



Cooperative Extension • Monterey County

Favorite Family Food

Volume X, Issue IV Nov - Dec 2010



Health and Happiness

Inside this issue:

- 2. Culinary Tips: *Grandmother's Secrets*
- 3. Cooking Lessons: *If your Dinner is Braising*
- 4. Food Safety- *Turkey Basics*
- 5. Food Safety- *Turkey Basics, Spanish*
- 6. Recipe: Don't forget the Pie!
- 7. Saving Money in Two Languages:
- 8. The Last Word *Year-End Menus*



It's time to say thank you to all the readers who learn to cook, or try a new recipe, or find a way to clean their homes that is gentler on their families and the environment.



It's time to say congratulations to those of you who make the extra effort after work and school for youth soccer in the park or a family walk.



Here's a high-five if you've read something in these pages that helped you save money on food, or found a way to save time preparing meals from scratch.

Best wishes for good health and happiness in the year to come ~ for you, the reader, AND your family.



A todos mis lectores- Empezando el próximo año 2011, la noticiera *Favorite Family Food* – se publicará cada tres meses. Empezando con la edición de la primavera se publicará solamente en el web (<http://cemonterey.ucdavis.edu/EFNEP/122>).

Por favor mándenme su dirección email para poder mandarles la noticiera. Ha sido un placer de comunicarme con ustedes, más de once años. Muchísimas gracias por su apoyo.

To all readers of *Favorite Family Food* - Beginning next year in 2011, this newsletter will be published quarterly - once every three months. Beginning with the Spring edition it will "go paperless" and become an online publication only. You'll be able to read it at <http://www.cemonterey.ucdavis.edu/EFNEP/122> .

Please send your email address to kmnolan@ucdavis.edu to be added to the online subscriber list. (if you absolutely do not have internet access, please call 931-759-7373 in order to make arrangements to receive the newsletter in the mail) It's been a pleasure to communicate with you for nearly eleven years. Many thanks for your support.

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Grandmother's Secrets

Nuestras abuelas sabían como preparar esas cenas deliciosas y succulentas del otoño y el invierno que recordamos . Mientras los moles, caldos y estofados cocían todo el día, la grasa sólida de la carne se convertía en líquido. La grasa líquida flotaba hacia, arriba, haciendo una capa de aceite clara - ¡algunas veces varias pulgadas hondas!

Alguien mirando esta vista hoy pudiera decir “¡iiiiioo! ¡Asqueroso! ¡Esa cena está demasiado grasosa!” ... pero entonces nuestras abuelas podía,n cuchichear del antaño “Así se quita la grasa...”

- Para quitar la más grasa posible de un platillo cocido lentamente, cocínelo el día antes de servirlo. Enfríalo en el refrigerador por la noche. La grasa en la tapa estará sólida -entonces será fácil de sacar todos los pedacitos. (Y - todos saben que estos tipos de platillos “son más sabrosos el segundo día”)
- ¿No tiene usted tiempo para esperar? Apague el fuego y permite que la comida deje de hervir. Use un cuchara grande para espumar el caldo y quitar la grasa. Tírela en la basura. Cuando la cuchara no puede quitar más, use algunas toallas de papel - una por una - arrastradas sobre la tapa de la comida. Las toallas absorberán la grasa rápidamente al pasearlas; entonces tírelas.

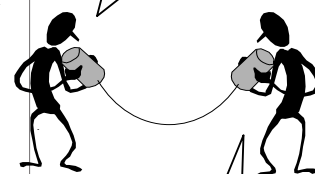


Our grandmothers knew how to make those delicious hearty fall and winter suppers we remember. As the soups and stews, moles and pot roasts cooked all day, the solid fat from the meat became liquid. The liquid fat floated up to the top of the pot, making a clear layer of oil - sometimes several inches deep!

Someone seeing this sight today might say “eeeyew! Gross! That dinner is too greasy!” but then our grandmothers might whisper from the years gone by “Here’s how to get the grease out...”

