



From the Hearts and Minds of Sweet Memories Cooking, it's

Time2Eat with John and Patty



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Welcome Food Lovers!!

From The Latest Trends in Food & Drink, Tips & Techniques, To Gadgets & More...We've Got You Covered!!

"How To"... Make your own Specialty Olive Oil...

A few of our friends recently returned from a beautiful trip to Italy. Whenever they ordered pizza, they were always served a jar of hot peperocini mixed with olive oil. They wanted to be able to re-create this flavor at home. *Here's How...*

Place some peperocini in a pot, add olive oil and bring to a simmer. Turn off the heat, and bring to room temp to infuse the flavors. Strain, pour into a jar with additional peperocini (mostly for looks), seal with a lid, and keep in a cool, dark place...*that's it!* We would recommend making it in small batches to prevent it from going rancid. You can infuse lots of interesting oils in this way, such as chipotle and roasted garlic.

Simple To Do and Adds So Much Flavor!

SLANTED

Why Use Wine In Cooking??

The reason we cook with wine is to intensify and enhance the flavor of food. Wine releases flavors in many foods that otherwise would not be experienced.

People are sometimes afraid to cook with wine because they aren't sure how much to use. The flavor is derived from the nature of the wine, not the alcohol...*most of the alcohol evaporates.*

The first step is trying a small amount, just to blend the flavors, not to overpower. Sample your dish as you're cooking and adjust according to your taste.

Cook only with wine that you would drink. A well made medium grade for around \$10.00 is just fine.

We prefer **Sauvignon Blanc** as a white for sautéing or marinating seafood or chicken.

A **Chianti** or a **Cabernet Sauvignon** is perfect for meats and meat-based sauces.

Stay away from wines that are heavily flavored with oak or extremely fruity wines.

The trick is to experiment. The more you cook with wine, the better you become in predicting how a specific wine will enhance your menu.

To Start... Good places to add your wine would be:

... If a recipe calls for water, replace it with your favorite wine, or

...Stir in 1-2 tbsp. of a good red into your brown gravy, and let it simmer. You will create a rich, brown gravy for red meat.

...Mix wine with your favorite oil to baste meat and poultry.

Cooking with wine is a great enhancement to the final taste...Enjoy in the company of family and friends! Buon Appetito!

We still have a few dates available for our "Let's Get Cooking" classes.

Contact john@sweetmemoriescooking.com



Start a Supper Club!

The entire purpose of a supper club is to enjoy great food and spend time with people you like. Invite your family and friends, old and new, who enjoy cooking, entertaining, and are *passionate* about their food.

Often we are forced to consider the quickness of food service as more important than taste or quality. A Supper Club event is the exact opposite.

Time is the least important consideration. The quality of the food and the friendship are paramount.

You choose a menu and divide up the cooking. The host usually prepares the main course and guests bring side dishes, salads and desserts.

Set a schedule, *whatever works*, and take turns meeting at each others homes. A fabulous style of entertaining...**Cook, Eat and Enjoy!**

We welcome your input! Send us your favorites... books, gadgets, techniques or tricks...we'll share them here!

Email: patty@sweetmemoriescooking.com





We can't think of a more elegant way to begin your Easter celebration than by serving **Crespelle** ...this dish has a long history with its roots in Italy...

In the 5th century, Pope Gelasio had his cooks prepare the crespelle for the French pilgrims who were visiting Rome. They returned to France and "presto" the birth of *crepes*!!

One of the most versatile dishes ever, crespelle can be filled with almost anything. This filling is rich, creamy and so flavorful.

Crepes with Prosciutto and Mozzarella - *Crespelle al prosciutto e mozzarella*

Ingredients:

For the crepes:

3 eggs, 1 1/8 cups unbleached All Purpose Flour
Pinch of Kosher Salt, 1 1/2 cups Whole Milk
Unsalted Butter for cooking

For the Béchamel Sauce:

2 cups Whole Milk
3 Tbsp. Unsalted Butter (for greasing the pan),
7 Tbsp. unbleached All Purpose Flour
Pinch of Nutmeg, pinch of Kosher Salt

Directions:

For the crepes:

Mix the eggs, flour and salt in a large bowl with a wire whisk. When well combined, add the milk. Cover the bowl with plastic wrap and let the batter stand in the refrigerator for one hour.
Grease a 6 inch nonstick pan with a small dot of butter. Heat the pan and then add about 3 Tbsp. of batter. Spread it thinly and cook on both sides, about 30 seconds per crepe.
Stack them up on a plate and they're ready to be filled.
Crepes can be prepared one day ahead, covered with plastic wrap and kept in the refrigerator until you use them.

For the Béchamel sauce:

Start by warming the milk. In another pan, melt the butter then add and blend the flour for about 2- 3 minutes, mixing constantly with a wooden spoon. Use a low heat.
Once the butter and flour are blended, add the milk a little at a time. Mix continuously with a wooden spoon. Be certain to avoid lumping!
When you've mixed in all the milk, grate a bit of nutmeg on top, just a dusting. Add a pinch of salt too.
Continue cooking the Béchamel, stirring constantly, until it thickens and becomes smooth, about 15 minutes.

