

Creative Living with Sheryl Borden

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We had our first taping for this semester today, and it was great! We have about 10 students on the crew - some are repeats from previous semesters - and some are "brand new." They were all eager to learn and were very willing during the taping to help the guests remove and bring in props. We started at 9:00 a.m. and finished at 1:00 p.m., and have ten great segments "in the can."

Every summer the West Texas Home Builders Assn. in Lubbock, TX puts on a two-week long home tour showing off about 20 new homes. These homes are beautifully furnished by local furniture stores, and each one features the latest in appliances, fixtures, wall treatments, bedding, etc. I try to go every year, and am so glad I went this past summer because I saw some fascinating wall treatments I had not seen before. I picked up the business card of the painter, and called her to see if she would come and tape some segments with me -- and she said "yes."

My first guest was **Jaime Alcorta** from Lubbock, TX., and she taped five different segments today, and I can't wait for you to see them. The first one was on "Tumbled Marble Backsplash Outlet Plates," and

Jaime showed how to paint those necessary but unattractive electrical outlet plates to match tile. Her second segment showed how to make a built-in vanity take on a new look by applying a furniture finish. Then she showed how to paint columns or any accessory to coordinate with oil rubbed bronze cabinet hardware and plumbing fixtures which are



predominately being used in new construction today. She also explained that shiny gold or brass light fixtures and even picture frames can be given a face lift with this same technique. My favorite segment was the fourth one which showed how to add random raised stenciling to walls for extra impact. Many popular fabrics have a damask pattern, and Jaime showed how to use this pattern randomly on the wall. This was the treatment that caught my eye when I was touring the show homes last summer. The last segment showed how to do a calcified ruins wall finish by using various objects, including broken accessories, old frames, small mirrors, resin architectural accessories, wood or styrofoam moldings and appliques, wooden letters and even crosses to add to a wall's decor. Jaime is a very talented young lady, and I hope she'll come back next year and share additional wall treatments with us.

My second and third guests were both from Sulky of America, Inc. **Sue**

Hausmann, the host of the popular PBS show "America Sews with Sue Hausmann," had been a guest on "Creative Living" when we were still in the old Broadcast Center so it was many years ago. I was so excited to show her our new facility and to get to work with her again. Sue demonstrated one of her favorite sewing techniques, Wing Needle Hem-stitching. Originally a hand-sewn technique, then stitched on hemstitcher machines manufactured around 1900, today hemstitching creates



fabulous design details quickly and easily on home sewing machines. The key is stitching with very fine thread so the thread does not fill the “holes” and stabilizing to prevent puckering as the stitch goes back and forth and side to side. Sue also had lots of beautiful samples to show us that featured this technique. Her remaining two segments had to do with using stabilizers in both sewing and crafts



projects. It was “sew” nice to see her again.

The other guest from Sulky was **Eric Drexler**, and he showed how to do an applique technique on a ready-to-wear

sweatshirt and how to make a lacy vase cover for flower vases (so you don’t have to see the stems or dirty water in the bottom of vases). Both of these projects were quick and easy to do and produced items that are very functional as well as decorative.

New Creative Living booklet: In between taping, I’m working on the new Creative Living booklet, which will accompany the 6100 series beginning in March. My good friend, **Wanda Newberry** designed the cover for the booklet and for the promotional postcard we send to PBS stations promoting each new series. I hope you like it as much as I do. The new booklet will be posted on the web around March 1st, and the address is: <http://www.kenw.org/cl-booklet.html> You can download all of any part of the booklet.

A Glance Back in Time...

In going through my “old” files, I came across a guest by the name of **Merle Ellis**, and when he came to tape with me in 1983, the show was then called “The Creative Woman” show. Wow, that has been a few years. Merle was known as “The Butcher,” and I’ve never seen anyone cut up a whole chicken as fast as he could - 13 seconds to be exact - and we have it on tape! His concept was how to save money at the meat counter, and he suggested buying whole cuts of meat and cutting it up yourself. He is also the author of a book called “Cutting Up in the Kitchen,” and he was a delightful guest and served as a judge for the National Beef Cook-Off events for many years.

