

The Best Of "Creative Living with Sheryl Borden"



Table of Contents

Foods & Nutrition

Candy Cottage Cakes	I-3
Gluten-Free Sandwich Bread.....	I-5
Cooking with Brown Rice	I-6
Super Snacks for a Super Bowl Party	I-7
California Tree Fruit.....	I-7
Half-Scratch Magic Cooking	I-8
Versatility of Fondant	I-9
Pear Bureau Northwest	II-10
Food Gifts from “Remember When We Cooked” ..	II-11
Jasmine Rice	II-12
Peanut Recipes	II-13
Add a New Flavor Twist to Pasta	II-14
Breakfast Recipes with Pecans	II-15
North Carolina Seafood	III-16
Not Just Your Ordinary Spritz Cookies	III-18
Wilton Easy Festive Desserts	III-19
Pasta & Pizza from Fischer & Wieser	III-20
Gourmet Recipes with Little Effort.....	III-21
Salad Recipes with Pistachios.....	III-21
Guests.....	III-22

Due to the size of this section, it has been separated into three sections in order for it to be downloaded more quickly. For instance, “Candy Cottage Cakes” is in Section I on page 3, whereas “Pear Bureau Northwest” is in Section II on page 10, and “North Carolina Seafood” is in Section III on page 16.



Candy Cottage Cakes



To bake and decorate Demonstrated House you will need:

- Wilton Decorating Bags
- Decorating Tip 3
- Wilton Ivory Icing Color
- Cake Board, Fanci-Foil Wrap or serving tray
- One 2-layer cake mix or ingredients to make favorite layer cake (firm textured batter like pound cake recommended). Pan takes 5 to 5 1/2 cups of batter
- Buttercream Icing



Bake, cool and level cake bottom. Decorate following easy, step-by-step instructions.

To Decorate Candy Cottage Cake

This house always has a great party going on! It's the perfect location for any celebration -- house-warmings, birthdays, welcome home parties, Halloween bashes and Christmas feasts. It's easy to create exciting 3-dimensional cakes that stand up or lay flat.

You will need tip 3; Wilton Icing Color in Ivory; round pastel Candy Melts®, jelly spearmint leaves, 8 yellow spice drops, striped gum, sugar wafer cookies, striped candy sticks

Make 2 3/4 cups ivory buttercream icing thinned.

DECORATING INSTRUCTIONS

1. Ice smooth with thinned ivory icing (front, sides, back of house)
2. Sugar wafer cookies for door
3. Place yellow spice drops, rolled out and cut for windows
4. Tip 3 ivory outline over windows for panes
5. Place striped gum cut to fit for shutters
6. Place striped candy sticks for house corners and eaves

7. Place round candies for roof shingles
8. Ice base fluffy with ivory icing
9. Place jelly spearmint leaves for shrubs

To Decorate Dog House Cake

You will need tips 3, 12, 16, 21, 104; Wilton Icing Colors in Christmas Red, Red-Red, Black, Brown, Kelly Green.

Make 3 3/4 cups buttercream icing:

- Tint 1/4 cup dark brown (thin with 3/4 teaspoon of light corn syrup)
- Tint 1/4 cup light brown
- Tint 1 1/4 cup Christmas Red/Red-Red combination
- Tint 1/4 cup black
- Tint 1/4 cup green
- Reserve 1 1/2 cup white

DECORATING INSTRUCTIONS

- Ice smooth with thinned black icing (door)
- Tip 104 white overlapping stripes (siding on house)
- Tip 21 Red-Red/Christmas Red stripes (on roof)
- Tip 21 Red-Red/Christmas Red zigzags (on eaves)
- Tip 21 Red-Red/Christmas Red outline (around door)
- Tip 12 light brown pipe-in (dog's head and muzzle)
- Tip 12 dark brown pipe-in (dog's ears)
- Tip 12 light brown pipe-in (bone over doorway)
- Tip 3 dark brown dots (around right eye)
- Tip 3 black dot (eyes, nose, freckles)
- Tip 3 black outline (mouth)
- Tip 16 green pull-out grass (around base of house)

Doll House Cake Decorating Instructions

You will need tips 3, 16, 225; Wilton Icing Colors in Violet, Rose, Lemon Yellow, Kelly Green, Meringue Powder. We suggest that you tint all icings at one time while cake cools. Refrigerate icing in covered containers until ready to use.



