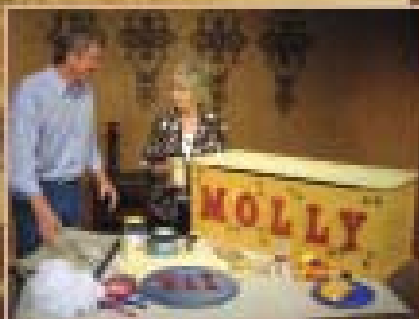
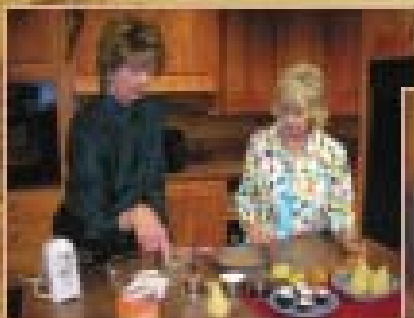


Creative Living with Sheryl Borden

-A New Dimension



5800 Enns

Foods & Nutrition - Section 1

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Foods & Nutrition

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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, “Cake for the Coffee Lover” is in Section I on page 3, whereas “Eating Turkey for Breakfast, Lunch and Dinner” is in Section II on page 10, and “Dannon Probiotics Center” is in Section III on page 17.

Cake for the Coffee Lover

Use a hazelnut coffee flavored cake.
Serves 12.

Step 1: Prepare Fondant In Advance

Tint white fondant yellow. Add 1/4 teaspoon Gum-Tex to 3 oz. yellow fondant; roll into a 6 x 3/4 in. diameter log and shape into handle.



Insert lollipop sticks on each end of handle. Let dry overnight. Wrap remaining fondant to keep it soft until ready to cover your cake.



Step 2: Bake the Cake

Preheat oven to 350°F. Spray two 6 x 3 in. round baking pans with vegetable pan spray. In large bowl, combine cake mix, coffee, oil and egg whites with electric mixer on low speed until moistened; beat at medium speed 2 minutes. Add hazelnuts and blend. Pour into prepared pans. Bake 40-45 minutes or until toothpick inserted in center comes out clean. Cool in pan on wire rack 10 minutes. Remove from pan to cooling grid; cool completely.



Step 3: Cover Cake With Fondant

Arrange cake on foil-covered cake circle; prepare for covering with rolled fondant by icing lightly with buttercream. Roll out reserved fondant to 1/4 inch thick; cover cake. Smooth, using Fondant Smoother if desired. For top and bottom borders, roll two 20 x 3/8 in. diameter logs; attach with damp brush.



Step 4: Decorate

For message, roll out pastel fondant 1/8 in. thick. Cut letters with Cut-Outs; attach to cake with damp brush. Cut circles from a variety of fondant colors using small and large openings of tip 12; attach to cake sides with damp brush. Tint piping gel brown for "coffee"; place on cake top using cut disposable bag or carefully spoon onto cake top and spread evenly. Insert fondant handle in cake side.

COURTESY: Nancy Siler
Wilton Brands
www.wilton.com

Decadent Desserts from Wilton



White Chocolate Cherry Pistachio Rounds

Ingredients and tools:

- 8- or 9-in. square baking pan
- Plastic wrap
- 1 package (14 oz.) White, Yellow, Pink or Lavender Candy Melts
- 1/2 cup sweetened flaked coconut
- 1/2 cup shelled pistachios, chopped
- 1/2 cup dried tart cherries, chopped
- Assorted shapes metal cutters

Line square baking pan with plastic wrap; spray with vegetable pan spray and set aside. Place candy in 2-quart microwave-safe bowl. Microwave on 50% power 2-3 minutes, stirring every 30 seconds until candy is melted and smooth. Stir in

coconut, nuts and cherries. Spread mixture into prepared pan; smooth surface using spatula. Refrigerate until set, about 1 hour. Remove candy from pan. Cut out circles, hearts, flowers and squares with metal cutters. Store between pieces of parchment paper in airtight container in cool place for up to 1 week. Makes about 6 candy rounds. Substitution: If desired, substitute 1/2 cup chopped pecans, almonds, cashews or macadamia nuts for pistachios.



