



MARY'S MEMO

Recipes • Shopping • Cooking • Health Tips

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Chief and Rays Supermarkets

FROM THE COOKBOOK SHELF

If you like southern cooking you'll want *Fire In My Belly: Real Cooking* (Andrews McMeel Publishing, October 2012, \$40.00), by Kevin Gillespie with David Joachim. "Cooking is figuring out the great qualities of any food and making those qualities shine," writes Gillespie. *Fire In My Belly* embraces this creed and explores it with 120 original recipes and techniques that embrace and marry the traditional ingredients of the South with methods such as grilling, braising, smoking, frying and roasting.

Illustrated with more than 350 rich color photographs, the book is organized into clearly conceived chapters with an emphasis on narrative. Filled with soulful and sometimes irreverent tales, Southern traditions and remarkable foods, *Fire In My Belly* will appeal to a wide range of home cooks looking to create the best possible meals from the best possible ingredients.

Kevin Gillespie is an Atlanta native who grew up learning to cook at his grandmother's knee and started helping with meals in the kitchen at age 10. Rather than accept a scholarship to MIT, Kevin chose to attend culinary school. He was a semifinalist for the James Beard Rising Star Chef Award from 2009-12. Currently, he is head chef at the Woodfire Grill in Atlanta. This is his first cookbook. David Joachim has written, edited or collaborated on more than 35 cookbooks.

Kevin Gillespie's version of Sugar Snap Peas Amandine demonstrates how the author reinvents a classic recipe.

SUGAR SNAP PEAS AMANDINE

- 8-ounces sugar snap peas, strings removed
- 4-ounces oyster mushrooms
- 4 tablespoons butter
- 2 tablespoons finely chopped Vidalia onion
- 1/4 cup crushed or coarsely chopped almonds
- Salt
- 1 teaspoon lemon juice
- 1 tablespoon ice cold water

Fill 2-quart saucepan 3/4th full of water and bring to a boil over high heat. Fill a large bowl with ice water. Drop peas in boiling water and cook for 1 minute. Using a slotted spoon, transfer the peas to the ice bath, swirling until pods are completely cool, about 1 minute. Then transfer to a kitchen towel. Cut peas in half on the diagonal and set aside. Wipe any dirt from the mushrooms and remove the tough, woody root ends. Slice into thin strips. Heat a 10-inch sauté pan over medium heat and add 2 tablespoons butter. Swirl the pan until the butter melts and foams up. Add the mushrooms and onion until mushrooms are browned and crispy, about 10 minutes, stirring now and then. Add the almonds and remaining

butter and cook 3 to 4 minutes, stirring a few times. Add the peas and a pinch of salt, about 1 teaspoon lemon juice and 1 tablespoon ice water. Cook and stir for 1 minute. Serve immediately. Recipe makes 4 side dish servings.

SOURCE: *Fire In My Belly* by Kevin Gillespie with David Joachim (Andrews McMeel Publishing, October 2012, \$40.00).

SALT & PEPPER SHAKER ALERT

When you're using a hand sanitizer, especially in a restaurant, be sure to use sanitizer on salt and pepper shakers. According to research conducted at the University of Virginia the highest concentration of cold and flu viruses can be found on salt and pepper shakers so disinfect the surfaces after each use. Someone pointed out to me that restaurant menus could be a source of germs as well so wipe menu clean.

BEST WAY TO GET MORE VITAMIN D DURING FALL AND WINTER'S SHORTER DAYS

It's a good idea to get as much vitamin D from food as you can, since the top sources also tend to have other essential nutrients. To do this, include more meat, eggs and milk into your diet. You might also need a supplement. Discuss with a registered dietician or your family doctor.

SALAD GETS TWO THUMBS UP

Bryan Chief tasters gave this salad a thumbs-up recently. I'm thinking the combination will work well with any large tomato now that homegrown ones are no longer available. Look for fresh mint year-round in the produce department at Chief and Rays.

TOMATO, CUCUMBER AND RED ONION SALAD WITH MINT

- 2 seedless English cucumbers (the kind sealed in plastic), halved and cut into 1/4 inch slices
- 1/3 cup red wine vinegar
- 1 tablespoon sugar (or equal amount of Splenda)
- 1 teaspoon kosher or iodized salt
- 3 large tomatoes, seeded and coarsely chopped
- 2/3 cup coarsely chopped red onion
- 1/2 cup chopped mint
- 3 tablespoons light or extra virgin olive oil
- Salt and pepper to taste

In large bowl toss together the cucumbers, sugar and salt. Let stand at room temperature 1 hour, stirring occasionally. Add tomatoes, onion, mint and oil to cucumber mixture and toss to blend. Season with salt and pepper. Recipe makes 6 servings, 110 calories each.

SOURCE: Adapted from Allrecipes.com recipe.