



Favorite Family Food

Volume VIII, Issue III — Jan-Feb 2009



Inside this issue:

- 2. Grandmothers Speak: *Why are you cooking bones?*
- 3. Cooking with Children: *Minestrone WOW!*
- 4. Valentine's Day
- 5. Parent Page/ Meals When the Lights Go Out
- 6 . Chinese New Year Supper
- 7. Exercise at Home: Low Cost!
- 8. The Last Word *Winter Menus*



The "Beautiful Soup" illustration is by Edna Cabcabin Moran, Author/Illustrator

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>

Soup, beautiful soup...

Who said this? "There is hardly a man alive who does not adore soup, particularly when it is homemade. Hot soup on a cold day... and the smell of soup simmering in the kitchen are fundamental ... pleasures...that give a special kind of satisfaction." *

Soup is good for so many reasons. It's good for **weight control**, because people tend to eat less overall if they have a big bowl of broth-based soup for their main dish at lunch or supper (CDC; Rolls at Penn State).

Soup is a good way to **feed your family lots of tasty vegetables.** Families eating the minestrone soup featured here came back and asked for more ~ even husbands and toddlers. They enjoyed every slurping bite, full of carrots, cabbage, zucchini and bell peppers; savory and delicious and so nutritious.

Soup is **easily digestible** and **good for folks who are not feeling well.** It's also good for older people who might have dental problems, since most foods in the soup will be soft and easily swallowed.

Soup can be **inexpensive**, and you can put all your small bits of **leftover** vegetables and beans in it (that's how minestrone soup first started). Best of all, soup is **easy to make** ~ you can even make it in the slow-cooker while you go off to work or school.

(* the famous Chef Julia Childs said that - she loved onion soup in particular and enjoyed it for her very last meal)



"No hay muchos hombres vivos que no les guste el caldo, especialmente cuando está hecho en casa. Caldo caliente en un día frío ... y el aroma de caldo hirviendo en la cocina a fuego lento.. estos son placeres fundamentales ... que dan una satisfacción especial".*

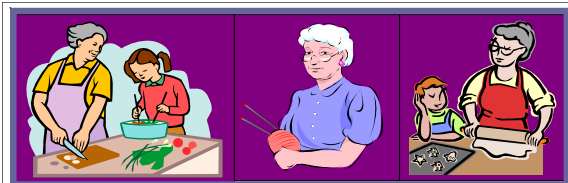
El caldo es bueno por muchas razones. Está bueno para **controlar del peso** porque personas comen menos calorías si tienen una porción grande de caldo por su plato mayor en la cena (CDC; Rolls en Penn State).

El caldo es un **modo bueno de servir muchas legumbres sabrosas a su familia.** Familias que comieron el caldo Minestrone (la receta incluida) regresaron y comieron más ~ incluso los esposos y niños pequeños. Les gustó cada parte, llena de zanahorias, repollo, calabacitas y chiles de campanas ~ sabroso, delicioso y ¡tan nutritivo!

El caldo está **fácil de digerir**, y por eso está **bueno para los que están enfermos.** También está bueno para personas de edad quienes quizás tienen problemas dentales , porque los alimentos están blandas y fácil de tragar.

(continuó en página 4)





HABLAN LAS ABUELITAS

UCCE's
Favorite
Family
Food
2

"Este dicho es de mucho valor..."

"Abuelita, ¿por qué está cocinando esos huesos? "Es mejor de preparar el caldo, cariña... Si, para caldo que esté lleno de nutrientes y sabor, se necesita usar los huesos.



Para **caldo de res**, hornee los huesos en una sartén grande hasta que estén morenos, con trozos y cáscara de cebolla, zanahoria, y apio; perejil, hojas de laurel, y pimienta negra. Cuando todo está moreno, póngalos en una olla con mucha agua y cocínelo lentamente 6-7 horas. Coleé el caldo y úselo como una base para sopas. También usted puede congelarlo en cantidades más chicas para hacer más rápido la preparación de la cena durante la semana.

Para **caldo de pollo o de pescado**, las ingredientes y el proceso son similares, pero no se necesita hornear los huesos antes de cocinar. No se permite de hervir- nomás cocinar muy lentamente.

