

Creative Living with Sheryl Borden

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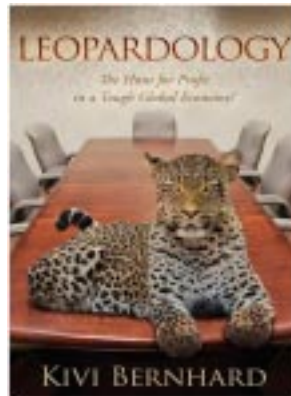
October was a VERY busy month for taping, and although we won't air the segments until 2010 or 2011, I think you're in for a real treat.

One of my guests was chef, **John Vollertsen** (Johnny Vee) from Santa Fe, NM, and he was delightful to work with. He actually taped FIVE segments, and we were through before noon that day! Food segments are very hard to do, and to

do five in a half day is almost unheard of. I'm sharing one of his recipes on the next page of this newsletter. The cookbook is called "Cooking with Johnny Vee International Cuisine with a Modern Flair." He also owns Las Cosas Cooking Schools in Santa Fe and Las Cruces, NM.



Then I taped several segments with author and motivational speaker, **Kivi Bernhard** whose book is titled "Leopardology: The Hunt for Profit in a tough Global Economy!" The stories he tells about South Africa bush are quite entertaining. His book has actually been incorporated into the MBA programs of some major business schools in the USA.



Jann Johnson, a designer from New York, showed how to make lots of decorative items for the home. She ended by making a "life-size" carnival booth, which she left here, and I dona-



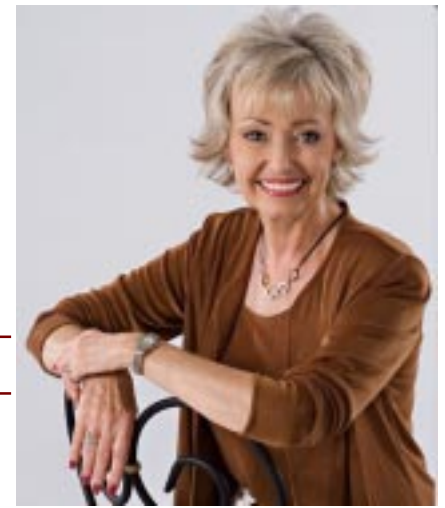
ted it to one of our local elementary schools for their annual carnival -- and they were so appreciative. Jann is very creative, and all of her projects are fun and easy to do.

Two friends and interior decorators from Washington Depot, CT were here on October 22nd, and talked about rejuvenating antique paint finishes, pickling and lime waxing floors, and painting and waxing wooden frames. **Rhonda Eleish (middle) and Edie Van Breems (left)** are authors and designers who specialize in Swedish design, and their second book, "Swedish Country Interiors" is spectacular. The visuals they brought with them were so impressive.



Due to a cancellation at the last minute, I was so glad to have **Elle Swan** from Las Vegas, NV make the trek to Portales to tape with me. Elle (pronounced "L") is a captivating health and wellness expert who's passion for vibrant living

was born out of immense personal trauma. As an author, speaker and coach, she confronts issues of depression, stress, addiction and poor health with quick and measurable results. Her new book "Happy Mind, Happy Body" chronicles her victorious rise from darkness and self-destruction, into daily radiance and joy, and she was certainly a joy to meet and work with.



Then the last week in October, I had the pleasure of meeting and working with **Pam Damour**, owner of The Decorating Diva from Champlain, NY. All of her topics dealt with sewing and decorating, and she's quite the pro. From making perfect welt cord, to making pleats and pillows and mitering corners, Pam has great time-saving techniques to share.



And, last but not least, I taped four different segments with **Ava Green**, owner and designer with Terri's Yarns & Crafts in Sevierville, TN. I believe Ava must have been born with knitting needles and crochet hooks in her hands because she can do anything! I admitted to her that I knit a little

(very little), but my only experience with crocheting was as a child. I used to like to do a long (very long) chain stitch so I could rip it out and do it all over again. Not too creative, huh?

Anyway, Ava showed how to turn blocks into pillows, how to make beautiful jewelry, how to sponge paint on fabric, and how to make decorated gift baskets personalized for the recipient.

I hope these sound as exciting to you as I think they are. In fact, I am already anxious to start putting together the 5900 series of "**Creative Living**," which will begin in March 2010 and run through September. Many of these and previous segments will be featured on this new series.

I have three weeks of taping in November, and then we'll be on hiatus until January 21st, when the new semester begins.

Sheryl

One of the chapters in Johnny Vee's cookbook is titled "Comforting Covered Casseroles," and he writes: "This class was inspired by all of the wonderful styles of cookware that can go on the stove and in the oven. I love the idea of "One-dish cooking" for easy entertaining and cleanup. Some of these recipes can be made up in foil pans, frozen, and then thawed and baked at a later date -- perfect for busy families. Nothing is more comforting than a hearty braised dish to chase away the cold weather months." Based on how quickly this casserole disappeared when our taping was finished, I guarantee it is delicious!

GREEN CHILE CHICKEN STEW WITH CHEDDAR CHEESE BISCUITS

- 2 tablespoons butter
- 1 cup chopped onion
- 3 garlic cloves, minced
- 1 1/2 cups roasted, peeled and chopped chilies
- 3 tablespoons flour
- 1 Tbsp. jalapeno pickle juice **or** white vinegar
- 3 cups chicken stock
- 1 teaspoon salt or to taste
- 1 teaspoon cumin seeds, toasted and ground
- 1 teaspoon Mexican oregano
- 1/2 teaspoon salt
- 1/2 teaspoon fresh ground pepper
- 2 large red potatoes, diced into 1 inch squares
- 1 1/2 cups poached chicken meat (legs, thighs, breasts or combo of)

Melt butter in a medium saucepan and sauté onion until soft and translucent. Add garlic and allow to brown slightly. Stir in chilies. Sprinkle flour over onion mixture, stir in and let brown slightly. Stir in pickle juice, stock, cumin, Mexican oregano, salt, pepper, and potatoes. Reduce heat to simmer and cook about 10 minutes or until potatoes are almost tender. Stir in chicken. Pour stew into buttered 4-quart casserole dish and top with cheddar biscuits. Serves 6.

CHEDDAR CHEESE BISCUITS

- 2 cups flour
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1/2 teaspoon salt
- 1/2 teaspoon ground red chile
- 4 teaspoons baking powder
- 4 ounces cold unsalted butter
- 1 cup shredded sharp Cheddar cheese
- 1 cup heavy cream + 2 teaspoons

In a medium bowl, combine flour, garlic powder, pepper, salt, red chile and baking powder. Using a cheese grater, grate the butter into the flour and stir it until mixture resembles coarse meal. Stir in the cheese. Add cream and mix lightly with a wooden spoon until dough just holds together. Cover and let rest 10 minutes. Using a large spoon, break off dollops of biscuits and drop onto surface of stew. Bake stew uncovered in pre-heated 450 degree oven for 20 minutes or until biscuits are nicely brown.

