserved beef and broccoli to skillet; add orange-juice mixture and bell pepper. Continue cooking over high heat until sauce thickens, 2 to 4 minutes. Serve over rice.

Wine Recommendation— Merlot or Malbec.

Martha Stewart's TV Kitchen

Korean BBQ Beef

2 pounds sirloin or flank steak
2 tbsp. sesame seeds, toasted
4 tbsp. toasted sesame oil
1-1/2 tbsp. sugar
1/4 cup sukiyaki or soy sauce
1 tsp. coarse salt
1/4 tsp. freshly ground black pepper
1/8 tsp. ground Korean red pepper or cayenne
4 scallions, trimmed, thinly sliced into 2" strips (1 cup)
3 cloves garlic, minced
Lettuce leaves, for serving
Cooked white rice, for serving
Gochujang (Korean hot red pepper bean paste)

Place beef in freezer for 30 minutes before slicing into 1/8" slice.

In a medium bowl, mix together the sesame seeds, oil, sugar, sukiyaki sauce, salt, black pepper, red pepper, scallion, and garlic. Add to beef, and let mari-



nate, covered, for 30 minutes or up to overnight, in the refrigerator.

Preheat barbeque grill to medium-high. Place marinated beef on grill, and cook until beef is brown and the edges begin to crisp, 3 to 4 minutes per side. (Alternatively, the meat may be broiled about 5 minutes per side.)

Place I tablespoon rice and I slice of beef on each lettuce leaf. Add a drop of bean paste, if you desire. Wrap like a taco, and serve immediately.

Wine Recommendation—

Riesling or Viognier.

Submitted by **Dianh Surh** of **Queens, NY**

Baby Pork Ribs

Serves 12

2 racks baby-back ribs

(about I-I/4 pounds each), halved crosswise

2 cloves garlic, minced

I tbsp. freshly grated ginger

2 tsp. chile paste

3 tbsp. dark-brown sugar

1/4 cup molasses

1/2 cup hoisin sauce

1/2 cup dark soy sauce

I/2 cup red currant jelly



Place ribs in a large shallow baking dish. Set aside.

Combine the garlic, ginger, chile paste, sugar, molasses, hoisin, soy, and jelly in a medium bowl. Pour mixture over ribs, stirring to coat. Cover with plastic wrap and let marinate, refrigerated, for at least 8 hours or up to overnight.

Preheat oven to 375°. Remove ribs from marinade, reserving marinade. Place ribs on a rack set over a foil-lined baking sheet. Bake, turning frequently and basting with reserved marinade, until the ribs are tender and well browned, about 45 minutes.

Transfer ribs to a cutting board and let stand 5 minutes before cutting into individual ribs.

Wine Recommendation—

Chardonnay, Semillion, White Zinfandel.



Martha Stewart's TV Show

Pork Roast with Roasted Apples

Serves 6

Preheat oven to 400°.

Take pork loin and french rib ends and remove chine bone.

Line a roasting pan with parchment paper. Place a roasting rack inside pan and spray with cooking spray.

Generously season the pork with salt and pepper. Transfer to roasting rack, bone side down. Grate the onion on the large holes of a box grater. Press onion evenly over the pork, covering as much of the meat as possible. Sprinkle thyme over pork and generously drizzle with oil; roast for I hour.

Place apples, cut side up, around the pork, on the rack. Top each apple with 1/2 teaspoon butter, and season with salt. Return to oven; roast until a meat thermometer inserted in the center of the pork registers 140°, about 45 minutes. Remove pork, and let stand 20 minutes before carving.

Slice the pork evenly between the rib bones, and serve with cabbage and roasted apples.

Wine Recommendation—

Merlot or Cabernet Sauvignon.



Duck L'Orange

Serves 4

4 small duck breasts
1/4 c. peanut oil (or canola)
1 tsp. basil
dash pepper
dash garlic salt
orange sauce (see page 102)



Heat oil and sear duck with spices.

Make sure not to covercook. Service

with Jasimine rice and use orange sauce on duck.

Wine Recommendation—

Zinfandel or Single Vineyard Beaujalais.

Comments or Variations—

If you prefer, cook duck in the oven.