Para **caldo de jamón** por usar en sopas de arvejas o lentejas: **Cocine** muy lentamente por 1-2 horas: 1 libra huesos de jamón (puerco ahumada), 1 cebolla grande en trozos, 4 dientes de ajo picado, 2- chiles de campaña en trozos, 2-3 pizcas de tomillo, 1- cucharadita pimienta negra y ¼ -cucharadita de pimienta roja, 1-galón de agua. **Quite los huesos**; enfríalo de noche. **Quite la grasa sólida** y las legumbres. Use el caldo y la carne para su sopa.

(este método de degresar sirve también para los otros tipos de caldo)

THE GRANDMOTHERS SPEAK... and what they say has value today.

"Grandma, why are you cooking those bones?" "The better to make soup with, my dear". Yes, for soup that's full of nutrients and flavor, you have to use the bones.

For **beef broth**, roast the bones in a large pan with chunks and peels of onion, carrot, and celery; with parsley, bay leaves and black pepper. When this mix is all nicely browned, transfer it to a large soup pot and cover with water. Cook it very slowly for 6-7 hours. Strain it and use it as a base for tasty and nutritious soups. You can also freeze it in smaller containers to make meal preparation quicker during the week.

For **chicken or fish broth**, the ingredients and the process are similar, but you don't have to brown the bones first. Don't let these boil! Simmer them verrrry slowly.

For **ham broth** to use with pea or lentil soup: Cook very slowly for 1-2 hours ~ 1-lb of ham hocks or smoked pork neck bones, 1 large onion cut in chunks, 4-cloves of garlic (minced), 2 Bell peppers in chunks, 2-3 pinches of thyme, 1-tsp black pepper, ¼ -tsp red pepper flakes, 1 gallon water. Remove the bones; chill overnight. Remove the solid fat y the veggies. Use the broth and the meat for soups. (this de-greasing method can be used with any type of broth and really removes all the grease!)



A friend recalls the pea soup of her childhood ~ how delicious it smelled and how the kids fought over who got the bone to chew on....

Cook
1-lb split peas,
1 large sliced carrot
& 1 large onion in
chunks ~
in 10-cups ham
broth
for 1 hour.

Take 2 pieces
smoked
light bratwurst or
Swiss sausage ~
slice it,
sauté it & blot it on
paper towels to
de-grease it.
Add to soup
and cook 15-20
minutes more.

Serve with Good
Bread.

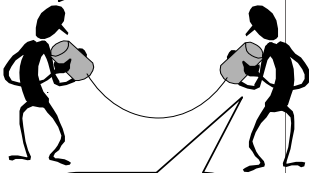


COOKING with YOUR CHILD

Minestrone ~ Wow!



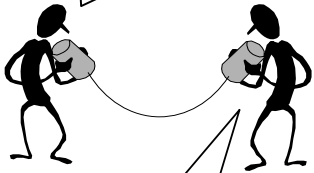
Handwashing is the
FIRST cooking step
in **ANY** recipe!



I know -
I know!



Do you know the right
way to taste soup?



With a spoon?

Get a little bowl or cup.

Spoon some soup
into the cup.

Taste the soup and set
your cup and spoon to
the side.

That way, you don't
add your special mouth
bacteria to the soup!



Here's a soup that kids love! They will come back for a second helping and maybe more, if they can say "I made it myself".

Your **child can read the recipe** first (By now you both probably understand the importance of reading the whole recipe before you begin!). Kids can **measure the ingredients into a small bowl** for the adult to add to the simmering soup.

Take this opportunity for a little bit of nutrition education. Say "Did you know that to stay healthy we should eat all different kinds of foods - meats and vegetables, fruits and grains?" Ask "Can you tell that there is something special about this soup?" (It's that it contains a little from every food group).



- 6 chicken legs
- 1 large carrot
- 1 medium onion
- ½ bell pepper
- 1/3 small head green cabbage
- 2 zucchini
- 1½ teaspoon whole dry oregano
- 2 TBS Italian flavored tomato paste
- 3 cloves garlic
- 1 can garbanzo beans, drained and rinsed
- black pepper to taste
- low-sodium chicken bouillon; pico de gallo chile (both optional)
- 1½ cups cooked, rinsed pasta (gemelli or rotini are good)
- Grated Parmesan Cheese
- Lime Wedges
- Whole Grain Bread




1. **Put chicken legs in large pot; cover with water & bring to a boil.**
2. Reduce heat to simmer. While chicken is cooking, **wash, peel & cut all vegetables** in bite-sized chunks.
3. Add carrot, bell pepper & onion to soup, along with herbs and tomato paste.
4. **Peel** and mince **garlic** and mash it well with ½ teaspoon salt. Add to soup.
5. Add to garbanzo beans to soup.
6. By this time the chicken should be cooked enough to taste the soup. Season to taste with chicken bouillon and chile (if desired) and black pepper.
7. Add cooked pasta, zucchini and cabbage to soup. Cook till all veggies are done. Serve with Parmesan Cheese, lime wedges and bread.

