



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"... Check out the nutritional values of your favorite family recipes with one click.

We came across this fabulous 100% FREE online program. www.caloriecount.com

Not only can you create a free account, start a food log, or get expert advice, you can use the recipe analyzer to find out the nutritional values of any recipe.

You can also browse recipes from your favorite restaurants. In one stop you have access to exercise plans, tips, a calorie converter for foods or activities, *even coupons!* It's so easy!



WINE & FOOD ...

"What Goes With What?"

This month's discussion is Fun, Fizzy & Elegant...Champagne, Prosecco & Appetizer ideas for your next party.

Due to their "Sparkling" Personalities, **Champagne or Prosecco** and Appetizers are a match made in heaven.

*For Your Appetizers...*the first thought is, of course, cheese! Excellent choices for your Cheese Board are Brie, Edam, Gouda, or a Mild Cheddar. Stuffed Mushrooms or any offering with mushrooms, Shrimp, Lobster, or Sushi appetizers are fantastic, *just about any seafood works well.*

Pairing a glass of Brut with Prosciutto-wrapped appetizers, cocktail sausages, or egg-based hors d'ouvres are always delicious.

Champagne always goes well with salted, mixed nuts.

For Your Flutes: we like **Cavit Lunnetta Prosecco**. Unlike some affordable proseccos, it's fully sparkling with flavors reminiscent of green apples and pears.

Casa Larga Fiore Blanc de Blancs is dry and traditional, with a rich gold color. Specially handcrafted champagne from Chardonnay grapes, it's an excellent choice for any special occasion.

Salute!!

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...

WE LOVE...Lori's Natural Foods!

We've all heard the ads...*"Be Good to Yourself, Shop at Lori's"*

It is SO true! This natural food center was started by Lori and her dad, Jim, in 1981.

Lori's supports local, organic farmers, sells organic produce, and tries to increase awareness about sustainable agriculture. They also offer a variety of classes to educate consumers about wellness, and healthful foods and products. You can check out their online store at www.lorisnatural.com. You can look at monthly events & classes, search for baby items, bread & baked goods, health & beauty items, pastas, teas, vitamins, and more, OR visit Lori's Natural Foods Center in person at 900 Jefferson Rd. Rochester, NY 14623.





This Spinach Arugula Frittata, packed with veggies, blends whole eggs and whites to “Lighten it Up”.

Ingredients:

5 oz. Baby Spinach
3 oz. Baby Arugula
4 large Eggs
5 large Egg Whites
1 ½ tbsp. fresh grated Parmigiano-Reggiano Cheese
Kosher Salt

Fresh ground Black Pepper
4 tsp. Vegetable Oil
1 Shallot, thin-sliced
1 medium Red Pepper, thin sliced
1 tsp. chopped Thyme

Directions:

In a large ovenproof, non-stick skillet, bring ¼ cup of water to a boil over medium high heat. Add spinach and cook, stirring about a minute, until wilted. Transfer to a colander. Repeat with the arugula. Gently squeeze the greens dry and coarsely chop them. Wipe out skillet.

Preheat oven to 400 degrees.

In a bowl, whisk the eggs, whites, cheese, and a large pinch each of salt and pepper. Heat 3 tbsp. of the oil in the skillet. Add the shallot and pepper and cook over moderate heat. Stir until the pepper is just tender, approx. 4 minutes. Add the thyme, chopped greens and cook. Stir until hot, season with salt and pepper. Add the remaining tsp. of oil and pour in the egg mixture. Cook over moderately low heat until eggs set around the edges. Bake the frittata in the top half of the oven until just set, about 4 minutes. Invert on to a plate, cool slightly, cut into wedges and serve.

Show Your Love For The Vegetarians in Your Life...

Great with Prosecco...Serves 4!!



Ask the Experts...

So we were looking for authentic recipes for **Mardi Gras**...naturally we called on one of our friends in “The Big Easy”, **Chef Donald Link, author of Real Cajun**. Chef says that food for Mardi Gras is meant for “grazing”. You grab a beer, some delicious snacks and head to the parade...Here’s a recipe for **Chile-Roasted Shrimp** complements of Chef Donald.

