

Garnishing Tips

- 1 Garnish with one of the ingredients or flavors contained in the dish. i.e., Use a fresh tarragon sprig to garnish a tarragon dressing salad.
- 2 Sauces can be used to garnish. To make a quick fruit sauce, thin out preserves or jam with a little bit of water. (i.e., 1 T water to ½ cup jam) and puree in the blender. Spoon or squeeze over meats, salads and desserts.
- 3 Make *Orange Rind Corkscrews* by taking strips of orange rind cut with a channel knife, wrap around a straw, secure with pins. Chill overnight or 2 hours.
- 4 Citrus Wheels/Wedges can accent just about anything. *Lemon Lime Wheels* – Slice a lemon and a lime into ¼” wheels. Cut a slit just into the center and hook lemon and lime slices together. *Candied wheels & zest* - Bring equal parts sugar and water to a boil and add citrus wheels or zest and cook until it starts to become translucent. Remove with a fork or tongs and place onto a silpat or parchment and with bake at 300 for 20 minutes to dry.
- 5 Chocolate Curls - Shave a candy bar with a vegetable peeler.
- 6 Fresh Herbs – Whole and chopped Rosemary, Thyme, Parsley, Basil, Mint make appealing garnished.
- 7 Sift powdered sugar over baked goods for a quick sweet garnish.
- 8 Dried fruit – such as cherries, apricots, cranberries – can be sprinkled over dishes to add color and shine.
- 9 To give gloss or shine to baked goods or fresh fruit, thin jam with a little water and heat in microwave. Brush on.

A Few of My Favorite Things!

Below is a list of a few of Chef Pam’s favorite things in the kitchen:

Instant Read Thermometer
Microplane
1, 2 and 4 cup Liquid Measures
Dry Measures
Measuring Spoons
Kitchen Aid Mixer
Garlic Press
Pastry Brush
Bench Knife
Whisk with ‘Cat Toy’
Heat-Resistant Spatulas
Flexible Cutting Boards
10” Chef’s Knife
Paring Knife
Egg Slicer
Vegetable Peeler
Half Sheet Pans
Parchment Paper
Pan Spray
Paper Towels
Ziploc Bags

Tarragon-Dill Pasta Salad

10 Servings

8 oz pasta -- prepared al dente
4 oz corn kernels
2 oz carrots -- julienned
4 oz peas, frozen
1 each red bell pepper -- cut into triangles

Tarragon-Dill Salad Dressing

Prepare pasta and cool. Set aside.

Julienne carrots and cut bell pepper, set aside.

Heat peas, cool, set aside.

Combine ingredients for salad dressing, adding oil last, in a blender or food processor.

Combine all ingredients except dressing. Toss in enough dressing to coat.

Keep cool until service.

Per Serving : 164 Calories; 6g Fat (33.3% calories from fat); 4g Protein; 24g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 17mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fat; 0 Other Carbohydrates.

Serving Ideas : At Halloween, make with orrichette pasta, place a plain serving bowl inside a plastic black cauldron available at department stores for trick or treating.

Large pot
 Small microwavable bowls
 Cutting board

Collander
 French knife
 Food processor or blender

Tarragon-Dill Salad Dressing

10 Servings

1/2 cup olive oil
1/4 cup tarragon vinegar
1 T sugar or honey
1 t tarragon -- chopped
1 t dill weed -- chopped

Combine all ingredients together in a blender or food processor.

Serve immediately.

Per Serving: 284 Calories; 28g Fat (87.8% calories from fat); trace Protein; 9g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 5 1/2 Fat; 1/2 Other Carbohydrates.

Serving Ideas: Serve salad as wedge and top with parmesan and red onion

Food processor or blender

Momma's Punch

72 Servings

6 cups water
4 cups sugar

2 ½ cups orange juice
2 lemons --juiced
5 bananas
1 cup pineapple juice

4 btls lemon-lime soda -- 2-liter bottles

Bring water and sugar to a boil or until sugar is melted.

Combine 2nd set of ingredients (mash bananas in the blender)

Combine both sets of ingredients

Divide into quart size containers and freeze until solid

When ready to serve, slightly thaw the punch mixture and mix equal parts punch mix and lemon-lime soda.

