



# Favorite Family Food



Volume X, Issue I

May-Jun 2010

## Inside this issue:

- 2. The 10-Way Chicken
- 3-5 Learning to Cook: Using a chef's knife
- 6-7 Hide the Salt Shaker!
- 8. The Last Word *Spring-summer Menus*



University of California and U.S. Department of Agriculture cooperating

1432 Abbott Street • Salinas, CA 93901

phone 831.759.7350 fax 831.758.3018

<http://cemonterey.ucdavis.edu>

## Back the Future Again!



OK, it's time to get *going* (Remember, it's said "when times are tough, the tough get going"). Monterey County families are concerned about keeping jobs - and keeping enough money to feed everyone well.

With thousands of food items being recalled, from ranch dressing to chips, families are concerned about their food and wonder what is really safe to eat.

Grandma and Grandpa have been saying for years that we should all economize and live within our means. Can we still do that?

There's a TV ad that makes it seem very difficult,, time-consuming and expensive to cook dinner at home. Isn't it easier -and even cheaper- to buy a fast food family meal? Do we still know how to prepare food?

Yes, we *can* still do that! We'll learn the skills we need to be a smart shopper and make meal plans our families will love.

Knowing the food we've prepared is fresher, less-expensive, more nutritious and way tastier, we'll serve our home-cooked dinners with pride.

For the skills we need to make it all work, we're going *back to the future again....* read on....

OK, es la hora de acción (recuerda que se dice "cuando los tiempos se ponen bravos los bravos responden"). Familias en el condado de Monterey se preocupan sobre como mantener sus trabajos y ganar suficiente dinero para comprar bastantes alimentos para la familia entera.

Con miles de cosas revocadas de los mercados- desde las "ranch dressings" hasta las pepitas - familias están preocupadas por los alimentos, y piensa y se preguntan que es sano para comer.

Los abuelos han dicho por años que debemos vivir a medida de nuestros ingresos. ¿Todavía podemos hacerlo?

Según una comercial en la televisor, parece que usamos demasiado tiempo, energía y dinero en el preparar las comidas en casa. ¿No es más fácil - y más económico - comer las comidas rápidas? ¿Todavía sabemos como preparar comidas?

Sí, ¡todavía podemos hacerlo! Aprenderemos las habilidades que necesitamos, para ir de compras con inteligencia - y hacer menús que a nuestras familias les encantan.



...Cuando sabemos que las comidas que hemos preparado son más frescas, más nutritivas y mucho más sabrosas, vamos a servir nuestras cenas hechas en casa - con orgullo.

Para las habilidades que necesitamos para hacer todo perfectamente, iremos “de regreso al futuro” una vez más. Continúa a leer....

## The 10-Way Chicken

Our tasks today are two- **first**, to get used to the idea of eating the portions from a typical family dinner in the 1950s, and **second**, to learn how to cut up and prepare that chicken.

**First:** In the Grandparents' day, when the family would sit down to dinner, the littlest children would be served a wing of the chicken. Their 5-6 year old brothers and sisters would probably get a drumstick or the small part of the split breast. Older children and adults ate the thighs and large breast portions. Dad and perhaps any teens might have 2 pieces (and if there was enough to go around, others might get “seconds” as well).

The rest of the dinner plate held potatoes or rice, a hot vegetable or two, and a side salad of fruits or lettuces. Think about this type of portioning for the best health for your family - add plenty of beans, vegetables and fruits to fill up the plate.

**Second:** On the next several pages, you'll see just how to use your knife safely and correctly to portion cut the bird. On this page, a 10-way chicken is neatly laid out for your study.

Some things to remember- please be super clean when you deal with raw poultry.

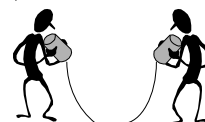
- Scrub your hands (under fingernails too) really well, before and AFTER handling raw poultry.
- Keep a separate plastic cutting board ONLY for poultry. Be sure to wash it after use, then sanitize it with a weak bleach solution. (Some cooks put sheets of waxed paper on top of the cutting board and throw them away later, just to be really sure)



Clean all work surfaces well and sanitize them after meal preparation is finished.

Why do we have to "get used to eating typical portions from the '50s"?

Because the smaller portions are better for our health- and less expensive, too - so get with it, pal.