White Chocolate Crescents

Ingredients and tools:

- Cookie Pan
- Parchment Paper
- 1 cup (about 4 oz.) White Candy Melts, coarsely chopped
- 5 tablespoons finely chopped pecans, divided
- 3 tablespoons granulated sugar
- 1 package (15 oz.) refrigerated pie crusts (2 crusts)
- Cooling Grid
- 1-3 teaspoons milk, as desired
- 1/2 cup confectioners' sugar



Preheat oven to 425° F. Line cookie pan with parchment paper. Place candy in small microwave-safe bowl; micro-

wave on 50% power 1-2 minutes, stirring every 10 seconds until candy is melted. Stir in 3 tablespoons pecans and sugar. Unroll pie crusts onto work surface; cut each crust into 16 wedges. Place about 1/2 teaspoon mixture onto widest end of each wedge. Starting at widest edge, roll up; gently press point of wedge into each roll. Place rolls seam/point side down on cookie pan. Bake 12-14 minutes or until golden brown. Remove from pan to cooling grid; cool completely. To make icing, stir milk into confectioners' sugar in small bowl until desired thickness is reached. Drizzle icing over cooled cookies. Sprinkle with remaining nuts. Makes 32 cookies. If desired, substitute melted white or dark chocolate for icing. Drizzle over cookies as recipe directs.

COURTESY: Nancy Siler
Wilton Brands
www.wilton.com

In the Line of Fire

Ingredients and tools:

- Rolling Pin
- 101 Cookie Cutters Set
- Cookie Sheet
- Cooling Grid
- Round Decorating Tip 2
- Round Decorating Tip 3
- Open Star Decorating Tip 16
- Open Star Decorating Tip 21
- Royal Blue Icing Color
- Golden Yellow Icing Color
- Black Icing Color
- Brown Icing Color
- Mini candy-coated chocolates
- Black shoestring licorice
- Spice drops
- Waxed paper
- Granulated sugar
- Scissors or sharp knife
- 8 x 2 in. Round Pan
- Cake Board
- Fanci-Foil Wrap
- Rainbow Jimmies Sprinkle Decorations
- Large candy-coated chocolates
- 4 in. Lollipop Sticks
- White Candy Melts®
- Rainbow Colors Tricolor Candles (2 pkgs.)
- Favorite 2-layer cake recipe or cake mix



9. Use buttercream icing.
- 10.. Press jimmies into freshly lightly iced cake.
11. Pipe "You're Surrounded". Use tilting turntable angled, if desired.
12. Pipe #21 rosette border and add candies.
13. Insert cookie sticks into already prepared marked holes that have been iced over to cover.
14. Pipe #16 rosette candle holders and insert candles.

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

Techniques

1. Using rolled out cookie dough, flour and cutter, cut out boy using largest gingerbread boy cutter.
2. Using baked boy cookie, make facial features and hands using black licorice for mouth/spice drops/mini M&Ms/tip 3.
3. Outline shirt and pants with tip 3.
4. Cover with tip 16 stars and cover shoes and pants.
5. Add spice drop hands.
6. Pipe tip 16 pull out star hair.
7. Write 30 on shirt.
8. Attach cookie to lollipop stick with melted candy.