Punch should be served slightly slushy.

Per Serving : 57 Calories; trace Fat (1.0% calories from fat); trace Protein; 15g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Fruit; 1/2 Other Carbohydrates.

___ Large pot
___ Paring knife

___ Juicer or reamer
___ Food processor or blender

Stuffed French Toast

10 Servings

1 french bread loaf -- sliced 1/2" thick
4 eggs
1 t vanilla extract
½ t cinnamon -- ground
1 cup milk, 2% lowfat
8 oz cream cheese -- softened
¼ cup pineapple -- chopped
2 cups strawberries in syrup -- sliced

Combine softened cheese and pineapple in a small bowl and mix until pineapple is well distributed.

Take 2 slices of bread. Apply 1-2 T of the pineapple cheese to one slice of bread and then assemble as you would a sandwich. Place sandwiches in a 9X13 pan that has been lined and sprayed with cooking spray.

Combine eggs, whites, vanilla, cinnamon and milk in a bowl and whisk together. Pour over the sandwiches in the 9x13 pan. Cover and let sit for 1 - 12 hours in the refrigerator.

When ready, bake in a 400 degree oven for 25-30 minutes or until golden brown.

Serve warm. Top with strawberries in syrup.

Per Serving : 323 Calories; 14g Fat (39.2% calories from fat); 10g Protein; 39g Carbohydrate; 2g Dietary Fiber; 110mg Cholesterol; 411mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1 Fruit; 0 Non-Fat Milk; 2 Fat.

___ Mixer & Bowl
___ Serrated knife
___ Cutting board

___ 9x13 baking dish
___ Mixing bowl
___ Whisk

Granny's Sourdough Bread

36 Servings

In a quart-size bowl mix:

½ cup sugar
3 T potato flakes
1 cup water -- warm
1 cup Granny's Sourdough Starter

Let sit for 8 hours

In a large bowl, combine:

6 cups bread flour
½ cup sugar
1 T salt

Then mix in:

1 cup water
1 cup starter mix from above
½ cup corn oil

Make into a dough, cover and rise for 8 hours and pour the remainder of the starter mix back into the original jar. (This 'feeds' the starter and keeps it going.)

After the 8 hours, punch down the dough and pan into 2 greased loaf pans and allow to rise for 8 hours.

Bake 25 to 30 minutes at 350 until golden brown and hollow sounding when tapped.

Per Serving : 152 Calories; 4g Fat (20.9% calories from fat); 3g Protein; 27g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 180mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Fat; 1/2 Other Carbohydrates.

NOTES :

- (1) Substituting half of the bread flour for wheat flour produces a wheat sourdough as well!
- (2) The dough makes an excellent base for cinnamon rolls.

___ 2 Quart-size bowls
___ Loaf pans

___ Large mixing bowl

Granny's Sourdough Starter

1 pkg yeast
½ cup water -- 100-110 degrees

1 ½ cups water -- 100-110 degrees
½ cup sugar
¼ cup potato flakes – plus 2 T

Combine first 2 ingredients in a quart-size jar until yeast is frothy.

Combine next set of ingredients in a quart-size bowl. Stir until sugar has mostly dissolved.

Pour sugar and potato mixture into the yeast mixture. Cover with cheesecloth or plastic wrap with small holes punched in the top.

Set at room temperature for 24 to 36 hours.

Once the mixture has sat at room temperature for the allotted time, it is ready to be used in Granny's Potato Sourdough Bread.

Per Serving : 480 Calories; trace Fat (0.7% calories from fat); 4g Protein; 119g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 41mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 6 1/2 Other Carbohydrates.

___ 2 Quart containers or bowls

___ Spoon

Bacon, Ham and Sausage Quiche

8 Servings

4 each eggs
1 ½ cups half and half
4 oz ham -- chopped
4 oz swiss cheese -- shredded
4 oz sausage -- shredded
4 oz bacon -- chopped
1 each pie crust
salt and pepper

Preheat oven to 350.

Line a pie dish with the unbaked pie crust. Prick with fork and bake just until set.

In a hot pan, add bacon and saute until crisp. Remove mixture to papertowels and drain.

