

TAILORED TASTE TIDBITS

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What I Did on My Summer Vacation?

Is it my imagination or has time sped up? Summer used to feel like it went on forever. But this summer flew by. Besides cooking for my clients, I attended the US Personal Chef Association (USPCA) conference in St. Louis, received my professional certification, and went to a farm for the first time in my city-girl life.

The annual gathering of **USPCA Chefs** in St. Louis was three days of classes, sharing ideas, and, best of all, reconnecting with those whose support in my first two years of business has been invaluable.

The professional high point of my summer was receiving my **Certified Personal Chef** designation from the USPCA. This title was created in 1996 to certify competency and recognize professional commitment. A rigorous exam measuring knowledge of food & food safety, as well as the grasp of sound business practices, is but one requirement. Documentation of my business, education, and experience was also submitted for review by the National Advisory Council of the USPCA. On August 14, 2006, I was awarded the federally registered trademark of Certified Personal Chef (CPC).



And then the fun...my trip to 300-acre **Longshot Farm** in Houston, MO where a terrific family enjoys life away from the stress of running a catering business in the city. In this beautiful setting, 150 cattle feed on grass & corn and a burro lives to help train the bulls. My former bosses and good friends, Joan & Wayne Long, hosted their Executive Chef Dan and me for a few days of relaxation. Food took center stage –

we ate freshly picked okra (battered and fried), salmon topped with grilled apricot salsa made on the spot, and a 'Chef Dan-baked' fresh cherry pie for dessert. Yum.

I toured the farm in an ATV, visiting fields of Native Prairie grasses planted to encourage the return of quail to the area. I saw wild turkeys running near a beautiful bluff along the Big Piney River. And I fed shucked corn to the burro. The beauty of the setting, the camaraderie of friends, and the common "ingredient" of food made my trip to the Midwest pure bliss.




The Gift of Touch –

**Meet Massage
Therapist &
Nutritionist,
Vonda Barber**

Last October, I met **Vonda Barber**, a Certified Massage Therapist & Nutritionist. Thus began a friendship & professional relationship.

Vonda specializes in **therapeutic massage** focusing on the specific needs of each individual client. Her services promote & sustain an increased ability to move & perform activities, alleviate pain/discomfort caused by injury & overuse, as well as provide stress management and relaxation. These are just a few benefits of therapeutic massage.

Along with her massage therapy, as a trained Nutritionist, Vonda counsels those with special dietary needs. After she outlines a program to address these needs, Tailored Taste can create a delicious way to make your life and health better.

You can contact Vonda at
301.943.2535 

October – the time of Halloween, pumpkins & falling leaves.

Did you know pumpkins are members of the squash family and are one of the oldest edibles native to North America? Packed with potassium, vitamin A and beta carotene, they star in sweet as well as savory dishes. Pumpkin pie leaps to mind, but its orange flesh is also fabulous in Soups or stuffed into Ravioli.

And you can also carve a fun Jack-o-Lantern if you'd rather leave the cooking to Tailored Taste.



Spicy Pumpkin Bisque

1 Tablespoon butter
1 large onion, chopped
2 cloves garlic, minced
1 tsp cayenne (or more!)
16 oz can pumpkin puree
4 cups chicken stock
1/2 teaspoon black pepper
1/4 teaspoon ground allspice
1/4 cup dry sherry
1 cup half-and-half

In a soup-pot over medium-high heat, sauté onion & garlic in the butter until soft. Add remaining ingredients (except Half & Half) and bring to a boil. Immediately reduce heat and simmer about 30 minutes. For a smoother bisque, puree soup in blender. Do in batches, only filling blender half full each time. Return soup to pot and stir in Half & Half. Heat until warmed through.

Recipe modified from
www.Pumpkin-Patch.com



Holidays! Yikes – they're just around the proverbial corner. Before long we'll be sitting down to *The Turkey Dinner* and in the blink of an eye we will be scrambling for gifts come December. This year let Tailored Taste help you.

How nice if those Thanksgiving **side dishes** were prepared and ready to pop in the oven at the last minute? Tailored Taste can create those dishes and give you heating instructions so you can spend your day enjoying family rather than trying to figure out what to do with those giblets.

Do you promise yourself every year you'll host an **Open House** during December? But as the time approaches, decide it's just too much work? This year go ahead, send out those invitations, and leave the rest to Tailored Taste.

Lastly, why not give the gift of time – that is time *not* spent cooking dinner. **Tailored Taste Gift Certificates** make wonderful holiday presents.

Here's a list of some of Tailored Taste's most delicious dishes:

Appetizers

Savory Cheesecakes
Smoked Salmon & Cardamom Mousse Cups
Cherry Tomato "Flowers" filled with Parmesan Polenta
Marinated Olives

Soups

Roasted Butternut Squash or Pumpkin
Cauliflower with Pesto Swirl
Thai Tomato

Sides

Chestnut, Sausage & Wild Mushroom Stuffing
Shredded Brussels Sprouts with Pancetta
Mashed Sweet Potato
Classic Mashed Potatoes or South Beach "Mock" Potatoes
Broccoli with Sweet Onions & Peppers

Desserts & Holiday Cookies

Flourless Chocolate Tortes
Pies and Tartlets
Chocolate/Almond Puff Pastry Pillows or Black Forest Turnovers
Gingerbread Squares with Orange Cream Cheese Frosting
Black Currant Tea Pound Cake
Orange/Pistachio/Mango Lace Cookies
Triple Ginger Snaps
Chocolate Truffles laced with Orange

Breakfast Items for those Overnight Guests

Crustless Spinach & Gruyere Quiche
French Toast Casserole
Breakfast Breads – Banana Chocolate Chip, Date Pecan & Scones
Muffins (Blueberry, Cherry, Bran, Banana, Gingerbread)



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