



Creative Living with
Sheryl Borden
7200 Series
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 two sections in order for it to be downloaded more quickly. For instance, “Recipes From Carol Fenster” is in Section I on page 3, whereas “Trusted Turkey Tips For All Cooks” is in Section II on page 10.



Recipes from Carol Fenster

Steps to Drying Tomatoes

You can use grape, cherry or plum tomatoes. Wash and pat dry with paper towels and remove stems and leaves. Cut in thin slices, toss with just enough olive oil to coat (optional), and arrange on parchment paper-lined baking sheet. Sprinkle with salt, if desired. Dry at 180° – 200° F. in conventional oven or 180° F. in convection oven. Watch carefully to avoid burning. If using a food dehydrator, follow manufacturer's directions. When dry and shriveled, cool thoroughly on the baking sheet. Then refrigerate in clearly-labeled plastic bags for up to a month or freeze for up to 3 months. Dried tomatoes can be used as is, as a snack or in salads, soups, stews, casseroles, and sauces. They can also be soaked in hot water to reconstitute them before use.



Preserving Fresh Herbs

Herbs Are a Good Thing; Why It's Important to Preserve Them.

1. Herbs add flavor to food; they are decorative; and they have medicinal qualities (infusions or teas, i.e. sage for sore throat; thyme for congestion.)
2. A package of fresh herbs costs about \$3, yet most recipes don't use a whole package. Leftover herbs are often thrown away after wilting in the refrigerator or our over-abundant garden produces too much to use up at one time.

3. Preserving fresh herbs makes them available to us throughout the year, whenever we want.

How to Grow and Harvest Your Own Herbs for Maximum Yield

4. Follow directions for your zone and fertilize accordingly. Some herbs, i.e. rosemary, need sun while others, such as basil, can't tolerate too much hot sun.
5. Pinch new growth regularly - just above a node or joint in the stem - for healthy, bushy plants. Remove withered or yellowed growth as needed.

How to Store Fresh Herbs

6. Store fresh herbs with cut ends in a glass of water in the refrigerator OR wrapped loosely in damp paper towels in a plastic bag to prolong their freshness. When they start to look wilted, it's time to preserve them.

Ways to Preserve Fresh Herbs

7. Hang a bunch by the stems in a dry place (covered by a paper bag) for a few days. Another way is to wash/pat herbs with paper towels to remove excess moisture. Put herbs in a single layer on a dry paper towel-lined, microwave-safe plate and microwave on High power for 2 to 3 minutes, in one-minute increments. Check after each one-minute increment; they should be completely dry and brittle. The exact time will vary by the amount of moisture in the herbs. Strip off the leaves with your fingers and discard stems which can be tough and woody, such as thyme.
8. Some herbs - especially soft herbs such as basil, lemon balm, chives, cilantro, dill, mint and parsley - freeze well in small freezer bags for up to 6 months. Rinse first and pat as dry as possible, then place in plastic bags, They will look a little bruised when thawed - and they must be cooked since they will be mushy - but their flavor is still intact and they retain all of their health benefits. In fact, I routinely freeze parsley and save considerable time by not having to chop it up, and I save money by not having it go to waste.



GOT KALE?

Kale, a popular cabbage, includes the flat-leaf types - often labeled as dinosaur, Tuscan, lacinato or black - and the curly types or varieties. Kale can be purchased in a variety of forms: **fresh** in the produce section where it is banded together in big leaves or finely chopped in bags (perfect for salad); **frozen** in resealable bags in the freezer section; or **dried** into kale chips in the snack display. Kale is an extraordinarily nutritious vegetable which makes it very popular these days. It is high in antioxidants and one cup provides over 1,000 percent of the Daily Value (DV) for Vitamin K, nearly 200 percent of the DV for Vitamin A, and nearly 100 percent of the DV for Vitamin C. It is also high in fiber.



Baked Kale Chips

Even when baked, kale won't win any beauty contests! Still, once you pop these little crisps into your mouth, you won't care about their looks. The strong flavor of kale lessens when baked, so these chips are delightfully crispy, yet not overly green-tasting. I prefer flat kale for this recipe because it's easier to clean and chop, but use whatever variety you have (or grow in your garden.) Add your own touches, such as a sprinkle of Parmesan cheese. You will love these chips and make this recipe again and again!

