



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

Time2Eat with John and Patty



Issue IV May 2011

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

- EXCITING NEWS!! -



Let's Get Cooking with John and Patty

By John Gifaldi and Patty Heiden

You can now see us every week on our **NEW internet show...** "Let's Get Cooking with John & Patty" airing on South Cobb Patch. www.southcobb.patch.com



On May 1st, we were pleased to participate in a live discussion on *Healthy Living* on Juice Radio.

To "Listen In", go to www.myjuiceradio.com and click on...Get Up, Get Out & Start Moving! Live Healthy!

SLANTED Was the Fountain of Youth Filled with Vinegar??

Since the beginning of time, mankind has sought the "Magical Elixir" that bubbled from the famed fountain. According to our dad, it's *Vinegar*.

Here's how the story goes...

An enterprising householder prepared some fresh, naturally sweetened juice and sealed it tightly in a stone jar. Thankfully, in a short time it fermented into the delightful brew we call "Wine".

A very special day soon followed...a second fermentation took place. *Vinegar was created!*

Surprise! All the alcohol in the wine had turned into a sharp tasting acid!

However, someone suspected the possibilities. Vinegar was found to be a universal preservative and cure-all, and was immediately elevated to an exalted status.

We believe that quite possibly the secret to eternal youth is already ours...being vital, making a difference, and enjoying a zestful, vigorous life every single day we live!
(Adding a capful of vinegar to a tall glass of water every day couldn't hurt either!)

Start a Supper Club...Your Way

Last month we posted a column on Supper Clubs...and we had such a great response!

Here are a few suggestions from

Gail in Colorado. She belongs to a monthly neighborhood club where there is always a theme. A few of their memorable get-togethers...

- ✓ "In January, we had an indoor summer picnic with quilts on the floor, fried chicken, potato salad, 'the works'. We wore summer clothes and enjoyed our dinner with the heat on!
- ✓ We take turns cooking the main dish. Everyone brings the additional items...appetizer, salad, sides, and desserts.
- ✓ Once, in the summer we even had a Toga Party!
- ✓ We've had Murder Mysteries (costume required) and a Backwards Party, starting with dessert. It's great fun!"

Lisa in New York is planning on starting a club with her friends and family. We're anxious to hear about your success Lisa...Please send photos!

Thanks to everyone for sharing your ideas!!



...with The Metropolitan Cooking & Entertainment Show!

We had a fabulous time at the show in Atlanta last weekend. Over 150 exhibitors were in attendance at the Cobb Galleria Centre.

There were local celebrities leading a wide variety of workshops, plus an interesting mix of vendors offering delicious specialty foods and products.

Food Network Stars, **Giada De Laurentiis**, **Paula Deen** and **Gina & Pat Neely** were featured, sharing their passion for food, and a few of their favorite dishes.

It was a fantastic fun-filled 2-day adventure!!

Check out The Metropolitan Cooking & Entertainment Show on Facebook and Twitter for cities and dates for upcoming shows



Meet & Eat...

PART ONE...A few of our "Favorite Flavors" from the Show...

"Sunday in the South"

Author Ginny McCormick

It was such a pleasure meeting Ginny. She's a cooking instructor, speaker, food columnist and author. She's also the editor of the online food magazine, *Food Lover*. Her cookbook *Sunday in the South* is full of delicious menus, recipes, and suggestions to help you create your own memorable Sunday Dinners. We wish her continued success with her book and all her endeavors!!



www.ginnymccormackcooks.com



www.ChineseSouthernBelle.com

Chinese Southern Belle

Natalie Keng, is the founder and owner of this unique business. She and her mom, Margaret, use their food knowledge to introduce you to the Chinese culture through cooking classes, demos and workshops. They have a wonderful online store. They share, among a wide variety of different offerings, their unique and tasty snacks.

We attended the **Asian Snack Attack** where we tasted and especially loved the Sesame Wafers and Biscuit Bars.

Her energy is contagious...check out her website. It's informative and FUN!!

West Coast Products...

As they say...**"Reduce your dependence on foreign (olive) oil!"**...West Coast Products offer premium California Olives and Olive Oils at competitive prices. Based in Orland, California since 1937, their many blends of olives and extra virgin olive oil have a deep, rich, farm-fresh taste.

Enjoy a handful of these quality olives a day, it just might keep the doctor away!



www.westcoastproducts.net

Leonardo & Roberto's Gourmet Blends...

We *absolutely adored* the incredible quality and taste of their vinegars. Imported with only the finest ingredients from Modena and Reggio, Italy, we totally agree that they're *The Best Balsamic Vinegars Ever!* They also offer Gourmet dipping oils, including Blood Orange and Meyer Lemon Olive Oil. Click on *Recipes* on their website for a list of recipes featuring their tantalizing products!!



www.gourmetblends.us



Salt Rox...

