



RECIPES TO THE RESCUE NEWSLETTER

For The Everyday Cook

www.recipestotherescue.ca

Summer/Fall 2010

eat well
simplify
get organized

RECIPES TO THE RESCUE

is a free seasonal newsletter written for the everyday cook. Helping to reduce the boredom of Monday-to-Friday dinner cooking by stirring some fun into your routine. We are committed to providing a variety of tested recipes which are fresh, seasonal and full of flavour

The *Recipes To The Rescue Newsletter* is written and published by Barb Kemp. To receive your free Newsletter and to be on our email list, simply email us a request at

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More recipes can be found on the Recipes To The Rescue blog at:
www.recipestotherescue.blogspot.com

GREEN TEA VS BLACK TEA

It was not a STARBUCKS but a random coffee shop near a university campus. Green plants grew out of control from the 15 foot ceiling. The clientele were oblivious to the hazy film of dried rain streaks on the outside of the extra large windows, or the thin coat of black slime on the insides. The music blaring, the barista with purple hair and multiple eyebrow rings was making coffee. Her coffee machine hummed to the music.

"A cup of Darjeeling tea please," I ask the tall, slim, PhD-looking cashier. He nodded and took a tall white cup from the wooden shelf. He poured hot water into the cup, swirled it around and then dumped it out.

'What, the cup is dirty?' I thought to myself.

He then poured my tea.

"Are you a tea drinker?" I asked, hoping he was warming up my cup and not rinsing out unforeseen dirt.

"Yes, I am, and I'm appalled that this place does not have tea pots." He replied in a thick British accent.

The British are huge tea gran-

nies and helped spread its worldwide popularity in the 17th century by growing tea outside of china, namely in India. Darjeeling tea is a black tea. A black tea comes from leaves that are fermented before being heated and dried. For best results when brewing black tea, make sure your kettle comes to a full boil. Green tea, popular with the Asian community, is made from leaves that are steamed and then dried but not fermented. For best results when making green tea, pour water from the kettle just before it comes to a boil.

The teapot (or cup in my case) is traditionally warmed up with hot water which keeps the tea hot. To keep the tea pot hot I'd recommend a tea cozy. The best cozies are homespun and are found at local craft fairs made by authentic 'tea grannies', like the one I have. Next time you go to a bazaar, I'd recommend you buy one, as I'm sure the bloke in the coffee shop has done.



Feeding Kids by The Book

I did it by the book. I presented food to my children at breakfast, lunch and dinner and then sat back and let them decide what to eat. No comments, no cajoling. I must admit, it was tough; it was like knowing a big secret but not being allowed to share it with anyone. I stoically sat fighting back the urge to scream, "Pick up the food and eat it!"

I had one picky eater and one who ate everything off his plate. Go figure! In *Feeding the Brazelton Way* by Berry Brazelton and Joshua Sparrow it states:

- ◆ Don't hover – do some chores nearby in the kitchen
- ◆ Let him make his own choice
- ◆ Give him two bites of finger food at a time and when he's finished these give him more
- ◆ Give him one food at a time
- ◆ When he throws food on floor, remove the food
- ◆ No food between meals other than snacks.
- ◆ No grazing

So where did I go wrong? Although some refusals to eat food can be from a result of a power struggle, Brazelton does say: "Although food refusal is likely to be due to the child's resistance to pressure from parents to eat, there are possible causes. Among these are hypersensitivities to certain tastes and textures. A hypersensitive gag reflex, trouble swallowing leading to choking or digestive problems that lead a child to connect eating to pain."

He goes on to say: "Some children have especially sensitive taste buds, which can interfere with eating ordinary foods that parents offer." If a child is refusing food Brazelton suggests avoiding foods and the textures that they may be particularly sensitive to. Instead, use alternatives with similar nutritional value."

The book, unfortunately, wasn't written when my son was young. He does however, have sensitive taste buds, hates different textures and has a powerful gag reflex. If only I had known – all those

years of wasted mommy-guilt. You can feed your kids by the book; just make sure it's the right book.

Kid Friendly Pesto Pasta Salad

Simple! Serve it warm or cold. Take advantage of the fresh basil that is lingering around or maybe you have some in your garden. If you don't want to spend the money on pine nuts (yes they are ridiculously expensive) then use walnuts or almonds. Kids will love this dish because the texture is smooth and there are no hidden ingredients.....such as onions!

