

December 2008

Food for Thought

Now that the summer's over and we have put away the barbeque grill for the year, it's time to talk more comfort food for the holiday season. The two recipes we will discuss are braised meats in general and Dauphinois potatoes. This French-style potato dish is much like Au gratin potatoes or cheesy potatoes.

Braising is unlike grilling or broiling, which are dry cooking methods. Braising, along with heat, uses liquid to help cook. Any type of meat can be used with this cooking method such as top or bottom round beef cuts, lamb shanks, pork loin or roast.

Braising is economical because you can use more economical cuts of meat, therefore, I would suggest not using beef tenderloin! I enjoy this style of cooking for the ease of it as well as because it is more of a cold weather method.

The first step in braising is searing the surface of your chosen seasoned protein to brown on all sides. I did lamb shanks this last Saturday for some guests. This is accomplished by using high heat with vegetable oil. * Use vegetable oil because it has a higher smoke point than olive oil which could become bitter. The next step is to cut up mirepoix or vegetables. I recommend turnips, parsnips, carrots, onions, and celery. Line the bottom of your chosen cooking vessel with the vegetables and put your braised protein on top. Next add liquid to your protein and vegetables. This could be beef stock, chicken stock or water. Use enough liquid to cover your veggie and about half of your protein. Cover with a lid or aluminum wrap and place in an oven until the meat starts to flake or is fork tender. I would use a low heat and slow cook it. This will allow you to enjoy your family and company.

Another nice hearty side dish for your braised entrée choice is Dauphinois potatoes. As stated earlier this is a form of cheesy potatoes made famous by French chefs back in the day. Ingredients are as follow:

Dauphinois potatoes

Yield 12 portions

- 1) 6 each medium russet potatoes - peeled and covered in cold water
- 2) ½ medium white onion – minced fine
- 3) ½ Tablespoon – minced garlic
- 4) ¼ teaspoon – nutmeg
- 5) Salt and black pepper – to taste

- 6) 1 cup- grated parmesan
- 7) 6 cups – heavy cream

In bowl add cheese, heavy cream, onions, garlic, and seasoning

Using a mandolin, carrot peeler, or similar utensil to cut potatoes very thin (potato chip thickness)

Add potatoes to wet ingredients

Toss

Separately, have a casserole pan, pie pan or medal pan. Grease pan with butter and rub with minced garlic

Add potato and layer into pan

Add liquid ingredients until covered by ½ “

Cover with parmesan cheese and grated cheddar cheese

Wrap with plastic wrap then aluminum foil

Bake at 375 degrees for 1 hour

Remove covering and cook until brown on top (20 more minutes)

Pierce with toothpick or knife to see if cooked all the way

Remove from oven and let sit 30 minutes

Cut into squares and serve

Bon Appétit and have a Happy Holiday season,

Chef Michael Bauer

“Erin Go Bragh” Gladhander Dinner a Success!

A special thanks to Michael Bauer and the entire kitchen crew for making this year’s dinner a wonderful feast. Over 500 guests were served gourmet appetizers and dinner that featured:

Appetizers

- Fish sausage on Irish soda cracker with mustard and dill
- Rye bread crostini topped with corned beef mousse, sauerkraut, and Swiss cheese
- Irish farmhouse cheese scones
- Shrimp cocktail
- Herb boursin stuffed potato

Soup

- Potato cheddar ale soup with Irish soda bread

Salad

- Roast beet salad with carrots, red onion, goat cheese, seasonal greens and lemon basil dressing

Entrée

- Grilled beef tenderloin with fingerling potatoes, braised root vegetables, and green peppercorn sauce

Dessert

- Chocolate pate with Bailey's crème anglaise



*Did you love the food
at this year's Gladhandler?*

Did you know that GTACS Life Balance Initiative's Executive Chef, Michael Bauer, catered the event? Please consider GTACS for your catering needs. Chef Bauer can accommodate small to large functions and offers a variety of menu options.

Contact Michael Bauer at 946-6353
or Karen Spencer at 995-8454
(kspenc@gtacs.org) to schedule
your next function.

www.gtacs.org



Thank you for attending Gladhandler 2008!

Parent Testimonial

I have already written once to tell you about how impressed I am with the lunch menu, but I just have to write again. The other night in a wildly optimistic effort to increase the healthy content of our meals, I made quinoa and served it with dinner. I had read an article about what a great source it is for protein, iron, calcium, vitamin E, and that it contains almost a perfect balance of amino acids, needed for tissue development. Instead of the usual suspicious picking and rejection, my son said, "Oh yeah, we have this at school. It's brain food." Then, my daughter sat down and made almost the same comment. Amazingly, they (all three) ate it, even the one who said he doesn't like it ate a little bit.

Thank you for much for feeding our kids healthy food!

Maura Brennan
GTACS Parent

Have a testimonial to share? Email Cindy Weber at cweber@gtacs.org

Did You Know?