Make 3 1/2 cups buttercream icing:

- Tint 3/4 cup violet
- Tint 1/4 cup yellow (thin with 3/4 teaspoons of light corn syrup)
- Tint 1/2 cup green
- Reserve 1 1/3 cup white (thin 1/4 cup with 3/4 teaspoon of light corn syrup)

Make 2 cups royal icing:

- Tint 1/2 cup rose
- Tint 3/4 cup violet
- Tint 1/2 cup yellow
- Reserve 1/4 cup white

WITH ROSE ROYAL ICING

- Use tip 225 and “To Make Drop Flowers” directions to make 9 flowers with tip 3 white dot centers. Let dry.

WITH YELLOW ROYAL ICING

- Use tip 225 and “To Make Drop Flowers” directions to make 9 flowers with tip 3 white dot centers. Let dry.

WITH VIOLET ROYAL ICING

- Use tip 225 and “To Make Drop Flowers” directions to make 36 flowers with tip 3 white dot centers. Let dry.

WITH THINNED WHITE ICING

- Use spatula, thinned icing and “To Ice Smooth” directions to ice door smooth.

WITH THINNED YELLOW ICING

- Use spatula and “To Ice Smooth” directions to ice windows.

WITH WHITE ICING

- Use tip 3 and “To Make Outlines” directions to outline windows.

- Use tip 16 and “To Make Stars” directions to cover front, back and sides of house.
- **WITH VIOLET ICING**
 - Use tip 3 and “To Make Zigzags” directions to add shutters to windows.
 - Use spatula and “To Ice Smooth” directions to cover eaves and roof. After icing roof, use spatula to create a scallop effect.
 - Use tip 16 and “To Make Zigzags” directions to pipe garland on eaves. Attach 3 drop flowers at each garland point. Attach flowers around door and under each window.

WITH GREEN ICING

- Use tip 3 and “To Make Leaves” directions to make pull-out leaves on flowers under windows.
- Use tip 16 and “To Make Rosettes” directions to make bushes around base of house.

With a spatula, place icing on cake. Spread icing over area to be covered. For a smooth effect, run spatula lightly over the icing in the same direction, blending it in for an even look.

Buttercream Icing Recipe

The thick, but creamy texture of this flavorful icing makes it ideal for decorating. (to thin for icing cake, add 1-2 tablespoons of light corn syrup or milk) For best results, keep icing bowl in refrigerator when not in use. It can be refrigerated in an airtight container for up to 2 weeks. Re-whip before using. Yield: 3 cups

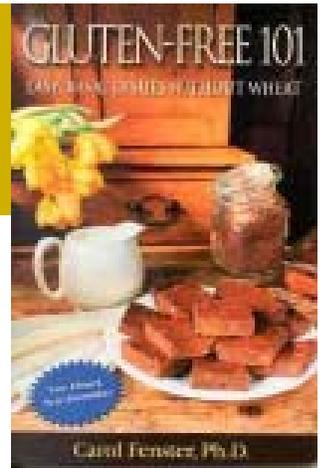
- 1/2 cup solid vegetable shortening
- 2 Tablespoons Milk
- 1/2 cup butter or margarine
- 1 tsp. Wilton Clear Vanilla Extract
- 4 cups (1 lb.) sifted confectioners' sugar



COURTESY: Nancy Siler
Wilton Enterprises
www.wilton.com



Gluten-Free Sandwich Bread



Carol Fenster's Sandwich Bread

Reprinted with permission from Carol Fenster, Ph.D. of Savory Palate Press. (800) 741-5418 (for more recipes:
Copyright © 2004

- 2 1/2 teaspoons dry yeast
- 1 cup milk (cow, soy or rice)
- 2 tablespoons sugar, divided
- 2 1/2 cups Carol's Flour Blend
- 2 teaspoons xanthan gum
- 1 teaspoon salt
- 1 teaspoon Ener-G egg replacer
- 2 large eggs or 1/3 cup flax mix
- 3 tablespoons canola oil
- 1 teaspoon cider vinegar

Combine yeast, 2 teaspoons of the sugar, and warm (110°F) milk. Set aside to foam for 5 minutes.

In large bowl of heavy-duty, tabletop mixer (300 watts or more) using beaters (not dough hooks), combine remaining ingredients (plus remaining sugar) and yeast mixture.

Blend ingredients on low, then at medium speed for 2 minutes, scraping down sides of bowl with spatula as necessary. Place dough in greased 8 x 4-inch nonstick pan. Smooth top of dough with wet spatula. Cover and let rise in warm (75-80°) place until dough is level with top of pan (approximately 30-40 minutes).

