


TAILORED TASTE TIDBITS

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

On the Bookshelf:

Summer reading for most people means a thriller, a murder mystery or even a trashy novel. For me, it means a 'foodie' book. These days there are a lot to choose from. In fact, the Sunday NY Times devoted their entire Book Review on May 28, 2006 to books about food, chefs, and food critics.


I just tore through a book by Ruth Reichl, current Editor-in-Chief of Gourmet magazine, entitled *Garlic & Sapphires*. She regales the reader with tales of her days as the Food Critic for the New York Times. Ms. Reichl's descriptions of the meals she experienced (and the costumes she wore) transport the reader to her table. There were drool marks on the pages as I read.

Next up, Julia Child's book of her early days in France (co-authored by her nephew) and her discovery of the cuisine she came to love and share with the world. 

Kabob? Kebab? Kebap?

According to Wikipedia, "**Kebab** means "grilled (or broiled) meat" in Persian. We have further defined it as something grilled on a skewer. Kabobs have been dated back to the 10th Century, but one assumes the cooking method goes back much farther than that in human history. Can't you just picture a caveman hunched over a fire with a stick and a piece of meat on the end?

Nearly every culture in the world has adapted this quick cooking method to showcase their indigenous meats and produce. Think Brochettes (French), Satay (Southeast Asian), Souvlaki (Greek), Yakitori (Japanese), and Kafte/Kofte (Persian/Turkish).

Nowadays, just about anything you can 'stick on a stick' is fair game for kabobs – shrimp, scallops, pork, ground meats, firm fleshed fish, even fruit! Dipping Sauces enhance these grilled treats and range from chocolate for the fruit kabobs to chutneys, hoisins, and tzatzikis for the savory skewers. Tailored Taste can whip up kabobs and sauces for your home grilling. Just light fire, and in no time you're enjoying a delicious summer meal. 

Summer Classes:

July 15, 2006, 11 a.m. – 2 p.m. Demo & Lunch
*Vacation from Meat –
Three Veggie Entrees &
Dessert*
Menu:

South of the Border Risotto

*Penne a la Vegan Vodka
Sauce*

*Wild Mushroom Spring
Rolls*

Basil & Lime Sorbet



July 29, 2006, 11 a.m. – 2 p.m. Demo & Lunch
*A Summer Dinner from
Provence:*
Menu:

*Provençal Chicken with
Honey & Thyme*

Vegetable Gratin

Souffléed Lemon Custard

\$50/person per class. Class size limited to 5

July is a month of Independence Days – in the US, Peru, and Argentina. The French celebrate Bastille Day and watch endurance cyclists compete in the Tour de France as well. Lesser known July events include:

- Cell Phone Courtesy Mo.
- National Hot Dog Month
- Anti-boredom Month
- Nat'l Culinary Arts Month
- National Picnic Month

Here's a seasonal recipe that's quick, easy & perfect at a 4th of July BBQ, a picnic, or as a weeknight side dish:

CAPRESE SALAD

3 vine-ripe tomatoes
¾ lbs. fresh mozzarella
5 fresh basil leaves
1 teaspoon fresh oregano
2 teaspoons olive oil
Freshly ground pepper
Kosher or sea salt

Cut tomatoes and mozzarella into 1/8" slices. Alternate slices around serving plate. Roll the basil leaves together into a cigar shape and thinly slice. Finely chop oregano. Strew herbs over the tomato/mozzarella slices. Drizzle with olive oil and sprinkle with salt and pepper to taste. Enjoy!*

*As a courtesy, please text message this recipe - do not read it aloud to friends over your cell phone. 📱

Grill Time. Summer is here. Time to fire up the grill and throw on steak, chicken, fish or burgers. But, where's the flavor? Oh, no time to marinate something? Just ask Tailored Taste to prepare items ready for the grill. Here's a brief list of some grill-ready entrees that Tailored Taste offers:

Lime/Garlic Beef Satays with Dipping Sauce

(Strips of marinated Beef skewered & served with a Hoisin Sauce)

Southern Hawaiian Salmon

(Fillets of Salmon infused with Pineapple Juice and Bourbon)

Tequila Flank Steak

(Whole Flank Steak soaked in Tequila laced with Garlic & Jalapeno)

Chicken Tikka Kabobs

(Cubed Chicken Breast marinated in Yogurt flavored with Ginger, Cumin, Coriander and Crushed Red Pepper)

Spicy Wrapped Jumbo Shrimp

(Chipotle sprinkled Shrimp wrapped in Prosciutto or Smoked Bacon)

Perhaps a burger is more your style. Tailored Taste takes the basic concept and adds a twist for interest, such as:

Greek Burgers

(Ground Lamb accented with Mint, Feta & Oregano)

Szechwan Turkey Burgers

(Ground Turkey studded with shredded Carrots, Water Chestnuts, fresh Ginger & Shallot)

Beef & Bleu Burgers

(Ground Sirloin Burgers with centers of Gorgonzola Cheese)

South-of-the-Border Grilled Portabellas

(Portabella Mushrooms rubbed with Extra Virgin Olive Oil then grilled & filled with Salsa Verde)

After the Vacation. All too soon, summer will give way to September. The routine will begin again...perhaps school (with the homework to monitor and meetings to attend), more traffic during the commute to and from work, and, in general, less time on your hands.

Close your eyes and imagine that you come home from a long, hectic day, and in less than 30 minutes you sit down to a healthy, well-balanced and delicious dinner. And there's plenty of time left in the evening to spend with the family. Contact Tailored Taste for all the details.

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