



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

Time2Eat with John and Patty



Issue II February 2011

It's Fresh!! It's Innovative!! It's All New!!

We have totally revamped our newsletter, as well as our website, to better meet YOUR needs... our "extended cooking family". You'll not only get great recipes, tips, and videos, but new cool sections like **What's Hot in 2011**, **SLANTED**, and **Meet & Eat...** to name a few. Here's a sneak peek!

"How To"...be creative and make the most of what you have.



...And so, we had unexpected company on a Sunday afternoon, and I was desperately digging through my fridge looking for a "Ta Da" dish to quickly put together to impress my guests...here's how this simple and delicate treat came about ...

Patty's Puff Pastry with Ricotta & Mushroom Sauté

I had one puff pastry sheet, half of a container of ricotta cheese, parmesan cheese, mushrooms, and spices...

I combined the ricotta cheese with parmesan, sprinkled in fresh black pepper, and parsley, and set it aside. Rolled out the puff pastry, sprinkled with a little parmesan, topped with the ricotta mix, rolled it up, sealed the ends, and brushed the top with an egg wash. Placed the pastry on a parchment lined sheet pan and baked at 425

degrees for about 20 minutes. Removed from the oven, cooled it slightly and placed on a rack. Meanwhile, I started a skillet over medium heat, added olive oil and sliced mushrooms. (*Resist the urge to keep stirring them*) As they browned, I sprinkled black pepper and thyme, turned once, added kosher salt at the end and cooked for another minute. To serve, I sliced the ricotta roll, topped with the mushrooms, and sprinkled with parsley.

With a glass or two of Chardonnay, these ricotta pastries were the perfect bite...TA DA!!



Thinking about a trip to Italy??

February is one of the best months to visit Italy, especially for those who are traveling on a tight budget. Usually the peak tourist seasons in Italy are during the spring and summer months, with most visitors avoiding travel to the country in the winter months. Thus, airfares and hotels are available at very low rates in comparison to the peak season.

There are exceptions, however.

Be aware that many of the famous festivals and carnivals are celebrated throughout Italy in February, so some parts of the country, such as Venezia and Viareggio would be expensive in comparison.

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

Email:
patty@sweetmemoriescooking.com



Meet & Eat...

This month's Fabulous Food review...

Lorraine's Food Factory and Coastal Catering

When in Rochester, NY, a visit to **Lorraine's Food Factory and Coastal Catering** is an absolute must! Lorraine feeds the rich and famous when they come to town and travels to feed them when they perform elsewhere.

She has served the likes of Cher, B. B. King, Billy Joel, Elton John and even Frank Sinatra..., to name-drop a few.

She was recently voted the "Best of Rochester 2010".

Why deprive yourself...you deserve it! Stop in for lunch or Sunday brunch for the freshest fare in town...sandwiches, salads, gourmet pizzas...a *personal favorite* is **Mediterranean Shrimp**.

Check out the delicious selections on their *Take-N-Bake* menu, including a variety of "Pick Healthy" choices.

Don't live in the Rochester area?

Lorraine's Coastal Catering is the only restaurant on 18 wheels that delivers your favorite foods...fresh and delicious right to your concert or event. To see all Lorraine's has to offer, visit their website www.lorrainesfoodfactory.com



A dessert especially for *you and your sweetie* just in time for Valentine's Day...

Risotto Al Cioccolato...Chocolate Risotto!

Ingredients:

2 tbsp. Unsalted Butter 2 tbsp. Sugar
½ cup Arborio Rice 1 cup bittersweet Chocolate, finely grated
4 cups milk Walnuts, quartered, for sprinkling

Directions:

The method is the same as regular Risotto. Melt the butter in a hot pan and add the rice. Stir for about a minute. Add 1 cup of milk, stir until the milk reduces. Add the sugar, stirring continuously. As the milk reduces, add another ½ cup of milk...*keep stirring*. Repeat until the rice is "al dente". Add the chocolate and stir until you reach a creamy consistency. Serve immediately in dessert cups or glasses; sprinkle each with a few walnuts.

Excellent served with coffee or espresso and Frangelico Liqueur. As wine drinkers, we were curious about wine pairings. So we decided to...**Ask The Experts.**



Ask the Experts...

According to Karen, editorial director of "The Nibble", there is a perfect wine for every chocolate. Beaujolais, Cabernet Sauvignon, Marsala, Merlot, Shiraz, or Zinfandel are the perfect choices ..."because of the intensity of flavors, bittersweet and dark chocolates need to be paired with stronger red wines with concentrated fruit notes." **Salute!**

Family Style...Food For Everyone!!!

Many of you have asked for more healthy fish recipes...here's one that we love with a citrus marinade.

It's easy and fun... your kids will love it too!