Submitted by Gene Fulkerson of San Diego, CA

Crunchy Coconut Salmon

Serves 6-8

2 lbs. Salmon
1/2 cup bread crumbs
1/2 cup sweetened flake coconut
2 tsp spicy brown mustard
1-1/2 tsp. horseradish
1/2 cup orange marmalade

- Preheat oven to 450°E.
- Combine crumbs and coconut and set aside.
- Separately combine marmalade, mustard and horseradish.
- Place salmon on foil-lined broiler. Spread marmalade mixture evenly over salmon. Season with salt and pepper to taste.
- Bake salmon 20 min. Take out and sprinkle with crumbs and coconut mixture. Bake for another 15 min.

Wine Recommendation—

Light to medium Pinot Noir or a Rhone red wine.

Comments or Variations—



Submitted by Brenda Loyd of Kelowna, BC

Spaghetti all'Aragosta

Serves 4

14 oz spaghetti noodles
2 maine lobster 1-1/2 lb. each
chopped garlic
1-1/2 lb. tomato sauce
I bunch fresh Italian parsley
White wine
Olive oil



Cook the lobster in a bouillon mode with whole black pepper, white wine, lemon and bay leaves. Cook for one minute.

When the lobster are cold cut them in half and rinse them under running water, then chop each half into 6 pieces.

Heat the oil with the chopped garlic in a sauté pan, let the garlic become light golden and add the pieces of lobster. Sauté for one minute.

Add the wine, let evaporate and add the tomato sauce. Keep it on a medium-low boil for a few minutes. Be careful not too overcook the lobster. Chop the parsley into large pieces and add to the sauce.

Boil the spaghetti in an abundant amount of water with salt until "al dente." Strain it and add to the sauce. Mix well over the fire for one minute and serve hot. Sprinkle some chopped parsley an top.

Wine Recommendation—

Chardonnay or Rhone white wine.

Comments or Variations—



Found at **Recipe TV** on **NBC**

Seared Ahi

Fresh Ahi Steaks (1/2' - 1" thick)
Fresh cracked pepper
Peanut oil (or canola oil)
Orange vinaigrette
Chinese Cole Slaw (or regular)
Wasabi
Soy sauce



Using a nice thick cut of Ahi, pat a coating of fresh cracked pepper on all

sides. In a saute pan, heat a good amount of peanut oil to coat pan side to side and sear ahi, about 30-45 seconds on each side. Remove ahi from pan and place on a cutting board. Let ahi cool for a few minutes and then cut in thin slices. Place next to chinese cole slaw, top with an orange vinaigrette. Serve with a small side of wasabi and soy sauce.

Wine Recommendation—

Reserve or full-bodied Chardonnay or Feserve Sauvignon Blanc or Riesling.

Comments or Variations—

Macadamia Crusted Ahi

Serves 4

2 fresh ahi steaks
1/2 c. chopped macadamia nuts
1/4 c. peanut oil (or canola)
Chinese cole slaw
orange or mandarin vinegarette
wasabi
soy sauce
jasmine rice

Coat both sides of ahi with oil and press nuts onto each side.

In a sauce pan heat oil to medium and sear each side of steak for 30-60 seconds being careful not to burn the nuts.

Presentation—

On each plate put a large scoop of Chinese cole slaw and drizzle orange vinegarette (or mandarin). Place thin slices of ahi around the side on the slaw. Next place a small amount of wasabi and a small dish of soy sauce on the side. Complete with a scoop of lasmine rice.

Wine Recommendation—

Pinot Noir.

Comments or Variations—



Submitted by Gene Fulkerson of San Diego, CA



Tequila-Orange Grilled Shrimp

Serves 4

I lb. large shrimp w/ tails, peeled, deveined

3 tbsp. olive oil

I jalapeño chile, very finely chopped

2 cloves garlic, very finely chopped

Zest of I lime, plus lime wedges for serving

Coarse salt and freshly ground pepper

I cup orange juice
I/4 cup tequila
I shallot, finely chopped
I tbsp. unsalted butter
I tbsp. chopped fresh chives
Lime-Cilantro Rice



In a medium bowl, combine shrimp, oil, half the jalapeño, half the garlic, and zest; season with salt and pepper. Refrigerate, covered, for at least 15 minutes and up to 1 hour.

In a shallow saucepan, combine remaining jalapeño and garlic, I teaspoon salt, pepper, orange juice, tequila, and shallots; bring to a boil over medium-high heat. Cook until mixture is thick and syrupy, 7 to 8 minutes. Stir in butter; keep warm.

Heat a gas grill on high or stove-top grill pan over high heat. Grill shrimp, turning once, until just opaque, about 4 minutes. Transfer to a serving platter; pour tequila sauce over shrimp. Garnish with chives; serve immediately with lime wedges.

