

EDITOR: ROB McCORMICK
745-4641 ext. 244
fax 743-4581
life@peterboroughexaminer.com

FOOD

SIZZLING SPIRITS

Author suggests ways to give meals a boost with booze



Rob McCormick, Examiner
Beer-Poached Sausage Jambalaya

Cooking with Booze
By Ryan Jennings and David Steele
Whitecap, 2006
\$29.95

A splash of wine in the sauce; flaming fruit with a douse of liqueur; a couple of glugs of beer added to simmering chili.

All are classic ways to add flavour and interest to great recipes.

A new cookbook, *Cooking with Booze*, continues the tradition and goes beyond, adding lively spirits to just about every type of recipe you can imagine.

Appropriately enough, first-time authors Ryan Jennings and David Steele explain in their introduction that the book is the result of one of their many pub sessions spent brainstorming and downing pints.

While many of their ideas have "ended up on the floor with the peanut shells," the idea of a cookbook using a wide variety of wines, spirits and beer actually made it out of the pub and into published form. And it's really fun and interesting (even if the reader isn't indulging).

Both 20-something Torontonians brought useful backgrounds to the project; Jennings applies his as a George Brown chefs' school grad and food editor of *Elle Canada*, and Steele as a marketing director and professionally-trained events producer.

Many of the recipes are designed for entertaining, and the book is entertaining in itself. Clever titles such as *Tequila Mockingbird Fajitas*, and witty, sometimes cheeky recipe introductions draw the reader in.

Nor have the authors held back when it comes to liberally splashing all forms of alcohol into their



BY THE BOOK
Jennifer MacKenzie

creations, which include everything from brunch and breakfast items to appetizers, entrees and desserts.

Recipe chapters are devoted to the classics as well as the trendy and innovatively-titled (e.g. *B-52 Cupcakes*). Each of the almost 100 selections is accompanied by a beverage recipe or suggestion.

Jennings and Steele have even applied their entertaining savvy to theme-menu suggestions, including what to serve, how to decorate what to wear, and the music.

There is also an index of alcohol, with flavour notes on a good selection of different wines, beers and spirits, including suggested substitutions when applicable.

This is particularly helpful for anyone lacking an extensive liquor cabinet or knowledge of the different types of alcohol.

The numerous full-colour photos by Geoffrey Ross are enticing, and the overall design of the book reflects the hip content. While they assume at least minimal cooking experience, the recipes are generally well-written and clear. In some instances, they fail to specify the use of a baking sheet, and in others, some basic instructions, such as to stir when stirring would likely be required, have been omitted.

These details and inconsistencies aside, though, the recipes are quite navigable.

Most are of the easy and straightforward variety, and some are more involved and suited for days when you have more time to spend in the kitchen.

The authors are clearly focusing on good, pure ingredients for the best flavours and it works. The

recipes I tried were full of flavour — wonderful flavour!

The types of alcohol used range from the standard (wine, beer, rum, brandy) to more exotic, specialty liqueurs. This affords the ideal opportunity to reach into the back of the liquor cabinet for those part-bottles you don't know what to do with, and start experimenting.

If you don't have a good selection on hand, you can take advantage of the smaller bottles now available at the liquor store.

I find the 50 and 200-millilitre sizes very useful.

Here's a sampling of recipes from *Cooking with Booze*, along with the authors' offbeat introductions.

Ryan and Dave's Party Balls

(Makes about 80 bites)

Okay, so meatballs get a bad rap, especially in today's chickpea and tofu world, but when it comes down to it, just about every carnivore loves a good meatball and these are the best we've ever tasted. Take off your slipper and prepare to beat back the vegetarians.

Meatballs:

1-1/2 pounds ground beef
1-1/2 pounds ground pork
1 medium onion, minced
2 eggs, lightly beaten
1/2 cup dried breadcrumbs
2 tablespoons chopped fresh parsley
2 teaspoons salt
1/2 teaspoon freshly ground black pepper

Sweet 'n Boozy Sauce:

2 tablespoons butter
4 shallots minced
1/3 cup dried cranberries, chopped
1/4 cup red currant jelly
1 tablespoon Dijon mustard
1 tablespoon cornstarch
1/4 cup water
1-1/2 cups fresh orange juice



Rob McCormick, Examiner
Sometimes they get a bad rap, but when it comes down to it, just about every carnivore loves a good meatball.