### 10 Ways to Serve your 10-way Chicken

Chicken Stew

Oven-fried

Barbequed

Cacciatore-style

Chicken Parmesan

Chicken dinner  
skillet with  
vegetables

Tacos

Japanese Fried  
Chicken

Creole Chicken

# So you're Learning to Cook...

## Chop, chop, chop!

One of the most positive things we can do for ourselves is to learn a new skill that will make our daily lives better in some way. Here's a good goal - "I will master the use of the chef's knife".

**Learn these cuts:**

**Large dice** -  
1/2" cubes  
(brunoise)

The Chef's knife (also called a French knife) is a large knife with a heavy wedge-shaped blade. It's the original food processor. When you know how to use it, you can quickly and safely cut up all the vegetables you need for salads, soups or other dishes.

**Chop** - about the same size as dice, but not evenly shaped

It's simple to keep your knife in a totally clean and sanitary condition. There's nothing to take apart, so clean-up can be done in an instant.

**Small dice** -  
1/4" cubes

Take a look at these pictures from the food network (next page) that show the right way to hold and use your knife. You can practice on a zucchini cut in half the long way- it's easy to slice, and when you put the cut side down, it's secure and won't roll around.

Always follow these safety rules:

**Mince** - chopped very finely

- Remember to always cut on a flat surface. If necessary, cut a thin slice off the side of round veggies or fruits to make a flat surface.

**Julienne** - 1/4" x 1/4" x 2 1/2" strips

- Always cut on a clean cutting board that is "seated" on a damp cloth or paper towel so it won't slide around.

**Matchstick** - the size and shape of a kitchen match (alumette)

- Make sure there's no one behind you in your safety zone— it extends out at least 2 feet from you in all directions.

- Never put your knife in a dishpan where it could be accidentally grabbed by someone. Wipe it off, clean it well immediately after each use, & store it safely.

Chop, chop, chop! I hate making salad - it takes forever. That's why I buy it in a bag.



Once you have chef's knife, you won't have to depend on packaged food, prepare food so

Just take the time to learn how to use a knife! Then making salad will be a piece of cake - er...



mastered the use of the knife, you won't have to depend on packaged food because you'll be able to prepare food so rapidly yourself.

This means that fresh, delicious dishes rich in colorful vegetables and fruit can always be available to you and your family. Way to go!

For more info, go to:

[http://www.foodnetwork.com/food/ck\\_dm\\_knife\\_skills/0,1904,FOOD\\_19001,00.html](http://www.foodnetwork.com/food/ck_dm_knife_skills/0,1904,FOOD_19001,00.html)





The correct grip: hold the handle against the palm of your hand with three fingers. Clasp the large end of the blade between your extended thumb and your folded forefinger. (You might want to put your extended forefinger along the top of the blade. Please avoid doing this. The correct grip is much safer and gives you greater control.)

*La empuñadura correcta: sujeta el mango en la mano con tres dedos. Agarre el extremo grande de la hoja entre su dedo pulgar extendido y su índice doblado. (Quizás desea poner su índice extendido encima de la hoja. Por favor, evite hacerlo. La empuñadura correcta es más segura y le da a usted más control)*



Keep the tip of the knife on the cutting board. Feed the food through while slicing down with the large end of the blade. You don't need to saw the food!

*Mantenga la punta del cuchillo en la tabla de cortar. Pase el alimento debajo del cuchillo mientras cortando abajo con el extremo grande de la hoja. ¡No necesita serrar la comida!*



Be sure to keep your fingers curled under on the hand that holds the food. (Chefs say that if you do this, even if your knife slips, you'll just lose a little skin- but not your whole finger! Gruesome, but you get the point.)

*Asegúrese que mantenga doblados los dedos de la mano que agarra el alimento. (Los jefes de la cocina dicen que si observa esta práctica, aunque el cuchillo resbale, nomás perderá un poco de piel - ¡pero no el dedo entero! Horrible, pero usted tiene la idea.)*

This all may seem scary at first, but practice makes perfect. Take your time until you feel completely comfortable - then you can gradually increase the speed of your work.

*Todo esto posiblemente parece alarmante al principio, pero práctica perfecciona. Avance lentamente hasta que se sienta completamente comfortable - entonces puede gradualmente trabajar más rápidamente.*

More Safety Tips:

*Keep your knife sharpened.*

*Use your knife for slicing & chopping food- not for other tasks like prying open cans or poking into the toaster.*

*Carry your knife by the handle, close to your side with the blade facing backward.*

*Store your knife where no one could accidentally grab it or touch the blade.*

¡Yo tengo miedo de usar un cuchillo que está tan filoso!