Wine Recommendation—

Pinot Grigio Reserve or Fume Blanc.

Comments or Variations—





Almond Crusted Chicken

Serves 4

3/4 cup dry breadcrumbs

Coarse salt and freshly ground pepper

I-I/2 cups sliced almonds, broken into pieces

2 large eggs

2 tsp. water

4 whole boneless skinless chicken breasts

2 tablespoons unsalted butter

2 tablespoons canola oil

Preheat oven to 400°.

Place breadcrumbs in a medium bowl, and season with salt and pepper.

Place almonds in a separate bowl. Set aside.

Place eggs in a small bowl with 2 teaspoons water, and beat lightly.

Dip chicken in egg mixture, wiping away excess with your fingers, and dip in breadcrumb mixture. Dredge until lightly coated. Dip in egg again, and then coat thoroughly with almonds.

Heat butter and oil in a 12-inch ovenproof skillet over medium heat. Sauté chicken until nicely browned, about 3 minutes, and turn over. Cook 1 minute more.

Transfer pan to oven, and bake until chicken is cooked through, about 10 minutes.

Wine Recommendation—

Chardonnay or Sauvignon Blanc.



Martha Stewart's TV Kitchen

Chicken Scaloppine with Piccata

Serves 8

4 small boneless skinless chicken breasts
I cup all-purpose flour
Coarse salt and freshly ground black pepper
4 tbsp. unsalted butter
2 tbsp. olive oil
I/2 cup dry white wine
I/2 cup chicken broth
Juice of I/2 lemon
2 tbsp. capers, rinsed and drained
I/4 cup chopped fresh flat-leaf parsley

Cut each piece of chicken in half horizontally and place between 2 sheets of plastic wrap. Using the smooth side of a meat mallet, pound to 1/4" thickness.

Place flour, salt, pepper in a shallow dish. Lightly coat chicken with seasoned flour, tapping to remove excess.



In a large skillet, heat 2 tablespoons butter and oil over high heat, until hot but not smoking. Brown chicken in batches, turning once, about 2 minutes per side. Transfer to a serving platter and keep warm.

Remove any excess fat from the skillet and discard. Add wine, chicken broth, lemon juice, and capers. Cook over high heat until simmering and slightly reduced, about 2 minutes. Add remaining 2 tablespoons butter, and swirl skillet to melt. Pour sauce over chicken, and sprinkle with parsley. Serve immediately.

Wine Recommendation—

Chardonnay.





Chicken Vegetable Lasagna

I/2 lb lean ground chicken 1/2 cup chopped onion 2 cloves garlic, minced I tbsp. vegetable oil I tsp. butter or margarine 28 oz canned tomatoes 5-1/2 oz. canned tomato paste 3/4 cup water I-I/2 tsp. salt pinch black pepper I bunch broccoli, chopped 4 medium carrots, diced 1/2 lb. mushrooms, sliced 1/4 cup chopped fresh parsley 3/4 lb. lasagna noodles 6oz, skim milk mozzarella cheese Parmesan cheese



In saucepan, on medium-high heat, cook chicken, onion, and garlic in oil and butter until all pink colour in chicken has disappeared. Add tomatoes, tomato paste, water, salt and pepper. Cook, uncovered, on medium heat for about 15 minutes. Stir occasionally.

Add carrots, broccoli, mushrooms, and parsley. Cook, covered, on low heat for about 30 minutes, or until mixture is thickened.

In large pot of boiling water, cook lasagna according to package directions, or until al dente (tender yet firm); drain well.

Spoon one-quarter of the sauce into 9×13 -inch baking dish. Place one-third of lasagna noodles over sauce. Repeat layers twice, ending with sauce. Top with cheese slices; sprinkle lightly with Parmesan cheese. Bake in 350° F oven for about 30 minutes. Let stand 10 minutes before serving.

Wine Recommendation—

Chianti Classico Reserva.

Chicken Diane

Serves 4

4 skinless, boneless chicken breasts
I garlic cloves, chopped
I tsp. basil

1/2 c. Chardonnay 2 oz. butter (1/4 cube)

Orange Sauce (see page 102)



In a sauce pan, heat butter, garlic and then add chicken, wine and

sprinkle basil on chicken. Be careful when sauteing not to get pan to hot (butter turns brown when too hot). Cook approximately 5 or less minutes on each side.

