



# MARY'S MEMO

Recipes • Shopping • Cooking & Health Tips

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Chief and Rays Supermarkets

## FROM THE COOKBOOK SHELF

**Sunday Brunch** by Betty Rosbottom (Chronicle Books, July 2012, \$19.95) is your guide to beautiful brunches. In this book Betty puts a mouthwatering array of homemade fare at your fingertips. Imagine baskets of pastries alongside scrambled eggs piled high on platters next to crisp, glistening bacon, tender biscuits, bowls of fresh fruit salad and pots of steaming coffee. The more than 50 recipes include Pan-Fried Eggs and Mixed Mushroom Sauté on Toasted Sourdough Slices, Parmesan Flans with Parmesan Crisps and Southern Cheese Grits. Whether you host a weekly get-together or limit yourself to special holiday brunches, **Sunday Brunch** is a resource and an inspiration for sparkling meals for years to come!

Betty Rosbottom has been a cooking teacher, syndicated columnist, PBS host and cookbook author for two decades.

### SOUTHERN CHEESE GRITS

- Unsalted butter, for baking dish
- 4 cups water
- 1 cup old-fashioned (not instant or quick) grits
- Salt
- 3/4 cup grated sharp white Cheddar cheese
- 1/2 cup grated Parmesan cheese
- 1/2 teaspoon freshly ground pepper
- 1/8 teaspoon cayenne pepper

Butter a shallow 2-quart baking dish. Bring the water to a boil in a large, heavy saucepan (with a lid) set over medium-high heat. Pour the grits in slowly. Add 3/4 teaspoon salt and whisk well. When mixture comes to a simmer, reduce the heat to low and cover the pan. Cook the grits at a gentle simmer, stirring every 3 to 4 minutes so they do not stick to the bottom of the pan. Cook until grits have thickened, about 15 minutes. Remove grits from the heat and stir in 1/2 cup of the Cheddar and all of the Parmesan. Add the black pepper and cayenne and season with more salt, if needed. Spread the grits in an even layer in prepared baking dish and sprinkle with the remaining 1/4 cup Cheddar over top. Arrange a rack at center position and preheat the oven to 350°F. Bake the grits until they are hot and cheese is melted on top, about 25 minutes. If you would like to brown the cheese, arrange an oven rack 4 to 5 inches from the broiler and broil until cheese starts to brown lightly, 2 to 3 minutes. Serve immediately with scrambled or poached eggs. Recipe serves 4 to 6.

**SOURCE:** **Sunday Brunch** by Betty Rosbottom (Chronicle Books, July 2012, \$19.95).

## SITTING TOO MUCH?

According to a new Australian study of 22,000 healthy adults in the **Archives of Internal Medicine**, those who sit for at least 11 hours a day are 40% more likely to die over the

course of the three year study than those sitting less than 4 hours a day. These findings are in line with other research and held true regardless of body weight, age, overall health, smoking status and time spent exercising. Prolonged sitting can have adverse effects, notably on blood vessel function, HDL (good cholesterol), triglycerides and blood sugar. Many people spend 90% of their waking hours sitting. Try to break up prolonged sitting time by getting up every hour or two and walking a few minutes.

**SOURCE:** *University of California, Berkeley Wellness Letter*, July 2012.

## COUNT ON LAND O'LAKES FOR DEPENDABLE RECIPES!

If you don't have fresh rhubarb you can use frozen in Land O'Lakes Rhubarb Streusel Bread.

### RHUBARB STREUSEL BREAD

#### BREAD:

- 1 cup sugar
- 1/2 cup butter, softened
- 1/3 cup orange juice
- 2 large eggs
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1-1/2 cups sliced fresh rhubarb  
(1-1/2 cups frozen rhubarb, thawed, can be used)

#### STREUSEL:

- 2 tablespoons sugar
- 2 tablespoons firmly packed brown sugar
- 1 tablespoon all-purpose flour
- 1 tablespoon butter, melted
- 1-1/2 teaspoons ground cinnamon

Preheat oven to 350°F. Grease and flour an 8x4-inch loaf pan. Combine 1 cup sugar and 1/2 cup butter in large bowl. Beat at medium speed, scraping bowl often, until creamy. Reduce speed to low and add orange juice and eggs. Continue beating just until mixed. (Mixture will look slightly curdled.) Stir in flour, baking powder, baking soda and salt by hand just until moistened. Gently stir in rhubarb. (Batter will be stiff.)

Reserve 1-1/2 cups batter. Spread remaining batter into prepared pan. Combine all Streusel ingredients in a small bowl; stir until mixture resembles coarse crumbs. Sprinkle half streusel mixture over batter in pan; gently press into batter. Carefully spread reserved batter into pan; top with remaining streusel. Press streusel into batter. Bake for 65 to 70 minutes or until a toothpick in center comes out clean. Cool 10 minutes; remove from pan.