

Greetings from Will & Lorraine,

Riley's Whitby Bull

641-6227

2010 Newsletter #1

Some recipes, news & foods for thought! January 22, 2010

Since Valentine's Day falls on Sunday this year we have decided to celebrate on Saturday, February 13. N'est ce pas?

## Saint Valentine's 2010

THE MENU \$36.00 per person

### SOUP:

Fresh Tomato Bouillon

### SALAD:

Cranberry Nut Slaw

### ENTREE SELECTION:

Grilled Aged Black Angus Boneless Sirloin with Mediterranean Butter

"Welcome Spring" Baked Lobster Tail & Lump Crab Hollandaise

Salmon & Shrimp in Parchment Pouch

*This dish is made ahead and must be pre-ordered when you make reservations.*

### SIDES:

Baked Stuffed Sweet & White Potato

Grilled Zucchini Cake

### DESSERTS:

Chocolate Layer Cake

## Key Lime/Raspberry Swirl Cheeze Cake

### FRUIT & CHEEZE:

Strawberry & Chevre

Chocolate Truffles

Featured Wine by the Glass \$5.50

Cristallino Cava

Spanish Sparkling Champagne

First let us wish one and all a Happy New Year and hope you are well.

Okay on to "News of the Bull".

**Lorraine** has become a Notary Public for the State of South Carolina. **Will & I** have been in business for ever and one of the frustrations is running around searching for a Notary to witness one's signature. So I became one. I cannot bear witness to my own but I have had occasion to witness **Will's**.

I can perform weddings. **Riley's Whitby Bull** can host wedding and reception days. Hmmm  
Funny Hat Marriage Anyone?;-)

Once again it is time for the **AAUW Book Fair**. Held this year Friday, Marsh 5, 2010 from 9 - 6 and Saturday, March 6 from 9 - 2 at the Aiken Exchange (Target Mall) in the old Goody's store. They have begun accepting donations Tuesdays 9 til 1 and Saturdays 9 til 3 until Tuesday, March 2<sup>nd</sup>.

All profits go toward the pay equity issue on the national level and the majority of the money goes to education for women and girls in Aiken County. All donations are tax deductible

So, bring in your gently used books, electronics, and attic treasure bric-a-brac for their rummage sale. All is welcome. You may drop off your "stuff" at The Bull and we will "schlep" it down. And be sure to mark the date on your calenders - MARCH 5 & 6.

Re-enactor **Robert "le Duc d' Normandie" Moore** gave us the heads-up that Saturday, February 20<sup>th</sup> is the date for this year's "Battle of Aiken". We do hope the weather this year is mild and not "life threatening".

**Will & I** had the opportunity to attend the USCA University Theatre presentation of "The Clean House". "...Visionary, tinged with fantasy, extravagant in feeling, maybe a little nuts."-The New York Times. It was all that and more. Our **Calyan Bowles & Robin Kronberg** were involved with the production and recommended we go. We are so glad we did.

This production is entered in the Kennedy Center American College Theater Festival (KCATCTF). And the troupe will take it on the road in early February to Tennessee. Maybe they will get to go to the national festival at the John F. Kennedy Center or the Performing Arts in DC in the spring of 2010.

Welcome to our new neighbor **Bobby Sheridan** who's opening **The Sport Shop**. He and his partner are doing renovations to the storefront next door. Theirs is a baseball, softball and basketball supply shop. He is excited to be near Citizens' Park and he likes our lunch Veggie Reuben and my Cheeze Cake. He hopes to be opening within the next month.

Tuesday, February 16<sup>th</sup> 2:30 p.m. - 5 p.m. University of South Carolina Aiken "Learning for Life" is again offering a wine tasting class with heavy hors d'oeuvre. We have been researching yummy Australian nibbles and wine. There is a special "corking fee" of \$25 per person and space is limited to 25 students. For information on Continuing Education Courses, contact: **Laura Anderson** at (803) 641-3563, [laura@auca.edu](mailto:laura@auca.edu) or **Mary Anne Cavanaugh** at (803) 641-3587, [maryanc@usca.edu](mailto:maryanc@usca.edu)

