

President
Paul Curley, Jr.
Exec. Chef • Specialty Food Consultant • Gourmet Foods
Hayward, CA

Chairman of the Board
Clyde Serda, CC
Chef

1st Vice President
William Holt
Director of Room Service Operations
San Francisco Marriott

2nd Vice President
Bruce Paton
Executive Chef • Flagship Events by Hornblower
San Francisco, CA

Secretary
Patrick Huggins, CC
Corporate Chef • Lad Food Service
Oakland, CA

Treasurer
Henry Vortriede
Vice Pres./Culinary Director
Flagship Events by Hornblower
San Francisco, CA

Sergeant at Arms
Lisa Capozzi
Chef • National Management Recruiter
Bon Appetit • Palo Alto, CA

Directors

Manuel Gallardo
Executive Catering Chef - Guckenheimer
Santa Clara, CA

Robert Gee
Executive Chef • Claremont Country Club
Oakland, CA

Sammy Louie
Retired Chef/Instructor

Thomas McGuigan
Executive Chef • Lake Merced Golf & Country Club
Daly City, CA

David Sidoti CEC
Executive Chef • Peninsula Golf & Country Club
San Mateo, CA

Maria Sky
Chef/Instructor • Capuchino High School
San Bruno, CA

American Culinary Federation
National President
Noel Cullen, Ed.D., CMC AAC

American Culinary Federation San Francisco Chapter

*We are an association of trained Professional Chefs dedicated to
good food and service to the industry.*



Committees:

Apprenticeship:
Sammy Louie

Carême Trustee Chair
Bert Cutino, CEC, AAC

Certification:
Dick Huisman, CEC, AAC

Culinary Arts:
Henry Vortriede

Entertainment:
William Holt

Hospitality:
Jurgen Weise, CMC

Membership (Active, Associate):
Bruce Paton
Lisa Capozzi

Office Liaison:
John H. Haller

Parliamentarian:
Clyde Serda, CC

Photography:
Rene Lidle

Magazine Staff

Contributing Editor
Hans Roth, CEC, AAC
Retired Executive Chef

Editor/Office Manager
Mary Forslund

Magazine Designer
KGRAFIX
Lynn Koellermeier
phone (925)672-6725
fax (925)672-6529
email to Lynn@Kgrafix.net

Presorted Standard
U.S. Postage
PAID
San Francisco, CA
Permit No. 7132

CHEFS ASSOCIATION OF THE PACIFIC COAST

942 Market Street #412
San Francisco, CA 94102-4016

THE CULINARIAN

OFFICIAL PUBLICATION OF THE CHEFS ASSOCIATION OF THE PACIFIC COAST • JANUARY 2001

IN THIS ISSUE!

PRESIDENT'S REPORT
JANUARY • PAGE 3

RESULTS OF THE CULINARY OLYMPICS
PAGE 4

SPLENDID SOUPS
EDUCATION • PAGE 5

THE ONION (PT IV)
CONTRIBUTING EDITOR • PAGE 8

EMILE'S, A RESTAURANT
WHICH WAS BUILT TO LAST
FROM THE KITCHEN OF • PAGE 10

BACTERIA THAT CAUSE
FOODBORNE ILLNESS
PAGE 12

CAN YOU HEAR THE BELLS?
PAGE 13

OKRA IS GAINING POPULARITY IN AMERICA
PAGE 14

VINTAGE DOES MATTER
WINE EDITOR • PAGE 16

ALL DUCKLING IS NOT THE SAME
PAGE 18

The Culinarian Volume 46 No. 1

Copyright 2000 by Chefs Association of the Pacific Coast, Inc. The Culinarian is owned and published monthly by the Chefs Association of the Pacific Coast, Inc. 942 Market Street #412 • San Francisco, CA 94102-4016 • Phone (415)834-9462 Fax (415)834-9467

Rates furnished upon request

All rights reserved. Press releases are published as space is available. The views expressed in the Culinarian by its contributors do not necessarily reflect those of the Officers or Members of the CAPC.

Northern California's **LARGEST** Distributor of Quality Assured Foodservice Products.



Food Services of San Francisco, Inc.

**SYSCO Food Services of San Francisco
provides our customers with only the best
overall service and proudly offers:**

- ▶ Fresh Produce
- ▶ Fluid Dairy
- ▶ Midwestern & Angus Beef
- ▶ Fresh & Frozen Poultry
- ▶ Seafood
- ▶ Fresh Deli Meats
- ▶ Domestic & Imported Cheeses
- ▶ Imported & Dry Groceries
- ▶ Specialty Brewed Coffee
- ▶ Extensive Frozen Products
- ▶ Paper & Disposable Products
- ▶ Smallwares, Equipment & Tabletop
- ▶ Sanitation & Janitorial Supplies

SYSCO Food Services of San Francisco, Inc.
Contact us at (800) 877-7012 • Reno (702) 825-5011
5900 Stewart Ave • Fremont, CA 94538

Gourmet

FOODS INC

Featuring

Hand crafted Chicken, Meat, Seafood and Vegetable Entrees
Hand crafted Appetizer ~ Hand crafted Brochettes
Hand crafted Dimsum ~ Hand crafted Sushi
Hand crafted fresh and frozen Canapes
Fresh made Salads
Box Lunches ~ Sandwiches
Ready made Sauces



The Annex to your Kitchen

Gourmet Foods is a manufacturer and distributor of fine hors d'oeuvres, main course items, pastas, sauces, fancy vegetable, potato, products, smoked and cured meats, in addition to specializing in custom produced items for any occasion.
With our 40000 sq. U.S.D.A processing facility in Los Angeles and 16000 sq. processing facility in Hayward, CA.
For additional information please contact Uwe Henze, or any of our Sales Representatives

Fresh hand turned and peeled vegetables
IQF Imported Potatos and Vegetables.
IQF Imported Mushrooms and dry Imported Mushroom
Imported flavored Oils and Vinegars.
Imported Truffle, Truffle Oils and Juice.
Saffron, Saffron Oil, Vanilla Beans and Extracts.
Fresh Pastas~Frozen Filled Pastas ~ Imported dry Pastas.
Hams ~ Sausages ~ Deli Meats ~ Smoked Poultry.
Smoked Imported and Domestic Salmon.
Imported and Domestic Caviar.
Dry cured Meats ~ Salamis ~ Pates and Mousses.
IQF Imported Fruits and Purees ~ Domestic Vegetable Purees.

Tel: 510-887-0340 ~~~~~ Fax: 510-887-0690

GOURMET
FOODS
LOCATION

SOUTHERN N
CALIFORNIA
LOS ANGELES
310-632-3300

LAS VEGAS
702-361-8046

HAWAII
808-841-8071

PHOENIX
602-255-0120

COLORADO
303-296-3042

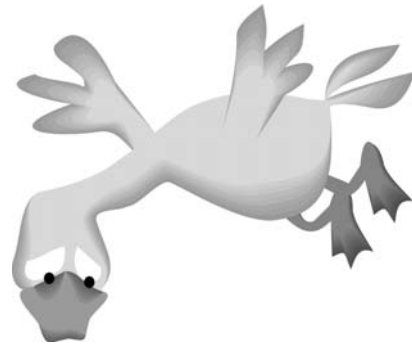
NEW YORK
201-759-2300

NORTHERN
CALIFORNIA

2557
BARRINGTON
COURT
HAYWARD
94545

WHITE PEKIN DUCKLING BREAST SALAD WITH WARM APRICOT AND RED ONION VINAIGRETTE

1 tablespoon green peppercorns, drained
1/4 cup cider vinegar
3/4 cup red onions, sliced
1 tablespoon extra virgin olive oil
3/4 cup dried apricots, sliced into slivers
3/4 cup White Pekin duckling stock
1 tablespoon cornstarch
1 tablespoon cold water
1/4 teaspoon tarragon
1/4 teaspoon dried thyme
1/4 teaspoon salt
6 boneless, skinless White Pekin duckling breasts
salt and pepper as needed
9 cups mixed seasonal greens
2 tablespoons black pepper or mixed peppercorns, coarsely crushed



☛ Soak green peppercorns in cider vinegar for 2 hours.

☛ Saute onions in oil until transparent, Add apricot, green peppercorns, vinegar and stock. Bring to a soft boil.

☛ Mix cornstarch with cold water to form a slurry. Add to boiling vinaigrette while stirring. Lower heat. Add tarragon, thyme and salt. Keep warm for later use.