- To remove the most fat possible from a slow-cooked dish, cook it the day before you want to serve it. Cool it, and then chill it overnight in the “fridge. The grease on top of the pot will harden and then it’s easy to lift off every little bit. (And as everyone knows, these types of dishes “taste better the next day”)
- No time to wait? Turn off the heat and let the food slow down from its simmer. Use a large serving sized spoon and gently skim the fat from the top and discard it. When you can’t really get anymore with a spoon, use paper towels- one at a time - pulled across the top of the food. The towels will quickly absorb the fat in passing and may be discarded. When no more fat appears on the towel, you’ve got it!

She's getting all the grease out of that dinner.



Whew! THAT'S a good thing!



Braised Short Ribs:

Salt & pepper ribs;
dust them w/flour.
Brown off in olive oil;
add chopped onions,
carrots & garlic -
cook till veggies
soften. Add a spoon
of tomato paste, a
bay leaf, sprigs of
rosemary & thyme;
cook 2 min. Add
beef broth; cook
low & slow till
tender. De-grease;
serve w/noodles
or gnocchi.

Costillas de Res
Estofadas en su
Jugo:

Sazone las costillas
con sal y pimienta;
espolvorear con
harina de trigo.
Dórelas en aceite
de olivo; agregue
cebollas, zanahorias,
y ajo (cortados) -
cocine hasta que
las legumbres estén
blandas. Agregue
un cucharada de
pasta de jitomate,
una hoja de laurel,
ramitos de tomillo
y romero; cocine
2 minutos. Agregue
caldo de res; cocine
lentamente hasta
que la carne esté
blanda. Quite la
grasa; sírvela con
fideos.



Cooking Lessons

If your dinner is "braising", you can be lazing...

Cooler weather gets us thinking about soup - and about dishes that are cooked slowly all day, filling the house with delicious savory smells. Stews, pot roasts, some moles: these foods make tasty dinners on a chilly night, and they are all **BRAISED**.

Braising means to cook in liquid for a long time at a low heat. It's a good way to cook meats that are less tender, and less expensive, but often very flavorful. Beef chuck is a good example (so yummy, but so chewy, unless it is braised) Food that's braising doesn't need a lot of looking at, so the cook is fairly free to do other things while dinner happens.

Often, the food to be braised is **first browned in a small amount of oil** or other fat. A chef might say "brown off" that piece of meat in a little olive oil - the browning process adds a lot of flavor. When the meat is nearly brown on both sides, you might **add some chopped-up veggies** to brown as well.

Remember "mirepoix"? This means "Carrots, celery and onions, all chopped up" and it is the traditional veggie mix used to add flavor and nutrients to many braised dishes. After a few minutes the veggie mix will soften and turn golden.

Then, **liquid is added**. The liquid should come about halfway up the side of the food in the pot. **Broth** (chicken, beef, veggie or even fish if you are cooking an ocean dish) **is the best**. This is because the broth -especially if home-made- adds even *more* flavor and nutrients. You can use water, too, if you don't have anything else. (Avoid commercial bouillon cubes- they add too much salt to your meal).

Finally, the heat is turned way down, and the lid put on the pot. The food is then **cooked slowly until tender** (just peek every so often in case you need to add a little more liquid). This is the right time to **put it all in the slow-cooker to finish**.

That's how you can avoid a big natural gas bill. Remember that the slow cooker needs to be warm when you put the hot food in it, or you might crack the pot. Just turn on the covered cooker (with a teensy bit of water in the bottom) when you begin to brown food on top of the stove.

There are several braised dinners in the menu on the back page. Try them out! Your family will feel cherished with such good stuff to eat!

Conserva el Dinero, y la Energía



El *Consumer Federation of America* dice que usted puede conservar 15-25% fácilmente si compra sus alimentos en un “descuento mercado”, en vez de los supermercados mayores.