A good plan is to wrap the blade in a dish towel and store the knife in the back of a drawer.



# Un cuchillo bueno y filoso

Una de las cosas más positivas que podemos hacer para nosotros mismos es el obtener una habilidad que mejorará nuestras vidas diarias.

Aquí está una Resolución fabulosa para el Año Nuevo- “Obtendré habilidades buenas del uso del cuchillo para llegar a dominar el uso del cuchillo de los cocineros”.

El cuchillo de los cocineros - también llamado el cuchillo francés- es un cuchillo grande con una hoja pesada en forma de cuña. Este es el robot de la cocina original.

Cuando usted aprende cómo usarlo, puede cortar rápidamente y seguramente todos los vegetales que necesita para caldos, ensaladas y otros platillos.

Es fácil mantener su cuchillo en una condición totalmente limpia y desinfectada. No hay nada de desmontar, por eso la limpieza es casi inmediata.

Mire usted estas fotos de la “food network” (página opuesta) que demuestran el modo correcto de agarrar y usar el cuchillo. Usted puede practicar con una calabacita cortada a lo largo - es fácil de rebanar.

Cuando se pone el lado cortado en la tabla de cortar, está seguro y no se rodea a la redonda. Siempre observe estas reglas de seguridad:

- Recuerde que **siempre debe cortar en una superficie plana**. Corte una rebanada delgada de los lados de los vegetales redondos si se necesita hacer una superficie plana.

¡La cosa más peligrosa es un cuchillo que **no** está filoso - se puede resbalar y cortarle!

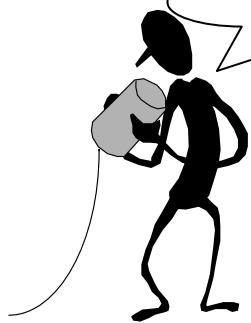
Siempre corte en una tabla de cortar limpia que está sentada sobre una toalla húmeda, para que no pueda resbalar.

- Asegúrese que no hay nadie detrás de usted en su zona de seguridad- esto extiende más o menos 2 pies en todas direcciones.
- Nunca debe poner su cuchillo en el agua de lavar platos donde una persona puede agarrarlo por accidente. Límpielo bien inmediatamente después de usarlo, y guárdelo seguramente.

Cuando usted llegue a dominar el uso del cuchillo del cocinero, no necesita depender del servir comidas en paquetes. ¡Podrá preparar los alimentos rápidamente usted mismo!

Con esta habilidad, siempre podrá servir platillos deliciosos, ricos en vegetales llenas de color y frutas frescas, a su familia. ¡Qué bueno! Para más información, mire este sitio de Web:

[http://www.foodnetwork.com/food/ck\\_dm\\_knife\\_skills/0,1904,FOOD\\_19001,00.html](http://www.foodnetwork.com/food/ck_dm_knife_skills/0,1904,FOOD_19001,00.html)





# Please pass the Gremolata

Recently a neighbor had a “small stroke” and was told he had to cut salt out of his diet. This fellow loves his salt and soy sauce and was dismayed at the doctor’s orders.

How much is “too much”? What can he do to “perk up the taste” of his food if he doesn’t eat salt?

Most Americans get 3500 mg or more a day of sodium in their food. People who eat in restaurants, especially fast food restaurants- and people who eat convenience foods get even more sodium than this, since foods not prepared at home are generally higher in salt.

A goal of 1500-2300 mg/day is our target for good health and to prevent illness. It’s possible to buy beans, peanut butter, prepared soup and salad dressings in lower salt versions. There are some prepared marinades with no salt whatsoever that are tasty enough to delight my neighbor, who loves to grill his food.

A classic flavor mix that can be made at home is called “gremolata”. Very finely mince together equal parts of parsley, garlic and lemon zest (the yellow part of the peel). Use this mix at the table to sprinkle over your dinner - it really is flavorful! It can be kept frozen - just put it on a sheet of waxed paper on a plate to freeze, then keep tightly sealed in a plastic bag.

