



# Favorite Family Food

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## Peace on Earth!



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# Think ahead to the New American Plate

Does America's ever-expanding waistline have anything to do with the fact that we've been eating like this fellow for many years?

The American Institute for Cancer Research thinks so. This group has been telling us about the "New American Plate" for quite a while.

The basic idea is to change the way we eat - gradually - until the proportions of our dinner are reversed.

Instead of a giant slab of meat overlapping the dish, we'll be eating about 2/3 of our meal from plant foods: whole grains, leafy greens, many-colored veggies and juicy fruit.

The meat would be there- in a "treat-sized" amount, to add roasty brown flavor to the whole meal.

The burger shown here is an example of this new way to eat. It looks yummy, and makes us think this new way might be really good.

Thinking ahead to the New Year, we're going to give it a try. How about you?

*(this burger is made of a combo of ground beef and refried beans - both lean - seasoned w/garlic & chile. Kind of messy to eat, but tasty indeed)*



What's wrong with the old American plate? I like it!

La cintura del EU que está expandiendo continuamente - ¿y es porque hemos comido como ese hombre por muchos años?

El Instituto por las Investigaciones del Cáncer piensa así. Este grupo nos ha enseñado sobre "el Plato americano Nuevo" por algún tiempo.

La idea básica es de cambiar nuestros hábitos de comer - gradualmente- hasta que las proporciones de nuestra cena estén reversadas.

En vez de un pedazo grueso gigante de carne que traslapa el plato, comeremos casi 2/3 de nuestra comida de alimentos de plantas: granos integrales, hojas verdes, vegetales de muchos colores y frutas jugosas.



La carne estará allí en el plato también - en una cantidad del tamaño de un gusto, para agregar un sabor dorado y asado a la comida entera.

La hamburguesa que está espuesta aquí es un ejemplo de este modo nuevo de comer.

Parece riquísimo, y nos hace pensar que este modo nuevo quizás sea muy bueno.

Pensando en el próximo año nuevo, hemos decidido darle una oportunidad.

¿Y ustedes?

# In the old days, we did it this way...

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 pudían 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!



Peace on Earth!



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.



# So you're Learning to Cook...

## 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!

# Eating New Greens...



When Kale is winter-kissed by the frost, it tastes even better!

“Green, green, how I love my leafy greens!” (to paraphrase a famous poet...). While we usually think about salad when we think about leafy greens, here in the Salinas valley we grow many other types of these vegetables.

Kale, collards, Swiss chard, mustard greens and beet greens- these are the different varieties we can enjoy.

All of these are very low in calories (from 21 to 49 calories a cup) and rich beyond belief in nutrients.

For example, a portion of any one offers way more than 100% of the daily requirement of vitamin K and vitamin A, and almost 100% of the vitamin C you need.

They all contain various kinds of antioxidants that help to maintain the health of your bones, heart, lungs, and nervous system, and that quite possibly support the prevention of cancer and other diseases.

You can eat fresh cooked greens from January to May (mustard greens, collards, kale) and from June to October (Swiss chard and beet greens).

Try some of the preparation ideas listed at the right side of the page. Enjoy!

“Verdes, verdes, ¡como te quiero las hojas verdes!” (parafraseando un poético famoso) Hasta que usualmente pensamos de ensalada cuando pensamos de hojas verdes, aquí en el valle de Salinas cultivan muchos otros tipos de estas verduras.

Col Rizada, quelites, Acelga suiza, verduras de mostaza y las hojas de betabeles- estas son las muchas variedades que podemos disfrutar.

Todos son muy bajas en calorías (desde 21 hasta 49 calorías por taza) y ricos increíble en nutrientes.

Por ejemplo, una ración de cada uno ofrece mucho más de 100% de la necesidad a diario de vitamina K y vitamina A, y casi 100% de la necesidad de vitamina C.

Todos contienen varios tipos de antioxidantes que ayudan a mantener la salud de los huesos, el corazón, los pulmones, y el sistema nervioso, y que posiblemente apoya en el prevenir del cáncer y otras enfermedades.

Pueden comer las hojas verdes cocidas desde enero hasta mayo (verduras de mostaza, quelites, Col Rizada), y desde junio hasta octubre (Acelga suiza y hojas de betabeles).

Pruebe algunas de estas ideas para prepararlas, al lado de la página. ¡Disfrútelas!

Col Rizada cocido con manzanas vinagre balsámica y nueces...

*Kale braised with apples, topped with balsamic vinegar and walnuts*

Hojas de Betabeles con pasta, queso cotija, jitomates, aceite de olivo, y piñones

*Beet leaves with pasta diced tomatoes, olive oil, and parmesan*

Quelites cocido con hueso de Jamón, frijoles pintos y arroz

*Collards cooked with ham bone, red beans & rice*



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# The Holiday Food Safety Page

## Safe Turkey Cooking

Good thing I remembered to take this Thanksgiving turkey out of the freezer to thaw last Sunday!



Set oven at 325 °F. 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 165 °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 180 °F. The middle of the stuffing must be 165 °F. If the stuffing is not 165 °F, keep cooking the turkey until the stuffing is 165 °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 170 °F.

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

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

### 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

- A frozen or partly frozen turkey takes longer to cook than a completely thawed 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.



# What's in it for me?

**What Vitamins do...** *they help your body work properly;*

And, they  
are essential  
for growth

*boost your immune system;  
help cells and organs do their jobs*



Vitamin A is stored in your body.