- 4 cups kale (1 bunch), stems removed, torn into chip-size pieces
- 1 Tbsp. olive oil
- 1/4 tsp. sea salt

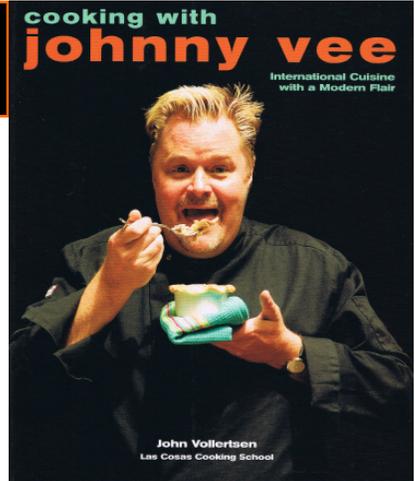
Place a rack in the middle of the oven. Preheat the oven to 350° F. Line a 10x15-inch or 13x18-inch baking sheet (non stick) with parchment paper. Wash the kale and trim the stems from each piece. Spin it dry in a salad spinner and blot any remaining moisture with paper towels. In a large bowl, toss the kale with olive oil until thoroughly coated. For curly kale, you may need to massage the pieces with your hands to work the oil into the crevices. Toss with the salt. Spread it in a single layer on the baking sheet. Bake until the chips are crispy, about 15 minutes. Watch carefully so they don't burn. Cool the pan on a wire rack until the chips are cool. Serve immediately.



Per serving: 65 calories, 2g protein; 4g total fat; 1g fiber; 7g carbohydrates; 0mg cholesterol; 162 mg. sodium

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Recipes From Johnny Vee



Chile Rellenos

- 6 large New Mexico Green Chiles, roasted & peeled
- 1/2 pound sharp cheddar cheese, cold
- Cilantro leaves for garnish

Cut cheese into matchstick size pieces - 2 inches long by 1/8th inch square. Cut a tiny slit toward the top of the chile and carefully slide in pieces of the cheese until chile is filled with cheese. Drain stuffed chiles on paper towel before dipping in batter. Bake per recipe below. Serve warm with Red Chile Sauce.



Chef Chat - Rellenos can be held in a low oven (150° F.) for 30 minutes but are best served immediately as the batter will lose the crunch. Serves 6.

Blue Corn Buttermilk Batter

- 1 cup blue cornmeal
- 3/4 cup flour
- 1 tsp. baking powder
- 1/2 tsp. sugar
- 1/2 tsp. salt
- About 1 1/4 cups buttermilk
- 2 eggs

Combine dry ingredients in a medium bowl. Whisk together eggs and milk in a small bowl and then add to dry ingredients. Mix to make a smooth batter, adding more milk if necessary. Batter should be the density of pancake batter. Allow to rest 10 minutes before using.

Chef Chat - Students are always asking me if it's possible to bake a batter coated relleno. This batter does bake well by spraying a cookie generously with cooking spray and then laying the dipped relleno onto it. Spray the relleno lightly with the vegetable spray and bake at 400° F. until it is nicely browned, about 12-15 minutes. This is the only batter that works in this manner.

Red Chile Sauce

- 1 Tbsp. butter
- 1 Tbsp. flour
- 1/4 C. mild ground red chile

- 1/4 C. hot ground red chile
- 1 tsp. ancho chile powder
- 2 3/4 cups stock (vegetable, chicken or beef)
- 2 garlic cloves, minced
- 1/2 tsp. Mexican oregano
- 1/2 tsp. ground cumin
- 1 tsp. salt

Melt butter in heavy saucepan over low heat. Add flour and mix well, allow to brown slightly. Remove from heat and stir in ground chiles and ancho powder. Return to heat and blend in garlic, spices and stock. Allow to simmer for 10 minutes and season with salt.

Blender Hollandaise

- 3 egg yolks
- 1/2 tsp. salt
- Dash of cayenne pepper
- 1 Tbsp. cream
- 1 cup (1/2 pound) melted sweet butter, heated until bubbling but not brown
- 1 Tbsp. lemon juice or white wine vinegar



Place egg yolks, salt, pepper and cream in blender, blend for a few seconds at high speed until you have a smooth frothy mixture. Still at high speed, start adding hot butter in a thin, steady stream, not too slowly. As you add butter, the sauce should thicken. When half the butter has been added, add lemon juice or vinegar. Continue blending until all butter is used. Makes about 1 cup.

