



MARY'S MEMO

Recipes • Shopping • Cooking & Health Tips

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Chief and Rays Supermarkets

IDENTIFY AND VERIFY!

Do as I tell you, not as I do because if you do and I did, we'd all waste less food! I tell myself this every time I clean out the refrigerator freezer in the kitchen. Either it's unidentifiable (a.k.a. fossil food) or covered with frost, meaning it's been in the freezer too long! I had both this past weekend when I reorganized the contents. It might also help if I actually kept better track of what's inside.

I can't tell you how many cans and boxes of food items I've also discarded because the "best used by" date was months ago or worse yet more than a year! It may have been a 10 for \$10 item but I'm not saving money when it ends up in the trash bin. Instead, buy what you need when you know you're going to use it and not before!

I sometimes go overboard on sale priced fresh produce. Right now I'm finishing a bunch of celery but have two more because it was on sale for 87 cents two weeks in a row. Thank goodness each is wrapped in foil so it lasts longer. Shame on me for not taking inventory before I did my shopping.

Join me in identifying and dating all saved food and hopefully, I won't be writing on this subject again. I've also thrown out refrigerated food that either was shoved back where I couldn't see it or I forgot to freeze. Case in point is corned beef that was in my meat compartment two weeks after St. Patrick's Day. I almost cried when I threw it away. It was in a plastic bag and I didn't notice it until it was too late. It still gripes me because of my fondness for corned beef on rye sandwiches and being such a lean cut.

FROM THE COOKBOOK SHELF

The Cookbook Library by Anne Willan with Mark Cherniavsky and Kyri Claflin began as a collection of cookbooks and culinary images gathered by Anne and husband Mark. It's the first thorough comparison of early cookbooks across Europe and America and brings to life the cooks, writers and books that chronicle the dishes we eat and dates back to the invention of printing. It traces the development of a recipe, explaining original measurements and addressing the emergence of the author's voice in recipe writing, including four centuries of historical recipes from the 15th to the 19th centuries, modernized for the home kitchen. *The Cookbook Library*, published by the University of California Press in April, 2012, is well worth its hefty \$50 price for any cook who takes

food preparation seriously as well as professional chefs and culinary historians. Parents will find it a useful tool when they explain to their children how food they take for granted originated eons ago!

Anne Willan is founder of La Varenne Cooking School in Paris and Burgundy and the author of many cookbooks including the James Beard Award winner, *Country Cooking of France*. Mark Cherniavsky has collected antiquarian cookbooks for more than 50 years. Kyri Claflin is co-editor of *Writing Food History: A Global Perspective*.

WHAT'S BETTER THAN BUFFALO WINGS?

Drumsticks because they're bigger! Since I first tasted Buffalo Wing Dip, I've made other foods with a Buffalo wing taste including a soup and main dish salad. Slow cooker recipes suit my lifestyle so it should come as no surprise that I printed Spicy Hot Chicken Legs from the allrecipes.com site earlier this year. But it took until yesterday to try the recipe and sure enough it lived up to my expectations. If you're a fan of Buffalo wings you'll find the recipe appealing and better yet it takes only 3 hours for legs to be ready to serve.

SPICY HOT CHICKEN LEGS

- 12 chicken drumsticks
- (1) 5-oz. bottle hot red pepper sauce
(I used 5-oz. bottle Tabasco® Buffalo Style Hot Sauce)
- 1/2 stick butter, cubed
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- Salt and pepper to taste
(I used 1/2 teaspoon salt and 1/4 teaspoon pepper)
- 1-1/2 cups Marzetti® light blue cheese dressing
(refrigerated kind in the produce department)

Place drumsticks in a 5 to 6-quart slow cooker and sprinkle evenly with pieces of butter. Pour hot sauce over chicken. Mix together garlic powder, onion powder, salt and pepper and sprinkle evenly over top. Cover and cook on high 3 hours or until drumsticks are tender. Serve with blue cheese dressing on the side. Recipe makes 6 servings. NOTE: Reduce calories per serving by stripping as much skin as possible before slow cooking.

SOURCE: Adapted from recipe at www.allrecipes.com.