Caldo...continuó de página 1

El caldo **puede ser económico** a preparar, y puede agregar todas los pedacitos de legumbres sobrantes y frijoles. Esto fue porque el caldo "minestrone" fue inventado.

Mejor de todos, el caldo **está fácil de preparar**, y puede cocinarlo en la olla que cocine lentamente mientras usted está en el trabajo o en la escuela.

(*La Jefa de Cocina famosa Julia Childs dijo esto. Ella disfrutaba el caldo de cebollas especialmente ~ lo comió para su última comida.)

Show your Sweetie that you care about Health and Long Life. On 
Valentine's Day, serve a Romantic Heart Healthy Supper:

Daniel Prakash Spicy Grilled Chicken - a skinless boneless chicken dish just bursting with flavor - link to recipe here: (http://cemonterey.ucdavis.edu/newsletterfiles/_i_b_Favorite_Family_Food_b__i_14564.pdf)

Whole Wheat Pasta with Broccoli, tomato, basil and grated parmesan

Spinach Salad with avocado slices and citrus sections

End with:

Old-Fashioned Brownie Pudding, a low-fat, yummy dessert!

- **Combine 1 ½ cups flour, 1 cup sugar, 3-TBS baking cocoa, 1-TB baking powder and ½ -tsp salt.**
- **Mix ¾ -cup milk, 3-TBS vegetable oil and 1 ½-tsp vanilla** and blend with dry ingredients. (stir in **1-cup chopped walnuts if desired**)
- **Pour** into greased 9x13 baking pan.
- **Mix 1-cup brown sugar, ¼-cup plus 1-TB baking cocoa and 2½-cups boiling water.**Whisk until cocoa powder is smoothly incorporated.
- **Pour** over batter in pan.
- **Bake** at 350F for about 45-50 minutes. **Serve** in a bowl with low-fat vanilla ice cream. 6 portions.

They say the way to a man's heart....



She loves me ~ she really loves me!



La página para los padres

Comidas para una emergencia.



3 días de alimentos para emergencia para una familia de 4 personas incluye:

- 12 galones de agua, 24 platos de papel, utensilios de plástico.
- **Desayunos:** Granola, avena al instante (deliciosa si agregue una cucharada de crema de cacahuete y una cucharadita de miel), fruta seca, pan y tortillas, leche enlatada.
- **Lonches:** Pan, chorizo seco, queso y frijoles enlatados, jugos de frutas y legumbres.
- **Cenas:** Platos de pasta, guisas, pollo, pescado y varias legumbres (todos enlatados). Sírvelos con galletas o tortillas con queso. Puede usar una marmita sin tendón para hervir el agua en cualquier lugar para café, cocoa, caldo, avena o pasta al instante. Naranjas y manzanas son frutas buenas.
No se preocupe ~ usted y su familia puede comer bien en emergencias.

Recuerde ~ ¡No utilice comida fresca o enlatada que haya estado en contacto con los aguas de la inundación!

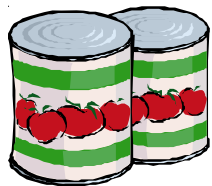
Foods for Emergencies

3 days of emergency food for a family of 4 includes:

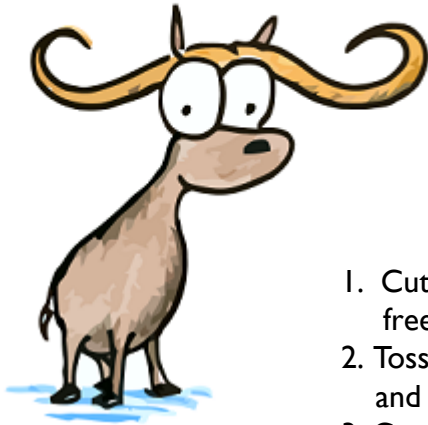
- 12 gallons of water; 24 paper plates, 6 bowls, napkins, plastic utensils.
- **Breakfasts:** Granola, instant oatmeal (good with a spoon of peanut butter and a little brown sugar stirred into it), dried fruit, bread, jam, peanut butter, canned milk.
- **Lunches:** Bread, dry salami, sharp cheddar in a jar, canned bean salad, vegetable and fruit juices, tuna or sardines
- **Suppers:** Canned pasta meals, stews, chicken, fish and various vegetables. Serve with crackers and cheese or tortillas. A cordless tea kettle is great: boil water anywhere for coffee, cocoa, soup, instant hot cereal or noodles. Oranges, other citrus and apples are durable fresh fruits.
Don't worry ~ you and your family can eat well in emergencies.

