



# MARY'S MEMO

Recipes • Shopping • Cooking • Health Tips

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Chief and Rays Supermarkets

## FROM THE COOKBOOK SHELF

Judith Fertig has to be one of the most versatile cookbook authors in the country. Fertig is a food and lifestyle writer. She has written for *Bon Appetit*, *Food & Wine*, *Saveur*, *Vegetarian Times* and *New York Times*. Her previous books include *Prairie Home Cooking*, *Prairie Home Breads*, *Heartland* and six barbecue titles she wrote with Karen Adler.

Her latest cookbook is *I Love Cinnamon Rolls* (Andrews McMeel Publishing, \$19.99, September 2012). This decadent cookbook is filled with 50 variations on the classic sticky bun, even whole wheat, vegan and gluten-free ones, so no one misses out on these delicious treats!

I'm accustomed to working with larger yeast dough recipes but this one is great for a beginner because it makes only one dozen large size rolls.

### TRADITIONAL CINNAMON ROLL DOUGH

- 1 cup whole milk
- 4 tablespoons unsalted butter, softened
- 1/3 cup granulated sugar
- 1 teaspoon salt
- 2 large eggs
- 3-1/3 cups all-purpose flour, plus more for kneading and dusting
- 2-1/2 teaspoons instant or bread machine yeast

In a 4-cup measuring cup, combine the milk, butter, sugar and salt. Microwave on High for 1 minute or until warm. Whisk in the eggs.

Place the flour and yeast in the bowl of a stand mixer fitted with a paddle attachment. Add the liquid ingredients. Mix on low speed, stopping to scrape down the sides of the bowl from time to time, until the dough forms a soft mass and starts to pull away from the sides of the bowl, 5 to 6 minutes.

Remove the paddle attachment and switch to the dough hook. Sprinkle the dough with a tablespoon of flour, if necessary, to keep it from sticking to the sides of the bowl. When the dough is smooth, not sticky, and springs back when you press it with your finger, you've kneaded it enough (4 to 6 minutes). Place the bowl in a large, oiled mixing bowl, cover with a tea cloth and let rise in a warm, place (about 85°F) for 45 to 60 minutes, or until it has almost doubled.

Proceed with a cinnamon roll recipe. Dough makes 6 jumbo, 12 large, 16 to 20 medium or 48 mini rolls.

SOURCE: *I Love Cinnamon Buns* by Judith Fertig (Andrews McMeel Publishing, \$19.99, September 2012).

## SAVING MORE WHEN GROCERY SHOPPING

Like Chief and Rays shoppers, I'm always looking for bargains and stock up on foods I like when it's on sale and then plan my meals around the specials. Whether you cook for one or two or for a family this is the way to beat the rising cost of what we eat. Chief and Rays call attention to what you save by circling the amount on your receipt when you check out. Weekend, 4-hour and one-day-only sales increase your opportunities to save in addition to the weekly ad. Use your coupons valued at 50 cents or less when they're worth three times as much instead of double. Regarding coupons, I throw out more than I use because if it isn't a healthy food or one that I normally buy, it doesn't make sense to use it! One exception is a coupon to save on a new product. I recently succumbed to the TV commercial for Nabisco Chocolate Covered Oreos that had a family exclaiming "wow," "shut the door" and "Franklin Delano!" Add "holy Toledo" for the mint flavored ones I bought!

Look for specials in the meat department. When various cuts are reaching their best-used-by time, they're often offered at bargain prices. Buy and use immediately or store in the freezer right away until needed.

Also, concentrate your shopping around the perimeter of the store where food is more nutritionally dense.

## PUT ON A HAPPY FACE FOR HALLOWEEN

I don't care for scary Halloween decorations inside or out. You're not going to find cut-out witches or black cat cookies at my house .... nor a cake decorated like a graveyard, either. Instead, I'll be making the same pumpkin-shaped cut-outs that I made for my children when they were small and when I was a room mother at school. Although ghosts belong in the spooky category, I do make Nutter Butter Ghost Cookies because they're so darned good to eat!

### NUTTER BUTTER GHOSTS

- 1 package Nabisco Nutter Butter Cookies
- 1 package almond bark (candy coating)
- Mini chocolate chips

Melt candy coating per instructions on the package. Dip 3/4th of cookie into melted coating and then lay on waxed paper. Add two mini chips to resemble eyes. Let harden before storing. Recipe makes 18 servings. Make extra because they'll go fast!