

Greetings from Will & Lorraine,

Riley's Whitby Bull

641-6227

2009 Newsletter #10

Some recipes, news & foods for thought! October 6, 2009

BULL NEWS

"**Crabby Willie Crab Cakes**" are here. **Will** has begun hand forming Lump Crab Cakes. They are wonderful. Our very astute crab cake expert, 11 year old **Alex Alasin**, gave **Will's** Crab Cakes two thumbs up. Apparently the "recession" caught up with our former crab cake maker and they did add more "filler and raise the price" Well you don't have to knock us in the head too many times before the lesson sinks in. Solution: develop our own formula. **Will** has perfected the recipe and "**Crabby Willie Crab Cakes**" are now available at Dinner as appetizer or entree and in Sunday Breakfast Chesapeake Bay Eggs. They are simply the best I have tasted. So come vote for yourself. See you soon.

Lesson in "Planned Obsolescence" ; After ten years the ice machine broke down. It could have been "fixed" but the "fix" would only have been the first of many. We decided to purchase a new ice maker (the bin is okay). It is on the truck and will be here Thursday. Don't like it but since the warranty was 5 years parts and 3 years labor we guess we got our money's worth. Keeping it clean kept it going.

News from **Farnell Clinic**. **Stuart** has information about his Lymph node massage. I got a treatment this week and was pleased with the results. Most important was the renewed movement in my right eye and increased mobility in my joints. Hmm. Lymph nodes very important yet neglected. I'm sold. Call 646-1846 you'll be glad you did.

Yeah! **Will** has repaired the front porch railing. It is now cemented in and battleship grey. If you come anytime soon you'll notice the "patchwork quilt" look of the porch. It is simply some spots of primer. The whole porch floor will be battleship grey. I think that will blend in nicely with the yellow, red and lavender.

Please join me in a moment of silence for the passing of **Gourmet** magazine. **Will** says "Aren't you glad I didn't let you trash all those old **Gourmets**?" I guess so. It does make me sad. I can still remember (while in Junior High) opening **Gourmet** for the first time and being so jazzed by it. Bye Bye Gourmet.

Funny thing: I called **Jerri** at **Herbal Solutions** one day and she asked if we had closed!!! No we are still here. Being off the beaten track or hidden behind those (State protected) cedar trees may have people forget we exist. So tell your friends to show up hungry and show up often. **Will** is out front trimming shaggy garden plants to increase visibility and **Lorraine** is redesigning the sign.

I have developed a **Mosquito** repellent. Here's the recipe: Mix equal parts Lavender oil and Eucalyptus oil. Dilute with rubbing alcohol for easy spreading. Rub it on or put some on a cotton ball and put in the car to keep the car "bug-free" at the drive-in. Works.

Aiken Center for the Arts **Wine & Art** fund raiser is coming Thursday October 15. It is a fun night and is a worthy cause. **Will** and I have participated for years. But this year poor **Will** is going solo as I am joining "Sista" **Linda Warren** at the "Ed Tech Conference in Myrtle Beach. I will be "Wandering" unsuspecting Geeks and their gizmos. Yeah.

Birthday Kids: **Nephew Jake** who the day before his 25th birthday swam 10 miles across Lake Champlain (ah youth), **John Merrick, Cindy Raybould, Debbie Huggins, "Crazy" Steve, Ron Alasin, Dave Fox, Austin Gunnels**, and welcome "Aunt" **Elizabeth** Smith's new niece **Skyler Rae, Will Riley, Linda Warren**, Sister **Maureen Steinberger**, Brother **Mike Riley, Ute Aadland, Linda Ely, Robin Kronberg, Deanne Acosta**

Anniversary Celebrants: **Carol & Bud Pabst, John & Janice Merrick, Steve & Terry Cannon, Gwen & Russ Tuttle, Lauren & Bill Wabbersen's** first date anniversary (we are keeping Ferdinand & Fern, their floppy green frogs safe)

Heartfelt Thanks to: **Linda Ely** for my "Wee Little Kitchen Witch", **Dee Risher** for getting us up early to host a Bridal Breakfast - **Dee**, don't forget I have your vase, **Amanda Bryson** for my very fun new Pink Flamingo Hat, **Cindy Raybould** for my very fun new Watermelon Hat, **Nancy & Jack Tappe** for the "House of Many Funny Hats" hat tree, my belated Birthday roses and yet another big box of Splenda (never running out of Splenda), **David & Marlene Jones** for a lovely visit, lunch and treasures, **Pam the Mother** for the big bag of Jelly Bellies.