☛ Season duckling with salt and pepper. Place duckling smooth-side down in a heavy bottom skillet. Cook 4 - 6 minutes per side over medium-high heat, or until desired doneness.

☛ For each portion, toss 1 1/2 cups seasonal greens with 2 1/2 ounces warm vinaigrette. Slice duckling and arrange on top of greens. Sprinkle with crushed pepper. Serve immediately.

Nutrition information: servings, 6; calories per serving, 270; calories from fat, 50; total fat, 6g; saturated fat, 1g; cholesterol, 175mg; sodium, 400mg; total carbohydrate, 23g; dietary fiber, 4g; sugars, 15g; protein, 34g.

F. URI & COMPANY
INCORPORATED

WHOLESALE BUTCHERS & MEAT JOBBERS

Supplying the finest meats to leading hotels, restaurants
and institutions since 1856.

The policies of quality and personalized service established in
the Gold Rush Days still remain in effect today.



2414 San Bruno Avenue
San Francisco, CA 94134

Large Variety of
Fresh and Frozen Seafood
When service counts -
Call ALL SEAS

468-4800

Hobbs'

**APPLEWOOD SMOKED
SPECIALTY MEATS**

Award-winning Bacon, Pancetta,
Prosciutto, Coppa, Speck, Hams,
Pork Loin, Turkey, Duck, Bresaola,
Goose, Chicken & Sausages, Tasso
Porchetta, Guanciale.

Chances are some of the best Applewood
Smoked Bacon you've eaten was ours!™

(To the trade)

For Samples or Product List
Call 415-453-0577

USDA
INSPECTED
Est. 2837

PHONE 285-6828

Joseph Davi, General Manager

1209 Tennessee Street
San Francisco, CA 94107

PRESIDENT'S REPORT



PAUL CURLEY, JR.

CONSULTING CHEF
GOURMET FOODS • HAYWARD, CA
chefpc@hotmail.com

JANUARY REPORT

Into the true millennium we go. Looking back on all the hype from last New Year, the sky has not fallen, earthquakes and floods have not ruined the world, mass rioting did not take place and the computers are still functioning. Airplanes did not fall from the sky as predicted, and the lights did not even flicker. Actually, I don't remember anything out of the ordinary, except it is a New Year. So looking back on 2000, it was a pretty good year!

Our annual Careme Dinner in November *took the cake!* Chef Bert Cutino and the Careme Trustees did a spectacular job putting the whole event together. Chef Bernd Liebergesell and his staff *went all out*, great job guys. We can

not thank Chef Cutino enough for making this one of the best events of the year. In addition, thanks to all the Monterey folks for coming all the way up to San Francisco to enjoy the evening. And special thanks also go to our honored guests: John Folse, Bradley Ogden and Frederick Dame.

In other news, congratulations to Pastry Chef Loan Co of the Marriott Hotel! Loan took a bronze medal at the Culinary Olympics. We are very proud of you Loan, great job. We are trying to put together a vendor appreciation dinner this year. I am asking all of you to send in your purveyor emails or telephone numbers to Clyde Serda, so that we can contact them directly to invite and thank them for all

their support.

This month we will welcome our new Board Members at our monthly event at the Lake Merced Country Club. Chef Tom McGuigan has put a fabulous menu together. Come and show your support. We discussed the possibilities of a professional fund-raiser for the CAPC. Your comments, concerns or advice are welcome. In addition, we need to have ideas on how we can spend these funds for a good cause. Lastly, I want to welcome the return of Pulgra Butter, who will start advertising in The Culinarian this year. Pulgra has some outstanding products that all of us can use. Pulgra will be at this month's dinner with samples and literature on products.

In closing, I want to thank the CAPC Members for electing me Chef of the Year. To be recognized by your peers is a great honor. And to the two outstanding runners up, Chef Bruce Patton and Chef Henry Vortriede, I truly believe that they will have their day. My family and I wish everyone a happy and prosperous New Year. ☛

Bon appetite! Chef Paul

**CALIFORNIA POULTRY
SALES INC.**

WE ARE SPECIALISTS IN:

- Fresh Poultry
- Poultry Parts
- Portion Control
- Complete Gourmet Line

TRY US

For Quality and Service, Call
(415) 863-6101

777 BRANNAN ST. • SAN FRANCISCO 94103

J. Marion & Sons

WHOLESALE PRODUCE

Specializing in
**QUALITY
MERCHANDISE**
for Hotels & Restaurants

GOLDEN GATE PRODUCE TERMINAL
South San Francisco, California

(650) 588-8911



**FRESH
AND FROZEN
SEAFOOD DAILY**

Institutions • Hotels • Restaurants

San Francisco
(415) 775-9241

**CALIFORNIA
SHELLFISH CO.**

420 Jefferson Street
San Francisco

Results of Culinary Olympics

Held in Erfurt, Germany, October 22 - 25, 2000



Country	Category A Points	Category B Points	Category C Points	Restaurant Points	Total
1. Sweden	73.00 Gold	73.06 Gold	76.58 Gold	270.93 Gold	493.57
2. Singapore	67.87 Silver	67.53 Silver	77.66 Gold	276.40 Gold	489.46
3. Norway	73.33 Gold	72.79 Gold	72.00 Gold	271.20 Gold	489.32
4. Canada	74.93 Gold	74.32 Gold	66.74 Silver	272.80 Gold	488.79
5. Switzerland	73.20 Gold	72.19 Gold	70.66 Silver	270.00 Gold	486.05
6. USA	72.60 Gold	75.39 Gold	75.24 Gold	243.60 Silver	466.83
7. Germany	72.46 Gold	69.79 Silver	74.91 Gold	243.00 Silver	460.16
8. Scotland	72.13 Gold	69.19 Silver	70.46 Silver	240.00 Silver	451.78
9. Italy	69.26 Silver	69.38 Silver	56.90 Bronze	250.60 Silver	446.14
10. Finland	62.06 Bronze	60.91 Bronze	59.66 Bronze	249.20 Silver	431.83
11. Netherlands	72.06 Gold	67.99 Silver	61.24 Bronze	227.40 Bronze	428.69
12. Japan	66.60 Silver	64.40 Silver	56.00 Bronze	241.10 Silver	428.00
13. Iceland	53.00 Diploma	61.19 Bronze	58.32 Bronze	246.60 Silver	419.11
14. South Africa	57.40 Bronze	69.53 Silver	50.60 Diploma	240.60 Silver	418.13
15. Portugal	64.19 Silver	64.73 Silver	56.90 Bronze	220.60 Bronze	406.42
16. Czechoslovakia	59.73 Bronze	65.27 Silver	56.99 Bronze	216.80 Bronze	398.79
17. Austria	58.26 Bronze	60.93 Bronze	57.08 Bronze	215.60 Bronze	391.87
18. Ireland	52.40 Diploma	58.00 Bronze	56.66 Bronze	223.60 Bronze	390.66
19. Egypt	62.20 Bronze	67.66 Silver	58.24 Bronze	194.60 Diploma	382.70
20. Hungary	64.26 Silver	65.39 Silver	53.99 Diploma	189.60 Diploma	373.24
21. Israel	64.53 Silver	61.86 Bronze	53.39 Diploma	192.80 Diploma	372.58
22. Slovenia	40.46 Diploma	54.85 Diploma	54.16 Diploma	198.60 Diploma	348.07
23. Rumania	41.80 Diploma	54.27 Diploma	50.41 Diploma	193.20 Diploma	339.68
24. Slovakia	43.53 Diploma	52.80 Diploma	43.86 Diploma	197.20 Diploma	337.39
25. Russia	20.60 Diploma	20.06 Diploma	50.99 Diploma	229.80 Bronze	321.45

vidual aspirations. Chef Emile gets something out of it too. *When I have a successful class, he said, I'm so energized that we give each other 'high fives'* (a practice of jubilation that derived from the game of football). This, (incidentally), opens up the door of yet another cooking class, *corporate team building*.

In case you aren't familiar with corporate team building with cooking, let me try to explain it. Corporations want to give their employees a safe guard to prevent them from falling prey to a job-related burn-out. Therefore, several programs have been tried to cultivate *esprit de corps*, the common spirit of loyalty and enthusiasm in a group. Cooking food under the guidance of a professional chef-instructor for a group of (let's say) computer programmers, offers them a new way to relate to each other. They cook together as a group. They pool together organizational and cooking talents and promote team building.