For the filling:

Cut the ham in small cubes. Grate the mozzarella.
When the béchamel sauce is ready, add the 2 egg yolks, 3/4 cup Parmesan, the ham and the mozzarella. Combine the ingredients well with a wooden spoon.
Spread the filling generously on the crepes; don't go too close to the border. Fold the horizontal sides of the crepes, then roll it until folded and set in a greased cookie sheet.
Dot the crepes with butter and top with about 2 Tbsp. Parmesan cheese. Bake in a preheated oven at 350° for 15 minutes or until golden brown. Let them cool a few minutes and serve. Makes approx. 18 crepes.

You're Sure to get Kisses, Hugs, and Help with the Dishes!

Buon Compleanno Italia!! 150 Anni! 1861-2011 ... Happy 150th Birthday Italy!!



Ask the Experts...

It's really hard to resist the appeal of anything advertised late at night. Every product seems so appealing, an immediate "must-have". Well, are they?

We decided to investigate the famous **Ginsu Knives!**

Surely a product with such a crazy commercial cannot be good; but loyal fans of these ever-sharp steak knives are eager to share stories about knives bought decades ago, still slicing briskly today.

A quote from one of our Facebook Friends...***"Got the Ginsu set as a wedding gift in 1988, thought it was a joke, 24 years later, we still have the set and use the steak knives daily!"***

Ginsu now produces their quality, sharp, stainless steel knives in cost-effective sets for every kitchen and premium cutlery for the serious chef.

BUT WAIT... (couldn't resist) you can still purchase the Ginsu Stainless 4-piece steak knife set for \$12.95!!

AT THE TABLE... *Everyday* Marinara Sauce

This robust sauce is a great staple to have in your refrigerator or freezer...For a different flavor every time, "change up" this recipe with your favorite herbs and spices. A Great Vegetarian Dish...Here's the basic recipe.

Ingredients:

1 tbsp Olive Oil	2 sprigs fresh Oregano, stems removed (about 2 tbsp. leaves)
4 cloves Garlic, chopped	8 Basil Leaves
1 medium White Onion, diced	1/8 tsp Red Chile Flakes, (optional)
2 medium Carrots, peeled and diced	1 tbsp. Honey, (optional)
2 Celery Ribs, diced	Kosher Salt
5 cups canned Plum Tomatoes, strained	Fresh Ground Black Pepper, to taste
1 tbsp. Tomato Paste	

Directions:

In a medium saucepan, heat oil on medium-high. Add garlic, onion, carrots and celery and sauté until onion becomes translucent and vegetables are softened. Add tomatoes, tomato paste, oregano, basil and chile flakes, if desired, and cook, stirring frequently, until sauce comes to a boil. Reduce heat to medium-low and simmer for 45 minutes to 1 hour, stirring occasionally.

Remove from heat and carefully purée mixture with a hand blender or in a food processor until smooth. Add honey, (if using), season with salt and pepper and mix well.

Ladle mixture into containers, let cool to room temperature, cover and refrigerate until needed.

Sauce can be kept, refrigerated, for up to 5 days or frozen for up to 2 months.

This recipe makes 6 cups... try adding roasted garlic and sautéed mushrooms or minced leftover roasted veggies, or even clams!!

SIDEBAR... "Old-Fashioned" Whiskey Cocktail

One of our favorites, *not just for special occasions*, this drink is a variation on the classic whiskey cocktail. We like ours with a slice of orange rind muddled with sugar and water.

For less orange flavor, simply use the orange as a garnish.

For one drink, you'll need:

1 tsp. granulated sugar	Ice
1 tsp. water	2 oz. Rye Whiskey (or
2 dashes angostura bitters	Bourbon)
1 slice orange rind	1 Maraschino Cherry

In an "old-fashioned" glass, muddle together the sugar, water, bitters & orange rind until the sugar dissolves. Fill the glass with ice, add the whiskey, and garnish with a cherry.

Grab your cocktail straw and Enjoy!



Available on iPhone, iPad and iPod Touch

Our application is now available in the AppStore...join John and Patty as they take a culinary tour through Italy.

We'll show you how to prepare popular dishes such as: Asparagus Tart with Onions and Prosciutto, Orecchiette with Broccoli Rabe, Veal Piccata and more...

No more shopping lists and recipe books. Everything you need is in the app...except the food of course.



We're always talking about the most **Useful** gadgets in our kitchen...items that you absolutely cannot live without. So we wondered...

"What's the Most UseLESS Kitchen Gadget?"

The Egg Cup you say...cute, but not a necessity. We beg to differ.

Just Imagine, you could:

...**Serve** them up filled with Sake or your favorite Liqueur. Who wouldn't love an egg cup "jigger"??...sounds useful.

...**Use** as a container for watercolors, make-up brushes, or even a vitamin holder.

...**Be Creative**, serve Gelato in your vintage egg cups. Display and serve on Gramma's tiered cake stand.

...**They're perfect** for holding your kids artistic Easter Egg creations, *And*, a last thought

...**You could** always use them to hold the perfectly cooked soft-boiled egg!!

Look at what we came up with in just a few minutes...Of course, it didn't hurt trying out the "jigger" idea first!!



As they say in Italy... "Mamma butta la pasta"... "Throw in the Pasta Mom"...
Happy Cooking, and we'll see you next month!!!

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