This is the ultimate...what an exciting product! These Pink Himalayan Salt Blocks, Bowls, Serving Plates and more add such a flavorful goodness to seafood, poultry, beef or veggies...we even tried the Salt Shotz Glass, perfect for your favorite Margarita!

Browse their website and experience *The Flavor of Life!*

www.saltrox.com



*John and Patty...on JUICE RADIO...
looking oh so professional*



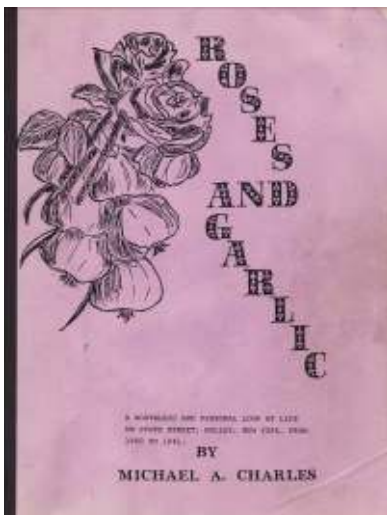
Our application is now available in the AppStore...join John and Patty as they take a culinary tour through Italy.

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

Personal Past...



We recently came across a nostalgic "look back" via a book written by one of our relatives, Michael A. "Archie" Charles. This beautifully reflective book is titled **ROSES AND GARLIC**.

It's a nostalgic remembrance of life in the small town of Holley, New York from 1900-1941. (*Our parents and grandparents lived in Holley*).

It's such a great read...what a tribute to all the families and traditions of the time. You feel as though you are there, experiencing all the fun and the pride of being an Italian-American.

A significant reminder of how important it is to make a concerted effort to preserve our family memories for the generations to come.

Wouldn't it be great if we shared in the laughter and told all of our treasured stories at the dinner table? We could appoint each child to be the "Keeper of A Story", telling it at all the family get-togethers and responsible for passing it on...Just a little **Food For Thought!**



Ricotta & Honey Tart...

Simple & Elegant... You'll really appreciate the flavors of the honey and lemon zest, the crisp crust and crunchy almond topping

Ingredients:

For the crust:

8 tablespoons unsalted butter (1 stick), melted
1/4 cup granulated sugar
1 tablespoon loosely packed, finely grated lemon zest (from about 2 lemons)
1/4 teaspoon kosher salt
1 1/4 cups all-purpose flour, plus more for dusting

For the filling:

1 pound ricotta cheese, drained overnight
2 large eggs
1/2 cup clover honey
1 tablespoon loosely packed, finely grated lemon zest (from about 2 lemons)
1/2 teaspoon ground cinnamon
1/3 cup sliced almonds, toasted

Directions:

For the crust:

Place the melted butter, sugar, zest, and salt in a large bowl and stir until combined. Add the flour and stir just until a soft dough forms, about 1 minute.

Evenly arrange small pieces of the dough over the bottom of a 9-inch round tart pan with a removable bottom. Using a measuring cup or your fingers, press the dough to form an even layer over the bottom and up the sides of the pan, flouring the cup or your fingers as needed.

Cover the tart shell with plastic wrap and refrigerate for 30 minutes.

Meanwhile, heat the oven to 350°F and arrange a rack in the middle. When the shell is chilled, prick it all over with a fork and place it on a baking sheet. Bake until golden brown all over, about 20 to 25 minutes. Meanwhile, prepare the filling.

For the filling:

Place the drained ricotta, eggs, honey, zest, and cinnamon in the bowl of a food processor fitted with a blade attachment. Process, stopping and scraping down the sides of the bowl often with a rubber spatula, until the mixture is smooth and combined, about 1 minute.

Spread the filling in the warm tart shell and evenly sprinkle the almonds over top. Bake until the center of the tart is just set, about 25 to 30 minutes. Cool completely on a rack before serving. Serves 8

SIDEBAR... We're Obsessed With All Things Lemon...

This Month's SIDEBAR... A Classic Lemon Drop!

Use Fresh Lemon Juice instead of citrus-infused Vodka to keep this cocktail fresh & light...

Ingredients:

Fine Sugar, for rimming the glass
1 thin Lemon wedge
1½ oz. Vodka
½ oz. fresh squeezed Lemon Juice
½ oz. Simple Syrup
Ice, Lemon Twist for garnish

Place a cocktail glass in the freezer to chill. Pour enough sugar on a small plate to cover. Rub the lemon wedge on the outside rim of the chilled glass. Dip the rim in the sugar to coat entirely. Try not to get sugar in the glass. Place the vodka, lemon juice and syrup into a cocktail shaker, filled halfway with ice. Shake vigorously.

Strain into your glass and garnish with a lemon twist.

Makes one drink!

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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