It's also an excellent promotional tool which is offered by Emile's. This is another reason why Emile's has done so well for such a long time. The *San Francisco Chronicle* said of Emile's, *French inspired cuisine as ethereal as a fine souffle*. The restaurant is a recipient of many rewards. The main reason Emile's continues to flourish is that Chef Emile stays in step with the times we live in. He works hard at it. He does all the little things that lead to bigger things, and he does it with passion. ☺



**"ART FLOURISHES
WHERE THERE IS A SENSE OF
ADVENTURE."
ALFRED NORTH WHITHEAD**

Follow Your Passion

Bon Appétit brings an elevated standard of fresh, contemporary cuisine to every client for which we provide food service. Whether it be for a professional, academic, or public setting, innovative menus with from-scratch preparation are Bon Appétit absolutes. If you're a professional who welcomes the opportunity to perform consistently and creatively, and have sound culinary or hospitality management qualifications, consider a future with Bon Appétit.

OUR CURRENT OFFERINGS:

**CHEFS
SOUS CHEFS
RESTAURANT MANAGEMENT
CATERING MANAGEMENT
BOARD AND RETAIL MANAGEMENT**

We welcome your resume via mail or fax to:
650-798-8090

**ATTN: NATIONAL MANAGEMENT RECRUITING
DEPT. CUL
100 HAMILTON AVENUE, SUITE 300
PALO ALTO, CA 94301**


WWW.BAMCO.COM

BON APPÉTIT
A FRESH PHILOSOPHY

Bon Appétit is an equal opportunity employer.

RECEIVE A
STANDING
OVATION.

Saag's
1799 Factor Avenue
San Leandro 94577
(800)352-7224 • (510)352-8000



with residents in the Silicon Valley. Emile's restaurant in downtown San Jose is right in the heart of this valley. His customers are apt to identify with someone who shares their feelings about the environment. This is a good example of what Chef Emile means when he says, *You have to be constantly on the edge of change.*

Silicon Valley, (the cradle of new technology), changed the way we communicate in the world. People responsible for this ground breaking technology were financially rewarded in unheard of proportions. Historically, wealthy people have always given some of their money to charity. I read that one of the cardinal rules of becoming rich is to give 10% of your income to a charitable cause. Thus, the Silicon Valley residents are no exception to the rule. This generous act of giving to the needy is also known as *giving something back to the community* and is a value which Chef Emile is passionate about.

He gives time and money to numerous foundations such as the Heart Association and the Cancer Society. When these foundations sponsor a live auction, he will donate a fancy dinner package for 10 people. He has pledged to cook a gourmet dinner for 10 at the home of the highest bidder. The minimum bid for such a ticket starts at \$1000. The highest of any dinner for 10 was auctioned off for \$60,000 and was a possible record for any non political, charitable cause. *On the average, he said, the dinner sells for \$5000.* His wife Angela also takes an active part in the event. She organizes the dinner and serves it. *For me, he said, this is tremendous PR (public relations).*

Good PR is an undeniable factor in the sustained success of Emile's restaurant. Reaching out to your customers is a common practice for most businesses. Making it profitable is the tricky part. Emile's marketing strategy runs the gamut from putting on an annual Santa Cruz mountain cookfest, to a Napa Valley winemaker's dinner to a series of hands-on-cooking classes.

You have to have the right personality that enables you to stay out in front of people and be very entertaining. *When I'm doing a demo in class, he said, it's partially entertainment. When I'm not entertaining, people aren't going to have as much fun.*

As much as fun plays an important role in his classes, he is very adamant about his cooking style. *My style is, he said, good methods and techniques of cooking (to bring out the natural flavor of food). If you don't do it right, even with if you use the exact ingredients, you are not going to have a great dish. And, he stressed, that's what I teach in my class.*

The class he teaches is really an 11 week program. It is a series of practical hands-on cooking classes, each lasts 4 - 5 hours, (according to his newsletter and his website, www.emiles.com - click on Cooking Classes). He has taught cooking classes for the past 23 years. For this particular program, the class has a maximum of 14 students and 2 instructors (himself and his restaurant Chef Deane Bussiere assists). They meet every Saturday at Emile's restaurant. The participants come from all walks of life. They are men and women of different ages who share a common interest. They are all enthusiastic food lovers.

They are serious about the prospect of gaining valuable cooking skills that they can apply to their indi-

Splendid Soups by James Peterson is published by John Wiley & Sons. This is more than just another book on soups. I have read plenty of other books on soups that may give you twenty to thirty recipes and a few pictures, but they don't have the depth that this book has. In the more than 600 pages, there is much more than recipes. James, having written the book *Sauces* (in the early 1990s), realized that great sauces come from the same base as great soups, and this book was merely the next step in the evolution of food. It is written with the home cook in mind, but has enough enthusiasm and information for the professional. *Splendid Soups* has a great format. It begins with an *Equipment Chapter* which covers most all of the small-wares needed, and Peterson begins the chapter with, *The beauty of soups is that you don't need much more than a knife for chopping, a pot for cooking and a bowl for eating.* There is also a brief description in the chapter on *serving utensils* which discusses soup bowls and why each type is used.

The *Ingredients Chapter* is very extensive and gives the normal list of soup ingredients, but, also elaborates on Asian, Mexican, Indian, Caribbean and European ingredients and alternatives for them if they are not available. It's nice to see that someone shows flavoring agents such as: Kaffir Lime leaves and rind (which are used in Thai curry pastes and soups, or fish sauces like *nam pla* from Thailand) or the Vietnamese *nuoc mam*, (with which a drop or two adds a complexity to a soup or sauce most people can't put a finger on when they taste it and wonder, what did the chef put in this?). He also mentions items like almonds, bonito, chili sauces, curries (both Indian and Thai), coconut milk, lemon grass, marjoram, tiger lily buds, tamarind

EDUCATION

CLYDE SERDA, CC

CHEF

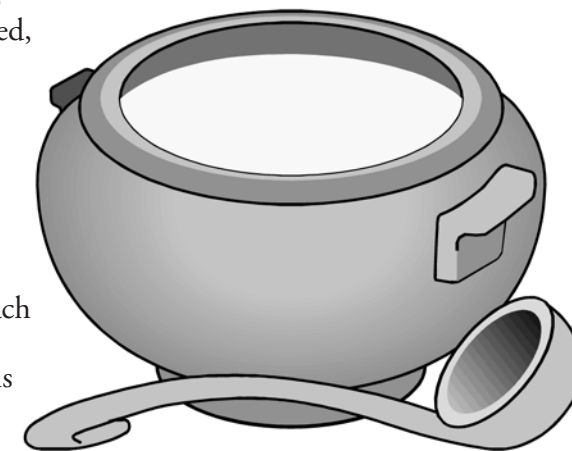
clydeserda@email.msn.com



SPLENDID SOUPS

or trefoil (also know as *mitsuba* and looks somewhat like cilantro but has a distinct celery-like flavor that is used in Japanese cooking), as well as many different herbs, thickeners, mushrooms and spices.

My favorite part of the pre-recipes is the *Ethnic Soup Chapter*. The author mentions that



universally, almost all soups begin with a base of flavors which are made up of flavorings which are lightly cooked before any liquid is added. He also explains why most ethnic soups do not begin with a hearty stock, (since the simplicity of the soup is usually flavored by the

meat and ingredients used in it), and how a sprig of fresh herbs is often added to the soup just before or at serving, (not for the flavor of the herb, but more importantly the perfume given off by the vapor of the soup for the pleasure of the guest). Although the descriptions of each of the following countries soups are brief, they give the reader plenty of detail and you will find yourself nodding in agreement.

James begins with China and mentions how many of the soups cross borders with their neighboring countries. Of course, France is covered, and the importance of soup to the French people in their cuisine. He also shares some of the ingredients which are added to the soups to be used as garnishes such as: aioli or rouille. Indonesia is noted for the use of coconut milk and peanuts as both flavoring agents or thickener. Italy, Japan, Korea, Mexico, Morocco, South America, Spain, Thailand and Vietnam are also represented.