Pour Orange Sauce over Chicken. Serve with mashed potatoes or rice, squash and mushrooms. You can use the juice from chicken over potatoes or rice.

Wine Recommendation—

Barrel Fermented Chardonnay.

Comments or Variations—



Submitted by Gene Fulkerson of San Diego, CA

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Banana Split

Serves I

I banana, halved lengthwise large scoop vanilla ice cream chocolate sauce I cup chopped nuts whipped cream I bing cherry



- Place the banana in a large dish. Place large scoop of ice cream onto the banana.
- Top with the chocolate sauce, nuts, whipped cream, and cherry.

Wine Recommendation—

Ice wine or Moscato.

Comments or Variations—

Snickledoodle Cookies

Makes 5 dozen

Lc. soft butter

2 eggs

I-I/2 c. sugar

2-3/4 c. flour

2 tsp. cream tartar

I tsp. baking soda

1/4 tsp. salt

1/4 c. brown sugar

1/8 c. cinnamon



- Mix butter, eggs and sugar thoroughly.
- Sift flour, cream tartar, soda and salt and stir into butter mixture.
- Roll dough into balls the size of walnuts. Sprinkle mixture of brown sugar and cinnamon.
- Place balls on ungreased baking sheet 2 inches apart.
- Bake at 40°F for 8-10 minutes or until lightly brown but still soft.

Wine Recommendation—

Moscato.

Comments or Variations—



Submitted by Patricia Ortiz of W. Hollywood, CA

Submitted by Catherine Ohl of San Diego, CA



Bug Cupcakes

Chocolate Cake Mixture
Simple Sugar Icing
Cupcake liners
5 tints of food coloring
Gumdrops
Licorice strings



Pastry bags, couplers, and round tips

Prepare cake and pour into cupcake liners.

Prepare icing. Divide frosting into 5 small bowls, and tint each bowlful a different color with food coloring.

Use a serrated knife to cut the domed tops evenly off of each cooled cupcake. Cut each top in half.

Use a small offset spatula to evenly spread I I/2 tablespoons colored frosting over each flat cupcake top. Then position halved cupcake tops on top of frosted cupcakes, pressing gently to adhere wings to soft frosting.

Refrigerate until frosting is firm and wings are secure, about 30 minutes.

Snip licorice strings on a diagonal into 1-1/2-inch lengths. Use a tooth-pick to make 2 holes in the top of each gumdrop on opposite sides. Insert the pointed end of a licorice strip into each hole to create antennae.

Decorate wings as desired with assorted colored frostings: Place frosting in pastry bags and pipe over surface of wings. Alternatively, gently spread frosting with a small offset spatula over the surface of the wings as desired. For just a touch of frosting, pipe simple decorations onto the bare black wings.



French Toast

Serves 2

I/2 cup milk 2 beaten eggs I tsp. vanilla 1/4 tsp. cinnamon I tbsp. sugar 4 slices French or Italian bread butter syrup powder sugar



- Combine milk, eggs, vanilla, nutmeg and sugar in a flat-bottom dish.
- Place bread in mixture until it is absorbed. Heat butter and oil in heavy skillet.
- Place coated bread in medium-hot skillet. Cook until browned on both sides.
- Top with butter, syrup and powder sugar.

Beverage Recommendations—

Champagne.

Comments or Variations—



Submitted by Catherine Ohl of San Diego, CA

Open Face Sandwiches

Serves 4

7 large eggs 1/4 cup mayonnaise, plus more for spreading 2 tsp. Dijon mustard 1/2 tsp. salt I/4 tsp. freshly ground pepper 4 slices sandwich bread Sliced ham, lettuce, sliced olives, peas, bell pepper cherry tomatoes, pickles, grated carrot

Make egg salad:

In a medium saucepan, cover eggs with water. Bring to a boil; cook, uncovered, 2 minutes. Cover pan, and remove from heat: let stand 10 minutes. Hold eggs under cold running water to stop the cooking. Peel eggs.

Slice 2 eggs with a knife or an egg slicer. Set aside eight of the slices for eyes, and place remaining pieces in a bowl. Add unsliced eggs to bowl, and mash with a fork. Add mayonnaise, mustard, salt, and pepper; stir to combine.



Make Sandwich:

Spread a thin layer of mayonnaise over each slice of bread. Cover bread with egg salad, or layer on sliced ham. Make faces using the eggyolk slices, egg salad, and the remaining toppings, as desired.

Beverage Recommendations—

Milk.

Submitted by Name of Place



RECIPE FOR		
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