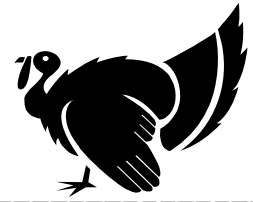
- Planeé sus comidas para usar los alimentos en “descuento especial” en la tienda.
- Traiga su lista mientras va de compras. No compre cosas impulsivamente.
- En la cocina, use el horno sabiamente. Cocine varias comidas e la misma vez: horneé un polvo para tortas y comidas en casuelas mientras preparar galletas para la lonche y papas y carne asada para la cena del domingo. No abre la puerta del horno a menos que se necesite - perderá 25-50 grados cada vez.
- Su refrigerador usa mucha electricidad.¿Cuando fue la última vez en que limpió los carretes del refrigerador? Límpielos y verá la diferencia en su cuento del energía.
- Y este año, en vez de las luces festivas, use las ramas del pino para adornar su casa en un modo tradicional para la Navidad. ¡Qué bien hecho!

The *Consumer Federation of America* says you can easily save 15-25% of your food bill by shopping at discount markets instead of chain supermarkets.

- Plan your meals based on store specials
- Take a list with you while shopping (DON'T give in to impulse buying).
- In the kitchen, use the oven wisely. Cook batches of food at once to use all the space: roast a chicken for sandwiches and casseroles while you bake meatloaf and potatoes for Sunday supper and cookies for school lunches in the week ahead. Don't open the oven door until necessary - you lose 25- 50 degrees of heat every time the door is opened.
- Your refrigerator is a big electricity use - when was the last time you vacuumed the coil on the back of the fridge? Take the time to do this and you'll see the savings in your energy bill.
- And this year- think about traditional holiday décor. Ask your neighbor for a spray of branches from his holly tree, twine it with a bit of ivy and tone down the holiday light display.
- Now, pat yourself on the back- job well done!



Food Safety



Turkey Basics: Safe Cooking - Roasting Instructions

Set oven at 325 °F. Do not preheat the oven. Put turkey on a rack in a roasting pan.

It is **much** safer to cook stuffing separately in a baking pan. Check to see that the inside of the stuffing is at least 160 °F (**use a food thermometer**).

If you **do** stuff the turkey, you **must** check the inside of the turkey **and** the stuffing. The inside of the turkey thigh must be at least 160 °F. The middle of the stuffing must be 160 °F. If the stuffing is not 160 °F, keep cooking the turkey until the stuffing is 160 °F.

Do these checks with a thermometer, **even if the turkey has a pop-up temperature button**. Cooking only a turkey breast? The inside should be 160 °F.

Many things can change the roasting time of a whole turkey. See sidebar on left of page for some of these factors.

Bread crumbs,
chopped onion, fresh
sage, figs, chicken
livers, minced
jalapeños, oysters...



<http://www.grinningplanet.com>

APPROXIMATE COOKING TIMES

These charts are for fresh or thawed turkeys right out of the refrigerator. It is better not to try to cook a frozen turkey. It will take nearly twice as long to cook. These cooking times are just guides. You should always use a food thermometer to make sure the turkey is safely cooked and done.

UNSTUFFED

4 to 6 lbs. breast...1 1/2 to 2 1/4 hrs
6 to 8 lbs. breast...2 1/4 to 3 1/4 hrs.
8 to 12 lbs.....2 3/4 to 3 hrs.
12 to 14 lbs.....3 to 3 3/4 hrs.
14 to 18 lbs.....3 3/4 to 4 1/4 hrs.
18 to 20 lbs.....4 1/4 to 4 1/2 hrs.
20 to 24 lbs.....4 1/2 to 5 hrs