1/2 cup scotch
1/4 cup fresh lemon juice
Preheat oven to 350F. Lightly grease cookie sheet or broiler pan. (Jennifer notes: you'll need 2 large sheets).

To make the party balls combine beef, pork, onion, eggs, breadcrumbs, parsley and salt and pepper and mix until just combined. Shape into bite-size balls and place on cookie sheet or broiler pan. Bake for 10 to 15 minutes or until golden brown. Remove from oven and drain on paper towel.

Meanwhile, melt butter in large saucepan over medium heat. Add shallots, stirring until soft, about 3 minutes. Add cranberries, jelly and mustard and continue cooking until melted and well blended.

In a small bowl dissolve cornstarch in water and add to pot with orange juice, scotch and lemon juice. Cover and bring just to a boil. Add meatballs, reduce heat and simmer for at least an hour but the longer the better!

Beer-Poached Sausage Jambalaya

(Makes 6 servings)

New Orleans fuses French and southern American cuisine to create something totally unique. Of course, we can't leave well enough alone, so we've added our two cents (or, more accurately, 24 oz) to this dish.

(See: Beer ...Page C2)

Many reds, whites pair nicely with garlic

Garlic is my favourite flavouring agent. While many varieties exist in this Lily family, soft-necked white-skinned garlic is the most popular, found in most supermarkets.

I often include garlic with other seasonings in many of the dishes I create.

But garlic is flavourful enough to take centre stage in a dish, perhaps accompanied by sea salt and freshly ground black pepper.

What wine would you consume with a dish highlighting garlic?

Let's consider a simple olive oil based pasta.

Even with added vegetables and flesh, this dish would celebrate garlic as its featured flavour. The way in which the garlic is prepared during the cooking process will determine its most suitable wine accompaniment.



The Sophisticated Wino
SHARI DARLING

Chopped and sliced garlic does not dissolve in oil. As a result the chunks or slices add subtle garlic flavour to the finished dish. The best wine matches are ones with well-balanced flavours. You don't want any one taste sensation predominating in the wine, such as sourness, sweetness or bitterness.

White wines such as pinot blanc and un-oaked chardonnay and reds like merlot are good partners. Wines produced from these grape varieties generally have no overbearing sensations and therefore support without overpowering the subtle flavour of garlic.

Pressed and crushed garlic dissolve during the cooking process and add slightly more flavour with a hint of bitterness.

This level of garlic calls for a wine with

more bitterness to match. White and red wines that undergo oak aging have soft, pleasant bitterness and so are great partners. Look for oak aged chardonnay and merlot from both cold and warm climates, such as Ontario, Oregon, California, Chile, Australia and South Africa.

Browned garlic adds nutty notes to a dish. Orvieto is a lesser-known Italian white grape variety grown in Umbria, central Italy.

Garlic grilled over hot coals adds more earthy, toasty and smoky tones.

Many countries such as Australia, Chile and France produce barrel-fermented and barrel-aged chardonnay with earthy, toasty and smoky tones that harmonize with dishes celebrating grilled garlic.

Australia's semillon can also show toasty, smoky and nutty flavours, along with its deep, rich pineapple and honey notes. This earthy character can also be found in some aged reds. Rioja reserva is a Spanish red

wine renowned for undergoing aging in cask and bottle before release. Rioja is known for its spicy, earthy character.

White wines, such as sauvignon blanc can offer a pleasant bitterness on the finish, complementing the flavour of raw garlic. Cabernet franc and cabernet sauvignon are reds with lots of tannin that also bring bitterness and astringency to the palate. These characteristics work nicely with raw garlic, as well.

Slow-roasted garlic becomes caramelized and sweet. This sweetness requires a white or red wine with a hint of sweetness to match.

An off-dry riesling, off-dry gewürztraminer or off-dry rose works well with an oil-based pasta highlighting caramelized, slow roasted garlic.

Shari Darling is a food-and-wine author living in Lakefield. She can be reached at www.sophisticatedwino.com.

Thanksgiving feast

Harvest-time pumpkin pie has cookie crumb crust

By The Canadian Press

Serve up a classic harvest-time dessert with this easy-to-make filling and crust. Serve with whipped cream, a sprinkle of cinnamon and a garnish of freshly roasted pumpkin seeds.