EV Everyday Food and Wine Pairings

Shrimp & Citrus Salad with Creamy Avocado Dressing

Pairs with Mirassou® California Sauvignon Blanc

For the dressing:

- 1/4 cup orange juice
- 1/2 ripe Haas avocado (reserve the other half for the salad below)
- 1/4 cup sour cream
- 1/4 cup loosely packed cilantro leaves
- 1/4 cup fresh lime juice
- 1/4 cup water
- 3/4 tsp. kosher salt
- 3/4 tsp. sugar
- 3/4 tsp. freshly ground black pepper
- 1/4 cup salad oil



For the salad:

- 2 seedless oranges
- 1 head butter lettuce, washed and torn
- 3 red radishes, cut into thin wedges
- 12 large cooked shrimp, peeled and deveined, chilled
- 1/2 ripe Haas avocado
- Cilantro leaves as needed for garnish

Pour orange juice and the remaining dressing ingredients into a blender. Blend for about 30 seconds, or until the dressing is smooth, and the cilantro is very finely minced.

Peel the oranges with a sharp knife as you would a melon. Slice the orange into 1/4-inch wheels, and cut each in half. Place the lettuce in a mixing bowl, and toss with about half of the dressing. The leaves should be evenly coated and flavorful, but not soggy. Transfer

the dressed leaves to a broad, shallow salad bowl. Arrange the orange segments, radish wedges and shrimp on the lettuce, and drizzle the salad with additional dressing to taste. Garnish with whole cilantro leaves and serve immediately. Serves 6.

Macaroni & Cheese with Applewood Bacon

Pairs with Mirassou® Monterey County Chardonnay

- 1/2 pound macaroni or small shell pasta
- 4 ounces thick-cut applewood bacon
- 1 cup panko bread crumbs
- 1 teaspoon minced fresh thyme
- 3 tablespoons butter
- 3 tablespoons all-purpose flour
- 1/2 teaspoon grated nutmeg
- 1 tablespoon dry mustard
- 3 1/2 cups whole milk
- 2 shallots, minced
- 12 ozs. sharp white cheddar, grated
- Salt to taste
- Freshly ground Black pepper to taste

Preheat an oven to 350 degrees. Cook the pasta *al dente* in boiling salted water as directed on the package. Drain and set the pasta aside.



While the pasta cooks, cut the bacon into 1/4-inch pieces, and sauté in a small pan until crisp and golden. Remove the bacon from the pan with a slotted spoon to drain on paper towels. Pour off all but 2 tablespoons of the drippings, and return the pan to low heat. Add the breadcrumbs and thyme to the bacon drippings, and toss to coat evenly. Season with a sprinkle of salt and pepper, and set the pan aside.

In a four-quart saucepan, melt the butter over medium-low heat. Add the flour, nutmeg and dry mustard, and stir vigorously with a wooden spoon to work the dry ingredients into the butter. Continue to cook for 3 minutes, stirring often. Whisk in the milk in 1/2-cup increments, making sure to work the mixture smooth each time. Whisk in the shallots, and simmer the mixture for about 10 minutes, stirring often. Turn off the heat and whisk in 3/4 of the grated cheddar. Season the cheese sauce with salt and pepper to taste. Stir in the macaroni and bacon, then pour into a greased 2-quart baking dish and top with the remaining cheese. Sprinkle over the breadcrumb mixture and bake uncovered for 45 minutes, or until the cheese and breadcrumbs are golden. Serves 6 as an entrée, 8 as a side dish.

Maple Pork Chops with Apricot & Sage Butter

Pairs with Mirassou® Monterey County Riesling

For the pork chops:

- 3 cups water
- 2 cups apple cider
- 1/2 cup maple syrup
- 4 Tbsp. kosher salt
or 2 Tbsp. table salt
- 2 cloves garlic, cracked with the heel of the hand
- 1/2 tsp. black pepper
- 1/2 tsp. fennel seed
- 1/2 tsp. coriander seed
- 1 bay leaf
- 4 bone-in pork loin chops, about 1 1/2 inch thick
- Olive oil as needed



For the apricot & sage butter:

- 4 Tbsp. unsalted butter, softened
- 2 Tbsp. apricot preserves
- 1 tsp. minced fresh sage
- 1/2 tsp. kosher salt

Combine all of the ingredients except the pork chops and olive oil in a saucepan and bring the contents to a boil. Remove the pan from heat and allow the brine to cool fully before proceeding. Place the pork chops in a non-reactive container (not aluminum or copper), such as a Pyrex dish, and pour the brine over. Cover

the container with plastic or a tight-fitting lid, and refrigerate for at least 6 hours, or up to 12 hours.