Beurre Blanc

- 2/3 cup white wine vinegar
- 2/3 cup dry white wine
- 2 tablespoons finely chopped shallots
- 2 sticks unsalted butter, diced into 1/2-inch cubes & very cold

- 1 tsp. fresh lemon juice
- 1/2 tsp. ground white pepper
- Salt to taste

Mix together vinegar, wine and shallots in a medium saucepan and bring to a boil. Reduce heat to low and allow mixture to reduce until you have 2 tablespoons of liquid remaining. Over very low heat, add diced cold butter, one piece at a time and whisking continuously, until all of the butter has been incorporated and sauce is creamy and emulsified. Whisk in lemon juice and salt and pepper to taste. Sauce may be held in a pan of warm water or in a thermos until serving. Makes about 1 1/4 cups.

Red Chile Caramel Sauce

- 1 cup sugar
- 1/3 cup water
- 1 cup heavy cream
- 1 tsp. salt
- 2 Tbsp. hot ground red chile, or to taste

Place water and sugar in a heavy saucepan and stir to moisten sugar. Bring to a boil. Using a pastry brush repeatedly dipped in cold water, keep side of pan free of sugar crystals. Allow mixture to boil until it reaches a deep golden brown color, about 15 minutes. Remove from heat and carefully stir in cream. Use a long handled wooden spoon, as mixture will bubble up. Return to heat and cook until caramel becomes smooth, stir in salt. Allow to cool, stir in chile, cover and refrigerate for up to two weeks. Makes 1 1/2 cups.

Chef Chat: The whole world has gone silicone mad. Look for the colorful Le Creuset silicone brushes to use when keeping the pan sides free of ice crystals. They can handle heat up to 600° F and are dishwasher safe.

Roasted Peppers & Potatoes With Bagna Cauda

- 1 1/2 pounds baking potatoes
- 2 Tbsp. olive oil
- 2 tsp. kosher salt
- 1 tsp. freshly ground black pepper
- 2 large yellow bell peppers
- 2 large red bell peppers



Peel potatoes and cut crosswise into 1/4-inch-thick slices. In a shallow baking pan, toss potatoes with oil, salt and pepper and spread in one layer in pan.

Roast potatoes in a preheated 450° F. oven, stirring occasionally, until they are golden brown and slightly crispy, about 30 minutes. Roast the peppers directly over gas burners or under a broiler set on high heat. Turn peppers occasionally until skins are blistered and charred. Transfer peppers to a bowl and let steam, covered, until cool. Peel peppers and discard stems and seeds. Slice into finger wide strips and set aside. Serves 8-10.

Bagna Cauda

- 1/3 cup olive oil
- 4 large garlic cloves, chopped
- 1 tsp. kosher or sea salt
- 5 anchovy fillets, mashed to a paste
- 2 Tbsp. chopped fresh parsley leaves
- 1 Tbsp. fresh oregano

Mash garlic, salt and anchovies with a mortar and pestle until a smooth paste forms. In a small saucepan, heat oil and garlic/anchovy paste over moderate heat, stirring, until it starts to bubble. Stir in parsley and oregano. In a large bowl toss peppers and potatoes with warm bagna cauda to coat and season with salt and pepper. Arrange on a large platter and serve immediately. Make sure to have crusty bread on hand to gobble up all that salty oil left in the bottom of the serving dish!

Olive Tapenade

- 1/4 cup olive oil
- 2 Tbsp. capers, rinsed
- 3 garlic cloves, chopped
- 6 anchovies
- 1 Tbsp. Dijon mustard
- 1/2 tsp. fresh thyme
- 1 tsp. red wine vinegar
- 1 Tbsp. brandy
- 1 1/2 cups Kalamata olives, rinsed, pitted and chopped



Place all ingredients except the olives in a food processor bowl, fitted with the steel blade. Pulse a few times. Add the olives and process again until the olives are almost completely pureed but with a little texture remaining. Cover tightly and store in refrigerator for up to two weeks. Makes about 2 cups.