Remember- DO NOT USE FRESH OR CANNED FOODS THAT HAVE COME IN CONTACT WITH FLOOD WATERS!

The parents' page



牛



(image from blue bison)

In 2009, Chinese New Year ~ the Year of the Ox ~

begins on January 26th. Celebrate by cooking this tasty dish that uses the season's first local asparagus. The rich beefy taste is sure to please. (the beef is used for flavor - in a smaller quantity - that's why this is a lower fat dish). **Asparagus-Beef:**

1. Cut 1 3/4 - 2 lbs beef steak in thin slices (partially freeze it first for easy slicing)
2. Toss with 2-tsp cornstarch. Add 2-tsp soy sauce and lightly mix.
3. Cut 4 lbs clean fresh asparagus & 2-bunches green onions in thin diagonal strips.

4. Finely mince 4-cloves garlic & 1 "thumb" fresh ginger.
5. Measure 1 1/2-cups low sodium beef broth.
6. Brown meat & garlic in a little oil in a large skillet or wok. Remove from pan, set aside.
7. In same pan, stir-fry asparagus, onions and ginger for 5-6 minutes.
8. Add beef, increase heat, add beef broth, bring to a boil and cook *just* until the asparagus is tender-crisp. Serve each portion over a half-cup of rice.

Makes enough for 20 servings.

El Año Nuevo Chino ~ el Año del Buey - empieza el 26 de Enero. Celebre con este platillo sabroso que usa los primeros espárragos locales. El sabor rico de la carne es muy satisfactorio. La cantidad de carne es muy pequeña, porque se usa principalmente para el sabor - por eso, este platillo es bajo en grasa.

Espárragos-Bistec, para 20 porciones:

1. Corte 1 3/4-2 libras de bistec en rebanadas muy delgadas (más fácil si la carne está parcialmente congelada)
2. Mézclelas con 2-cucharaditas de maicena. Agregue 2 cucharaditas de salsa de soya.
3. Corte 2 bonches de cebollitas y 4-libras de espárragos frescos en rebanadas delgadas diagonales.
4. Salteé la carne y 4 dientes de ajo, amasado, en un pequeña de aceite. Quitela del sartén.
5. En el mismo sartén, salteé los espárragos y 2 cucharadas de jengibre picados por 5 minutos.
6. Agregue la carne cocida, aumente el fuego, agregue 1 1/2 tazas de caldo de res (bajo en sodio) y cocine todos hasta que los espárragos estén "al dente".

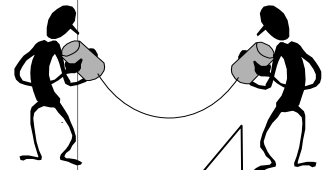
Sirve sobre arroz.

UCCE's
Favorite
Family
Food
6

January 19, 2009



So ~ we celebrate Chinese New Year ~ but not the birthday of Dr. Martin Luther King?



Of course we celebrate Dr. King ~ with Black-Eyed Peas and Greens, Cornbread and Sweet Potato custards (my favorite part!)



.... and we celebrate Valentine's Day with Heart Healthy foods. In fact, we celebrate *everything* with food!



Haga Ejercicios en su Casa, Sin el Equipaje Costoso



El ejercicio quema calorías de los alimentos que come, le ayuda a perder peso y mantener su cuerpo en buena forma. También el ejercicio puede mejorar la salud de su corazón, los pulmones y la presión de la sangre.

Algunas ideas:



Ponga más energía y rapidez en las actividades de la casa, como subir y bajar la escalera, caminar y limpiar.



Caminar o saltar frente de la televisión mientras mira sus programas favoritos. (Si mira el TV sentada por una hora, gasta 100 calorías. Si está moviendo los brazos y piernas con energía, puede gastar hasta 400 calorías.)