STUFFED

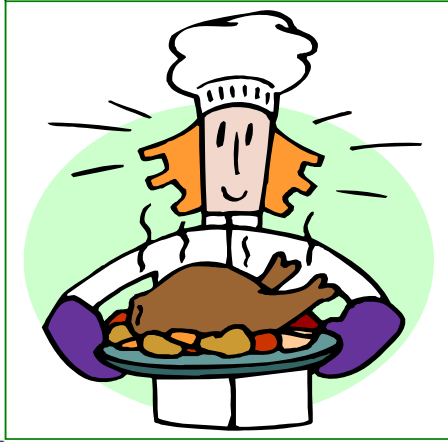
8 to 12 lbs.....3 to 3 1/2 hrs.
12 to 14 lbs.....3 1/2 to 4 hrs.
14 to 18 lbs.....4 to 4 1/4 hrs.
18 to 20 lbs.....4 1/4 to 4 3/4 hrs.
20 to 24 lbs.....4 3/4 to 5 1/4 hrs

For quality, you can set the turkey aside for 20 minutes. Then take out the stuffing and slice the turkey.



- A turkey will cook faster in a dark roasting pan.
- Putting foil on top of the turkey for the whole time will slow down cooking.
- Putting a lid on the roasting pan speeds up cooking.
- An oven-cooking bag will shorten cooking time.
- A stuffed turkey will take longer to cook than an unstuffed turkey.
- Ovens may heat unevenly.





El Día de Gracias

Cada día es un buen día para dar gracias, pero hoy, damos gracias con el pavo asado ... ¡.mmm!

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Family
Food
6

Muchas cosas pueden cambiar el tiempo de cocinar un pavo entero:

El pavo se cuece más rápido en una fuente de asar de color oscuro.

El uso de papel de aluminio encima del pavo durante todo el tiempo de cocimiento hace que el cocer demore más.

El mantener cubierta la fuente de hornear con una tapa, acelera la cocimiento.

Un pavo relleno toma más tiempo para cocinarse que un pavo sin relleno.

Los hornos pueden calentar en forma desigual.

Para lograr una mejor calidad, puede dejar reposar el pavo por unos 20 minutos antes de sacar el relleno de la cavidad y empezar a cortar.

Principios Básicos de la Preparación del Pavo:

Cocinar Correctamente

Instrucciones para Asar

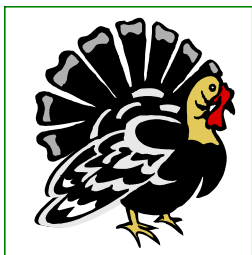
Gradúe la temperatura del horno a 325 °F. No precalentar el horno. Coloque el pavo en la fuente de asar sobre una rejilla. Es **muy** más seguro si cocine el relleno en un recipiente separado. Compruebe que la temperatura interna del relleno está por lo menos 160 °F. **Use un termómetro para alimentos.**

Si va a rellenar el pavo, **tiene que** comprobar la temperatura interna del pavo **y** del relleno. La interna del muslo tenga que alcanzar por lo menos 160 °. El centro del relleno debe alcanzar por lo menos 160 °F. Si el relleno no ha alcanzado los 160 °F, continúe asando el pavo.

Compruebe esto con un termómetro de alimentos, **aunque si el pavo venga con un indicador de temperatura "saltador"**. ¿Cocina la pechuga por separado? La temperatura interna de ésta debe de alcanzar 160°F.

Tiempos de Cocimiento, Aproximados

Las tablas de tiempo están basadas en pavos frescos o que se hayan descongelado completamente, recién del refrigerador. Es mejor que no trate de cocinar un pavo congelado. El tiempo de cocinar será casi doble. Estos tiempos de cocimiento son simplemente pautas. Siempre debe usar un termómetro para alimentos para determinar si el pavo está bien cocido.