Meanwhile, beat eggs with milk until well combined. Stir in meats and cheese..

Season liberally with salt and pepper.

Pour mixture into baked pie shell.

Place filled crust in the oven for approximately 30 minutes to 45 minutes. Quiche will be ready when it stops jiggling freely and top springs back a bit when touched.

Per Serving : 416 Calories; 34g Fat (74.2% calories from fat); 22g Protein; 4g Carbohydrate; 0g Dietary Fiber; 204mg Cholesterol; 787mg Sodium. Exchanges: 3 Lean Meat; 0 Non-Fat Milk; 5 Fat.

Sauté pan
 Pie or tart pan
 Cutting board
 Half-sheet pan
 French knife
 Pie weights

Quiche Lorraine

8 Servings

4 each eggs
1 ½ cups half and half
1 large onion -- chopped
2 T parsley -- chopped
2 T fresh tarragon -- chopped
2 T fresh basil -- chopped
8 oz swiss cheese -- shredded
8 oz bacon -- chopped
salt and pepper

Preheat oven to 350.

Line a pie dish with the unbaked pie crust. Prick with fork and bake just until set.

In a hot pan, add bacon and saute until just starting to crisp. Add onion & herbs to bacon and cook until clear and bacon is crisp. Remove mixture to papertowels and drain.

Meanwhile, beat eggs with milk until well combined. Stir in cooked mixture and cheese.

Season liberally with salt and pepper.

Pour mixture into baked pie shell.

Place filled crust in the oven for approximately 30 minutes to 45 minutes. Quiche will be ready when it stops jiggling freely and top springs back a bit when touched.

Per Serving : 307 Calories; 24g Fat (72.1% calories from fat); 17g Protein; 5g Carbohydrate; trace Dietary Fiber; 180mg Cholesterol; 413mg Sodium. Exchanges: 2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 3 1/2 Fat.

Sauté pan
 Pie or tart pan
 Cutting board
 Half-sheet pan
 French knife
 Pie weights

Game Plan!

Setting the Date:

- Invite guests
- Decide on theme
- Gather the “fru”
 - Table linens
 - Serving trays & utensils
 - Order any flowers, special pastries
 - Purchase any disposables (plates, etc.)

3 Days Ahead:

- Make sourdough starter

2 Days Ahead:

- Prep the house
 - Clean house
 - Make sure you have tables and seating
 - Decide on any ‘special touches’
 - i.e. Music
- Grocery shop
- Make punch and freeze
- Feed starter

1 Day Ahead:

- Blind-bake quiche shells and/or bake quiches
- Assemble French toast
- Make sourdough dough and make into cinnamon rolls
- Boil pasta and make vinaigrette

The Day of the Event:

- Make scones
- Heat/bake quiches
- Bake French toast
- Toss pasta with dressing
- Assemble punch
- Garnish dishes
- Set tables and remainder of fru

Party Tips

- Know your audience and your event. Will they be expecting finger sandwiches and brie? Or will they be looking for the chip and dip?
- For a hors d’oeuvre party, you can estimate 10-12 pieces per guest.
- Decide what dishes can be done ahead and what has to wait until the day of the party. Prepare everything that you can the day before so you will be less stressed the day of.
- Plate all of your hors d’oeuvres on the trays that they will be served in before the final garnish. This way, there will be less to “fall apart” during the transfer and the excess garnish can occupy space on your tray as well.
- Pay attention to foods that will be served hot. Will you need to employ the use of chaffing dishes to keep them warm?
- Is there a menu item that can be left to guests to assemble? i.e., cheese and crackers.
- Do you have a list for each of the following?
 - Groceries
 - Serving dishes & utensils
 - Game Plan
 - Beverages
 - “Flair” – linens, décor, flowers, etc.

Nicole's
Bridal Brunch!

Given by Lou Ann Werner
At Brown's Home Kitchen Center
By My Secret Chef!
On May 15, 2004

Menu

Sourdough Cinnamon Rolls

Quiche Lorraine

3-Meat Quiche

Stuffed French Toast

Cinnamon Scones

Orange Chocolate Chunk Scones

Pasta Salad

Momma's Punch

Spring Water