Haga ejercicios como bailar rápido, correr en bicicleta o caminar rápido. (¡El caminar o bailar rápido gasta 400 calorías!)

(Gracias a la Doctora Romero, antes de UCCE, para esta información)



Exercise at Home

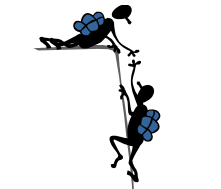


...without costly equipment or machines.

Exercise can burn extra calories from food you eat. Exercise will help you lose weight and keep your body fit. It will improve the functioning of your heart and lungs, and moderate your blood pressure and blood sugar. It can help prevent diabetes. Here are some exercise-at-home ideas:

- Put more vigorous effort into home activities like going up and down stairs (your own private stair master), and house cleaning.
- Exercise in place while watching TV. (1 hour of watching TV uses only 100 calories - but 1 hour of watching TV while walking in place and vigorously moving your arms can use over 400 calories. What a difference!)
- Do activities like fast walking, energetic dancing, jumping rope, or bicycling. (One hour of fast walking uses over 400 calories).

These days we are all trying to find ways to economize. Instead of paying for gym memberships or an expensive treadmill, try these simple around-the-house activities to stay fit.

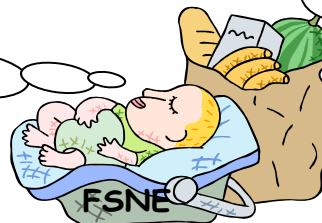


The Last Word

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

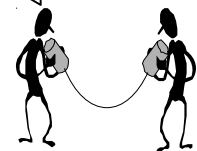
I just have to have a chocolate dessert at least once a week!

I noticed!



The USDA Food Stamp Program

helps participants to purchase healthful 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?

Winter Food Stamp Menus:

Sunday: Asparagus-Beef, Rice, Tangerines, Tapioca Pudding

Monday: Black-eyed Peas, Greens (Mustard- or Collards, or Beet Greens or Chard), Rice, Corn Bread, Sweet Potato Custard (Yams, really. Make like sweet potato pie, but bake in custard dishes with no crust)

Tuesday: Snert (What? This is the traditional name for Dutch Pea soup - recipe on page 2 - it's supposed to be so thick a spoon will stand up in it. It's a great slow-cooker supper), **Good Bread** (Fresh, lots of texture and chewiness, a good crust), **Vegetable Sticks** (Tom likes carrot sticks, whole crisp-tender green beans and red bell pepper strips), **Oatmeal Cookie**

Wednesday: Oven-Fried Chicken, Baked Potato, Roast Root Vegetables (carrots, yams, parsnips and - what the heck- some butternut squash, even though it is not a root. Put in baking dish, drizzle with olive oil, a LITTLE salt and some pepper - and garlic cloves if you like 'em - bake all till veggies cooked through and a teensy bit brown), **Baked Pear with walnuts and a dab of brown sugar.** Yes, the idea is that while you have the oven on, you may as well bake lots of things.

Thursday: Minstrone WOW! (recipe page 2), **Garlic Bread, Warm Apple Crisp** (Bake on Wed and Microwave it to warm it tonight) **with Vanilla Frozen Yogurt**

Friday: Baked Rock Fish with Garlic, Baked Potato Wedges (White and Sweet), Coleslaw, Lemon Tapioca

Saturday: Family Burger Night- Everyone help! Burgers on Whole Wheat Buns with the Works (Lettuce, Tomato, Sliced Onion, Pickle), BBQ Beans (Add BBQ sauce and sauteed onion, garlic and bell pepper to drained, rinsed canned beans; heat to near boiling), **Vegetable Sticks, Chocolate Custard**

Cook veggies

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

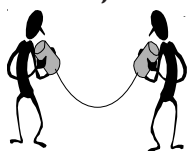
Plan meals around seasonal foods - let the Farmer's Market guide your food choices!

Plan on pasta once a week. - A family pleaser!

Time to eat more of your veggies in soup.

EZ: place clean, chopped vegetables in slow cooker. Just cover w/chicken or veggie broth (canned ok). Cook till veggies soft. Mash 'em up, add evaporated milk, pepper & salt

What? No chocolate dessert?



It's cold at night! That makes me want to eat warm puddings and custards- of course, I do not sneer at chocolate custard, y'know.

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 & Natural Resources, 300 Lakeside Dr, 6th Floor, Oakland, CA 94612-3550, (510) 987-0096.