While the meat is brining, make the apricot and sage butter. In a small bowl, work the softened butter together with the apricot preserves, sage and salt. Refrigerate in a small container, but allow the butter to come back to room temperature before using.

Remove the pork chops from the brine and pat dry with paper towels. Preheat a grill or broiler. Brush the chops with a scant coating of oil and season lightly with salt and black pepper. Grill or broil to an internal temperature of 145 degrees. Rest the chops in a warm place for 3 to 5 minutes. Top each chop with a dollop of apricot sage butter just before serving. Serves 6.

Chicken in Tomato & Olive Braise

Pairs with Mirassou® California Pinot Noir

- 6 chicken thighs, 5-6 ounces each
- 2 teaspoons kosher salt, more to taste
- Freshly ground black pepper to taste
- 2 tablespoons olive oil
- 3 cloves garlic, sliced about 1/8-inch thick
- 1 medium yellow onion, thinly sliced
- 1 pinch hot pepper flakes, or to taste
- 1/2 teaspoon ground fennel seed
- 1/4 cup Mirassou Pinot Noir
- 1 large can (1 pound 12 ounces) excellent quality diced tomatoes in juice
- 2 teaspoons brine-packed capers, rinsed
- 1 cup whole pitted green olives, rinsed
- 1 ounce Parmigiano Reggiano cheese, shaved with a vegetable peeler
- 1 loose cup whole parsley leaves, plucked from the stem


Preheat an oven to 325 degrees. Select a 3 to 4 quart oven-safe baking dish, and set it aside. Heat a large, heavy skillet over a medium-high burner. While the pan is heating, season the chicken with the salt and ground black pepper. Add the olive oil to the skillet, and allow it to



heat through, then add the chicken pieces skin-side down. Cook until crisp and golden, about 5 minutes, then turn and brown equally on the other side, about 4 minutes. Remove the chicken to a plate.

Pour off all but about 2 tablespoons of the fat from the skillet, and return it to the stovetop over medium heat. Add the garlic and onion, and stir often for 3 minutes, or until it smells sweet. Stir in the pepper flakes and fennel. Deglaze with the wine, stirring against the bottom of the pan with a wooden spoon to release the browned juices. Add the tomatoes, capers and olives, and bring the skillet to a simmer. Cook for five minutes, stirring occasionally. Adjust the seasoning to taste, then pour the tomato mixture into the oven-safe baking dish. Arrange the chicken pieces over the tomato mixture, skin-side up, and sprinkle the shaved cheese over the chicken. Place the baking dish on the center rack of the oven and cook for 10 minutes, or until a thermometer reads 160 degrees in the center of the largest piece of chicken.

Garnish the dish with parsley leaves and a drizzle of extra virgin olive oil. Serve with soft polenta or your favorite short pasta, and a crisp green salad. Serves 6.