As expected, the soup recipe sections begin

EDUCATION CONT. ON PAGE 6

LaRocca's Seafood Specialties

Award Winning

Smoked Salmon • Smoked Trout • Hot Smoked Salmon

Smoked Mussels • Scallops & Sturgeon

LaRocca's Imperial Caviar

Imported Caviar and Accessories

Beluga • Sevruga • Oscietre • Tobikos

Telephone (650)728-7850 • Fax (650)728-7854 • www.LaRocca.com

with *Broths, Consommés and Simple Broth-Based Soups*. The first part of this chapter discusses types of broths, and if meat or bones are to be used. The recipes given are simple to follow. James also gives the reader tips on the recipe (which may include how to make variations of the recipe). A recipe for a basic consommé is given along with the various garnishes. For the purist, the garnishes are explained, but its French name is omitted. Other recipes from this chapter include: Smoked Chicken or Duck Consommé, Scallops in Clear Broth, Sauteed or Grilled Duck Breast in Savory Broth, Thai Hot and Spicy Broth and Miso Soup.

In the chapter titled *Noodle, Wontons, Stuffed Pasta, and Dumplings*, Peterson begins with Chicken Noodle Soup (is there a bad one?) Chicken Broth with Cellophane Noodles, Udon or Soba noodles in Broth, Chinese-Style Short Rib Soup with Chinese Vegetables, Wonton Soup, Smoke-Scented Broth with Ravioli. Meatballs and Shrimp Balls is the next section. Some of the recipes include: Rich Chicken Broth with Tarragon, Matzo Ball Soup, Shrimp Balls in Hot and Sour Thai Broth and Chicken Soup with Chicken Quenelles.

The *Vegetable Soup* chapter is significant, some of the recipes include: Avocado Soup, Cream of Beet, Brazilian Style Cashew Nut Soup, Creamed Chile Soup, Spicy Cold Cucumber Soup with Yogurt, Fresh Thyme and Garlic Soup, Herb Soup (featured recipe), Senegalese Peanut Soup, Roasted Garlic and Acorn Squash Soup, Watercress Soup, White Bean and Vegetable Soup, Lentil Soup, Quebec Split Pea Soup, Tuscan Style Minestrone, Indonesian Vegetable Soup and Grilled Vegetable Soup.

The next three chapters cover fish, bivalve shellfish and crustacean soups. Recipes include: Basic Fish Broth, Basque-Style Salt Cod Soup, Thai Fish Soup with Tamarind, Saffron Scented Fish Broth from Nice, Medieval Fish Soup with Peas and Spices, New England Fish Chowder, Cream of Mussel Soup, Bay Scallop Soup with Snow Peas, Thai-Style Hot and Sour Blue Crab Soup, Corn and Crayfish Chowder and Callaloo, as well as many others.



The vast *Meat Soup Chapter* begins with boiled dinners (although I think they should be classified as stews). They include: New England Boiled Dinners, Poached Beef Tenderloin with Vegetables, Pot-au-Feu. The earthy peasant soups sections include: French Pork and Cabbage Soup, Duck and Bean Soup, Russian Style Cabbage Soup, Borscht, Kentucky Burgoo, Chicken Soup with Apples and Leeks, Thai Chicken and Coconut Soup, Brazilian Chicken Vatapa, Chicken Gumbo, Chicken Tagine with Apricots, Raisins and Almonds, Duck and Sherry Soup, Indian Curried Lamb Soup, Scotch Broth, Oxtail Soup with Grapes and many more.

Splendid Soups book ends with Dessert Soups. Some of the tasty recipes are Chilled Puree of Seasonal Mixed Fruits, Dried Fruit Soup, Berry Broth, Cold Cherry Soup and Chocolate Broth. Wow, what a way to finish a meal!

Splendid Soups by James Peterson, Copyright 2001, ISBN# 0-471-39136-0 is in our CAPC Library, and is also available in most book stores.

With winter here, warm yourself up with a nice bowl of soup while watching **Duck Soup**, starring the Marks Brothers.

HERB SOUP

By James Peterson

I save this rich and elegant soup for special dinners, because it never fails to impress. My guests are always intrigued and full of questions about which herbs I've used, and they're usually fascinated when I tell them. Invariably they've never heard of one or two and usually leave wanting to make this soup at home.

Try the soup with different combinations of your favorite fresh herbs. Always remember when cooking with fresh herbs to chop them at the last minute; otherwise their flavors will fade.

- 1 quart dried porcini broth (see recipe)
- 6 egg yolks
- 1 1/2 cups heavy cream
- 1 large bunch of fresh chives, finely chopped, about 5 tablespoons
- 1/4 cup chopped parsley
- 12 large sorrel leaves, cut into thin shreds
- juice of 1 lemon or more to taste
- salt
- white pepper

Bring the broth to a simmer in a non-aluminum 4- quart pot (aluminum turns the egg yolks grey). Whisk together the egg yolks and cream in a mixing bowl. Whisk about 2 cups of the simmering broth into the egg yolk/cream mixture. Stir that mixture back into the broth and add the herbs. Stir the soup with a wooden spoon over low to medium heat. Be sure to reach into the corners of the pot to prevent the egg yolks from curdling.

decade. There are still plenty of these wines available. Cabernet Sauvignon, Merlot, Zinfandel and other red wine varietals have produced wines of great depth with beautiful fruit, soft tannins, great balance and very good aging capacity. Now is the time to add these to your home cellar. Small wineshops, big drugstores and supermarkets are great places to find some gems from this vintage. The wholesalers are rapidly running out of these wines so grab them while you can.

If you happen to see wines from Tuscany, 1997 is being touted as the vintage of the century. If you like Chianti and the Sangiovese varietal you can not go wrong with the 1997 vintage.

The next time you are in the market for wine, pay attention to the vintage. If you are in doubt, ask someone you trust for some help. Most wine professionals will give you good information about the vintages in their inventories. Even if the prices are higher for great vintages, it is well worth it. Serious wine collectors consider these special vintages as investments and wine in the bank (or cellar) is not subject to market fluctuations as are stocks and bonds. Here's to the 1997 vintage!

Continue stirring until the soup thickens slightly and coats the back of the spoon. (The soup should be at 175° F) The soup must not boil. Remove the pan from the heat and stir for 1 minute more. Otherwise, heat retained in the pan may cause the soup to curdle.

Dried Porcini Broth

- 4 ounces dried porcini mushrooms
 - 10 cups cold water
 - 1 small onion, finely chopped
 - 1 garlic clove, finely chopped
 - 2 ounces prosciutto, cut into 1/4" dice
 - 2 tablespoons unsalted butter, or olive oil
- Soak the porcini in 2 cups cold water for 30 minutes. Drain the porcini and save the soaking liquid. Check the porcini and, if necessary, rinse quickly to eliminate dirt and grit. Cook the rest of the ingredients in a 4- quart pot over medium heat for 5 minutes. Add the drained porcini and cook 5 minutes more. Add the soaking liquid - pour it in slowly, leaving any grit behind (or if necessary strain it through a cloth napkin or coffee filter), add the remaining 8 cups water. Cover the pot, bring to a boil and simmer slowly for 30 minutes. Strain through a fine mesh strainer and discard the porcini.



Restaurant Lease

Available
Prime Downtown
Los Gatos Location
-after January 15, 2001-

Located in a prominently visible historic bank building within 75 feet of principal intersection of Main Street and Santa Cruz Avenue.



160 W. Main Street • Los Gatos, CA

- High profile Silicon Valley
- Established restaurant use permit in place
- 3700 sq. feet (present layout plan available)
- Seats 108
- Premises adjoin Station Way Municipal Parking
- Alcohol beverage license available prior to December 15th
- Long term lease available to financially secure party

Interested principals please contact the owners:

Doug Brouwer
phone (831)425-7371
or fax (831)429-1637
Bob Brouwer
phone (541)857-6109
or fax (541)857-6108

UNITED MEAT CO., INC.

FEATURING EASTERN:

- BEEF
- PORK
- WHITE VEAL
- LAMB

SPECIALIZING IN:

- POULTRY
- SMOKED MEATS
- SAUSAGE
- PORTION CUTTING
- DRY AGED BEEF

OTHER ITEMS:

"CHEFS EXCLUSIVE"
HOT & GOLD D'OEUVRE
FRENCH FRIED POTATOES

AND NOW...
Golbon Distributor for the San Francisco Area

WE EXPORT AROUND THE WORLD
RESTAURANTS—HOTELS—INSTITUTIONS

(415)884-2118 FAX (415)864-5863
1040 BRYANT STREET • SAN FRANCISCO 94103



Breed Smarts: All Duckling is Not the Same

There are three major duckling breeds available in the United States: White Pekin, Muscovy and Moulard. Knowing the differences between the various breeds can help chefs and restaurateurs select the best kind of duckling for their menu or personal needs.