Even back in 1983, Merle was suggesting that consumers use their pressure cooker more -- something we’re still encouraging in 2011. One of the booklets Merle helped Presto design was titled “Presto! A Party,” and it was a guide to elegant, economical entertaining under pressure! How appropriate, right? Here is what the booklet had to say: “Entertaining is one of America’s favorite pastimes. Name any occasion and someone, somewhere will be celebrating with good friends, good times, and good food!” Things are still the same today. Every region of the country has its own style of cooking, its own “native” recipes and its own delightful entertaining traditions. But, whatever the occasion, whatever the menu, Americans from coast to coast have one thing in common. They all want creative ways to make enter-



Creative Living with Sheryl Borden 6100 Series

taining easy, economical and elegant. And, nothing answers the need better than pressure cooking.

When the pressure's on, pressure cooking is the busy entertainer's best friend!

Since I'm from the Southwest, I chose to share a pressure cooker recipe that is indicative of this region -- but I hope you'll enjoy it, too.

Today's informal barbeque (from the spanish *barbacoa*, meaning a "frame") is a miniature counterpart of the huge outdoor feasts popularized by cowboys, campaigning politicians and cattle ranchers in the early days. Texans in particular were famous for roasting great quantities of beef on green wood frames over open fires. During the slow roasting, an equally impressive amount of spicy, tomato-spiced barbeque sauce was used to baste the meat.

Texas Barbeque Pot Roast

- 4 - 4 1/2 pound, eye of round, bottom round, boneless chuck roast or pork loin roast
- 1/2 cup catsup
- 1/2 cup apricot preserves
- 1/4 cup dark brown sugar
- 1/4 cup white vinegar
- 1/2 cup Teriyaki or Soy sauce
- 1 tsp. crushed dry red peppers
- 1 tsp. dry mustard
- 1/4 tsp. pepper
- 1 large onion, sliced
- 1 1/2 cups water for beef or 2 cups water for pork

Ingredients listed are for use in a 6-quart pressure cooker. For use in a 4-quart pressure cooker, use a 3-pound roast and cut remaining ingredients in half. Prepare barbeque sauce by mixing together catsup, preserves, brown sugar, vinegar, Teriyaki sauce, red peppers, mustard and pepper. Place roast and barbeque sauce in a large plastic bag, or glass dish. Refrigerate overnight. Place water and cooking rack in pressure cooker. Remove roast from sauce (reserve sauce.) Cover rack with 1/2 of the sliced onions. Put roast on onions and cover with remaining onions. Close pressure cooker cover securely. Place pressure regulator on vent pipe. Heat pressure cooker over high heat until pressure regulator begins to rock. Adjust heat to maintain a slow steady rocking motion. Cook beef

at 15 pounds for rare; 10 to 12 minutes for medium; at least 12 to 15 minutes per pound for well-done meat.

Cook pork 15 minutes per found til well done. Let pressure drop of its own accord. Meanwhile, place reserved barbeque sauce in a saucepan and simmer, until reduced by about one-half, stirring occasionally. Remove roast and keep warm. Discard cooking water or use for making soup. Puree onions in a blender or food processor and add to reduced bar-beque sauce. Serve sauce with sliced roast. Makes 8 servings.

MENU SUGGESTION

- Barbeque Pot Roast
- Butternut Squash
- Cole Slaw
- Jalapeno Corn Bread
- Texas Pecan Cake (I hadn't heard of a Pecan Cake, have you?)

I got hungry just typing in all of this! If you try it, I hope you enjoy it as much as my crew and I did all those years ago!

Happy Valentine's Day to everyone.

Sheryl

Since these segments won't air for several months, I wanted to go ahead and give you the guests' e-mail addresses and website addresses, and you can browse at your leisure or contact them directly.

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