



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

Time2Eat with John and Patty



Issue X November, 2011

Let's "Kick Off" the Holiday Season! Welcome To Our Family Kitchen!!



It's Thanksgiving - one of our favorite celebrations. Of course, we're all about the food, but it's also the perfect time to reflect on all we've been given and delight in traditional dishes with family and friends. We're sharing some of our cherished recipes, and introducing a few new additions for your festive holiday table. From Our Family to Yours... We wish you all a Very Happy Thanksgiving!

Kitchen Talk... Here's a fabulous fall recipe for entertaining. While you're standing around the kitchen before sitting down to your delicious dinner, it's fun to serve as a shot in a small cup with breadsticks on the side!

Butternut Squash Soup Shots

Ingredients:

3 lb. Butternut Squash, halved and seeded Pinch fresh grated Nutmeg
4 cups low sodium Chicken Broth Salt & Pepper to taste

Directions:

Preheat oven to 375 degrees. Spray 9" x 13" baking sheet with vegetable cooking spray. Arrange squash cut side down on pan. Pierce each squash half with a fork and bake for 45 minutes, or until very tender. Set aside to cool.

When cool, scoop out squash, place in bowl and discard rind. Working in batches, puree even amounts of squash and broth in blender until smooth. Pour into saucepan; repeat process until all squash is pureed.

Grate fresh nutmeg in a bowl, add a pinch to soup along with salt and pepper to taste. Bring to a boil and immediately upon boil reduce heat and bring soup to a simmer. Simmer for 30 minutes. Taste and adjust seasonings as needed. Since soup will be served as a shot, consistency should not be thick. Test consistency by drinking out of shot glass you'll be serving it in. If soup needs to be thinned, add more chicken broth until desired consistency is reached.

If preparing ahead of time, cool soup and refrigerate.

Reheat when ready to serve. Makes 8-10 shots





**Ask the Experts... Looking for an *Easy and Elegant* Appetizer...here it is...
Roasted Portobello Caps!**

Who wouldn't love a flavorful jumbo stuffed mushroom without all the high-fat ingredients?

Ingredients:

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| 4 large Portobello Mushrooms, stems removed | 2 tbsp. grated Parmesan Cheese |
| 1/4 tsp. Salt, divided | 1 tbsp. minced Fresh Parsley |
| Freshly ground Black Pepper, to taste | 1 tbsp. Extra Virgin Olive Oil |
| 1/4 cup plain Dry Breadcrumbs | |

Directions:

Preheat oven to 450°F. Coat a rimmed baking sheet or roasting pan with cooking spray. Place mushroom caps, gill side up, on the prepared pan. Sprinkle with 1/8 tsp. salt and pepper. Roast until tender, about 20 minutes.

Meanwhile, combine breadcrumbs, parmesan, parsley, oil, the remaining 1/8 tsp. salt and pepper in a small bowl. Remove mushrooms from oven and top each cap with about 2 tbsp. of the breadcrumb mix, spreading evenly. Return to the oven and roast until breadcrumbs are browned. Approx. 5 minutes. Enjoy!!



Did you know that one out of every six Americans doesn't have enough to eat?

Donating the simplest items to a food pantry can really assist those in need. For example, the addition of just a few spices to the basics they provide can produce healthy, nutritious meals.

In this economy, many of us aren't in a position to donate, but we all can volunteer. The gift of time is a great way for you and your children to get involved. Remember, they need our help every day of the year.



SLANTED ... Try the Fennel! This superb dish is something everyone will love...

Fennel Salad with Toasted Walnuts

Ingredients:

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| 3 large Celery Stalks | 1 Garlic Clove, crushed |
| 1/4 cup Celery Leaves, finely chopped | 2 tsp. Honey |
| 2 Fennel Bulbs, stalks and outer layer removed | 1/2 tsp. coarse Sea Salt or Kosher Salt |
| 1/3 cup roughly chopped Walnuts | 5 tbsp. Extra Virgin Olive Oil |
| 2 tbsp. Fresh Lemon Juice | Freshly ground Black Pepper, to taste |
| 2 tbsp. Dijon Mustard | 1 large Tart Apple, such as Pink Lady |

Directions:

Peel any tough fibers from the celery stalks and slice the stalks on the diagonal into pieces about 1/8 inch thick by 1 inch long. Cut the fennel bulbs in half lengthwise, and then slice them crosswise 1/8 inch thick. Transfer the celery and fennel to a bowl of cold water and refrigerate.

In a small skillet, toast the nuts over medium heat for 3 to 4 minutes, shaking the pan for even browning.

Transfer the nuts to a plate to cool.

In a salad bowl, combine the lemon juice, mustard, garlic, honey and salt. Whisk in the olive oil and season with pepper.

Quarter and core the apple. Cut each quarter into 2 wedges. Thinly slice the wedges crosswise. Add the apple slices to the dressing and toss well to coat.

Drain the celery and fennel and dry in a salad spinner (or blot dry with a paper towel). Add the celery and fennel, celery leaves and walnuts to the apples and toss. Serve immediately or refrigerate for up to 1 day.