WHITE PEKIN

The industry leader, comprising roughly 95% of national duckling consumption

Mild flavor and tender

Data reviewed and approved by the USDA shows that a 3.5 ounce skinless White Pekin duckling breast has only 140 calories and 2.5 grams of fat.

Bred from select stock, chosen for leanness and raised on highly nutritious feed with no artificial additives

Raised to seven weeks or optimal leanness and tenderness

MUSCOVY

Raised to 11 weeks, allowing the breast meat to fully mature

Most often selected for its breast meat and liver, which is used to make foie gras

Comprise 2 - 3% of the US market.

MOULARD

Cross between a male Muscovy and a female White Pekin

Like Muscovy, most often used for foie gras

Comprise 1 - 2% of the US Market

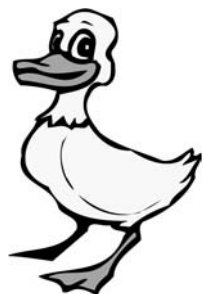
MALLARD

Also known as wild duck

Typically a tough meat with gamy taste

Just now beginning to be farm raised

Ultimate popularity of Mallard and other wild breeds remains to be seen, depending largely on customer response. *The Duckling Council*



WHITE PEKIN DUCKLING AND PASTA WITH RED WINE SAUCE

SAUCE

- 1 tablespoon olive oil
- 1 3/4 cups onions, julienne
- 2 1/2 cups yellow peppers, 1/2" dice
- 4 - 6 cloves garlic, minced
- 1/3 cup softened sundried tomatoes, julienne
- 1 teaspoon rubbed sage
- 1 tablespoon seasoned salt
- 1 teaspoon black pepper
- 2 cups dry red wine
- 2 tablespoons cornstarch
- 2 1/2 cups chicken broth
- 1/4 cup balsamic vinegar



Pasta & Duckling

- 6 cups corkscrew pasta
- 2 cups broccoli florets, blanched
- 18 ounces boneless, skinless White Pekin duckling legs or breasts; cooked, coarsely chopped
- 2 tablespoons olive oil
- fresh sage leaves as needed

Heat oil; saute onions and peppers until tender. Add garlic and sun-dried tomatoes. Cook for 1 minute.

Add sage, salt and pepper; stir.

Deglaze with wine; reduce by half.

Dissolve cornstarch in a small amount of chicken broth. Add the rest of the chicken broth to other ingredients; bring to a gentle boil. Add cornstarch slurry, stir and lower heat to a simmer until it reaches desired thickness.

Remove from heat; blend in vinegar.

Saute pasta, broccoli and duckling in olive oil. Add sauce; heat. Garnish with fresh sage leaves. Serve immediately.

Nutrition information: servings, 6; calories per serving, 610; calories from fat, 110; total fat, 12g; saturated fat, 2g; cholesterol, 115mg; sodium, 1090mg; total carbohydrate, 75g; dietary fiber, 7g; sugars, 15g; protein, 39g. **(MORE RECIPES PAGE ON 22)**

FPO

Dutch Valley Veal

PRINGLE MEATS INC.
featuring

- Fresh Pork cut daily
- American & Imported Lamb
- IBP Beef & Pork
- Dutch Valley Veal
- Poultry & Game Meats
- Smoked Meats & Sausages

Dick Heimans • Phone (510)893-7400 Fax (510)893-2272 • 216 7th Street • Oakland, CA, CA

CONTRIBUTING EDITOR



HANS K. ROTH
EXECUTIVE CHEF
H. K. ROTH ENTERPRISES

Part IV

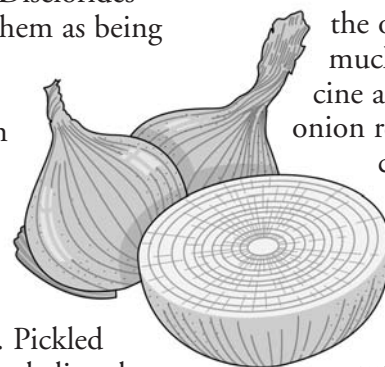
THE ONION

The Onion in Folk Medicine

Throughout the centuries, there is probably not one single healing quality that has not been attributed to the onion. The Greek physician Disclorides Pedanious described them as being diuretic. Plinius allegedly cured ulcers and hemorrhoids with onions. He also recommended onions blended with fennel against anasarca or, in combination with honey, against angina. Pickled in vinegar, onions were believed to heal a score of ailments. Taken together with water, some people believed onions could even heal muteness. During the Middle Ages, they were considered to be effective in the treatment of inflammation and weak stomach. The Arabs went even further by praising the onion as a prophylactic against the plague.

Many well known physicians, mostly French, praised the onion as a medicine and prescribed it to increase appetite, as benevolent to the digestive tract, against gall stones, intestinal worms, scurvy, asthma, even against bad mental disposition. Stuffing one's pillow with onions was supposedly to fight and even heal deafness. *Four onions, marinated in white wine*, were considered more effective than most drugs. As recent as the 19th century, medical scholars prescribed onions as a cure for abdominal pain and excess

body fluids. Homeopaths also recognize the onion as very effective against various ailments. Boiled as a plaster or syrup, it is alleged to also be effective against bronchitis, abscesses and colic. Today, the onion has regained much praise in folk medicine and many of grandma's onion remedies have made a comeback. Here are a few examples.



ONION WINE: Soak 1 cup freshly chopped onions in 2/3 cup of a good dry white wine. Add 1/3 cup honey and let it stand for ten days. Strain and take 2 to 3 tablespoons a day.

SALVE AGAINST ALL KINDS OF WOUNDS: One large onion, finely sliced and mashed is mixed into a paste with honey and a dash of vinegar. Apply to the wound.

PROPHYLACTIC AGAINST FLU: Two very finely sliced onions are marinated in Vodka or a similar distillate (Schnapps). Drink a shot a day.

OTHER PLACES ONIONS ARE SUPPOSED TO HELP:

AGAINST NOSEBLEED: Cut a medium size onion in half. Place one half on your neck and the other under your nose. Inhale deeply.

AGAINST SPLITTING FINGERNAILS:

Rub fingernails (or toenails, as the case may be) with fresh onion juice.

AGAINST LOSS OF HAIR: Rub the bald pattern daily with onion juice.

EDITOR'S NOTE: The stories told concerning healing qualities of the common onion are not intended to be recommendations for treatment of any ailment or disease, but merely to inform our readers about the colorful history of the members of the onion family. However, we still remember the many episodes from our early youth when, afflicted with bronchitis, we were treated exactly as stated above. If it was really effective, we don't actually know. On the other hand, it apparently never did any harm.

SHAFFHAUSER ONION PIE

pie dough	3/4 pound
smoked bacon, diced 1/4"	2 ounces
butter	1 ounce
onions, sliced	1 pound
wheat flour	1 tablespoon
milk	2/3 cup
eggs, lightly beaten	3
heavy cream	2/3 cup
grated Swiss cheese	2 ounces
salt	1/2 teaspoon
pepper, black, ground	1/8 teaspoon
nutmeg, ground	1/8 teaspoon
caraway seeds (optional)	1/2 teaspoon

10" straight side pie pan

Preheat oven to 375°. Brush the pan with butter or oil and line it with the dough. Heat the butter in a sauté pan, add the bacon and onions and sauté until onions are glazed; do not brown. Let the mixture cool, then spread over the dough. Blend flour and milk until smooth, add eggs, cream, seasonings and cheese, blend well.

Bake for 45 minutes and serve hot.

Note: Heavy cream can be replaced with milk or sour cream.

OKRA, CONTINUED FROM PAGE 9

as ratatouille or other medleys, Mediterranean or Asian. In fact, any recipe that calls for eggplant seems to suit it, provided you cut the cooking time considerably.

However you cook it, stay clear of aluminum or iron pans. Okra is one of those unfamiliar foods that we are quick to snub, but if you give it a chance, you may discover how good and versatile it is.

OKRA PILAF

- 2 cups okra, thinly sliced and rinsed
- 3 bacon slices, diced
- 1 cup green bell pepper, chopped
- 1 cup onion, chopped
- 1 cup rice, uncooked
- 2 cups chicken broth
- 2 teaspoons salt
- 1 16 ounce can tomatoes, drained and chopped

1. In large skillet, sauté okra and bacon until lightly browned.
2. Add bell peppers and onions; continue cooking until vegetables are crisp-tender.
3. Add rice, chicken broth and salt.
4. Bring to a boil, stir once, cover, reduce heat and simmer 15 minutes, or until rice is tender and liquid absorbed.
5. Add tomatoes; heat and fluff with a fork.