Bake at 375° for 50-55 minutes (do not under-bake). Cover with foil after 10 minutes to prevent over-browning. Tap loaf with fingernail. A crisp, hard sound indicates a properly baked loaf. Turn loaf out on to wire rack and cool thoroughly before slicing with an electric knife or serrated knife. Makes a 1-pound loaf. Serves 10.

Calories 190; Fat 6g; Protein 5g; Carbohydrates 28g; Cholesterol 40mg; Sodium 235 mg; Fiber 1g

Raisin Bread: Add 1 cup raisins, 1 tablespoon brown sugar, and 1 tsp. cinnamon. Bake as directed.

Note: Bread will be heavier and more dense without eggs.



**COURTESY: Carol Fenster
Savory Palate, Inc.
www.glutenfree101.com**

Cooking with Brown Rice



From 2002 to 2003, sales of brown rice increased by 16%. Brown rice is rich in fiber, minerals and vitamins. Its popularity began among the mainstream with the sugar-buster diet. Doctors re commend eating high fiber foods which have a lower Glycemic Index as a means to a healthy diet.

The heaviest usage is from September through March. Brown rice is a less refined

product which provides extra prevention of heart disease and strokes.

According to the USA Rice Federation, brown rice is a nearly perfect treatment for serum cholesterol, which is a key contributor to coronary disease. The components in brown rice bind serum cholesterol, which prevents its absorption into the body.

Brown rice is rich in antioxidants (Vitamin E) which help protect from damage that could lead to health problems, such as cancer, heart disease and cataracts. Diabetics find that brown rice slows the glucose uptake into the blood stream.

Brown Rice Enchiladas

- 1 cup Carolina®, Mahatma®, S&W®, or River® Brown Rice
- 2 Tbsp. vegetable oil
- 2 medium onions, chopped
- 1 green pepper, chopped
- 1 stalk celery, chopped
- 1 carrot, chopped
- 1/2 tsp. salt
- 3 cups canned pinto beans with jalapeños
- 3 tsp. chili powder
- 20 flour tortillas
- 1/2 cup vegetable oil
- 2 cups shredded low-fat cheddar cheese



Preheat oven to 350° F. Prepare rice according to package directions. Heat oil in a large, heavy skillet

ring; *TOTAL FAT: 30 g; SAT FAT: 5 g; CHOLESTEROL: 10mg.*

Brown Rice Crisp

- Vegetable cooking spray
- 1 cup Carolina®, Mahatma®, or River® Brown rice
- 2 cans (20 ounce, each) pie sliced apples
- 1 Tbsp. lemon juice
- 2 cups packed brown sugar, divided
- 2 tsp. cinnamon
- 1 1/2 cups uncooked oatmeal
- 4 Tbsp. margarine
- 1 cup raisins
- 1 cup chopped walnuts

Preheat oven to 350° F. Prepare rice according to package directions. Spray shallow 1 1/2 quart baking dish with cooking spray; set aside. Combine rice, apples, lemon juice, 1 cup brown sugar and cinnamon in prepared dish. Combine oatmeal and remaining brown sugar in medium bowl; cut in margarine until mixture resembles coarse crumbs. Stir in raisins and nuts. Sprinkle over rice mixture. Bake until heated, about 20 minutes. Serve warm, garnish if desired. Serves 6.

CALORIES: 908; TOTAL FAT 21g; SATURATED FAT 2 g; CHOLESTEROL: 0, SODIUM: 85 mg.



**COURTESY: Gloria Kohnen
Riviana Foods, Inc.
www.successrice.com**



SUPER SNACKS FOR A SUPER BOWL PARTY

HONEY MUSTARD SANDWICHES



Split 1 package HAWAIIAN ROLLS in half (Do not separate.) Place bottom layer in an 11x7-inch casserole. Layer with 1/2 pound shredded turkey or ham. Layer with sliced baby Swiss cheese. Top with mixture of 1 stick melted butter, 1 1/2 tsp. minced onion, 1 tsp. poppy

seed, 1 1/2 tsp. yellow mustard, and 1/2 tsp. Worcestershire sauce. Cover with foil. Refrigerate at least 2 hours or overnight. Bake, covered for 15 minutes at 350 degrees. Remove foil and heat an additional 10 to 15 minutes. Freezes well.