Food dyes make the food we eat very colorful, but the health detriment far exceeds the benefits. As Americans, we consume five times as much food with synthetic dyes than we did 30 years ago! The FDA insists that there is no evidence that dyes impair behavior or are a detriment to one's health. I myself don't believe this and know of several children in the school district that could go into anaphylactic shock if ingested. We, in LBI, have made sure to eliminate all dyes from our foods. This even includes yogurt and pickles. Other European countries have successfully eliminated synthetic dyes and have started using, shockingly, real ingredients to color their foods and beverages. Examples follow:

U.S.

- 1) Frito Lays with lime
Blue 1, red 40
- 2) Yoplait Yogurt
Red 40
- 3) McDonalds Strawberry Sundae
Red 40
- 4) Kraft Macaroni and Cheese
Yellow 5, Yellow 6

Great Britain

- Walker's Doritos with lime
No dyes
- Yoplait Yogurt
Beet Juice concentrate
- McDonalds Strawberry Sundae
Strawberries
- Kraft Macaroni and Cheese
Annatto Seed

If other European countries are making the switch than why shouldn't we? My thought is the bottom line more important than our children's health?

If you believe that food dyes affect your child's health and behavior, please write to:

CPSI- Dye Reports, Suite 300,
1875 Connecticut Ave. NW
Washington D.C. 20009

Or visit the website: cspinet.org/fooddyes and fill out a report.

Remember you are what you eat!

Pomegranates delivered to U.S. by Spanish Settlers

As the first snow hits the ground, we say farewell to our local produce for the next several months. Now is the time to search out other items that are not indigenous to Northern Michigan. One of the fascinating produce is pomegranates. This fruit has been around for thousands of years and has its roots in the Middle East and Persia to be specific. It made its way to the U.S. around 1769 by Spanish settlers.

Pomegranate shrubs need warm weather and mild winters. They are cultivated for their fruit here in the United States in Arizona and California, but shrubs can grow as far north as Washington D.C. The growing season is short, lasting from October to January.

The pomegranate shrub can grow as high as 15 to 20 feet tall and have a brownish-red bark and are often long lived. One text states that some varieties in Europe can live to be over 200 years old. The pomegranate is self pollinated.

The most interesting part of the shrub is the fruit. The fruit is about the size of a grapefruit with deep, red exterior. The interior is separated by a membrane wall that house compartments of red little sacs (arils) filled with sweet red juice.

The best way to get to the arils is to first wash off the exterior and then take a sharp knife and cut from the top of the fruit through to the bottom. Take one half and than half it again. Put the quartered fruit into a bowl with water (this keeps the juice from splattering) then break apart and pick the aril from the membrane. The fruit will go to the bottom and the membrane will float to the top making it easier to separate the two.

These sacs or arils can be sprinkled onto various dishes to make an attractive garnish. My favorite way is to make a pomegranate salad on mixed greens with sliced mango, star fruit (carambola) and goat cheese. A nice citrus style dressing works well. I like my lemon basil dressing which was featured several months back in a previous newsletter. If you have an orange juicer, you can run the fruit through it and enjoy!

The nectar of juice of the arils has many health benefits and may experts call it a super food high in antioxidants. The many antioxidants are anthocyanin (also in blueberry), ellagic and gallic acid (in strawberries), and quercetin (in red wine). In some studies, pomegranate extracts were shown to protect against diabetes, hearth disease, arthritis, and breast and prostate cancer.

[Remember to drink your pomegranate juice!](#)

December Menu is located on the next page.

December 2008

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
Rice Farm's Hot Dog Or Chicken Caesar Wrap Roasted Cauliflower	Pasta Marinara Or Egg Salad on Wheat Roasted Zucchini	That'sa Pizza on Wheat Crust Or Ham and Cheese on Wheat Spaghetti Squash	Roast Chicken with Homemade Gravy Or Vegetable Wrap Mashed Potatoes	Chicken Quesadillas Or Cheese Quesadillas Refried Beans
MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
Rice Farm's Sirloin Burger Or Ham and Cheese On Wheat Home Fries	Bolognese with Rotini Noodles Or Tomato Bisque Corn	That'sa Pizza on Wheat Crust Or Chicken Pita Sandwich Roasted Carrots	Chicken a la King Or Chicken Caesar Wrap Green Beans	Barbequed Chicken Sandwich Or Cheesy Broccoli Soup Roasted Cauliflower
MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
Plevalean Burger Or Turkey and Cheese Sandwich Corn Chowder	Pasta with Chicken Cacciatore Sauce Or Ham and Cheese Sandwich Steamed Broccoli	That'sa Pizza on Wheat Crust Or Egg Salad Sandwich on Wheat Baked Acorn Squash	Barbeque Chicken Or Chicken Salad Wheat Wrap Eggplant Parmesan	Meatloaf Or Turkey Noodle Soup Roasted Carrots
MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
	CHRISTMAS (SEE YOU	VACATION JANUARY 5TH)	Merry Christmas from Dining Services!	

Milk, Fruit, Veggies Grain or Bread	Milk, Fruit, Veggies Grain or Bread	Milk, Fruit, Veggies Grain or Bread	Milk, Fruit, Veggies, Grain or Bread	Milk, Fruit, Veggies, Grain or Bread
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