Recipes of the Day: Thoughts turned to Autumn so here are a couple cool favorites.

1. Zucchini Pancakes from Gourmet 1997 Serves 4 - 6

1 ½ # zucchini, grated

1 teaspoon salt

1/4 cup red onion, sliced thin

1 large egg, lightly beaten

3/4 cup coarse fresh bread crumbs

PROCEED:

Toss zucchini and salt, let stand 30 minutes, drain, squeeze dry.

Add remaining ingredients, mix lightly and chill. Heat a skillet or griddle, lightly grease with oil. Using a 2 ounce ladle or utility spoon form patties and grill til light brown on both sides. This is a delicious yet simple side dish perfect for special days or every day.

2. Beef Cassoulet a yummy hearty Fall dish Serves 6

2 ½ # beef top round, 1" cube

1 ½ Tablespoon flour seasoned with;

1/4 teaspoon salt

1/4 teaspoon pepper

1 large onion, diced

2 carrots, julienne

1 medium turnip, julienne

1 parsnip, julienne

3 stalks celery, julienne

2 Tablespoon butter

3 Tablespoon oil

2 cloves garlic, minced

2 cups beef stock

3/4 cup red wine

1 Tablespoon tomato puree

2 Tablespoon Orange Juice

1 Bay leaf

3 shakes of Tabasco

2 Tablespoon parsley, for garnish

PROCEED:

Preheat the oven to 300°.

Place a roasting pan on the stove over medium heat add the butter and saute the vegetables (onion, carrot, turnip, parsnip, garlic celery) til soft. Remove the vegetables and reserve. Add the oil to the pan. Dredge the beef cubes with the seasoned flour. Brown the cubes in small batches so as not to cool the pan. When all the beef is browned, place it all back in the pan along with the vegetables, beef stock, red wine, puree, orange juice, bay leaf and Tabasco. Cover the pan and place into the preheated oven for 1 hour. Check and baste, recover and bake another 30 minutes. Then remove the lid, baste and finish cooking another 30 minutes. Serve with noodles, potatoes, dumplings or anything you like. This warming dish is just right for the cool nights to come.

A YOUNG PERSON'S PRACTICAL COOKING LESSON (Mine)

My first attempt at Seafood Quiche was a disastrous yet enlightening experience. I used to watch **Graham Kerr's** Galloping Gourmet and copy all the recipes. I made a list of ingredients and headed off to the **A & P** to shop for my first Seafood Quiche. I had purchased enough scallops, shrimp and flounder for 2 large pies. I mixed and rolled perfect pie dough; lined two pie tins; measured and mixed the egg custard; cleaned and cut the seafood into bite sized pieces;

preheated the oven and set to assembling the quiches. I placed the seafood in the dough lined pans and filled the pans three quarters with the custard. Placed the pans on a sheet pan and popped them into the oven. I set the timer, made a big salad, set the table and waited for the timer to ding. Well, the timer did ding and with anticipation I opened the oven door only to find two ugly swampy messes of fish bits floating in lumpy nasty hot slurry. There was nothing to be done. I sent them to a watery grave. That day I learned a very valuable lesson. Always precook your seafood before attempting to make a fishy egg pie. That night we had tuna fish sandwiches for supper.

SOME THOUGHTS ON THE PRESENT STATE OF AFFAIRS

With the down slide of the market and economy we assumed the time would come when a breakdown in our supply line would come but we are amazed at how quickly it occurred. Along with the crab cakes our lobster tails became inconsistent prompting us to find replacements. A favorite red wine, Gloria Saint Julienne, disappeared from the wine merchants. The list goes on but we carry on knowing there is no guessing what will be next. Flexibility is the order of the day.

That's all for 2009 Newsletter #10

Talk to you next time.

Peace & Love from Riley's Whitby Bull "Misfits' Haven"