Food manufacturers understand the health risks of too much sodium, and some of them have been quietly reducing salt levels in their products for the past couple of years. Heinz, Kraft, Sara Lee, Campbell’s and even Orville Redenbacher\* have been able to cut salt levels without affecting flavor - and that should be encouraging to everyone. (\* UC does not endorse any products - these names have been mentioned as examples)

We’ve all known for a long time that too much salt raises blood pressure. Scientists now say that eating a *lot* less sodium could save over 100,000 lives a year. My neighbor doesn’t think about those other 99,999 people, but he and his wife are surely thinking hard about the food *they* eat, and learning how to make it tasty without the salt shaker.

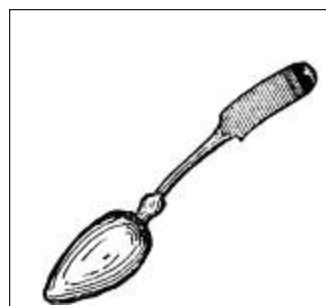
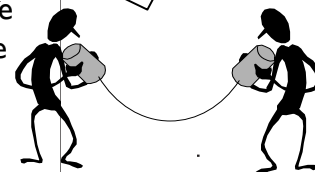
Fortunately for him, it only takes about 3 weeks to readjust the taste -buds - and after that, the old style of preparing food will taste way too salty.

UCCE's  
Favorite  
Family  
Food  
6



**WOW!**  
Spend \$5  
at the  
farmers'  
market  
and get  
\$5 more  
to  
spend!  
Coming  
soon!

Did you hear?



1/4 teaspoon = 600 mg  
1/2 teaspoon = 1200 mg  
3/4 teaspoon = 1800 mg  
1 teaspoon = 2300 mg





Wait! Why isn't there anything about exercise in this issue?



Because you already know that daily exercise is great for your health...can you remember that on your own for just a couple of months?



# Por favor, pase la gremolata.



Recientemente, un vecino sufrió un ataque cerebral pequeña, y recibió un aviso de evitar la sal en sus comidas. A este hombre le gusta mucho su sal y salsa de soya, y le dejó consternado cuando oyó los decretos del doctor.

¿Cuánto es “demasiado sal”? ¿Qué puede hacer él para mejorar el sabor de sus comidas si no come la sal?

Muchas personas aquí tienen 3500 miligramos o más de sodio cada día en sus comidas. Los que comen en restaurantes, especialmente en las restaurantes que sirven comida rápida, tienen hasta más sodio que esto, porque las comidas que no están preparadas en casa son más altas en sodio, generalmente.

Una meta de 1500-2300 MG/día es nuestro objetivo para buena salud y para prevenir enfermedades crónicas. Es posible comprar frijoles, crema de cacahuete, caldo y salsas para ensaladas preparadas en versiones bajo en sal. Hay algunas marinadas preparadas con nada de sal que son suficiente sabrosas para encantar mi vecino, quien le gusta preparar la cena en la parrilla.

Una mezcla de sabores clásicos que se puede preparar en casa se llama “gremolata”. Mole muy finamente juntos partes iguales de perejil, ajo y la cáscara de limones (nomás la parte amarilla). Use esta mezcla por espolvorear sobre la cena - si, ¡es bastante sabroso! Puede mantenerlo congelado - póngalo en una hoja de papel parafinado para congelar, y entonces en una bolsa de plástico bien cerrado.

Los fabricantes de comidas saben de los riesgos a la salud de demasiado sodio. Algunos fabricantes estaban reduciendo los niveles de sodio en sus productos por los 2-3 años pasados - sin hacer ruido sobre sus acciones. Heinz, Kraft, Sara Lee, Campbell's y incluso Orville Redenbacher\* podían bajar niveles de sal sin afectar el sabor - una cosa buena. (UC no aprueba ningún producto, se mencionan solo por ejemplo).

Hemos conocido por mucho tiempo que demasiado sal eleva la presión de sangre. Ahora, los científicos dicen que el comer mucho menos sodio puede salvar más de 100,000 vidas cada año, Mi vecino no piensa de los otros 99,999 personas, pero él y su esposa están pensando sobre los alimentos que comen, y como hacerlos sabroso sin sal.