General Produce • Sacramento, CA

DURHAM'S
Flavor Brand

**Over 100 years participation in
the golden growth of California**

**A Premium Selection
of
QUALITY MEATS**

featuring:

- Buffalo Meat from our Wyoming Ranches
- Wild Game & Game Birds
- Milk Fed Veal
- Dry Aged Beef

160 Sunol Street, San Jose, CA 95159
(415) 737-5873 (408) 291-3600

IN SAN FRANCISCO
FINE FOOD IS AN ART.

MAY WE SUGGEST
A SUITABLE FRAME.

For more information about our breads or to order,
please call John Vratatos at (510)635-4343 ext. 757

WINE EDITOR



SALVATORE CAMPAGNA, CEC
EXECUTIVE CHEF/OWNER
SALVATORE'S RESTAURANT

VINTAGE DOES MATTER

It seems as if 9 out of 10 wine buyers in restaurants are not concerned about vintages. In fact, many restaurant wine lists do not even list the vintages of their wines. This is one of the wine editor's pet peeves when dining out. The server can not remember the vintage of every wine on the list, so he or she has to make several trips to the wine storage area to fine this important information. In fact, during a December trip to San Diego (the night prior to the 49er Charger game), three friends joined me for dinner at one of the area's hot restaurants that boasted having over 100 wines by the glass. Indeed, there was a long list of wines by the glass as well as a similar amount sold by the bottle. Unfortunately, none of the wines included a vintage date. Our server had to make several trips to the wine storage area to find out the vintage dates.

It used to be thought that California never had a bad vintage year and that one year was as good as the next. Sometimes it is very difficult to change the collective opinion of the cognoscenti after years of unchallenged gossip. The truth is that weather conditions (especially temperature and rainfall) are very important factors in the overall success of any given year. Compound

this with the realization that different varietals react differently to the same weather conditions. Moreover, some grape varietals are more or less susceptible to the vagaries of nature.

Furthermore, there is the important role of the vineyard manager whose decisions can affect the quality of the harvest. Trellising techniques, canopy management,



pruning and thinning of vines, are all vital pieces of the puzzle that go into having a successful vintage.

Then, there are state regulations (each state may have different regulations), federal influences (BATF e.g.)

and appellation regulations (such as in France) that must be considered. For example, it is permissible to irrigate the vineyards in California (if you have the water and the capacity to do so), whereas in France it is strictly forbidden to irrigate. On the other hand, chaptalization (the adding of sugar to the must prior to or during fermentation) is strictly forbidden in California, but, permissible in certain vineyards in France and other states or countries. Sometimes the rules and regulations change from one appellation to another within the same state or county that has different viticultural areas. Generally, chaptalization is not allowed in the highest quality vineyards of a country.

Even more complexity is added when the concept the French call *terroir* comes into play. *Gout de terroir* is what the French call taste of the soil. This broad term includes the type of soil, such as chalky (Champagne), clay-like (Pomerol), gravelly (Graves) or sandy (St. Seurin) and the lay of the vineyard land (e.g. flat, sloped, slope exposure, altitude, sun exposure) and number of sunny days.

With so many variables coming into play, it is much easier to understand why each vintage has an unpredictable difference each year. These differences are almost impossible to predict. Often times an almost perfect growing season can be ruined with untimely rains, frost, wind conditions and/or bad luck.

Good vintages seem to come in bunches in certain areas. The eighties were great years in Bordeaux with only 1980, 1984 and 1987 considered to be very poor vintages. All the other years were good to great. The Burgundy region, on the other hand doesn't seem to be as fortunate, especially the Cote de Nuits or northern part of the Cote de Or. This is the home of some of the most expensive red wines in the world, such as Romanée Conti and La Tache. Mother Nature is a bigger factor to deal with in this northern most viticultural area of France. Three good vintages out of ten is the norm. This isn't bad considering that they are working with Pinot Noir, one of the most unpredictable grapes to vinify.

California has over 30 viticultural areas that are subject to different growing conditions. In drought years, vintners are allowed to irrigate if they wish. Even so, every year is not assured to be a good vintage.

One year you should be aware of is the 1997 vintage. This looms to be the best vintage of the

WINE CONTINUED ON PAGE 19

OKRA IS GAINING POPULARITY IN AMERICAN CUISINE

Okra, related to the hibiscus and a member of the mallow family, is native to tropical Africa or Asia, and was cultivated by the Egyptians in the 12th century AD. It slowly traveled south into the central lands of Africa; north and west to Mediterranean lands and ultimately to the Balkans; and east to the subcontinent of India.

It arrived in the United States in the 18th century with the slave trade, on a ship filled with Bantu tribes' people. In no time at all, it became a cornerstone in southern cooking, Texan cuisine, and perhaps most especially, the distinctive Cajun cooking of Louisiana.

It still grows wild in Ethiopia and Sudan, just as it did in prehistoric times. Its plants, related to cotton, were carried to India and Egypt where they are still used in cooking oil and as a coffee substitute.

Today, okra is used commercially as a hidden ingredient: it is the mucilage in catsup that makes it so hard to get it out of the bottle.

SELECTING OKRA

Small young pods, no more than about 3 inches long, are the most tender; as the vegetable matures, it becomes fibrous and tough. Choose pods that are clean and fresh (over mature ones will look dull and dry), and that snap crisply when broken in half; avoid okra pods that are hard, brownish or blackened.

Don't wash okra until just before you cook it; moisture will cause the pods to become slimy. Store untrimmed, uncut okra in a paper or plastic bag in the refrigerator crisper for no longer than three or four days.

PREPARING OKRA

For tiny okra, you need only rinse it, dry it well, then cut off the stem and very top of the caps. For slightly larger okra, you will need to shave off the cap, but do not open the capsule to expose the seeds. For dishes in which the okra will be sliced, cut off the caps from the well-washed and dried okra, then slice. Some fuzzy varieties may also need rubbing with a towel prior to washing and trimming.

COOKING WITH OKRA

Okra works well with acids, such as tomato, lemon juice and vinegar; with spices and herbs; and in vegetable combinations, such

CONTINUED ON PAGE 17

Experience the Plugrá difference!



Plugrá® European Style™ Butter

- 82% fat means a more intense butter flavor
- Lower moisture than regular butter
- Higher smoke point
- Make lighter pastries

Plugrá® 40% Heavy Cream

- 40% fat for added richness
- Excellent whipping characteristics
- Resists breakdown from acidic foods
- Year round consistency
- Ultra pasteurized for longer shelf life

Plugrá® 99.8% Pure Clarified Butter

- Consistently superior color and clarity
- No mess, no labor, no waste



To place an order or to find a distributor near you,
please e-mail • Plugra@kellerscreamery.com
or phone Sue Snyder 1-800-535-5371x4004

FROM THE KITCHEN



SIEGFRIED MATTERN
EXECUTIVE CHEF
SAN FRANCISCO GOLF CLUB

EMILE'S, A RESTAURANT WHICH WAS BUILT TO LAST

Did you ever wonder why some restaurants flourish and become landmarks, while others fail? Take Emile's a popular restaurant in downtown San Jose. It has been there for 28 years. Same location, same executive chef and the same owner. And, like quality wine, has become better with age. So the question is, *what is it that made Emile's what it has become today?*

That's the question I asked Emile Mooser, Emile's chef/

proprietor. *It is*, (he said with a chuckle), *hard work*. But he quickly added, *Lots of chefs (who I know), particularly in my age bracket, get stuck in a (given) period and don't change anymore. They don't change with the times.*

Changing with the times is precisely one of the cornerstones which has maintained the success of his restaurant. *You partially change (adapt), not only in cooking, (but also) to the needs of the people who come to your restaurant*, he said. *You*

have to be constantly on the edge of change. He readily took note of the fact that people increasingly prefer casual dining to formal dining. *I ask people*, he said, *why don't you just drop in for a bite to eat? It doesn't have to be a big dining experience.*

Next time you may have a complete dining experience. Guess what? People feel right at home when the restaurant owner tells them this.

A restaurateur aims to please his customers. Few, however, are blessed with an engaging personality, (someone who makes you feel good when they talk to you), especially when you see something of substance in the person. Emile possess such a personality. He does things with enthusiasm which cause others to talk about him. For instance, how many chef-proprietors do you know who have gone on a Mount Everest Expedition? Well, Chef Emile has.