The Best Grilled Fish Tacos

Ingredients:

1 lb. firm White Fish (like Tilapia)
2 Limes, halved
1 Garlic Clove, minced
¼ tsp. Ground Cumin
¼ tsp. Chili Powder
2 tbsp. Vegetable oil, plus more for your grill
Kosher Salt, fresh-ground
Black Pepper
½ small head of Green or Red Cabbage, cored & sliced thin
½ Red Onion, sliced thin
¼ cup coarsely chopped Cilantro (*you can substitute Italian Parsley*)
6-8 soft corn tortillas
Garnish ideas: sliced Avocado, Guacamole, Salsa, Sour Cream, and Hot Sauce



Directions:

Place fish in a baking dish and squeeze a lime half over it. Add garlic, cumin, chili powder and 1 tbsp. of oil. Season with salt & pepper & coat the fish in the marinade. Refrigerate for 15 minutes.

Meanwhile, make the slaw and warm the tortillas.

Combine the cabbage, onion, cilantro (or parsley) in a large bowl. Squeeze a lime half over it. Add the other 1 tbsp. of oil, season with salt & pepper to taste. Set aside.

Heat a skillet over medium high heat; add tortillas one at a time, flip to warm both sides, about 2 minutes per side. Remove and set in a clean, folded kitchen towel.

Brush the grates of a grill pan (or outdoor grill) with oil, and heat over medium high heat. Remove fish from the marinade, and place on grill. Cook about 3 minutes (don't move it around), flip and continue cooking another 2-3 minutes until white and opaque.

Remove & transfer to a plate. (*it doesn't matter if they break*)

Taste your slaw again, adjust seasoning and add lime juice, if needed.

Slice the remaining lime wedges to serve along side. Build your tacos, garnish your way, and enjoy!

Makes 3-4 Servings

SLANTED

This month's *Slant*... Kitchen Gadgets that make you happy! **The Microplane...“How the Grater got out of the Garage”.**

This tool was developed in 1990 for use in woodworking. A few years later, a Canadian woman reached for it to zest her oranges for a cake. The tool had been brought home by her husband, the owner of a hardware store.

Thus began the *microplane's* culinary life.

In the past, we've personally been guilty of using those sub-standard zesting tools to zest our lemons which give you too much of the pith, or, a box grater...good luck getting the zest off of that!

It's a rare find that a kitchen gadget, which only does a few things, does them so perfectly. Once you use it, you can't do without it!

The secret to the **Microplane's** success is its unique grating holes. They finely slice rather than tear or shred your cheese, *or your zest*. They're safe to lightly hold, run your hands across, and sponge off.

The Microplane retails most places for \$12.95.

Microplane also makes “The Better Box Grater” which sells for \$24.95



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.

Available on iPhone, iPad and iPod Touch.

You've heard of Cold Hands, Warm Heart...How about Cold Weather, Warm Cocktail (or two)?? **This cocktail is courtesy of “Drinks with Ali & Georgia”**

Mrs. B's Secret Breakfast in a Glass

3 oz. Brandy 1 oz. Frangelico
2 tbsp. Maple Syrup 1 tbsp. Butter
Garnish: Waffle Wedge
Insulin (optional)

Heat the maple syrup, brandy and Frangelico until warm (not boiling).

Pour into a mug, top with a pat of butter. Place a triangle of waffle on the rim and sip away.

Good Morning Mrs. B...I think her secret probably is that she never makes it out of her pajamas!

Not your cup of tea...so to speak...How about a
Positively Warm Apple Pie

6 oz. Apple Cider, heated
2 oz. *Tuaca** liqueur
Whipped Cream
pinch of Cinnamon & Nutmeg
Cinnamon stick

In a glass coffee mug or heat resistant goblet, combine your heated cider and *Tuaca*, top with whipped cream, sprinkle with spices and add cinnamon stick.

**Tuaca* is a lightly sweet, super premium, brandy-based Italian Liqueur.



The latest trend...

- Wine on Tap** What?? We were quite skeptical. The wine is stored in and poured from kegs. It does deliver a fresh wine at a better price, and it *is* eco-friendly. What's not to love about that? Of course, further investigation is needed... *to be continued*.
- If you're a mixed drink kind of person, **the classics are back.**
Rum and Brandy-based punches are it!

Get in on the trend...pull out your pitchers and make a batch of Rum Punch...as they say in Jamaica...“One of sour, Two of sweet, Three of strong and Four of weak”. Let's See...

One part - fresh lime juice
Two parts - strawberry syrup
Three parts - Rum
Four parts - water

Mix all ingredients in your pitcher, taste, add sugar to taste. Delicious!

**When they come to “the end” In Italy, they say “Mamma butta la pasta”...
“Throw the Pasta in Mom” ...so, go throw your pasta...we'll see you next month!!**

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