Salt & Pepper Shrimp

- 1 pound large shrimp in their shells (25)
- 6 cups vegetable oil
- 3/4 tsp. fine sea salt
- 1/2 tsp. freshly ground black pepper
- 1/2 tsp. Chinese five-spice powder
- 1/2 red pepper flakes

Cut each shrimp shell lengthwise along back with scissors, leaving last segment intact, then de-vein shrimp, leaving shell in place. Cut off feathery legs and sharp pointed section of shell



above soft tail fins. Rinse shrimp and dry thoroughly. Heat oil in a wok or deep heavy pot over high heat until it registers 400° F on deep-fat thermometer. Deep-fry shrimp in 4 batches until shells bubble and shrimp are bright pink, 45 to 60 seconds (they will be slightly undercooked), returning oil to 400° F between batches. Transfer with a slotted spoon to paper towels to drain. Carefully pour oil into a heatproof bowl (to cool before discarding), then wipe wok clean with paper towels. Stir together salt, pepper, five-spice powder and red pepper flakes. Heat wok or a heavy skillet over moderate heat until hot but not smoking, then add deep-fried shrimp and spice mix and stir-fry 10 seconds. Serves 6 as an appetizer.

Wilton Delicacies

Bold Lacy Chocolate Cake



Decorate tops and sides of cake using tip #2 chocolate buttercream icing in sotras (Phillipine method; can cross over - cornelli does not cross over; American version.)

Shape a tip #5 mound of chocolate buttercream icing at top of cake and make a line around the bottom.

Attach malted milk balls on top icing and to each other with additional icing. You could also make stars, shells, or rosettes around the bottom border, and you could add a top border for a different look. Arrange additional malted milk balls around bottom border of cake with dots of icing.

Gumball Cupcake

Decorate gumball:

Bake and cool 24 cupcakes. Spatula ice 12 gumball cupcakes with Chocolate RTD (Ready to Decorate) Icing and cover each iced cupcake with milk chocolate candies.

Using Black Food Writer Marker, write '5¢' on a white Necco candy wafer. Flip red cupcakes top side down, top with another red baking cup (if desired). Using small amount of buttercream, attach wafer to red liner cupcake.



Place gumball cupcake on its side and using buttercream, adhere red gumdrop on top of gumball cupcake. Place on Gumball Cupcake Stand or Gumball Cake Board.

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California Figs

California Figs are the special ingredient that brings out the chef in all of us. Test your culinary prowess using figs, the ancient fruit that many believe was actually the forbidden fruit in the Garden of Eden.

Truly spectacular dishes can be created by adding just a handful of California Figs. Like many people from around the world, you'll enjoy cooking with plump, juicy California Figs. Naturally sweet California Figs enhance flavors and bring the right touch of sweet balance to every dish.

Fig Banana Smoothie

- 1 cup dried California figs; stemmed and chopped
- 2 bananas, sliced
- 1 cup plain, low-fat yogurt
- 3 cups crushed ice
- 1 tablespoon honey
- mint leaves; for garnish
- berries; for garnish



Measure ingredients into blender and blend together until smooth, about 2-3 minutes. Pour into chilled glasses. Garnish with mint leaves or berries, if desired. Serve immediately. Serves: 4.

California Fig and Walnut Smoothie

- 1 cup ice
- 7 Mission figs
- 1/3 cup walnuts
- 1 cup almond milk, unsweetened

Place all ingredients in order listed in a high speed blender. Blend on high until very smooth in consistency. Serve immediately.



California Fig and Cinnamon Bread

DOUGH:

- 1 1/2 tsp. instant dry yeast
- 1 1/4 cups warm water
- 2 cups bread flour
- 2 cups whole wheat flour
- 1/4 cup nonfat dry milk
- 1 egg
- 2 Tbsp. butter, melted
- 3 Tbsp. honey
- 2 tsp. salt

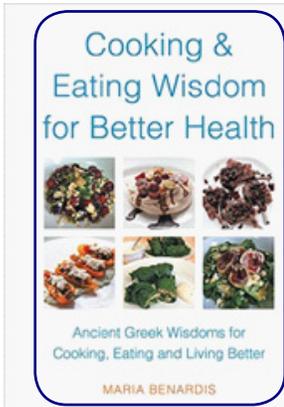
FILLING:

- 1 egg, beaten
- 1/4 cup sugar, granulated
- 1 1/2 tsp. cinnamon, ground
- 1 tsp. bread flour
- 1/2 cup dried figs, diced