FRITO CORN SALAD

Mix 2 cans whole kernel corn, drained, 1/2 medium onion, chopped, 1 bell pepper, chopped, and 1 tomato, chopped and seeded. Add enough mayonnaise or Miracle Whip to make creamy. (Fritos will absorb some of the dressing.) Add salt and pepper to taste. Just before serving, add 1 medium size bag Fritos, crushed. This salad will keep for several days.

NOTE: Add FRITOS to the amount you think you will eat because they will become too soggy.

COURTESY: Janel Franklin
Jan-Su Publications



CALIFORNIA TREE FRUIT

What is the California Tree Fruit Agreement? The California Tree Fruit Agreement (CTFA) represents all growers of fresh California peaches, plums and nectarines and administers generic marketing programs for the California Peach Commodity Committee, the Nectarine Administrative Committee and the California Plum Marketing Board.

What is the season for fresh California peaches, plums and nectarines? California peaches, plums and nectarines are available mid-May through September. Limited quantities may be available in early-May and as late as October.



How many different varieties are there of peaches, plums and nectarines? There are over 200 major varieties of peaches, 200 major varieties of plums and 175 major varieties of nectarines - each with their own specific harvest time, flavor and color characteristics. CTFA tracks and reports daily and total pack-outs of varieties which historically packout more than 10,000 boxes annually during the season.

Why are fruits and vegetables important in the diet? Fruits and vegetables are important for good health. The National Cancer Institute -- and other organizations -- recommends eating at least 5 servings of fruits and vegetables to reduce the risk of cancer, heart disease and other illnesses. Fruits like peaches, plums, and nectarines can help prevent skin damage from the harmful ultraviolet rays of the sun. Certain beauty treatments at salons use fresh fruits, vegetables, grains and oils designed to maintain skin tone and texture in their facial treatments.

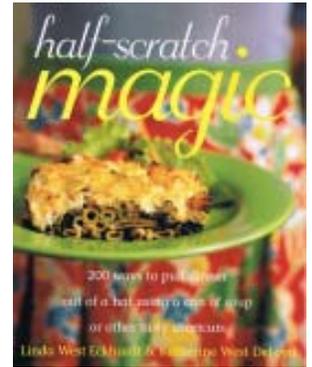
A study by the University of California Davis shows that peaches, plums and nectarines are rich in phytonutrients called phenols -- which are powerful antioxidants. These fruits also contain Vitamin C, betacarotene and other carotenoids.

When choosing peaches, plums and nectarines, choose ones that have a smooth, even texture and no blemishes. Ripen them at room temperature -- or use a paper bag -- and rinse them under cool water and then refrigerate.

COURTESY: Pat Baird
CA Tree Fruit Agreement
www.eatcaliforniafruit.com

Half-Scratch Magic Cooking

Cooking for Families or Just for 1 or 2



SWEET AND TANGY RAMEN SALAD

Dressing:

- 1/4 cup rice vinegar
- 2 Tbsp. honey
- 1 Tbsp. vegetable oil
- 1 Tbsp. soy sauce
- Salt & freshly ground pepper to taste
- Pinch cayenne pepper

Pour vinegar, sugar, honey, soy sauce, salt and peppers into a 2-cup glass measure. Heat in the microwave to a boil, about 1 minute. Set it aside.

Salad:

- 1 5-oz. pkg. Japanese curly noodles (Chuka Soba)
- 4 cups napa cabbage
- 1 carrot
- 2 green onions, cut into 1/2-inch diagonal pieces
- 1/2 cup sunflower seed kernels (or slivered almonds)
- 2 cups sliced cooked chicken breast

Crumble noodles into a large salad bowl. Add warm vinegar mixture and let it stand about 10 minutes. Shred cabbage and carrot in the food processor. Use the slicing disk for cabbage and the shredding disk for the carrot. Add cabbage and carrot to noodles. Toss with green onions and sunflower seeds to coat. Top with chicken slices. Serve immediately on chilled plates, or cover and refrigerate up to 8 hours. Makes 4 servings.

RAISIN BREAD PUDDING WITH EASY HARD SAUCE

- 1 16-oz. loaf raisin bread, cut into 1-inch cubes, crusts discarded
- 1/4 tsp. salt
- 2 Tbsp. cornstarch
- 1/2 cup sugar
- 2 cups milk
- 2 large egg yolks
- 1 tsp. vanilla extract
- 1 15-oz. can crushed pineapple, drained

Easy Hard Sauce:

- 1/2 cup confectioners sugar
- 2 Tbsp. sweet butter
- 2 Tbsp. Benedictine or other good brandy or vanilla extract

Heat the oven to 350° F. Spray a loaf pan with vegetable oil cooking spray. Make the pudding: Stir together salt, cornstarch and sugar in a 4-cup or larger glass measure.