Thank you Elinor K. for sharing this recipe! Skip your after dinner coffee and indulge in a piece of this coffee and cinnamon spiked cheesecake instead...

Cappuccino Cheesecake...

For the Filling:

- 3 (8-oz.) pkgs. Cream Cheese, softened
- 8 oz. Mascarpone Cheese*
- 1 1/4 cups Sugar
- 2 tbsp. All-Purpose Flour
- 4 Eggs, room temperature
- 2 tsp. Vanilla Extract
- 1 tbsp. Instant Coffee Granules
- 3 tbsp. Heavy Whipping Cream, divided
- 2 tsp. Ground Cinnamon, plus extra for sprinkling over top

For the Crust:

- 2 cups Chocolate Cookie Crumbs
- 6 tbsp. Unsalted Butter, melted

Heat oven to 325°F. Wrap bottom and sides of 9-inch spring form pan with wide heavy-duty foil. In medium bowl, stir together cookie crumbs and melted butter until crumbs are evenly moistened. Press evenly into bottom and 1 inch up sides of pan. Bake 8 minutes or until set; cool on wire rack.

In a large bowl, beat cream cheese, mascarpone cheese and sugar at low speed 2 minutes or until smooth. Beat in flour. Beat in 2 of the eggs just until combined; repeat with remaining 2 eggs. Scrape down sides of bowl. Beat in vanilla just until blended.

Reserve 2 cups batter in another medium bowl. In small bowl, dissolve coffee in 2 tablespoons of the cream; stir into reserved batter.

Stir remaining 1 tbsp. cream and 2 tsp. cinnamon into batter in large bowl until completely blended; pour into crust. Place pan in large shallow roasting or broiler pan. Fill with enough hot tap water to come halfway up sides of spring form pan.

Bake 40 minutes. Carefully slide out oven rack several inches. Pour reserved coffee batter evenly over cheesecake. Bake 20 minutes or until edges are slightly puffed and top is dry to the touch. Center should move slightly when pan is tapped but should not ripple as if liquid. Remove cake from water bath; remove foil. Place on wire rack; cool to room temperature, about 2 hours. Sprinkle lightly with ground cinnamon. Refrigerate at least 6 hours before serving. (*Cheesecake can be made up to 3 days ahead. Cover and refrigerate.*) Store in refrigerator.

*Mascarpone cheese is a double- or triple-cream cheese from Italy. Look for it in the dairy section of the supermarket or in Italian markets.

Special Request...

We've had a special request for cranberry sauce that tastes great and is easy to prepare. We searched our recipe box and came up with this family favorite....enjoy!

Fruity Cranberry Sauce

Ingredients:

- 1/4 cup water
- 2 cups fresh cranberries
- Zest & juice of one orange
- Zest of 1 lemon
- 1 lg. tart apple, peeled, cored and cut into small chunks
- 1/2 cup+ granulated sugar
- 1 tsp. cinnamon
- 1/2 tsp. nutmeg
- 1/4 tsp. ground cloves
- Mint leaves for garnish (optional)

Directions:

Combine all ingredients in a saucepan, bring to a boil over medium high heat.
Reduce heat to a simmer and stir occasionally until berries pop and become tender, about 20 minutes. Taste, add more sugar if needed. Refrigerate overnight to thicken sauce.
Garnish with mint before serving.



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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.
<http://itunes.apple.com/app/time2eat-with-john-patty/id403919346?mt=8>

SIDEBAR... Bloody Mary Battle



Patty vs. John
In the *BLOODY MARY BATTLE*
Who makes the best Bloody Mary?
You'll have to decide.



"Patty's Perfect Bloody Mary" recipe

Ingredients:

2 oz. vodka
Dash of red wine
Pinch of celery salt
Salt and freshly ground black pepper, to taste
7 drops Worcestershire
5 drops hot sauce
6 oz. tomato juice
Celery stalk & cherry tomatoes for garnish

Directions:

Combine all ingredients in a highball glass over ice. Stir well.
Serve with celery stalk and tomatoes.

"John's Cure-All Bloody Mary" Recipe

Ingredients:

4 oz. tomato juice
2 oz. vodka
½ oz. lemon juice
Dash Worcestershire
Celery salt
Freshly ground black pepper
Hot pepper sauce, to taste
Celery stalk
Lemon or lime wedge

Directions:

"Build" the ingredients in a highball glass over ice. Mix well.
Add seasonings, to taste and garnish with celery and lime wedge.

Where you can find us!



WEEKLY INTERNET SHOW

You can now find us on **South Cobb Patch** and **Powder Springs Patch** – twice the food, twice the fun!

"Let's Get Cooking with John & Patty" airing on South Cobb Patch. Go to www.southcobb.patch.com or www.powersprings.patch.com and search for Let's Get Cooking.



WEEKLY TELEVISION SHOW

Penfield TV is now airing our television show "**In the Kitchen with John and Patty**" go to www.penfieldtv.org and check the program guide for times.

Our Website: www.sweetmemoriescooking.com

Facebook: Sweet Memories Cooking

Twitter: @SweetMemCooking

Email: john@sweetmemoriescooking.com OR patty@sweetmemoriescooking.com

***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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