Measure out 1 1/4 cups very warm water and check the temperature; it should be 120° F. to 130° F. Combine both flours, dry milk, egg, canola oil, honey, salt, yeast and warm water in the bowl of a stand mixer fitted with the dough hook. Mix 3 minutes on the lowest setting, increase to the next highest setting and mix 5 more minutes. The dough should be soft and sticky. Transfer the dough to a large bowl coated with cooking spray. Cover tightly with plastic wrap and let rise at room temperature until the dough has nearly doubled in size, about 1 1/2 hours. In a small bowl mix sugar, cinnamon, bread flour and fig pieces together. Transfer the dough to a floured work surface. Fold the dough in half 3 times, pressing out the air each time. Roll the dough into a square. Brush the dough with the beaten egg and sprinkle with sugar and fig mixture evenly. Roll the dough into a log. Pinch the ends to seal and pinch the seam closed. Transfer the log, seam-side down, to a lightly greased 9" x 5" loaf pan. Cover the pan and allow the bread to rise 1 hour. While the dough is rising, preheat the oven to 350° F. Bake the bread for 40 to 45 minutes or until the internal temperature reaches 190° F. Let rest in the pan for 5 minutes and remove. Place on a baking rack to cool completely.

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Adopt the Use of Wholesome Ingredients and Make Conscious Choices



The father of medicine, Hippocrates, once shared these wise words: "Let medicine be thy food and food thy medicine." Today rather than tapping into the energy of food to heal ourselves, we have gotten into the habit of popping pills and looking for quick fixes. The Hippocratic way of healing is what I call the 'wisdom healing' - using food to nourish the mind, body and soul.

In order for food to heal, you must *allow* it to heal you: to be open to its nutritional benefits and how its properties can heal you.

In order to heal and nourish our body and mind, we must eat wholesome ingredients and combine this with the purification and detoxification of the soul. Each will not work alone and must be done in tandem. And, of course, moderate exercise is essential.

If you use bad oils in your cooking it will come back to you in the form of a bad-tasting dish and possibly ill health down the track. Some good sources are extra virgin olive oil, avocado oil, walnut oil, and coconut oil. Avoid vegetable oils, canola oil/corn oil/cotton seed oil (these are usually genetically modified oils), peanut oil, hydrogenated oil and palm oil.

When shopping for your ingredients do you know what you are buying? Is the apple you are about to enjoy really just an apple or has someone in the supply chain added a few complimentary chemicals that you are not aware of? Has the ingredient been handled with respect from its source to the supermarket? It's comforting to know that certified organically grown food do not come with these surprising and harmful add-ons.

Genetically modified ingredients, chemicals and pesticides should not be used on food and if they are then they should be clearly labeled and outlined so that consumers are aware.

Pesticides or as the word literary means 'kills pest' have the potential to cause ill health, which could ultimately lead to serious illness or death. The kind of energy emitted by chemicals and pesticides lowers or diminishes our spiritual energy and our ability to con-

nect with ourselves. Our bodies can only remove so many chemicals out of our system; the rest accumulate in the body's tissues and organs and affect the way they function.

It is also vital that we all make informed decisions about the kind of food we buy. Supporting food that respects us and nature - good clean organic ingredients that nourish, enhance and restore balance and harmony to the body - will show that you care about the environment. Making these conscious choices sends a clear message to growers about the type of food you expect and how you wish to be treated.

Some may argue that organic food is expensive. You have a choice. You can choose to invest the extra money now in good health or later on doctors and medical bills. Remember, you deserve food that is good for you.

We all need to be aware of what we eat. What does your food say about you? Where did your ingredients come from and what type of energy is attached to them? Choose a diet that is kind to you and to the environment.

The body is a gift for which we are responsible. What we feed it and what energy we put into it will determine how we feel and think. When it responds well to wholesome food, we will have good health and the energy we emit to the world will be positive and healing.

On the island of Crete in Greece they have been growing food organically for more than 5000 years. The Mediterranean diet also began on this island and it has been shown that the people living here have minimal health issues and experience a longer life span than most people in Western countries. The Mediterranean diet is high in fruit and vegetables, legumes, unrefined cereals, dairy products (i.e. cheese, such as goat's and sheep's cheeses, and yogurt) and olive oil is the principal oil. Fish and poultry are consumed in low to moderate quantities and meat is eaten only occasionally. This diet focuses on a high healthy fat intake (olive oil) and a low intake of unhealthy fats (animal fats). Their intake of high energy food such as fruit and vegetables is greater than the intake of low energy foods such as meat, fish and poultry.

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