Everyday Meals Wine Pairing Chart

Meal	Sauvignon Blanc	Chardonnay	Riesling	Pinot Noir	Merlot	Cabernet
Pastas/ Pizza						
Mac and Cheese (cheddar)		X				
Fettuccine Alfredo	X	X				
Cheese Ravioli		X				
Spaghetti with Meatballs				X	X	
Lasagna with Meat Sauce				X	X	
Cheese Pizza/Margherita				X	X	
Sausage/Pepperoni Pizza				X	X	
Fish						
Sautéed Shrimp	X	X	X			
Fish & Chips	X	X				
Fish Tacos	X		X			
New England Clam Chowder		X				
Baked Salmon		X				
Grilled Salmon/Tuna		X		X		
Fowl						
Sautéed Chicken Breast, Boneless/Skinless	X					
Grilled Chicken Breast, Boneless/Skinless	X	X				
Chicken Tacos			X			
Roast Chicken		X		X		
Glazed Roast Chicken			X			
Roast Turkey		X				
Grilled Half Chicken						
with rosemary and garlic		X		X		
with BBQ sauce			X	X	X	
with pesto	X			X	X	
Chicken Curry			X			
Pork						
Roast Pork		X	X			
Glazed Ham		X	X			
Pork Chops with Applesauce			X			
Sweet and Sour Pork			X			
Baby Back Ribs				X		
Italian Sausage				X	X	
Beef						
Beef Stir Fry/Spicy			X			
Hamburger/Cheeseburger				X	X	
Beef Tacos				X	X	
Meatloaf				X	X	
Beef Stew				X	X	X
Pot Roast				X	X	X
Grilled Steak					X	X
Roast Beef					X	X

For a clearer chart, go to www.mirassou.com and see it there.

COURTESY: David Mirassou
Mirassou Winery
www.mirassou.com

How to host a stress-free and fun wine-tasting event

Hosting a wine tasting event is an ideal “ice-breaker” for friends, neighbors and even co-workers. It can be a great way for people to get to know each other while at the same time learning about wine. Pairing wines with food will only enhance your tasting experience. Following are some simple ways to host a successful get-together!

Select a theme

- **Taste Pinot Noir** wines under \$20 from any region. Have each guest bring a bottle and taste blind. The idea in this tasting is to find a great-tasting and affordable Pinot Noir wine.
- **Taste Chardonnays** from different wine regions such as Sonoma, Carneros, Monterey and/or Napa. The idea in this tasting is to discover the characteristic of each of these Chardonnay-growing regions.
- **Taste popular reds** from California such as Merlot, Zinfandel and Cabernet. The idea is to start learning to differentiate the characteristics of each varietal.

- **Host a food and wine-tasting dinner.** Select five to six varietals and assign your guests a dish to pair with a varietal. Food and wine are both enhanced when enjoyed together.

Materials available for download at Mirassou.com

- Score sheet - rate each wine as you taste
- Wine-tasting mat - arrange wine glasses for tasting like a pro!
- Food and wine pairing chart - food pairings to make the m

Additional items

- Pencils or pens
- Wine glasses can be rented at a reasonable price - and rental companies will wash the glasses!
- Water and snacks such as bread, cheese and nuts

Wine Tasting Scoring Sheet

Name _____

Wine 1 _____ points

Notes:

Wine 2 _____ points

Notes:

Wine 3 _____ points

Notes:

Wine 4 _____ points

Notes:

Wine 5 _____ points

Notes:

Wine 6 _____ points

Notes:

Scoring from 1 to 5

- 5: This wine is amazing!
- 4: This wine is really good
- 3: This wine is pretty good – acceptable, but not my favorite
- 2: There’s something about this wine I don’t like
- 1: Not good

1. **See** – Hold the glass up at a slight angle and observe how the light passes through it. Both red and white wine should appear brilliant in color, rather than cloudy and dull. Looking at the color of the wine will often give you clues to its style. In general, lighter-colored wines will be more delicate and vibrant, while darker-hued wines (both red and white) will be more full-bodied and ripe.
2. **Swirl** – Hold the base firmly on the table and give it a good swirl to get oxygen to the wine and help it “open up.”
3. **Smell** – You’re checking to make sure the wine has not “turned” or been stored improperly. Smell for off odors reminiscent of musty cardboard or vinegar, which means the wine is flawed and should be replaced. Don’t send back a wine just because you don’t like it, but if the wine smells off to you, don’t hesitate to alert your server.
4. **Sip** – The best way to really get a good taste of the wine is to suck in a bit of air – it’s the oxygen that helps to open up the wine after you have taken a sip.

Tasting the wine:

The “Four S’s Rule” from *The Simple & Savvy Wine Guide* author Leslie Sbrocco:

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www.mirassou.com