The *San Jose Mercury* (August 2000 issue), published an article, *Peak Dining, Everest camp cook gets tips from a top S.J. chef*. It tells the story of how Chef Emile gave a cooking lesson to a visiting sherpa who cooks at Base Camp at 17,600 feet, for the climbers who ascend the world's highest mountain peak, Mount Everest.

Perhaps, more significant is the story of what a Bay Area environmental team did on Mount Everest. They brought down 500 empty oxygen bottles and, (according to the *San Jose Mercury*), *nearly a ton of trash from the mountain, (which is) often called the most littered peak around.* Emile was a member of this team (he also participated in the sponsorship) and climbed to the base camp only. That is where he met the sherpa (in the country of Nepal) who cooked for the expedition.

Caring for the environment has become a growing concern for people. It's a notion that strikes a cord even more so

CONTINUED ON PAGE 20

FROM THE KITCHEN OF EMILE MOOSER



SALMON IN A BASIL & LEMON CRUST WITH A RAGOUT OF BEANS AND CAPERS

INGREDIENTS

6 each • 5 ounce salmon filets (swordfish, sturgeon, tresher shark or catfish will work well too)
3 tablespoons olive oil
salt and pepper to taste
3 cups cooked beans (a mixture of white navy, Brazilian black beans and Mexican red are perfect, but a single choice works as well)
1 cup chopped Roma tomatoes, diced and seeded
3 tablespoons capers
1 cup fish stock or clam juice
1 cup bread crumbs
1/3 cup chopped basil
zest from 1 lemon

Season the fish with salt and pepper and rub with olive oil, marinate 5 minutes. Start the ragout by simmering together the beans, chopped tomatoes, capers and stock until the liquid is reduced to a syrupy stage. Adjust the seasoning. Cover with a lid and set aside in a warm place. While the ragout is simmering, mix the bread crumbs, chopped basil and lemon zest together. Wipe the excess oil from the fish and press each filet into the mixture, covering all sides with a thin coating. Place the fish into a hot and lightly oiled non-stick pan (or grill) until brown on one side. Turn the fish over and place in a 400° oven until done. (The fish is done when just firm to the touch).

Pour the bean ragout on a plate and set the fish in the center on top of the beans. Serve with a lemon wedge, basil leaf and steamed asparagus.

Note: Dry beans, cooked with onions, bay leaf and red pepper flakes are preferred over canned beans. When cooking dry beans, start them in cold water and add salt when the beans are almost done for best results.

HAPPY BIRTHDAY IN FEBRUARY



Happy Birthday to those of our Members who celebrate their birthdays during the month of February

Simon Diploudis	2
Joseph Garcia	4
Rauch Grant	6
John Chi Chiu Ng	8
George Campbell	9
Brooks Bannon	17
James Jorgensen	18
Jurgen Weise	20
Hans Lenz	21
David Smith, Jr.	22
Tooraj Sharif	22
Michael Cleary	25
Paul Patrick	25
Frank Hernandez	27
Manuel Gallardo	28

Election Results

Ballots have been duly counted and results are as follows:

2001

CAPC Board of Directors

(2 to be elected)

Paul Curley, Jr.

Clyde Serda

2001 Chef of the Year

Paul Curley, Jr.

Congratulations to these CAPC Members!

WELCOME NEW MEMBERS

ASSOCIATE

Bay Brokerage

Martin Burgermyer
San Carlos, CA

(transfer from ACF Chicago Chapter)

ACTIVE

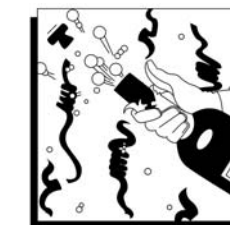
Todd Kelly, CSC

Executive Chef
Little City Restaurant
San Francisco, CA

(transfer from ACF Charlotte Chapter)

East Bay Restaurant Supply

Debbie George
Territory Sales Manager
Oakland, CA



Award Winning Bakery



SECOND TO NONE!

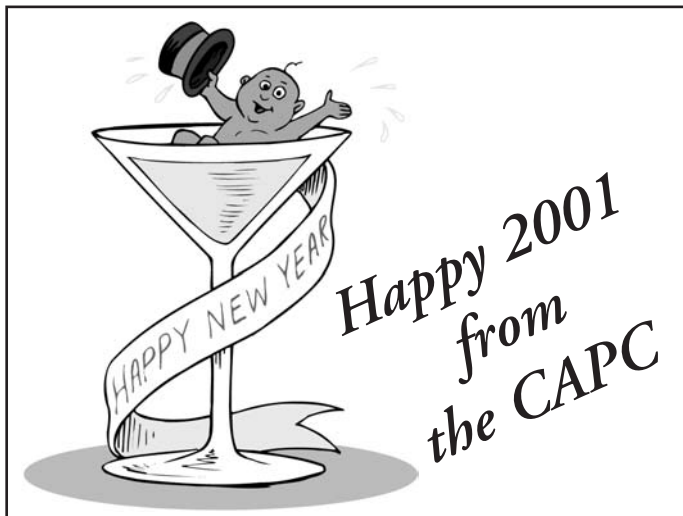


480 A. Toland Street
San Francisco, CA 94124
phone: (415)824-3592 fax (415)824-7628
for retail, restaurant & wholesale information visit us anytime at
www.sugarbowlbakery.com

Advantium Ovens

General Electric (GE) has introduced a new kind of oven, called the Advantium. The Advantium speeds the cooking process by harnessing the power of light. Unlike with a microwave oven, foods cooked with light retain moisture, GE says that the foods cooked with this new technology also taste better. How fast are we talking about? A whole chicken cooks in an Advantium oven in 25 minutes, that's compared to 119 minutes in a conventional oven. GE also says the Advantium uses 25% less energy than a conventional oven. And what's more, the Advantium can be converted into a fully functioning microwave oven with a flip of a switch. Although the popularity of this new technology has not been established, it's something to take under consideration next time you write your cooking instructions on a product label.

National Meat Association • Lean Trimmings



Scandinavian Smokehouse

For all your smoked seafood needs. Salmon, Trout, Sturgeon, Scallops, Mussels. We also carry other specialty seafood products. Please call Anders for the complete product line (415)821-4701 fax (415)821-6389

To Bake or not to Bake

Three ounces of conventional French Fries contain about 345 calories; the same amount of potatoes fried as hash browns has 240 calories, and the same amount served plain boiled has only 85 calories.

Crispy Consumption. Did you know...

In the United States, we consume twenty-one pounds of fresh apples per person every year! In Canada, the number is thirty-five pounds per person each year, and in Europe, the number is as high as fifty pounds per person in some areas!! Whoa! that is a lot of apples!

All excerpts on this page are used with permission from General Produce Co. • Sacramento, CA

San Francisco (415)896-1760
Oakland (510)465-2400

The Produce Top Ten List

What are the top items in the produce aisle? In a typical produce department today, there are 315 fresh produce items and 115 non-produce items (such as dressings or shortcakes). The top 10 fruits sold in US stores are (from top to bottom); bananas, apples, watermelons, oranges, cantaloupes, grapes, grapefruit, strawberries, peaches and pears. The top ten vegetables are: potatoes, head lettuce, tomatoes, onions, carrots, celery, sweet corn, broccoli, green cabbage and cucumbers.

The items in the top 10 lists are fairly traditional and would be expected to be among the most popular, but the produce department does not rely solely on those heavy-hitters for sales. Sales are spread over a broad range of items. Few seasonal products remain. Almost everything is available year-round and competition in the department is strong.

© 1998 Superior Coffee and Foods



OF ALL FOODSERVICE COMPANIES, ONLY ONE IS SUPERIOR.

For over 90 years, we've kept the restaurants of America supplied with the finest coffees and teas. We also present the freshest line of soups, spices, salad dressings, and sauces.



For more information, please call your Superior Representative at 1-(800) 982-8001.

