

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

Time2Eat *with* John and Patty



Issue VIII September, 2011

Benvenuti! Welcome To Our Kitchen!!

It's All About the Taste...Ultimate Late Summer Celebrations mean delectable goodies...great time to look for Cucumbers, Peaches, Peppers, Summer Squash, Sweet Corn and Watermelon!!

AT THE TABLE... There's no better way to add flavor to your food than by tossing in a handful of garden-fresh herbs.

By the way, this aromatic dish does include all of the *Simon & Garfunkel* favorites. Who knows? You may be inspired to pull out your old vinyl albums...*you know you still have them.*

So, take your seat, pour the wine, and enjoy your succulent tenderloin marinated in what else...

Parsley, Sage, Rosemary & Thyme... oh, and of course, Garlic!

Herb Pork Tenderloin

Ingredients:

Marinade:

2-3 cloves Garlic	1/4 cup chopped fresh Sage
1/2 cup Olive Oil	1/4 cup chopped fresh Rosemary
1/2 cup Chardonnay or Chablis	1/4 cup chopped fresh Thyme
1/4 cup chopped fresh Parsley	

2 Pork Tenderloins

Directions:

Put the herbs and garlic in a food processor; slowly add the oil and wine. Pour marinade into a plastic bag, add meat, seal, and massage into meat. Put in the refrigerator for anywhere from 2 hours to overnight. Bring meat to room temperature. Grill over medium high heat, turning every 4 minutes, approximately 20 minutes total or to 155 degrees. (Internal temperature will increase as it rests) Tent with foil and let rest 5 minutes. Enjoy!



SLANTED ...Trendspotting...

We were sitting around the table with a few of our fellow "foodies" discussing what our families and friends are eating and cooking these days, and it seems as though the "little artisan shop" just around the corner is making a comeback.

We're making several stops on our grocery shopping day...the discount clubs, our neighborhood grocer, and happily, the farmer's markets. We're becoming loyal customers and "buying local".

We love that people are gravitating back to the local specialty stores we all remember from our childhood.

People are looking for good *personal* service, and there's so much to be said for getting to know the person behind the counter.

Welcome Back... Butcher, Baker and Chocolate Maker!



Ask the Experts...

Straight from the wine tasting room...an impressive value in Chardonnay!

2009 Patianna Chardonnay has a peach inflected flavor. From California's Anderson Valley, the cost is \$17.00...it's so good!

Plus, the winery farms all of its vineyards organically.

Salute!!

Pull the Cork! ...screw tops are no longer a sign of low quality. Many of the best tasting, such as DMZ, Bodini, and Four Vines are sealed with screw tops rather than natural corks.



Because GOOD Ideas become GREAT Ideas with Conversation!

Have a suggestion or an idea you'd like to bring to the table? e-mail:

patty@sweetmemoriescooking.com



This "No Bake" Zucchini Lasagna is a quick, light, but substantial, dish and best of all you don't need the oven!

Ingredients:

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|---|---|
| 1/2 cup Ricotta | 1 Garlic Clove, minced |
| 3 tbsp. grated Parmesan | 2 pints Grape Tomatoes, halved |
| 3 tbsp. plus 2 tsp. Extra Virgin Olive Oil | 2 Zucchini (about 1 pound total), halved if large and thinly sliced |
| Kosher Salt, fresh ground Black Pepper | 1 tbsp. torn Fresh Basil leaves, plus more for serving |
| 8 Lasagna Noodles, broken in half crosswise | |

Directions:

In a small bowl, combine ricotta, parmesan, and 2 tsp. oil, season with salt and pepper. In a large pot of boiling salted water, cook noodles according to package instructions; drain.

Meanwhile, in a large skillet, heat 2 tbsp. oil over medium-high heat. Add garlic and tomatoes; season with salt and pepper, to taste.

Cook, stirring, until slightly broken down, about 3 minutes. Transfer tomatoes to a bowl. Add 1 tbsp. oil and zucchini to skillet; season with salt and pepper. Cook, stirring, until zucchini are tender, about 5 minutes. Transfer to another bowl and stir in basil.

Place some tomatoes on four plates; top with a noodle and small spoonfuls of ricotta, zucchini, and more tomatoes. Repeat layering twice, then top with remaining noodles and tomatoes.

Garnish with basil. Delicious!

We've E-x-p-a-n-d-e-d



Let's Get Cooking with John and Patty

By John Gifaldi and Patty Heiden

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.powdersprings.patch.com and search for Let's Get Cooking.

We're Going To Italy This Month!!



We'll be eating our way all along the Amalfi Coast, then off to Rome...especially looking forward to enjoying *Authentic* Italian Pizza!

What's Else Is New?

With the especially hot summer we've all been experiencing this year, we've been looking for innovative ways to stay cool and hydrated. We also wanted to take advantage of all the delicious abundance of summer fruits. One of our wise readers suggested that we check out...