8 a 12 lbs
12 a 14 lbs
14 a 18 lbs
18 a 20 lbs
20 a 24 lbs

Relleno
3 horas a 3 horas ½
3 horas ½ a 4 horas
4 horas a 4 horas ¼
4 horas ¼ a 4 horas ¾
4 horas ¾ a 5 horas ¼

Sin Rellenar

4 a 6 lbs de pechuga 1 hora ½ a 2 horas ¼
6 a 8 lbs de pechuga 2 horas ¼ a 3 horas ¼
8 a 12 lbs 2 horas ¾ a 3 horas
12 a 14 lbs 3 horas a 3 horas ¾
14 a 18 lbs 3 horas ¾ a 4 horas ¼
18 a 20 lbs 4 horas ¼ a 4 horas ½
20 a 24 lbs 4 horas ½ a 5 horas



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7**

Other festive desserts:

*** Pumpkin-Ginger
Charlotte**

Spray a baking dish with **no-stick spray**.

Place small **gingersnaps** against the sides of the dish, pushing gently to stick them on.

Place dish in frig for up to 20 minute so that gingersnaps will stick.

Prepare your **favorite pumpkin pie filling**, using **non-fat evaporated milk**.

Pour filling into baking dish. Bake in a 325°F oven about 50-60 minutes.

Test center of Charlotte with a clean table knife for doneness.

Cool dessert and serve with **cinnamon-flavored whipped topping**.

*** Blushing Pears**

In large stainless steel pot, mix **1-gallon apple cider, 1-cup brown sugar, 3-4 cinnamon sticks, 1 sliced lemon** and **4-5 drops red food color**.

Bring to a boil and reduce heat to simmer.

Carefully peel **8 small winter pears (Bosc are good)**. Leave the stem on.

Place whole peeled pears into the simmering juice mix and cook slowly about 20 minutes. They should be just cooked through, but not at all mushy.

Cool pears in their juice.

Put pears and juice in a large glass container. Set it on the table for people to help themselves. You can offer "Custard Sauce" with these beautiful pears. (**vanilla pudding thinned with low-fat milk** to a sauce consistency)



**Don't forget
the PIE!**



This pie recipe is back- by popular demand. Do you like pumpkin pie? You'll love this too- . It's delicious, low in fat, and full of vitamins A and C.

From the North Carolina Sweet Potato Commission-, here's
Old- Fashioned Sliced Sweet Potato Pie

1. Peel **3 medium yams**; slice $\frac{1}{4}$ " thick, cook 5 minutes in boiling, salted water.
2. Drain yam slices, pat dry and gently mix with :
 $\frac{1}{2}$ c sugar, 1/3 c. brown sugar, 2-TBS flour
2-TBS lemon juice 1-TBS pumpkin pie spice.
3. Put filling in a **9" uncooked pie shell**.
4. Cut **1-TBS butter** (no substitutes) into 6-8 pieces and dot it over the filling.
5. Top with a **second prepared crust**. Cut slits in top of pie to let steam escape.
- 6...Bake in a 400° F oven for 50 minutes.
7. Chill 1 hour. Cut in 10 pieces and serve with **low-fat whipped dessert topping**.

Each piece: 336 calories - only 94 from fat.

1. Corte **3 camotes medianos pelados** en $\frac{1}{4}$ " rebanadas y póngalas en una olla de agua salada que está hirviendo. Baje el fuego y cocínelas por 5 minutos, nomás.
2. Desagüe los camotes y póngalos juntos con:
 $\frac{1}{2}$ taza de azúcar 1/3 taza de azúcar moreno
2 cucharadas harina de trigo
2 cdas jugo de limón 1 cda especia para 'pumpkin pie'.
3. Mezcle todos delicadamente, y póngala mezcla en **una masa preparada**.
- 4..Corte **1 cucharada de mantequilla** en 6-8 piezas, y póngalas encima de los camotes.
- 5..Ponga **otra masa** sobre todos, y corte una cruz en la tapa del pastel, para que el vapor pueda escapar.
- 6..Hornéelo en un horno precalentado a 400° F grados por 50 minutos.
- 7.. Enfríelo por 1 hora. Córdelo en 10 piezas y sívalos con **crema baja en grasa**.

¡Disfrútelo!

