

Greetings from Will & Lorraine

Riley's Whitby Bull

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2014 Newsletter #6

Some recipes, news and food for thought! June 28, 2014

Thank you "Web Guru" **George Alexander**, host of the Bull's web site:

www.rileyswhitbybull.com To view menus visit our quiet web site.

Hours of Service:

Lunch: Wed. - Fri. 11:30am - 2:00pm

Dinner: Wed. - Sat. 5:00pm - 9:00pm

Sunday Breakfast 9:00am -

The town still cleans up after the 2014 Aiken Ice Storm. Big trucks haul mulch from huge piles. **Will** burned the back pile. Two piles remain.

The world has turned green and flowers are everywhere.

You've heard the term "Atlas shrugged the weight of the world off his shoulders". The 801 Mulberry shrugged and tossed off the weight of a couple of centuries. The fallen trunks resemble a 20 foot diameter "Chia Pet". Lush growth like a head of green hair cover her. Mother Mulberry has not given up the ghost. Life goes on and on and on.

Warm temperatures have come early this year. One day humid one day dry one day rain & hail one day thunder & lightening every day weather.

Will & I bid a fond farewell to our "Costermonger" of 20 years, **Steve Cannon** of Southside Produce. Our neighbor and purveyor of fruits & vegetables is closing. Last day was May 31.

In 1994 we arrived and chose Southside Produce. It is a small family owned business. **James & Libby Shuford, Terri & Steve Cannon** have become dear friends and we will miss seeing them on a daily basis but we will not lose touch.

One day in 1994 when Riley's was located in The Holley Inn (now Hotel Aiken) **Terri & Steve** sat down for Sunday breakfast. I introduced **Steve** to **Lori** as "our costermonger". "What did you call me?" **Steve** wanted to know. I explained "A costermonger is a purveyor of fruits & vegetables. Look it up." He did and he has been ours ever since. **Will** called **Lori** to pick-up their order. **Lori** said "That's not what they ordered." **Will** told her "That's what they are getting." It was the first, but not the last, time they had the Irish Pub Breakfast. It was a hit. **Will** just wanted to share.

Through the years we have shared meals, recipes, holidays, lots of laughs, hugs, kisses and help & assistance. Bye Bye Friends. May you be blessed in your new pursuits.

An interesting happening: Will and I were having a relaxing read on the front porch when (what turned out to be a tiny brown spotted tree frog) used the back of my leg as a jumping-off point. Wow! I was pleasantly startled by the instant wet-like sensation. It was not too cold - not ice water: not too warm - not body temperature: just right - like a swim into a warm spot in the lake. Then as quick as can be the tiny critter launched onto the porch and off into the Jasmine. How cool is that. Very cool thank you.

Farewell: Our beloved friend **Richard Risio** passed away in Manhattan. An accomplished artist, potter and teacher. He was a good soul and gentle man. Our

family will miss him.

Our nephew **Dylan O'Connor** is at again. He has returned to Africa. This time for 8 months, to **Lesotho**. His role in this project is to "assist in the collaborative effort between Columbia University College of Physicians & Surgeons and the Lesotho Ministry of Health in creating Lesotho's first medical school". **Dylan** "has been honored with the position of Administrative Assistant to the Dean (Dr. Mokete) until a permanent assistant can be hired." He keeps us updated by e-mail.

Birthday Kids: Sister **Janine Collins, Carol Miller** and **Roger Miller**, Sister **Jo Jo**, Nephew **Zoltan** 21 Woo Hoo, Brother **Ferd, David Stinson, Elizabeth "Lizzy" Smith, Ann Mtichell**

Anniversary Celebrants: **Michael & Laurie Greene** "with an E", **Calyan & Jonathan, Ferd & Linda**, The **Hollowells, Will & Lorraine** 29 Woo Hoo

Wedding Bells Rang for: **Robin** (Kronberg) & **Blake Bolen** Best Wishes Guys, As a South Carolina Notary Public, I witnessed wedding vows made by **Gary & Maryann Sullins**. It was a great wedding/dinner party.