The Iced Fruit Infusion Pitcher...*"A Great Way to Get Kids to Drink Water!"*

Prodyne's new offering allows you to keep 3 quarts of refreshing fruity water in the fridge at all times. Because of its unique design, the fruit will infuse the water, without looking like a cloudy mess! You can find the *Iced Fruit Infusion Pitcher* on line for \$29.95...a great buy!!

Food For Thought...
When buying your produce, shop with your nose first...No Scent = No Flavor!

SIDEBAR...*"So Cool"* Melon Cocktail!

Ingredients:

5 cups cantaloupe, medium dice, about 1 medium cantaloupe
5 oz. **Ouzo***
3 oz. fresh squeezed Lemon Juice
3 oz. **Rich Simple Syrup****
Ice & 12 Mint Leaves, for garnish

Directions:

Place the cantaloupe in a blender and blend until smooth. Strain through a fine-mesh strainer into a large pitcher and skim off any foam. This yields about 1 3/4 cups juice. Add the ouzo, lemon juice, and simple syrup, and stir to combine.

To Serve: Pour the melon mixture into a rocks glass filled with ice.

Crush 2 mint leaves per drink in the palm of your hand and place on top. Makes 6 Drinks. Opa!!

***Ouzo** is a clear, slightly sweet, anise-flavored liqueur from Greece. Look for a good quality ouzo. If you can't find it, you can always substitute your favorite vodka or gin!

****Rich Simple Syrup** is 2 cups of granulated sugar and 1 cup of water brought to a boil in a saucepan over medium heat. Lower the heat, simmer for 3 minutes. Cool and cover, tightly sealed, and refrigerate.



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>

COMING SOON...

- We'll be adding a section to our website where you can purchase cool t-shirts and other products...**AND**
- If you live in the Penfield NY area, you'll be able to see us on TV soon! We have created a cooking show for Penfield TV called **In the Kitchen with John and Patty**...stay tuned for details!

What's Cooking... Lemon Juice *and* Zest add a kick to this light pasta salad, with tomatoes, cucumbers and basil. The toasted pine nuts add a great crunch!

Orzo Salad with Tomatoes & Pine Nuts

Ingredients:

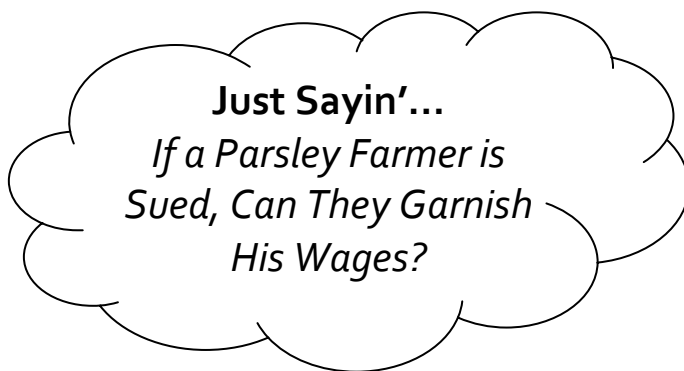
1 lb. Orzo
1 pint cherry tomatoes, halved (or quartered if large)
1/2 medium English Cucumber, seeded, cut into small dice (about 1 cup)
1/2 cup Pine Nuts, toasted
1/4 cup Extra Virgin Olive Oil
3 tbsp. finely chopped Fresh Basil

2 tbsp. finely chopped Fresh Italian Parsley
2 Scallions, finely chopped (white and light green parts only)
2 tbsp. tightly packed, finely grated lemon zest (about 3 medium lemons)
3 tbsp. freshly squeezed Lemon Juice, plus more as needed
Kosher Salt and freshly ground Black Pepper, to taste

Directions:

Bring a large saucepan of heavily salted water to a boil over high heat and cook the pasta until al dente, about 8 minutes. Drain and rinse under cold water until cool. Drain the pasta well and transfer it to a large, glass bowl. Add the tomatoes, cucumbers, pine nuts, olive oil, basil, parsley, scallions, lemon zest, and lemon juice and toss to combine. Taste, season with salt, pepper, and additional lemon juice as needed. Serve chilled or at room temperature.

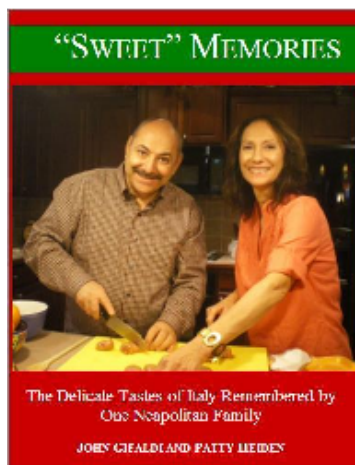
Great for a party! Serves 8-10



"It's fun to help in the kitchen because it's okay to make a mess when you're cooking, and you're right by the sink, so you can just clean it up!"

"It makes my mommy so happy when I keep my mouth closed when I eat my sandwich...I don't know why."

A few words from John, our youngest contributor...Welcome Back!



Now available on Kindle

Go to www.amazon.com and search on Sweet Memories

**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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