

Creative Living with Sheryl Borden

Produced by KENW-TV at Eastern New Mexico University, Portales, NM
e-mail address: sheryl.borden@enmu.edu Phone: 575-562-2112

Issue #18

March 2011



I realize it's still February, but I have a very good reason for doing this Newsletter a little early this time! My two sons, and my grandson and I are going on a 7-day Western Caribbean Cruise on Carnival Cruise Line from February 27 through March 6th. Even though it would have been fun to wait until we got back to do the Newsletter (so I could tell you all the fun things that happened), I wanted to go ahead and take care of this before I left. Maybe the next issue will have room for a few pictures! ha

Everyone I have talked to has said "I can't wait for warm weather!" I guess we're all getting anxious for Spring. Here in New Mexico, last week's temperatures set a new record for lows, and this week, the temperatures set a new record for highs! It's no wonder people are getting or recovering from colds and sinus infections - myself included. Oh, well.

When our new high definition studio was built, the architects thought there did not need to be additional heat installed, so we have NO heat in Studio A. When asked about this, the architects said they thought the overhead lighting would be sufficient. If we had the old lights like we used to use for analog, that would probably be true, but our new lights are "cool" lights. The first two tapings in February were amid snow here in Portales. So, we turned on the oven in the prep kitchen area and the one on the kitchen set, and these were our only source of heat. In between segments, we would all (including our students) run to the oven and warm up our hands briefly. I have appreciated the good attitude my guests showed who had to suffer along with the rest of us by taping in very cold conditions. On two of the taping days the University was either closed or delayed for two hours, and I was so proud of my student crew. They came to work even though they didn't really have to show up. What a dedicated bunch!

My first guest for our snowy February taping was **Laura Keith**, and believe it or not, her topic was swimwear! Sounds kinda funny, doesn't it? Of course, she didn't

know there would be snow in New Mexico this time of the year, and besides, that's what we had asked her to talk about. One of her segments was on sewing easy swimsuits and



another one dealt with making a swimsuit coverup. A third segment was a general discussion on sewing with stretch knits and a final segment was on sewing lingerie.

That same snowy day, my dear friend **Nancy Siler** with Wilton Enterprises showed us lots of fun things to do with fondant, candy melts, cake decorating, and molds. When Nancy comes to tape, I always get to participate, and in this picture, we were making cookie



sandwich monsters -- and what fun it was! She also demonstrated using the pony pan to make a party pony, but instead of baking a cake in the pan, she showed how to use a peanut cereal treat and then decorate the pony. A third segment was on chocolate dessert cups and decorations and then she showed how to make an orange kissed chocolate cake with gold dusted chocolate curls -- it was such a beautiful cake --almost too pretty to eat, but not quite. And, finally she demon-

strated how to make fondant flowers, which are so versatile. As always, it's so much fun to have Nancy on the show -- and she's such a professional, too.



On February 10, it was my pleasure to meet for the first time **Donna Salazar**, a very creative lady from Irvine, CA who had just returned from CHA, and she had so many

new crafty things to show us. She showed how to make a mixed media banner, a greeting card with a removable paper hair flower, and a corrugated cover notebook that just happened to have the initial "S" on the cover -- and she gave it to me after the taping! She finished up by showing how to make a framed butterfly wall plaque with a quote, and I have her sample hanging in my office. Of course, when I give you these titles, it doesn't do justice to the technique nor finished product, so you'll just have to wait to see all the beautiful items Donna demonstrated.

Another guest who visited us for the first time in 2010 was back. Chef **Johnny Vee** (or John Vollertsen) owns and operates the Las Cosas Cooking School in Santa Fe, NM, and he came back and shared four new segments with us. He is so much fun to work with! The first segment was on Knife Skills 101, and he showed some of the different types and brands of knives available in stores and explained which one works best with which task. Then, he demonstrated cooking with Pressure Cookers, which have really made a comeback in recent years. He prepared a delicious Sweet and Sour Beef Brisket in the pressure cooker, and it was so tender and moist. Since he's from Santa Fe, he had to demonstrate a Mexican food recipe, and it featured New Mexico green chilies, and he transformed them into chile rellenos.



Yum! The fourth and final segment was on making Salmon en Papillote using parchment paper, and it is a quick, easy and elegant way to prepare this popular and healthy fish.