Chile-Roasted Shrimp

Ingredients:

1 lb. large head-on Shrimp
½ cup + 2 tbsp. Olive Oil
2 red Jalapenos, stemmed (not seeded) thin sliced
2 Garlic Cloves, thin sliced
1 tbsp. dried Oregano
1 tbsp. Kosher Salt
1 tsp. fresh ground Black Pepper
Juice of 1 Lemon
1 cup Shrimp Stock, or water
1 tbsp. Butter



Directions:

In a large bowl, combine the shrimp with ½ cup olive oil, jalapenos, garlic, oregano, salt and pepper and lemon juice. Toss well, cover with plastic wrap, marinate at room temp for 20 minutes, or refrigerate for up to 6 hours.

Preheat your oven as high as it will go, position your rack in the middle. Place a rimmed baking sheet in the oven for at least 10 minutes.

This will be extremely HOT. Spread your shrimp on the pan, a little crowding is okay.

Roast shrimp until they turn bright pink, about 5-8 minutes, turn only once.

Remove from oven & immediately pour the stock over while on the baking sheet. Finish with the remaining 2 tbsp. olive oil and butter and toss to coat evenly. The heat from the sheet should cause the liquids to bubble & reduce slightly. *Serve the shrimp and sauce with good bread, cold beer and plenty of napkins! Welcome to New Orleans!!*

SLANTED

We are excited to be attending the famous **Metropolitan Cooking & Entertainment Show** in Atlanta next month. Of course, we'll write a review and give you our "slant" on anything and everything that's new and different and all the latest trends!

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

Contact john@sweetmemoriescooking



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.

AT THE TABLE...

An homage to the Famous Buffalo Chicken Wing, this lighter version is "hands down the best", you won't miss the traditional drumette... WE PROMISE!!

Buffalo Chicken with Blue Cheese Dipping Sauce

Ingredients:

For the Sauce:

½ cup mayonnaise
½ cup sour cream
½ cup buttermilk blue cheese, broken into pieces or use crumbles
1 lemon, juice and zest
1 tbsp. grated garlic
Kosher salt, freshly ground black pepper, to taste
1 tbsp. chopped scallions
1 tbsp. chopped Italian parsley

Directions:

For the Sauce: combine the mayo, sour cream, blue cheese, lemon juice and zest, garlic, salt and pepper. Stir. Mix in the scallions and parsley. Set aside.

For the chicken: Place hot sauce into a bowl. Add the chicken strips and stir. In a casserole-type dish, mix together the flour, salt, paprika & pepper.

Shake off excess hot sauce, and dredge each piece of chicken in the flour. Shake off any excess.

Heat the olive oil (about ¼ inch up the pan should be enough) in a large skillet over medium heat. When the oil is hot it will bubble around the handle of a wooden spoon. Add the chicken to the skillet, leave it alone and cook for 4 minutes.

Turn, and cook until chicken is browned and cooked through, about another 4 minutes. Remove and drain on brown paper.

Serve with dipping sauce and veggies on the side. You can also serve inside lettuce cups & add your favorite salsa too.

For the Chicken:

¼ cup Frank's Original Hot Sauce
1 lb. boneless, skinless chicken breasts, cut 1 inch strips, with the grain, on the diagonal
¾- 1 cup flour
1 tbsp. kosher salt
1 tbsp. paprika
1 tbsp. freshly ground black pepper
Olive oil for frying, celery and carrot sticks



We're always looking for innovative and fun gift ideas. Here are two of our favorite online stores you may enjoy...

Zingerman's.com This online shop for food and gifts, has a fabulous selection of gift baskets, balsamic vinegars, olive oils, sweets, baked goods, and much more.

Chocomize.com Design your own personalized chocolate bars. Create special chocolate favors for weddings or any special event. Who doesn't love chocolate??

**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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