**Susan Sander** says "Come to Camden, SC on Saturday, February 6<sup>th</sup> 10 - 5 for 2010S.C. Horsemen's Council Expo." at SC Equine Park-Westfall Complex 443 Cleveland School Road. Admission: \$5.00. There will be Children's Activities, Vendor Village, Clinics, Exhibits, Food & Door Prizes. Map, Schedule & Exciting Details @ [www.schordecouncil.org](http://www.schordecouncil.org)

Got a call last week from a guy who wanted to know if he could exchange the wrong truck battery he had just bought. Of course, we said, no problem. (Hope it was okay) **O'Reilly Auto Parts** has opened a new store right down the road at 510 East Pine Log Road. Their phone number is not in the latest book. We picked up their business card and can give out the correct numbers.

PLEASE MAKE NOTE **(803) 642-5455, (803) 642-5216 and FAX (803) 642-5218**

Attention all "**Foodies**". Yes, you guys watching the crazy shows on the Food Channel and asking me if I saw this one or that one. Answer is no because we have no TV; BUT we do subscribe to the CIA ProChef SmartBrief. It is a daily recap of the World Food News. Go to [CIA@smartbrief.com](mailto:CIA@smartbrief.com) and hit the "subscribe tab" at the top of the page and you too can see what's happening in the CIA World and we'll be on the same page.

Congratulations to: **Patrick McKenna** the "new" Judge in the bustling metropolis of Postenkill, New York . He has already sat for night court and been called out in the wee hours to arraign misdeed doers. Good luck Patrick.; Newly retired **Linda Warren** and **Betty Alexander**. These two "retiring ladies" are not "retiring ladies" Woo Hoo!!!

Birthday Kids: Nephew **Dylan O'Connor**, Brother **Patrick McKenna**, Niece **Ann E. McKenna**, Niece **Gwen Steinberger**, Sister **Sheila Meikle**, **LA & Richard Combs**, **Betty Alexander**, 91<sup>st</sup> "**Gracie**" **Busbee**, **Tracy Willis**, Sista **Deborah Lee**, **Bobby Scott**, **Gale Hovey**, **Tom Brandner**

Anniversary Celebrants: **Carolyn & Laszlo Bardos**, **Sally Jane & Patrick McKenna**, **Vickie & Mike Jones** 5<sup>th</sup>, **Mark & Susan LaGrand**, **Bill & Linda Ely**, **Mia & Shay Miller** 5<sup>th</sup>, **Scott & Ann Lacher** 37<sup>th</sup> , The **Greenwoods**, The **Cottons**, The **Everitts**

Heartfelt Thanks to: **Barbara Williamson** for my new Halo, The **Edisto Hounds & DK & Jody** for another fun yummy holiday dinner, **Gwen & Russ Tuttle** for this year's key lime crop - yes, I will use them for Valentine's Cheeze Cake, **Bob & Lila Bett** for my new magic wand, **Joan Lacombe** and the "girls" for the fun Christmas lunch, Sista **Linda Warren** my supply of Valerian root powder, pretty bowl filled with spicy pecans & herbal teas, Sister **Janine** & Brother **Dave** for the great homemade Pepper Relish, Sister **Maureen** for the holiday cookies and baubles, Sister **Sheila** for the Christmas box of goodies, Niece **Emily** for the whimsical hooks, **Cathy Benedetto** for helping to make New Year's Eve special with her wonderful songs and guitar pickin', **Ute Aadland** for my "boobie glass" and Will's chocolate, **Ferd Warren** for our "head-lights", **Betty**, our "**Wicked-Step-Mother**" for our sweats and Jelly Beans & Chocolate, Niece **Gwen** for the cookies and flower garden seeds, **Betty Alexander** for the best Pfefferneusse ever, **Jack** &

**Nancy Tappe** for the over-the-top gift card, "**Crazy**" **Steve Noll** for our pretty glass ornaments and goofy polar bear bags, **Stepheni Scott** for the lovely Scott Family Portrait, Sista **Deb** for the spicy fruit cake, **Vickie & Mike** for the Susan Boyle CD, Sista **Julie Evonna** for my beautiful Sum-Moon pin and Christmas CD, **David Ho- Ho-Hosang** for the very pretty bamboo bowl of fruit.

