



TAILORED TASTE TIDBITS

Volume I, Issue I April 2006 Food News from Tailored Taste Personal Chef Service

In the News:

According to the Washington Post (Saturday, March 18, 2006), cookbook authors are “dumbing down” recipes because folks no longer know how to cook. Learning these skills at the knees of our mothers is not happening because our mothers are out working for a living and cooking is no longer a priority.

What the article didn't mention is the obvious – hire a personal chef to either cook for you and forget about learning those technical terms OR let that personal chef teach you or your kids how to cook.

Tailored Taste Personal Chef Service knows how to sear, simmer, blanch, sauté, braise, cream, blend, fold, dice, mince, and more. Customized meal services and cooking lessons are available. ✂

Who Knew? Crepes are Easy Fun

Recently, at the request of a client, Chef Monica re-visited a classic French dish – the crepe. In testing recipes for her client, she discovered the true versatility of this thin little ‘pancake.’ It can play a sweet role in a traditional dish such as Crepes Suzette or cross over to the savory side when filled with Sautéed Leeks & Bleu Cheese.

By substituting coconut milk for whole milk, the crepe heads to the East and wants to be filled with grilled Shrimp and spicy shredded Carrots. Add some chipotle chile to the batter and it travels south of the border to embrace Queso Fresco and Tomatillas.

Chef Monica even discovered these little treats can be made gluten-free for those with allergies. The wheaten taste remains when using a blend of garbanzo flour, sorghum, and potato starch. (One disappointment was that rice flour did NOT work in this recipe...it created a thick disk more akin to a hockey puck than to a crepe.)

A little cocoa powder in the batter made a decadent vehicle for Chocolate Mousse drizzled with Caramel Sauce. The ideas are still coming.

To learn more about crepes, or to have Chef Monica ✂ make some for you (they freeze quite well), contact Tailored Taste. ✂

Classes:

Appealing Appetizers:

Hosting a cocktail party and don't know what or how much to serve?

Going to a potluck and can't bear showing up with yet another pasta salad? Let Tailored Taste show you how to prepare quick and tasty bites for your next party using terrific items such as Phyllo Cups, Wonton Skins, Mascarpone Cheese and Smoked Salmon. Instructions for prepping ahead will be discussed.



Fish 101:

Do you suffer from a fear of fish? Want to eat more Omega 3's but don't know where to begin? Tailored Taste will take you, step by step, through the process of selecting fresh fish to prepare three quick, easy, and delicious ways to enjoy fish. All are freezable so you can make them ahead. ✂

April begins on the same day of the week as July every year.

April is:

- Chocolate Eaters Month
- Poetry Month
- Internat'l Guitar Month
- National Humor Month
- National Welding Month
- National Smile Month
- National Pecan Month
- Stress Awareness Month

So, to make you smile as you strum your guitar while welding metal, here's a recipe to recite (and cook) to reduce your stress:

Chocolate/Pecan Bark

- Prepare a cookie sheet by lining with foil.
- Slowly melt $\frac{3}{4}$ lb. of your favorite chocolate (semi-sweet, dark, or even milk chocolate) in the microwave or on the stovetop in a double boiler.
- Add $\frac{1}{2}$ cup chopped pecans and stir gently.
- Spread mixture on cookie sheet and pop into the fridge.
- After 2 hours, break the chocolate into irregular shapes (or for you tidy folks, score the chocolate and snap into squares) and enjoy.
- Keep refrigerated and it will last as long as your willpower. ✂



Mother's Day/Father's Day



It's that time of year – the celebration of our parents. Keep in mind that Tailored Taste offers gift certificates of all kinds from intimate dinner parties to a complete meal service. These make wonderful gifts for Moms and Dads alike.

Perhaps you'd like a Brunch for Mom so she won't have to lift a finger on May 14. An Eggs Benedict Casserole topped with Hollandaise or Snickerdoodle French Toast possibly? Maybe Gingered Fruit Salad and Twisted Brown Sugar-Peppered Bacon on the side? Tailored Taste can prepare items the day before for you to heat on the big morning or we can prep and serve the brunch for you.

Wouldn't Dad like a barbeque dinner with Chipotle-marinated Flank Steak as the centerpiece on June 18 rather than a tie? Tailored Taste can create all the elements required for a fabulous cookout. ✂

The Graduates

The big day is approaching – school's nearing an end and you are ready to celebrate this big event. Let Tailored Taste take the stress out of the day and put the flavor into the party.

Is the graduate heading out on their own? A Tailored Taste Gift Certificate for a month of meals would be a great start on the road to independence. ✂



School's out – now what?! Schools out for summer but the kids still need to eat and you still have to work. Let Tailored Taste provide the solution to this dilemma – we can prepare soups, salads, quiches, sandwiches or wraps for the kids' lunches and perhaps week night dinners as well. It's time to keep the kitchen cool with minimal heating or items that are grill-ready. ✂

Tailored Taste Personal Chef Services

www.tailoredtaste.net

301-699-9597

Email: tailoredtaste@comcast.net