Our last two guests for February were **Rae Cumbie** and **Eleisha Ensign**. Rae is President of the Association of Sewing and Design Professionals and co-owner of Tabula Rasa Patterns.



Rae taped five segments in one hour -- that may be a new record for us! The first segment was on using one pattern and making a jacket (or jackets) for all four seasons of the year. She then talked about how she finds inspiration for sewing and shared some of her photos and sketches, and pointed out that there are no mistakes - you just may not love what you make but you have learned what you do not love! Then she showed us how to make denim jeans that fit US, and you absolutely couldn't tell the "homemade" ones from the ready bought ones (except they fit better!) Her fourth segment was on finishes for unlined jackets, and she demonstrated various types of seams, including a French Seam, Rolled Edge Seams, Hong Kong finishes, and others. Finally, she showed us how to take a garment and repurpose it into something new. She had pictures of an old but beautiful wedding dress, and then showed us how she used the fabric, buttons, lace and other embellishments to make a beautiful christening dress.

After Rae finished her segments, **Eleisha Ensign** was all ready to demonstrate her favorite topic - grapefruit! Eleisha demonstrated using Rio Star grapefruit and a very unusual ingredient, Quinoa, to make a delicious salad. Have you ever cooked (or eaten) quinoa? This grain is actually a relative of leafy green vegetables like spinach and Swiss chard. It is a recently rediscovered ancient "grain" once considered "the gold of the Incas." Very interesting and very tasty. The second segment was on ways to use grapefruit juice, such as freezing it for ice cubes, in salad dressings, and best of all, in a grapefruit/lemonade, which really hit the spot. Finally, she showed us ways to use the sections of a

grapefruit. One simple way was to cut up the grapefruit, put the sections in a baggie to have our own 100-calorie snacks. Another way that she showed was to make Rio Star Poppers (and Eleisha said these were her favorites, and I have to agree with her). You've heard of chocolate-dipped strawberries? These little poppers were grapefruit sections dipped in melted chocolate and sprinkled with coconut. She also made a simple multi-fruit salad and tossed it with a raspberry



vinaigrette dressing. As I told Eleisha, I serve grapefruit almost every Sunday morning at breakfast, but I loved learning some new and exciting ways to use this delicious and nutritious fruit.

I thought I would share Nancy Siler's recipe for the Pony Cake, which is a variation on the old and familiar Rice Crispie treats.

Peanut Cereal Treat

- 4 Tbsp. (1/2 stick) butter or margarine
- 1 pkg. (10 1/2 oz.) miniature marshmallows
- 3/4 cup peanut butter
- 6 cups honey nut toasted oat cereal
- 2 cups golden raisins
- 1 cup cocktail peanuts

Spray pan thoroughly with vegetable pan spray. In large bowl, microwave butter for 1 minute to melt. Add marshmallows and peanut butter and stir to coat. Microwave for 1 minute. Stir. Microwave for 1 more minute



to fully melt. Stir until well combined. Add cereal, raisins, and peanuts to the bowl. Mix well until everything is evenly coated.

Pour mixture into pan. With the back of a spatula, press mixture firmly into the pan. Allow to cool to room temperature before inverting onto a serving plate. Decorate as desired. (Makes about 12 servings.)

I hope you will try the Pony cake and whether you decorate it or not, you'll enjoy it and so will your family.

So, till next month, I hope you survive the rest of the winter, and keep thinking warm thoughts. Bon Voyage!

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.

Rae Cumbie

Assn. of Sewing & Design Prof.
rae.cumbie@gmail.com
www.raecumbie.com

Eleisha Ensign

TexasSweet Citrus Marketing, Inc.
eleisha@texasweet.com
www.texasweet.com

Laura Keith

Laura Keith Apparel Design
lkdesigns@comcast.net
www.laurakeithdesigns.com

Donna Salazar

Donna Salazar Designs
donna@donnasalazar.com
www.donnasalazar.com

Nancy Siler

Wilton Brands
nsiler@wilton.com
www.wilton.com

John Vollertsen (Chef Johnny Vee)

Las Cosas Cooking School
chefjohnnyvee@aol.com
www.chefjohnnyvee.com