**Recipes of the Day:** It is CHILLY so here are some Winter Dishes

**1. Yassa au Poulet de la Casamance** (Barbequed Chicken with Lemon & Onion over Rice) \* can use pork or any meat. For the onion lover this dish is superb.

From Stepheni Scott Yield: 8 portions

Source: The African Cookbook Country: Senegal

1 lemon cut in half

4 each 2 ½ - lb. chickens, split in half

3 lbs. white onions, thin sliced

½ C chopped parsley

1 Tbls. coarse black pepper

1 Tbls. coarse salt

3 bay leaves

1 tsp. thyme

1 tsp. crushed red pepper

1 C lemon juice

1 C salad oil

1 quart hot chicken stock (including giblets)

½ to 1 lb. white rice

**PROCEED:**

Rub cut lemon heavily over the split chicken. Spread chickens in a 12 X 18 X 2 inch baking pan. Cover with onions, parsley, bay leaves, thyme, red pepper, salt & black pepper. Pour lemon juice and salad oil over the chickens. Allow to marinate for at least 30 minutes.\* Remove the chickens and broil (preferably over charcoal) until browned on all sides and are about half done. Simmer the onion mixture over medium heat, stirring up from the bottom to prevent the onions from browning. Onions should remain white. Cook no longer than 5 minutes.\* Return chickens to the baking dish and smother with the onion mixture. Pour hot chicken stock over the mixture. Bake at 375° F for 20 minutes til onions turn light golden brown.\* Cook rice as directed on package. Place

serving of rice on warmed dinner plate. Top with one half chicken. Cover with ½ cup Yassa onion mixture. Garnish with watercress or parsley.

\*Stepheni says: This is the basic recipe I use but I modify it somewhat. I marinate the chicken for 1 to 2 days before cooking. I also cook the onion mixture more than 5 minutes and I put all the yassa onion mixture on top of the chicken to bake. Finally, I bake the chicken for 1 - 1 ½ hours.

## **2. Napa Cabbage Kimchi** Yield about 2 quarts

This is a variation from The Washington Post

Cuisine: Korean Course: Condiment

**MAKE AHEAD:** The vegetables need to soak in saltwater for at least 6 hours and preferably overnight. The kimchi can sit at room temperature for up to 2 days and is ready to eat after 2 to 3 days. For longer fermentation, refrigerate. It is best eaten within a month. It is ideal after about 2 weeks.

½ C sea or kosher salt

1 C warm water

1 medium head Napa Cabbage

1 Asian radish (nu or daikon)

6 cloves garlic, minced (about 2 Tbls.)

2-inch piece peeled ginger root, minced (about 2 Tbls.)

3 Tbls. Asian fish sauce

6 scallions, cut into 1-inch pieces (½ cup)

leaves of 1 bunch mustard greens, cut into 1-inch pieces (about 3 cups)

3 Tbls. coarsely ground Korean chili powder

1 tsp. sugar

**PROCEED:**

Dissolve salt in the water in a liquid measuring cup. Rinse the cabbage leaves and cut into 2-inch lengths (12 to 14 cups). Peel the radish and cut into quarters, then cut into ½ -inch slices.

Combine the cabbage & radish in a large bowl and pour saltwater over them. Soak for at least 6 hours and preferably overnight. Drain the soaked vegetables in a colander, squeezing out as much water as possible. Place the vegetables in a large bowl. Combine the garlic, ginger & fish sauce in a food processor or blender; process til finely minced. Add the scallions, mustard greens, garlic-ginger mixture, chili powder and sugar to the cabbage mix and toss to coat evenly (If you use your hands to toss wear food-safe gloves; the chili may sting or stain your hands.) The mixture will have the consistency of a well-dressed salad.

Pack into glass jars or a large food-safe plastic container. The kimchi will be ready in 2 to 3 days. It will grow increasingly pungent as it sits. It is ideal after about 2 weeks and best eaten within a month; if you plan to let it ferment longer than 2 days, refrigerate it.

Whew...That took all day. It is a good thing I am noone's Girl Friday else the wheels of production would turn at a very very slow rate, indeed.

**That's all for 2010 Newsletter #1**

**Talk to you next time.**

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