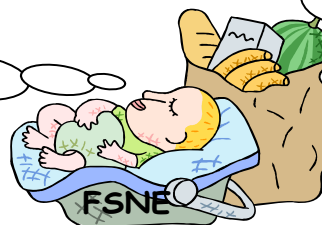
Afortunadamente para él, toma nomás 3 semanas para cambiar las papilas del gusto, después de esto, el estilo viejo de preparar comida será demasiado salado.

# The Last Word

FSNE Families learn how to EAT RIGHT to STAY WELL. On a budget? You can do it!

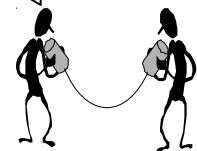
I just have to have a chocolate dessert at least once a week!

I noticed!



The USDA Food Stamp Program

helps participants to purchase healthy foods for better diet and funds this newsletter.



**Everyone help!**

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

## What'll We Have For Dinner?

## Spring into Summer Menus:

**Sunday:** For Mom: **Roast Chicken, Spring Vegetable Roast** (Drizzle Little Red Potatoes with a bit of olive oil in a small roasting pan, season w/fresh pepper, bake at 375F till almost done; add 1" pieces of fat asparagus, a little chopped chives and tiny mushrooms if she likes them. At the very end stir in some thawed green peas and a little salt and cook till all is heated through), **Butter Lettuce Salad with low-fat 1000 Island Dressing, WW Rolls and Angel Cake with sliced Strawberries**

**Monday:** **Mexican-Style Montecristos** (add mild Ortega Chiles to Sandwich Filling), **Coleslaw, Baked Potato Wedge-fries, Pico-de Gallo Fruit Cup**

**Tuesday:** **Lentil Soup, Cheese Toasts, Carrot and Red Pepper Sticks, Brownie Pudding**

**Wednesday:** **Oven-fried Chicken Parmesan** (Use boneless skinless chicken; usual recipe but add grated Parmesan to bread crumbs), **Garlic Bread on WW sourdough, Bold Romaine Salad with avocado, asparagus, red onion, orange slices, home-made croutons & vinaigrette), Santa Rosa Plum Crisp**

**Thursday:** **Your Special Frittata** (see sidebar- you can make the night before and microwave for a speedy meal), **Bean Salad on a bed of Dark Greens, Baked Custard**

**Friday:** For Dad: **Grilled Chicken Po' Boy Sandwich dressed with Cabbage Slaw and Creole Sauce; baked Sweet Potato Wedge-fries, Grilled Ear of Corn w/Chile, Tiny slice of Lemon Meringue Pie** (a real splurge at 272 cal, 12 gm fat (3 sat), 37 gm carb, 50 mg chol)

**Saturday:** **Burger BBQ with the Works (WW Buns), WW Pasta Salad w/lots of Veggies, Carrot Sticks, Chilled Cherries and low-fat Vanilla Frozen Yogurt**

## Cook veggies

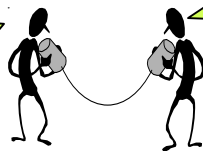
**ahead -** Twice a week, steam green vegetables, clean salad greens, etc. Store in frig for quick meals during the work week.

**PLEASE learn the skills you need to cook at home.** Fresh, tasty, inexpensive and SAFER family meals will reward your effort!

## Try a Frittata:

In a bowl, toss 2 cups cooked rice, 2 cups cooked vegetable, 2-TBS flour, half a tsp pepper (less salt), 1 finely minced garlic clove, 1-cup grated sharp cheese. Put into a greased casserole, mix 2 eggs & 2 cups milk, pour over & cook at 350F about 1 hour.

Did you hear? The County Board of Supervisors has declared **MAY** to be **FRUIT & VEGETABLE** month in Monterey County?



Awesome! Let's make a giant salad to celebrate every day - with Romaine, Arugula, Radishes, Broccoli, Beets, Carrots, Squash, Mushrooms, Asparagus...

The University of California, in accordance with applicable Federal and State law and University policy, does not discriminate on the basis of race, color, national origin, religion, sex, disability, age, medical condition (cancer-related), ancestry, marital status, citizenship, sexual orientation, or status as a Vietnam-war veteran or special disabled veteran. The University also prohibits sexual harassment. Inquiries regarding the University's nondiscrimination policies may be directed to Affirmative Action Director, University of California, Agriculture and Natural Resources, 300 Lakeside Drive, 6<sup>th</sup> Floor, Oakland, CA 94612-3550, (510) 987-0096.

