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Cooking gets even better (and more manly) with booze
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Lorena D. Johnson Sun Media **June 18, 2006**

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Bottoms up, Dad! And while you're at it splash a little into your cooking.

Whether you're cooking for your father today or he's taking charge in the kitchen, *Cooking with Booze* (Whitecap Books) is the way to go.

At least that's how the authors Ryan Jennings and David Steele prefer to have it.

Whether it's breaky or a late-night snack, there's always room to inject some alcohol into your dishes, not to mention your glasses.

"Putting a little rum in your pancakes is a great way to start a Sunday," said Jennings during a recent visit to Calgary.

"I think you could pretty much find an alcohol to complement any dish you're going to make."

And Jennings and Steele know from experience. Their book *Cooking with Booze* features nearly 100 recipes from amaretto syrup to Xanté Poire au Cognac Brie and Pear Pastries everything in between.

Jennings suggests looking to your liquor cabinet as you would a spice rack for inspiration.

"There are so many different types of spirits and beers that can't be duplicated by spices," he said.

Jagermeister — a German liqueur — contains 56 different herbs, as well as fruits, spices, bark and other flavours.

"You'd be in the lab all day," he said. Scotch is another that would allude you without the real thing.

"I've never seen peat on the shelves of the grocery store," said Jennings, noting the smokey, peaty flavour is unique.

He likes to work with liqueurs due to their intense flavour (much more so than a juice) without being overpowering.

But if liqueurs aren't already in your cabinet, don't rush out and buy everything on the



RAISE A GLASS! ... David Steele, left, and Ryan Jennings use a bottle of Alize in cooking their Thai Shrimp Mango Kobos. Below — the finished dish.

— Jack Cusano, Calgary Sun

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The Edge	shelves at your liquor store.
Travel Tips	The authors recommend starting with something you already love to drink — say, rum.
UFC Blog	
Urbane	“Rum is definitely a great alcohol to use in both savoury and sweet,” said Jennings, noting it was their love for food and drink that led to the cookbook.
Wedding Fair	
Welcome to Calgary	While some alcohol is eliminated through most cooking processes, he cautions even a small amount (5%) can remain after two hours of baking.
What's On	
Club Crawl	“It’s a good idea to start out small adding alcohol to your food.”
Dine Out	Flamed dishes such as Cherries Jubilee retain as much as 75% of the alcohol, while something baked for only 15 minutes still contains 40%. Remember, however, the alcohol content is quite low when divided into four or six servings.
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Thai Shrimp and Mango Kabobs

4 large bamboo skewers

1/4 cup water

1/4 cup rice vinegar

2 Tbsp. granulated sugar

1/4 cup Alizé Gold Passion liqueur

2 Tbsp. fresh lime juice

1 garlic clove, minced

1/2 tsp. hot pepper flakes

12 jumbo shrimp (11 to 15 count), deveined and peeled

2 semi-ripe mangos, peeled and eat cut into 8 bite-sized pieces

1. Soak skewers in warm water for 30 minutes to prevent scorching on the grill.
2. Heat water, vinegar and sugar in small saucepan over medium heat until sugar dissolves. Remove from heat and let cool. Add liqueur, lime juice, garlic and pepper flakes.
3. Assemble 3 shrimp and 4 mango pieces on each skewer, alternating between fruit and shrimp. Arrange in a single layer in a baking dish and pour marinade over. Refrigerate for 30 minutes, turning once.
4. Preheat grill to medium-high.
5. Place kabobs on grill, close lid and cook for 3 minutes per side or until shrimp are bright pink and firm. Be careful not to overcook. Serves 4.

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B-52 Cupcakes

With full bottles of Kahlúa, Bailey's and Grand Marnier on hand, the Cooking with Booze guys say the baking is as fun as the eating.

2 cups all-purpose flour

1 cup sugar

1/4 cup cocoa

1 1/2 tsp. baking soda

1 tsp. baking powder

1 cup mayonnaise (full-fat is best)

1/2 cup brewed espresso or strong coffee, cooled

1/4 cup Kahlúa

1 1/2 cups heavy cream (38% if available)

1/4 cup Bailey's Irish Cream

1/4 cup confectioner's sugar

1 tsp. unflavoured gelatin

Candied orange zest

1 medium orange

1/2 cup sugar

2 Tbsp. Grand Marnier

1. Preheat oven to 350 F. Line muffin tins with paper baking cups.
2. Mix flour, sugar, cocoa, baking soda and baking powder in large bowl and form a well in the centre. Add mayonnaise, 1/2 cup water, espresso and 2 tsp. Kahlúa and

mix with wooden spoon until smooth. Fill baking cups two-thirds full with batter and bake until toothpick inserted in centre comes out clean (about 15 minutes for mini-muffins and 25 minutes for regular muffins).

3. Remove from oven and let stand for 5 minutes, remove from pan and allow to cool completely on rack. Brush remaining Kahlúa over cupcakes.

4. Meanwhile, combine heavy cream, Bailey's and sugar in medium bowl and beat with mixer until stiff peaks form. Sprinkle gelatin over 2 Tbsp. of water in small saucepan and place over low heat and let cool slightly. Drizzle gelatin into cream mixture and beat on low speed until combined.

5. Fit pastry bag with round tip and fill with whipped cream. Pipe swirls of cream onto each cupcake and garnish with candied orange zest or pieces of grated fruit zest.

6. To make the zest, peel orange very thinly with vegetable peeler, making sure to get only zest and no bitter pith. Slice into thin strips. Place zest in small saucepan and cover with cold water. Place over medium-high heat and boil until zest is slightly translucent, about 15 minutes.

7. Add sugar, Grand Marnier and 1/2 cup water. Bring to a boil, lower heat and simmer until zest becomes completely translucent, about 1 hour. Remove zest from syrup, separate strands and place on wax paper to cool. Makes 48 mini or 12 regular cupcakes.

— Recipes from Cooking with Booze (Whitecap Books)

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