



MARY'S MEMO

Recipes • Shopping • Cooking • Health Tips

Memo No. 2255 March 5, 2012

Chief and Rays Supermarkets

FROM THE COOKBOOK SHELF

I invested in a softback book called *Tips Cooks Love* by Rick Rogers awhile back. My copy came from Sur La Table and has their name on the bottom of the front cover, although the publisher is Andrews Publishing, 2009. I didn't think \$15.00 was too much to pay for a book with 500 tips, techniques and shortcuts that will make you a better cook!

Rick Rogers is the author of over 30 cookbooks including the best-selling *Fondue*, *Kaffeehaus* and the *101* series. He often works behind the scenes with other cooks helping them write their cookbooks. A busy culinary educator, he was named Outstanding Cooking Teacher by *Bon Appetit* magazine. He is a frequent guest chef on TV and radio.

Order your copy of *Tips Cooks Love* by Rick Rogers from Sur La Table at 1-800-243-0852.

STATIN USERS BEWARE!

A magnet on my refrigerator says a good cook is always learning and this weekend I learned something new from Jeff Oelfke, Produce Manager at the Bryan Chief. Because it's orange I've mistakenly assumed that a tangelo is a cross between a tangerine and an orange. Wrong! It's a cross between a tangerine and a grapefruit. The Minneloa is a variety of tangelo. Since I'm on a statin, that rules out tangelos because anything with grapefruit is a no-no for statin users.

DEALING WITH GADGETS

I have a u-shaped, efficient kitchen but it's on the small side compared to the kind being built today. It poses problems for a gadget guru like me. So I'm continually looking for ways to free up more space in my kitchen. As an example, I had a large colander that kept falling out of the cupboard and I replaced it with one that collapses and stands up against the cupboard wall. It came in 2 sizes and is made of chrome and silicone. I bought the larger one because there wasn't that much difference in price. Mine came from Sur La Table but I have also seen collapsible ones at Bed Bath & Beyond.

GET HEART SMART AND HEALTHY

Heart disease is the leading cause of death in the United States. Many people are not aware of the warning signs including chest pain and discomfort, pressure or squeezing along with shortness of breath. Although not everyone who has a heart attack experiences the same symptoms.

Risk factors such as age and heredity cannot be changed so be sure to see your doctors regularly and make sure they know your family's history of heart problems.

Heart issues are often associated with men, when in fact 1 in 4 women have heart problems. Being overweight, a smoker or inactive all contribute to heart disease. Luckily,

you can prevent these risks by making good food choices, quitting smoking and getting more exercise. While this may seem daunting, making small daily changes can go a long way: avoid adding salt to your food, gradually cut back on cigarettes and make an effort to walk each day.

SOURCE: www.Publications.USA.gov

SLOW-COOKING

A slow cooker, like my food processor and microwave, is an appliance I wouldn't be without! I love the concept of having at least 3/4 of the main meal cooking all day while I'm doing other things. I would think every working woman would want one, also. Zesty Slow-Cooker Italian Pot Roast is a Campbell's® Soup recipe via AllRecipes.com. Not having baby carrots, I substituted regular carrots cut in similar size pieces. I also added a medium onion cut in chunks. I skipped a diced plum tomato because I didn't have one. Like many of you, I try to make do when I have almost everything for a recipe but might be missing one or two items that are not major ones. As for the pot roast, I chose an English cut that does well in a slow cooker or roasted at a low temperature for a longer period of time in a regular oven. Even though most slow cookers recipes don't say to do it, I always start recipes with meat on high for one or two hours, then reduce the temperature. Spring is just around the corner but slow cooker recipes are good anytime!

ZESTY SLOW COOKER ITALIAN POT ROAST

- 4 medium russet potatoes, cut in quarters
- 2 cups regular carrots, quartered and cut in half
- 1 rib of celery cut in 1-inch pieces
- 1 medium onion, cut in chunks
- 2.5 lb. English cut beef pot roast, trimmed of as much visible fat as possible
- 1/2 teaspoon ground black pepper
- (1) 10.75-ounce can Campbell's® Condensed Tomato Soup
- 3 garlic cloves, minced
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 teaspoon dried parsley flakes
- 1 teaspoon vinegar

Arrange potatoes, carrots, celery and onion in a 5 or 6-quart slow cooker. Season roast with pepper. Whisk together tomato soup and remaining ingredients. Pour over all. Cover and start on high for 2 hours. Reduce heat to low and continue cooking for 6 hours or until vegetables are fully cooked and roast is tender. Slice beef into thin diagonal pieces. Serve with drained vegetables. Recipe makes 6 servings.

Source: Adapted from Campbell's® recipe via AllRecipes.com.