FRESH
• PETRALE
• ENGLISH
• LING COD
• SALMON
• HALIBUT
• TROUT
• ROCK COD
• SMOKED ITEMS • BREADED ITEMS

FROZEN
• SCALLOPS
• CRABMEAT
• SHRIMPMEAT
• LOBSTER
• BONELESS TROUT

U.S.D.C. SANITARY INSPECTED FACILITY

SERVICING INSTITUTIONS
HOTEL & RESTAURANTS—
RETAIL MARKETS

Vince's Shell Fish Co.
1063 Montgomery Avenue
San Bruno, CA 94066

FOR SERVICE CALL—
(650) 589-5385

U.S.D.C. SANITARY INSPECTED FACILITY

BiRITE FOODSERVICE DISTRIBUTORS

Your Complete Foodservice Resource

123 South Hill Drive
Brisbane, CA 94005
415.656.0254 • 800.227.5373



Family owned & operated
for over 30 years!

BACTERIA THAT CAUSE FOODBORNE ILLNESS

BACTERIA	FOUND	TRANSMISSION	SYMPTOMS
Campylobacter jejuni	Intestinal tracts of animals and birds, raw milk, untreated water and sewage sludge.	Contaminated water, raw milk and raw or undercooked meat, poultry or shellfish.	Fever, headache and muscle pain followed by diarrhea (sometimes bloody), abdominal pain and nausea that appear 2 - 5 days after eating; may last 7 - 10 days.
Clostridium botulinum	Widely distributed in nature, soil, water, on plants and intestinal tracts of animals and fish. Grows only in little or no oxygen.	Bacteria produce a toxin that causes illness. Improperly canned foods, garlic in oil, vacuum-packaged and tightly wrapped food.	Toxin affects the nervous system. Symptoms appear 18 - 48 hours, but can sometimes appear as few as 4 hours or as many as 8 days after eating; double vision, droopy eyelids, trouble speaking and swallowing and difficulty breathing. Fatal in 3 - 10 days if not treated.
Clostridium perfringens	Soil, dust, sewage and intestinal tracts of animals and humans. Grows only in little or no oxygen.	Called <i>the cafeteria germ</i> because many outbreaks result from food left for long periods in steam tables or at room temperature. Bacteria destroyed by cooking, but some toxin-producing spores may survive.	Diarrhea and gas pains may appear 8 - 24 hours after eating; usually last about 1 day, but less severe symptoms may persist for 1 - 2 weeks.
Escherichia coli 0157:H7	Intestinal tracts of some mammals, raw milk, unchlorinated water; one of several strains of <i>E. coli</i> that can cause human illness.	Contaminated water, raw milk, raw or rare ground beef, unpasteurized apple juice or cider, uncooked fruits and vegetables; person-to-person.	Diarrhea or bloody diarrhea, abdominal cramps, nausea and malaise; can begin 2 - 5 days after food is eaten, lasting about 8 days. Some, especially the very young, have developed hemolytic-uremic syndrome (HUS) that causes acute kidney failure. A similar illness, thrombotic thrombocytopenic purpura (TTP), may occur in adults.
Listeria monocytogenes	Intestinal tracts of humans and animals, milk, soil, leaf vegetables; can grow slowly at refrigerator temperatures.	Ready-to-eat foods such as hot dogs, luncheon meats, cold cuts, fermented or dry sausage and other deli-style meat and poultry, soft cheeses and unpasteurized milk.	Fever, chills, headache, backache, sometimes upset stomach, abdominal pain and diarrhea; may take up to 3 weeks to become ill; may later develop more serious illness in at-risk patients (pregnant women and newborns, older adults and people with weakened immune systems).
Salmonella (over 2300 types)	Intestinal tracts and feces of animals; <i>Salmonella Enteritidis</i> in eggs.	Raw or undercooked eggs, poultry and meat, raw milk and dairy products, seafood and food handlers.	Stomach pain, diarrhea, nausea, chills, fever and headache usually appear 8 - 72 hours after eating; may last 1 - 2 days.
Shigella (over 30 types)	Human intestinal tract; rarely found in other animals.	Person-to-person by fecal-oral route; fecal contamination of food and water. Most outbreaks result from food, especially salads, prepared and handled by workers with poor personal hygiene.	Disease referred to as <i>shigellosis</i> or bacillary dysentery. Diarrhea containing blood and mucus, fever, abdominal cramps, chills and vomiting; 12 - 50 hours from ingestion of bacteria; can last a few days to 2 weeks.
Staphylococcus aureus	On humans (skin, infected cuts, pimples, noses and throats).	Person-to-person through food from improper food handling. Multiply rapidly at room temperature to produce a toxin that causes illness.	Severe nausea, abdominal cramps, vomiting and diarrhea occur in 1 - 6 hours after eating; recovery within 2 - 3 days—longer if severe dehydration occurs.

Food Safety and Inspection Service
United States Department of Agriculture

CAN YOU HEAR THE BELLS?

BELL PEPPER HISTORY

Bell peppers are native to Mexico, Central America and South America.

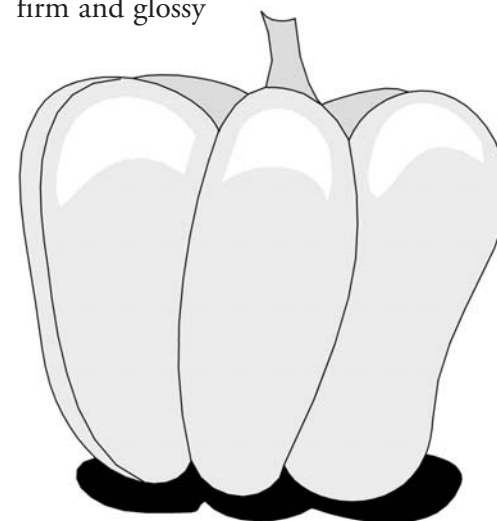
Peppers were named by Christopher Columbus and Spanish explorers who were searching for peppercorn plants that produce the spice known as black pepper.

In 1492, Columbus and his explorers discovered sweet and hot peppers in the West Indies and took samples back to Europe. Peppers quickly became popular in Europe as a food, spice and condiment. Twenty years later, travelers found bell pepper varieties growing throughout the West Indies, Central America, Mexico, Peru and Chili. Since then, peppers have been introduced to many other parts of the world including Africa and Asia.

STORAGE AND HANDLING

Bell peppers are available all year but are more plentiful in late spring and early summer. Bell peppers are available in various colors of green, yellow/gold, red, orange and purplish black.

Select bell peppers that are firm and glossy



with bright colors and green stems. Avoid peppers that are shriveled, bruised or broken.

Note: All bell peppers are green at an early stage of the growing process. As the bell pepper matures, it turns color. The most predominant color for the bell pepper is red, but they are available in yellow/gold, orange or purplish black. Because the sugar increases as the sweet pepper matures, colored peppers tend to be sweeter than green peppers.

☞ Store unwashed bell peppers in plastic bags in the refrigerator vegetable crisper or drawer, away from fruits for 5 - 7 days.

☞ Bell peppers can also be stored in the freezer. After washing, remove the stem and seeds. The pepper can be stored in the freezer whole, cut in slices or chopped and placed in a plastic bag.

☞ Wash bell peppers right before using. Slice off stem end and remove seeds.

☞ Prepare 2 large bell peppers, cut into strips or rings. Cook, uncovered in a small amount of boiling, salted water, 5 - 7 minutes, or until tender-crisp. Bell peppers are a great addition to stir fry dishes!

RED PEPPER & GINGER MARMALADE

Sweet red bell peppers are simmered with garlic, ginger, sugar and orange zest to create a slightly



sweet condiment with a bite! Great served with grilled chicken or beef, sausages, lamb, on a sandwich, in a potato or with game.

12 medium to large red peppers
(about 3 pounds)

4 tablespoons (1/2 stick)
unsalted butter

1/2 cup extra virgin olive oil
3 rounded tablespoons minced
garlic (10 cloves)

1/2 cup coarsely grated fresh ginger
grated zest of 3 oranges
3/4 cup fresh orange juice
3 tablespoons sugar
2 teaspoons fresh ground
black pepper

Core and seed the peppers and cut them into 1/4 inch wide lengthwise strips (you should have 12 cups). Heat the butter and oil in a heavy flameproof casserole. Add the garlic and ginger and cook over low heat for 5 minutes. Add the peppers and stir well to coat. Mix in the orange zest, juice, sugar and pepper. Stir gently and cover. Cook over medium-low heat, stirring occasionally, until the peppers are wilted and their skins are soft, 25 minutes. Remove the cover and continue cooking over low heat, stirring frequently, until most of the liquid has evaporated, 2 hours. Serve hot or at room temperature. This keeps, covered tightly, in the refrigerator for up to 4 days.

General Produce Co. • Sacramento, CA