What does it do for you?

- Prevents eye problems
- Keeps immune system healthy
- Helps growth of cells
- Keeps skin healthy

**Sources of Vitamin A? Look here**



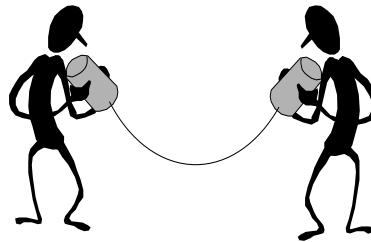
**La función de las vitaminas ... ayudan las funciones del cuerpo;**  
*apoya el sistema inmunológico; y asiste  
las funciones de células y órganos vitales*

Vitamina A se tiene en reserva en el cuerpo.

¿Cuáles beneficios hay en la vitamina A para mí?

- Previene problemas con los ojos
- Mantiene el sistema inmunológico
- Apoya el desarrollo celular
- Mantiene la piel saludable.

¡También, son  
esenciales para  
el crecer!



**¿Fuentes de la Vitamina A?**

**Mire aquí**





Peace on Earth!



# ¡Haga el tiempo para bailar, hoy!

Four year old Tom was on the phone - huffing and puffing. "Did you just run up the stairs?" asked Nana. "No - me and Dad are dancing in the living room. I love the C'ibbean All-Stars!"

Dance has been part of human culture since prehistoric times, often as part of a ritual or religious ceremony. Every generation has its own variation on the theme when it comes to social dancing.

Think of the waltz, the polka or the fox-trot- the Charleston, the jitterbug, or the tango - the twist or the two-step. The list goes on and on - what about the mambo? The cha cha cha? Banda, cumbia or meringue

This kind of movement can also be invigorating,, satisfying and totally fun - not to mention a real work-out. Square dancers carry their own small hand towels to mop the sweat from their brows. That's aerobic!

Children love to dance. Dancing around the room with the sitter is a great way to "smooth out the energy" and then relax. Even very old folks with limited mobility can jiggle around and "chair dance" to their favorite music -it's still fun.

Dancing is often an indoor activity - that makes it a good choice on rainy or cold days. Whether you slow-dance with your sweetie, join a line of folks swaying to the Macarena or just grab a broom for a partner and put on some tunes - don't delay. Make time for dancing, today.

Tomás (de cuatro años) estaba hablando por teléfono con su abuelita, jadeando y resoplando. "¿Acabas de subir las escaleras?" preguntó Nana. "No, abuelita - yo y Papi estamos bailando en la sala. ¡Me encanta las Estrellas del Caribe!"

El baile ha sido una parte de la cultura humana desde los tiempos prehistóricos, muchas veces como un parte de un ritmo o ceremonia religiosa. Cada generación tiene su propia variación sobre el tema el baile social.



Piense del vals, la polca o el foxtrot - el charleston, el jitterbug o el tango - el twist o los dos pasos. La lista continua y continua - ¿recuerde el mambo? ¿La cha cha cha? ¿Banda, merengue o cumbia?

Este tipo de movimiento también puede ser vigorizante, satisfactorio y totalmente divertido - y una sesión de ejercicios maravillosos. Los bailarines de la cuadrilla llevan sus propias toallitas para secarse el sudor de las frentes. ¡Eso es aeróbico!

A los niños les encanta el bailar. El bailar alrededor de la sala con el niño es un modo excelente de "tranquilizar la energía" y entonces relajarse. Incluso los ancianos con su movilidad limitada pueden mover y "bailar" en sus sillas con su música favorita. ¡Es todavía divertido!

Muchas veces el bailar es una actividad interior - por eso es una buen opción para los días lluviosos o fríos. Si baila lentamente con su enamorada, unirse a una línea de personas bailando la macarena o no más agarre una escoba por pareja y empieza la música - ¡no demore! ¡Haga el tiempo para bailar hoy!

# The Last Word



**The USDA Food Stamp Program**

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

## 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 Thats" (Make Ice Cream Sandwiches w/Oatmeal Cookies & Vanilla Frozen Yogurt)

*Surprise! It's possible to feed your family tasty and nutritious meals on a food stamp budget, even now in 2005. It takes a smart and resourceful person to obtain food stamps in the first place. You are that smart person, so you may know the best ways to use this nutrition benefit. Careful menu planning helps a lot. So does careful shopping. Sharing out the tasks of meal preparation so that you aren't tempted by costly packaged foods makes the big difference. You know the food you prepare at home is more nutritious and tastier. It spells L-O-V-E- to your family. Did you know you're also saving money when you cook at home?*

**Everyone help!**  
Make "shopping day" a "cooking day" & do basic prep for the week ahead. Broth, cooked rice, blanched veggies make work week dinners easy.

## Use that Slow Cooker!

It's a busy cook's best friend.

## Plan on soup once a week.

Also sandwiches, eggs and that old stand-by, beans.

## Once a week!

## Old-timey desserts

satisfy and are nutritious, too.

## Plan, plan, plan!

Get the habit of planning - you'll be surprised at how much time and money you save!

## Learn to make broth:

Chicken bones & skin, onion skins, carrot tops + water = chicken broth! Liquid from steaming veggies plus onion skins, carrot-celery tops = veggie broth. Freeze broth in ice cube trays, then use broth in soups, braised dishes and sauces - yum!