Pumpkin Pie with Cookie Crumb Crust

375 ml (1 1/2 cups) crushed digestive cookie crumbs (about 16 cookies)
125 ml (1/2 cup) butter, melted
Freshly grated nutmeg

Pumpkin Filling

125 ml (1/2 cup) milk
125 ml (1/2 cup) whipping cream
2 eggs, lightly beaten
150 ml (2/3 cup) packed brown sugar
375 ml (1 1/2 cups) fresh pumpkin puree
5 ml (1 tsp) cinnamon
1 ml (1/4 tsp) each ground cloves, ginger and allspice
5 ml (1 tsp) salt
Whipped cream to garnish (optional)
In a bowl, combine crumbs, butter and a few scrapes of fresh nutmeg; press firmly over bottom and up sides of



CP photo

Serve up a classic harvest time dessert with this easy-to-make filling and crust. Serve with whipped cream, a sprinkle of cinnamon and a garnish of freshly roasted pumpkin seeds.

a pie plate at least 22 cm (8 3/4 inches) round. Bake in a 175 C (350 F) oven for 8 minutes. Let cool on rack.

Pumpkin Filling: In a saucepan, heat milk with cream just until bubbles form around the edge of pan. Combine with eggs, brown sugar, pumpkin puree, cinnamon, cloves, ginger, allspice and salt. Gently pour into pie shell; bake in a 230 C (450 F) oven for 10 minutes. Reduce heat to 175 C (350 F); bake for 25 minutes or until tip of knife inserted into centre comes out clean.

Makes 6 to 8 servings.
Nutrients per serving when recipe serves 8: 302 calories, 4 g protein, 16 g

fat, 38 g carbohydrates.

Pumpkin Puree: One small pie pumpkin weighing about 1.25 kg (2 1/2 lbs) will yield about 750 ml (3 cups) puree, or enough for 2 pies.

Cut washed and seeded pumpkin into chunks and place in a large pot with 5 cm (2 inches) of water. Cover and steam over medium heat until tender, about 15 minutes, adding more water to maintain level if required.

Let cool; drain well and puree in blender with skin on. Freeze leftover puree in 375-ml (1 1/2-cup) measures for using later.

Source: Foodland Ontario.

Cook roasted garlic smashed potatoes to serve with turkey

By The Canadian Press

Roasting vegetables brings out their natural sweetness and adding cream helps to bring out their rich texture. Prepare this side dish ahead and reheat in the oven while your turkey is resting.

Herb and Garlic Roasted Smashed Potatoes

2 kg (4 lbs) red skinned potatoes (about 10)
50 ml (1/4 cup) butter, melted
15 ml (1 tbsp) chopped fresh rosemary or 5 ml (1 tsp) dried
15 ml (1 tbsp) chopped fresh thyme or 5 ml (1 tsp) dried
15 ml (1 tbsp) chopped fresh sage or 5 ml (1 tsp) dried
7 ml (1 1/2 tsp) salt
2 ml (1/2 tsp) pepper
3 heads garlic

375 ml (1 1/2 cups) 35 per cent whipping cream
75 ml (1/3 cup) chopped fresh Italian parsley

Gratin Topping (optional)

175 ml (3/4 cup) shredded asiago cheese
30 ml (2 tbsp) chopped fresh Italian parsley

Cut each potato into eighths and place in a large bowl. Add butter, rosemary, thyme, sage, salt and pepper and toss to combine. Scrape onto large parchment paper-lined baking sheet. Cut tip of each head of garlic off to expose cloves and place cut side down onto baking sheet. Roast in a 220 C (425 F) oven for about 50 minutes or until potatoes are golden and tender.

Meanwhile, in a saucepan or in a microwave bring cream and parsley to a

gentle boil.

Scrape roasted potatoes into a large bowl. Using a paper towel, hold onto a roasted garlic head and squeeze out cloves into potatoes. Discard skin. Repeat with remaining garlic. Add cream mixture. Using a potato masher, mash potatoes and cream mixture a few times to create a rough mash. Scrape into a 2-l (8-cup) shallow casserole dish to serve.

To make ahead: Cover and refrigerate for up to 1 day. To reheat, cover loosely with foil and bake in a 205 C (400 F) oven for about 35 minutes or until knife inserted in centre comes out hot.