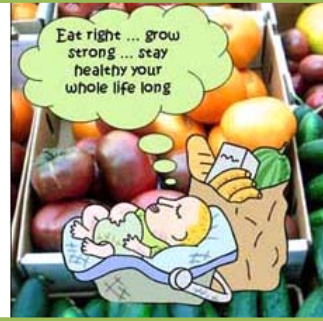
Did you know that PECANS are very high in anti-oxidants? Look at the recently released list from USDA. Pecans are 3rd on the list. Only red beans and blueberries have more of these phyto-nutrients. Remember this fact when you're enjoying pecan pie. 😊



The Last Word



The CalFresh Program helps to improve the health and well-being of qualified households and individuals by providing them a means to meet their nutritional needs



What'll We Have For Dinner?

Year-end Food Stamp Menus:

Sunday: Braised Beef Short Ribs, Baked-then-Mashed Butternut Squash, Noodles, Sliced Orange & Beet Salad, Cinnamon Baked Apple.

Monday: Spaghetti with White Beans & Tuna (garlic, onions, olive oil, dab of tomato paste. Add drained & rinsed white beans, drained light tuna, enough chicken or veggie broth for a nice sauce consistency, black pepper, minced parsley. Pour over hot pasta and served grated parmesan). Garlic Bread, Big helping of Dark Green Salad w/ thinly-sliced carrots & radishes.

Tuesday: Braised Hunter Chicken (brown skinless thighs in olive oil, add garlic, onions, lots of mushrooms. Add diced tomatoes, broth, minced parsley, black pepper; finish in slow cooker), Long Grain Brown Rice, Kale, Orange Tapioca Pudding (Mix ¼ cup sugar, 2-TBS quick cooking tapioca & 1¼ cups orange juice in saucepan. Let stand 5 minutes. Heat to boiling over medium-high heat, stirring constantly. Remove from heat. Cool 20 minutes. Fold in 1 cup of whipped topping, serve).

Wednesday: 3-Bean & Vegetable Soup, Cheese Toasts, Winter Fruit Cup (Pears, black grapes, apples, citrus sections), Gingerbread (the cake-like dessert, not the cookie. From scratch or mix, but serve small portions- this is rich)

Thursday: Meatloaf (you can do this in the slow cooker- cook for 8-10 hours), **Garlic Mashed Potatoes**, sauteed Swiss Chard, Sundae Cups (Vanilla Frozen Yogurt, a little chocolate syrup, sliced walnuts)

Friday: Baked Fish'n'Chips (Fat strips of cod - spray w/oil, dip in crumbs, bake at 375F on cookie sheet along with potato wedges, turning once to brown), Big helping of Dark Green Salad w/ thinly-sliced carrots & radishes, Hot Lemon Bread Pudding (Add juice & zest of 1 lemon to 2-cups bread cubes)

Saturday: 'Montechristo Mexicano' Sandwiches (Put thin-sliced ham and cheese and mild green chiles between slices of whole grain bread. Dip in egg batter - like for French Toast - and bake in 375°F oven on lightly greased cookie sheet for about 30 minutes, turning once so sandwich browns nicely). Serve with Orange & Avocado Salsa, Carrot & Cabbage Slaw (estilo mexicano - with cilantro, lime or lemon juice- not mayo!), Baked Sweet Potato Wedges. Staying home for a Family Movie Night? Serve "That's That's" (Make Ice Cream Sandwiches w/Oatmeal Cookies & Vanilla Frozen Yogurt)

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Everyone help!

Make "shopping day" a "cooking day" & do basic prep for the week ahead.

Cook veggies ahead

- Twice a week, steam green vegetables, clean salad greens, etc. Store in frig for quick meals during the work week.

Plan meals around seasonal foods -

let the Farmer's Market guide your food choices!

Learn to use a chef's knife to cut poultry & meat into portions. Save the bones for soup.

It's time to make the switch from eating your vegetables in salads-to eating them in soups. Either way, eat several kinds each day.