Serves 4

450 grams of dry Penne

Pesto:

2 cups basil leaves

1 large clove garlic

¼ cup pine nuts

1 teaspoon salt

½ cup olive oil

½ cup fresh parmesan cheese

¼ cup mayonnaise

1 tablespoon fresh lemon juice

Place all ingredients except mayonnaise and lemon juice into a blender. Blend until smooth (makes 1 cup). Spoon into a large bowl and mix in mayonnaise and lemon juice. Cook penne according to package. Drain. Add cooked pasta to pesto and season with salt and pepper.



Take advantage of the fresh basil lingering around

BBQ Chicken

This recipe looks complicated because there are many ingredients, but it is really easy. Try to get the chicken marinated ahead of time. While the BBQ is warming up throw the sauce together. It makes lots of sauce so spoon extra into a plastic container for another night, or freeze it.

Serve with potatoes and salad or lightly steamed vegetables

Serves 4-6

6 boneless, skinless chicken breasts

Marinade:

- 2 tablespoons canola oil
- 1 tablespoon white wine vinegar
- 1 teaspoon dry mustard
- 1 teaspoon dried oregano

BBQ Sauce:

- 1 ½ cup ketchup
- ½ cup honey or brown sugar
- 1 tablespoon vegetable oil
- 1 clove garlic, minced
- 2 tablespoons lemon juice
- 2 tablespoons Worcestershire sauce
- 2 tablespoons molasses
- 2 teaspoons paprika
- 1 teaspoon cayenne pepper
- 2 teaspoons dry mustard
- 1 tablespoon soya sauce

Combine marinade ingredients together and place in a ziplock bag with chicken. Marinate a few hours or overnight.

In a small bowl whisk together ingredients for the BBQ sauce. Prepare BBQ. Remove chicken from marinade and throw away bag and marinade. Grill Chicken at medium to high heat on BBQ until cooked through about 6 minutes per side. During the last two minutes of cooking liberally brush BBQ sauce all over chicken while cooking.



Bread Pudding

A easy weekday dessert especially if you have old bread lingering around.

Serves 4

- 4 cups crustless day-old French or Italian bread cut into ½ inch cubes
- 2 cups milk
- 3 eggs
- ¾ cup sugar
- 2 teaspoons vanilla
- 1 teaspoon cinnamon
- ½ cup raisins

Whipping cream, optional

Preheat oven to 350 degrees F.

Place bread into a casserole bowl. In a separate bowl whisk together milk, eggs, sugar and the cinnamon and vanilla. Add raisins and spoon onto the bread cubes. Submerge all bread pieces with a spoon. Place in oven and cook until set, 50- 60 minutes. Serve with whipped cream.



SIMPLE SHOPPING TIPS

√ Write a weekly menu plan before you shop so you know what to buy.

√ Make a list. It helps you concentrate on your shopping, keeping you away from impulse buying. Don't forget the list, and remember to bring a pencil to mark off items.

√ Eat before you shop. If you're hungry, you tend to buy more.

√ Look for the sale items, a few cents of savings on a number of purchases will add up to dollars in your pocket by the end of the month. Every penny counts!

√ Check the advertisements. Some food items are sold below cost to lure you into the store.

√ Look for coupons and keep them in your purse. Do it!

√ Check your cupboards before you shop to avoid double purchases.

√ Shop at discount stores and shop fewer times a week. The less you shop the less chance you have of impulse buying.

√ Shop alone, if possible. 'Helpers' tend to buy too much 'fun food.'

√ Check the Cost Per Unit, often marked on the shelves of grocery stores. Sometimes packaging is deceptive and makes it difficult to decide which is the best deal. Sometimes larger sizes are not as economical especially if food spoils before you can use it.

√ Check store brands, they often cost less.

√ Check the lower shelves, less expensive brands are often stocked on lower shelves.

√ Pick the fruit and vegetables at the back of the pile, they usually are the freshest.

√ Check the best before date. Pick the product that will last the longest.

√ Read the packaging date of meat.

√ Read labels of new foods, avoid products with too many words you can't pronounce.

√ Cereals with less sugar and more fibre are better for the family.

√ If fresh fruits and vegetables are too expensive, buy frozen.