We were tickled to see **Samantha Zimmerman** & her prom date **Alex** in their formal get-ups. How fun is that. Known **Sam** for a long time. She has grown to an accomplished young lady. Good luck in Atlanta, Girlfriend.

Heartfelt Thanks to: **Harvey & Joan Lacombe** for you know what, **Jack & Nancy Tappe** for our 2014 palms & yummy Figs, **George & Betty Alexander**, just back from their England trip, for our Black Bath Stone

Fireflies in the garden. June 10th was a nice evening on the front porch and there they were. The first firefly sighting. It is always a thrill. No I did not capture any to put in a jar. But then the mosquitos showed up making it time to go in.

Recipes of the Day:

1. Fresh Apple-Spice Cake Serves 8 From *The Essential Vegetarian Cookbook*
"This fat-free cake is so moist and rich with flavor, it would have nothing to gain from shortening of any kind. It travels well, so pack it with lunches, or send it off to college or camp."

½ cup whole wheat pastry flour or unbleached all-purpose flour

1 cup unbleached all-purpose flour

1 teas baking soda

1/4 teas ground cloves

½ teas ground ginger

1 teas ground cinnamon

½ cup packed light brown sugar

1/3 cup unsweetened apple butter

2/3 cup nonfat buttermilk

1 large egg white

1 ½ cups chopped peeled apples, referably Granny Smith or Rome

3 Tbls granulated maple sugar or brown sugar

PROCEED:

Heat oven to 350° F

In a large mixing bowl, combine the whole wheat pastry flour, all-purpose flour, baking soda, cloves, ginger and cinnamon with a wire whisk.

In a separate medium bowl, combine the brown sugar, apple butter, buttermilk, and egg

white. Stir thoroughly until well blended.

Add the wet ingredients to the dry and stir well. Fold in the apples to distribute throughout the batter.

Pour the batter (it will be very thick) into an 8-inch round nonstick cake pan. Sprinkle evenly with the maple sugar. Bake 30 to 35 minutes, until a paring knife inserted in the center comes out clean. Transfer the cake to a cooling rack. Let it cool for 30 minutes before turning out onto a plate and serving.

Variations: For nondairy replace Buttermilk with Coconut milk. Add 1/4 chopped nuts of choice.

2. Lemon Poppy Seed Cheeze Cake 9-inch round spring form

Crust:

16 graham cracker squares

1 Tbls soft butter

Cake Batter:

4 - 8 ounce packages cream cheeze

11 ounces sour cream

1 ½ cups sugar

1/4 teas salt

zest of 1 lemon

1 Tbls lemon extract

2 Tbls poppy seeds

4 large eggs

PROCEED:

Preheat oven to 250° F

Crust: Crush the graham crackers to crumbs. Stir in the butter and press it into the spring form pan.

Cake Batter: With a paddle in mixer combine the sour cream and cream cheeze til smooth. Combine the sugar, salt, lemon zest, lemon extract. Add gradually to the mixer and mix until the sugar is dissolved. Add the eggs one at a time mixing til incorporated. Fold in the poppy seeds.

Over the back of a spoon pour onto the graham cracker crust.

Place a small pan of hot water into the oven. Place the cake pan on the top shelf. Bake for two hours. Check the cake for doneness.

You want the cake to rise in the center and begin to pull from the top. When it is golden and dry, turn off the oven. Leave the oven door closed for 30 minutes. After 30 minutes crack the door and wedge a wooden spoon in the door.

Remove to a rack when you can lift it with your bare hands. Refrigerate over night before removing from the pan. We cut the cake with fishing line or unflavored dental floss.

That's all for 2014 Newsletter #6

Talk to you next time.

Peace & Love

from Riley's Whitby Bull "Misfits' Haven"