Gratin Topping: In a small bowl, combine cheese and parsley. Sprinkle over top of potatoes and bake in a 205 C (400 F) oven for about 5 minutes or until golden and melted.

Makes 8 to 10 servings.
Source: Dairy Farmers of Canada.

Beer may bring out the best in your meat

(Continued from Page C1)

Two 12-ounce bottles dark ale
4 chorizo sausages (Jennifer notes: hot Italian or other spiced sausage would work)
1 tablespoon vegetable oil
3 boneless, skinless chicken breasts, cut into 1-inch cubes
4 cloves garlic, minced
2 stalks celery, chopped
2 onions, chopped
1 red bell pepper, chopped
1 green bell pepper, chopped
1-1/2 cups chicken stock
2 cups instant rice
2 bay leaves
1-1/2 teaspoons chili powder
1-1/2 teaspoons dried thyme
1-1/2 teaspoons dried oregano
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper
1/4 teaspoon hot pepper flakes
One 28-ounce can chopped tomatoes
12 ounces large shrimp (21-30 count), peeled and deveined

Bring beer to a simmer in a large skillet over medium heat. Pierce sausages with a fork and add to beer. Cover and poach sausages for 8 minutes. Remove from pan, allow to cool and slice diagonally. Set aside. Save poaching liquid.

Heat oil in a large stockpot over medium-high heat, add chicken and sauté for 3 minutes. Add sausage and cook until chicken browns lightly, about 4 minutes. Remove from pot and set aside. Add garlic, celery, onions and peppers and sauté until onion becomes translucent. Deglaze with chicken stock and 1 cup of poaching liquid. Add rice, herbs and spices. Stir in sausage, chicken and tomatoes. Reduce heat and simmer for 20 to 25 minutes or until almost all the liquid is absorbed. Stir in shrimp and cook for an additional 5 minutes, or until shrimp are bright pink and cooked through.

Brie and Pear Pastries

(Makes 4)

Pastries for breakfast are a decadent treat, especially if you're trying to impress that special someone who stayed the night. Squeeze some fresh orange juice and deliver these just out of the oven for a warm breakfast in bed. If all goes according to plan you'll be spending the day under the covers. An added bonus is the leftovers.

12 ounces brie at room temperature, rind removed
2 eggs plus 1 yolk
2 tablespoons Xante Poire au Cognac or brandy
1/3 cup butter
1/4 cup packed brown sugar

3 ripe but firm pears, peeled and sliced lengthwise
2 sheets (1 pound package) frozen puff pastry, thawed (Jennifer notes: or use 1 block, cut in half)
1 tablespoon granulated sugar

Combine brie, 1 egg plus yolk and Xante Poire au Cognac in food processor or medium bowl with hand-held mixer and blend until smooth. Refrigerate until ready to use.

Meanwhile, melt butter in skillet over medium-high heat, add sugar and cook for 1 minute. Add pears and cook for 1 to 2 minutes or until pears soften slightly. Remove from heat, transfer to clean bowl and refrigerate until cool.

Preheat oven to 450F. (Jennifer notes: Line a baking sheet with parchment paper. Set aside)

Roll 1 sheet of puff pastry into a 12- x 6-inch rectangle on a clean, lightly floured surface and cut into 2 equal squares. Repeat with second sheet. Set aside. Whisk remaining egg with 1 tablespoon of water until smooth. Spread equal amounts of brie mixture onto one-half of pastry squares, leaving 1/2-inch edge all around. Top with equal amounts of pear mixture (Jennifer notes: drain the juices from the pears first). Brush inside edge of pastry with egg wash and fold pastry over to form a triangle. (Jennifer notes: place pastries on the prepared baking sheet, at least 2-inches apart). Make 3 slits in top of pastry with a paring knife, lightly brush with more egg wash and sprinkle with sugar.

Bake for 5 minutes then turn oven down to 375F and continue baking for 10 to 15 minutes or until pastry is golden brown and cooked through. Serve warm.

Jennifer MacKenzie is a Buckhorn recipe developer, food writer and co-owner of In A Nuttshell in Lakefield. She can be reached at nuttshell_lakefield@hotmail.com.

62089884
7 x 127.00
- CANADIAN CANCER SOCIETY -
CHRISTINE DI BATTIST
A0000A0000A0

62045846
3 x 66.00
TRENT UNIVERSITY/PURCHASING
TRENT UNIVERSITY/PUR