

Creative Living with Sheryl Borden

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Issue #21

June 2011



Short and sweet - that's the theme of this month's newsletter because all of our time and efforts are being spent in fundraising. The 35th annual online Auction officially begins June 1st and continues through June 10th. The next week is busy with customers coming to pick up and pay for their items or processing checks and credit cards and shipping gift certificates and merchandise to the winning bidders. So, until the end of June, and we take a deep breath and count the money, we hardly have time for anything else. After the dust settles from the Auction, I will start perusing the internet and other sources and inviting guests to come and tape next Fall.

This fall will mark our **35th season of "Creative Living,"** and we're very proud of the longevity of the show. In fact, we are listed in Wikipedia as one of the longest running shows on television! Check it out. We are working on posters to commemorate this occasion, a new booklet to accompany the 6200 series, and hoping to have some great guests to tape with. As soon as the Auction is over, I'll share more highlights for our 35th Anniversary series. Don't forget, if you ever have ideas or suggestions for guests (or topics) for the show, please feel free to e-mail me at: sheryl.borden@enmu.edu.

When I was thinking about what to include in this newsletter since I wasn't taping for the summer, I looked through my "old dusty" files and came across a guest who taped with me in 1987, and her name is **Anne Greer**, and she represented Cuisinart. At that time, I don't think I had ever heard of that brand, nor did I know much about their products. In looking



through Anne's file, I found some food processor tips she shared at that time, and since they are still pertinent, I thought I would share them with you.

MELTING CHOCOLATE: To save a step in many recipes requiring melted unsweetened chocolate, melt the chocolate in the food processor instead of on the stove. Use the metal blade to chop the chocolate with the sugar. Heat the liquid (such as butter, coffee or water) required for the particular recipe. Then, with the machine running, add 3 tablespoons of the hot liquid through the small feed tube, 1 tablespoon at a time. Slowly pour in the remaining liquid. If the recipe requires melted sweet chocolate, you can chill it well, and then shred it rather than chop, but you must switch to the metal blade before adding the hot liquid. This method also eliminates the need for another utensil and the risk of scorching the chocolate if overcooked.

PROCESSING BUTTER: Butter can be used directly from the refrigerator in a recipe. It need not be at room temperature. Cut it into 1-inch pieces and cream it with the metal blade of the food processor for about 20 seconds.

PROCESSING NUTS & DRIED FRUIT: Nuts and dried fruit need not be chopped ahead of time. Add the nut or fruit pieces to the batter with the flour, then pulse until the flour just disappears.

SIFTING FLOUR: The metal blade aerates flour in 15 to 30 seconds, faster and neater than a sifter.

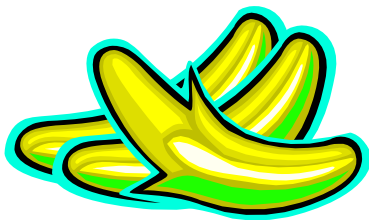
In 1987, Anne reported that food processors were in more than 25 million American homes -- wonder what that statistic is now? I can't imagine NOT having a food processor on the counter.

When Anne was here, she shared a new (at that time) recipe booklet that featured recipes from some of the leading food companies and compared the standard method of making a cake using the electric mixer to making them in the Cuisinart food processor. I had forgotten about this little booklet, but now that I've found it, I thought I'd share a recipe with you. (I'll only share the food processor method for the recipe.)

CHIQUITA BANANA CAKE

- 2 sticks (8 oz. total) unsalted butter, cut into 16 pieces
- 1 cup (7 1/2 oz.) sugar
- 2 medium (10 oz. total) Chiquita bananas, cut into 1/2-inch pieces
- 2 large eggs
- 5 Tbsp. buttermilk
- 1 tsp. pure vanilla extract
- 1 3/4 cups (8 3/4 oz.) all-purpose flour
- 2/3 tsp. baking soda
- 1/2 tsp. salt
- 1 1/2 cups (6 oz.) walnut pieces
- Cream Cheese Frosting (recipe follows)
- 2 medium (10 oz. total) Chiquita bananas, sliced

Preheat the oven to 350 degrees F. Grease and flour two 9-inch round cake pans. Process the butter with the metal blade until creamed, about 30 seconds. Scrape down the work bowl. Add the sugar and process until the mixture forms a ring around the blade, about 30 seconds. Add the banana pieces and process until smooth, 45 to 60 seconds. Scrape down the work bowl. Add the eggs, buttermilk, and vanilla and process until combined, about 5 seconds. Scrape down the work bowl. Add the dry ingredients and pulse until combined, 5 to 7 times.



Pour into the prepared pans and bake in the preheated oven til a cake tester inserted in the center comes out clean, 25 to 30 minutes. Cool in the pans for 10 minutes, and turn out onto wire racks to cool completely. Chop the walnuts coarsely, about 8 pulses. Place 1 cake layer on a serving plate and spread with some frosting. Top with a layer of

banana slices and cover with the second cake layer. Spread the remaining frosting on the top and sides of the cake. Garnish the sides with the walnuts. Serves 10 to 12.

CREAM CHEESE FROSTING

- 8 ounces cream cheese, cut into 16 pieces
- 3/4 stick (3 oz.) unsalted butter, cut into 6 pieces
- 3 cups (13 1/2 oz.) confectioners' sugar
- 1 tsp. pure vanilla extract
- Juice of 1/2 lemon

Process the cheese and butter with the metal blade until combined, about 10 seconds. Add the sugar and process until smooth, about 5 seconds. Add the vanilla and lemon juice and process until combined, about 15 seconds. If too soft to spread, refrigerate for 10 minutes.



If it's been awhile since you've experimented with different uses for your food processor, maybe this recipe will inspire you to do so. The cake is delicious by the way!

Once again, I hope you'll go to our auction website at: <http://auction.kenw.org> and browse among the various categories. If you find something you want to bid on, all you have to do is click on the "Register" button at the top of the page, fill in your name, address, telephone number and e-mail and choose your password, and you're ready to start having fun. All monies raised from the annual Auction go towards our programming budget at KENW-TV. We have to raise over \$385,000 each year to pay for the programs viewers enjoy watching on public television -- and you can help, too!

Sheryl



<http://auction.kenw.org>