Gradually stir in milk. Microwave at 100% power 6 minutes. Alternately cook over medium heat, stirring until it thickens. Whisk egg yolks. Whisk a small amount of hot pudding into egg yolks, and then return the mixture to the pudding. Microwave at 100% power 2 minutes. Cook on stove top until thick, stirring. Remove from heat, stir in vanilla and pineapple.

Make a single layer of bread cubes in the bottom of the pre-pan. Cover with pudding. Repeat, until you have used all the bread cubes and all the pudding. Set it aside to soak 20 minutes or so. Cover with foil and bake 1 hour. Cool on a rack. Cut into slices and serve with a drizzle of hard sauce.

To make hard sauce, simply whisk sugar and butter together in food processor, drizzling brandy in through the feed tube. Drizzle by the tablespoon atop bread pudding slices. Makes 8 servings.

TROPICAL CHICKEN STACK WITH ORANGE AIOLI

Orange Aioli:

- 1/4 cup best quality mayonnaise
- 2 cloves garlic, pressed
- 1 tsp. chili powder
- 2 Tbsp. fresh orange juice
- 1 fully cooked chicken breast (about 10 oz.), carved into slices
- 1 ripe mango, peeled and cut into slices
- 1 head butter lettuce, washed, spun dry and torn into bite-sized pieces
- 6 tostado shells (flat crispy corn tortillas)
- 1 fresh jalapeno, seeded and minced

To make the dressing, stir together mayonnaise, garlic, chili powder and orange juice. Add half the dressing to chicken slices and toss to mix gently. Toss remaining dressing in a large bowl with the lettuce. To make the salad, lay a tostado shell on each plate. Arrange chicken slices in a spoke pattern

on top. Alternate with slices of mango. Add a second tostado shell. Mound lettuce atop; then top with a third tostado shell. Garnish with minced jalapeno and serve at once.

CHINESE TOMATO SOUP WITH SHRIMP

- 1 Tbsp. chili oil (or Crisco oil + red chili flakes)
- 1 cup frozen chopped onion
- 1 tsp. chopped garlic
- 1 can Progresso Hearty Tomato Soup
- 1/4 lb. frozen, peeled and deveined shrimp
- 1/4 cup canned water chestnuts, drained
- 1 green onion, minced
- 1/2 tsp. sesame oil
- 1/4 tsp. white pepper
- 1/4 cup frozen peas
- 1/4 cup minced fresh cilantro
- Salt, as needed

Sauté onion and garlic in a medium saucepan over high heat. Sauté until onion is translucent. Stir in garlic and cook another minute until garlic begins to brown. Make the soup: Pour soup over garlic and onion mixture. Add shrimp, water chestnuts, green onion, sesame oil and white pepper. Boil gently just until shrimp turns color, about 3-5 minutes. Stir in frozen peas and heat through. To serve, ladle into soup bowls and finish with minced cilantro. Makes 4 servings or 2 large dinner-sized servings.

ITALIAN VANILLA ICE CREAM WITH MARSALA AND TOASTED WALNUTS

- 1 pint softened Haagen-Dazs vanilla ice cream
- 1/2 tsp. cinnamon
- 1/4 cup chopped toasted walnuts*
- 1/4 cup marsala

Stir all ingredients together, then replace in the freezer at least 30 minutes before serving. Serve in balloon wine glasses. *To toast walnuts, place them in a dry skillet over high heat and cook and stir until they begin to color up and have a toasty aroma – about 3 minutes. Remove from heat and transfer to a bowl to cool. Makes 6 servings.



**COURTESY: Linda Eckhardt
Cookbook Author**

Versatility of Fondant

Discover and learn all about cake decorating with fondant and gum paste with simple and fun techniques from Wilton. From tips on coloring for decorating fondant cakes to the easy how-to's of fondant decorating for cookies and cupcakes, you will be creating impressive masterpieces in no time.

1. **Whimsical:** Decorate a retro turquoise colored fondant 8" round cake with multi-colored neon circles.



2. **Elegant:** Use strips of fondant to make drapes and roses for this cake. For an added effect, dust the roses.

**COURTESY: Nancy Siler
Wilton Enterprises**
www.wilton.com