



MARY'S MEMO

Recipes • Shopping • Cooking • Health Tips

Memo No. 2286 October 8, 2012

Chief and Rays Supermarkets

FROM THE COOKBOOK SHELF

There seems to be a cookbook focused on just about every known food and to prove my point along comes "*150 Best Donut Recipes, Fried and Baked*" by George Geary (Robert Rose Inc.; October 2012; \$24.95).

Topped with an irresistible chocolate glaze or simply rolled in cinnamon, fresh homemade donuts are impossible to resist. You know you're using quality ingredients when you make your own and the freshness can't be beat!

George Geary, a former pastry chef for Walt Disney Company, brings humor, energy and experience to everything he does, whether it be a cooking class, a demonstration or a media appearance. In many cases, this certified culinary professional also brings dessert!

Because the recipe is timely, I'm sharing Mini Pumpkin Donuts, knowing that the majority of readers do not have mini-donut pans. My suggestion is to bake the batter in miniature muffin pans.

MINI PUMPKIN DONUTS

- 1-1/2 cups all-purpose flour
- 3/4 cups packed brown sugar
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon freshly ground nutmeg
- 1/4 teaspoon ground allspice
- 1/8 teaspoon ground ginger
- 2 large eggs, beaten
- 3/4 cup whole milk
- 1/2 cup pumpkin puree (not pie filling)
- 1 tablespoon butter, melted
- 1 teaspoon vanilla extract

Spray two 12-well mini donut pans with non-stick spray. Preheat oven to 325°F.

In a large bowl, whisk together flour, brown sugar, baking powder, salt, cinnamon, nutmeg, allspice and ginger.

In medium bowl, whisk together eggs, milk, pumpkin puree, butter and vanilla. Add to flour mixture and mix with a rubber spatula just until incorporated.

Spoon batter into prepared pans, filling two-thirds full. Bake in pre-heated oven until donut springs back when lightly touched, 10 to 14 minutes.

Let donuts cool in pans and toss with Autumn Spiced Sugar: In a food processor fitted with a metal blade, combine 2 cups granulated sugar, 1 tablespoon ground cinnamon, 1 teaspoon freshly ground nutmeg, 1/2 teaspoon ground cloves and salt and process until fine, about 90 seconds. Toss warm donuts into sugar mixture to coat completely.

SOURCE: Used with permission of Robert Rose Inc.

OLD DOG LEARNS NEW TRICKS

Believe it or not, I'm in the process of training a new miniature dachshund puppy, Abby, a birthday gift from my daughters. One has to love animals to do this at my age! I have always known that dogs shouldn't have chocolate or grapes but add raisins, avocados, onions, garlic, leeks, chives, tomatoes and raw potatoes to the list of "no-no" foods. My dogs have never eaten table scraps but I'll admit they may have gotten some of these foods when accidentally dropped on the floor.

COFFEE AND TEA COUNT TOWARD BODY'S FLUID REQUIREMENTS

The notion that the diuretic effects of caffeinated beverages such as coffee and tea cancel out their water content was disproved as far back as 1928, according to the Institute of Medicine. More recently, in 2000, researchers at the University of Nebraska's Center for Human Nutrition compared the hydration effects of various beverages on 18 healthy adult males and found no significant differences whether the drinks were carbonated, diet or contained caffeine. They concluded: "Advising people to disregard caffeinated beverages as part of the daily fluid intake is not substantiated by the results of this study. Furthermore, there is no daily requirement for eight glasses of water. That widely held belief probably originated with a 1945 finding that people need 64 ounces of fluids. But an important part of that recommendation also said fluids in food as well as coffee, tea and soda count.

STILL TIME TO FIRE UP THE GRILL

It certainly cuts time if you have a food processor to slice onions and potatoes. Since real bacon bits once opened and refrigerated are to be used within 14 days, I recommend using the entire package instead of 1/3 cup. If you do, in my opinion it becomes a main dish rather than a side dish.

COOKOUT POTATOES

- 1 medium onion, halved and thinly sliced
- 1-1/2 pounds Yukon Gold Potatoes, very thinly sliced
- 1-1/3 cups shredded reduced-fat sharp Cheddar cheese (I used Sargento brand)
- 1/2 cup chopped bell pepper (any color)
- 1/2 teaspoon garlic salt

Spray 9x9x2-inch foil pan (available at Chief and Rays) with non-stick spray. Place half the onions, cheese, bacon bits, bell pepper and garlic salt in pan; repeat layers. Spray another sheet of foil with Pam and cover baking pan tightly. Grill over medium heat 1 hour, rotating pan frequently to avoid hot spots. Recipe makes 6 servings.

SOURCE: US Potato Board