

# THE CULINARIAN

OFFICIAL PUBLICATION OF THE CHEFS ASSOCIATION OF THE PACIFIC COAST • SEPTEMBER 2009

**EXECUTIVE CHEF PETER PANK**  
**SILVERADO RESORT**  
**DETAILS ON PAGE 6**





*Random Shots from the 2009 Annual CAPC Golf Tournament* • more pictures page 5



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*From the Golden Gate to the Eastern Shore,  
we set the trend on how America eats.*

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# President's Report



September, 2009

I want to start off this month by thanking **Chef Peter Pakh** of **Silverado Resort** for several years of help with our annual golf tournament. Without people like Chef Pakh, Jason Hajek and all of our volunteers, our golf tournament would not have happened. **CAPC Treasurer Jason Hajek** co-chaired our 2009 golf tournament at Silverado Resort in Napa.

Peter helped with golf tournaments long before my involvement with the Association. He has been a key part in planning not only the food, but recruiting donations from purveyors and he always has input on how to make the tournament better than the previous year.

Peter is an avid golfer who is as passionate about the game of golf as he is about the food and the quality of ingredients that go into each dish served at the resort.

As most of you have heard, our 2009 golf tournament at Silverado was successful even with a lower turnout and a bad economy, thanks in part to the donations from all our supporters:

**Sugar Bowl Bakery, Silverado Resort, Sierra Meat Company, C & L Produce, Emily K at the cigar and wine hole, Newport Fish, Lagunitas, Heineken, Schooners Brewery, Stone Brewery, Beer, Beer, and More Beer, Stryker Wine, Bordenave's Bakery, Red Boy Pizza, Tsuru Sushi, Sequoyah Country Club, Orinda Country Club, Richmond Country Club, Santos-Robinson Mortuary, Sal Campagna, Target, Golf Mart, Sport's Authority, Chef's Wear, Nu West Textile Group, All Seas, Lakeside Café, Scott's Seafood, East Bay Restaurant Supply, Sysco, Felini in Berkeley, Aardvark Engraving, Promo Dog, Randy's Bar and Grill, James Kyle, Royal Hawaiian, United Meats, Modesto Meats, BPI Distrib-**

**utors, Wilcox Foods, Joseph's Gourmet Pasta, Boulangerie Souignac, Montclair Bistro, Saag's, Fresh Point Produce, and Facciola. Our thanks to all.** If we have inadvertently omitted anyone, we apologize.

It seems that everyone had a great time in Napa this year and I look forward to planning next year's event. We are in the process of forming the 2010 golf committee and looking for volunteers who would like to help with the planning of the tournament. You don't have to be a chef or a CAPC Member to be on the committee.

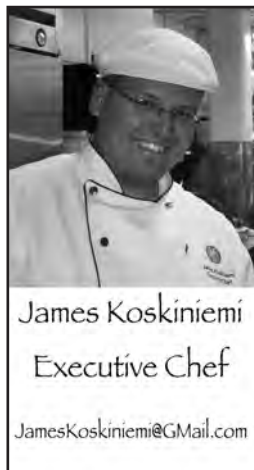
We are looking for volunteers that have time for a monthly meeting and want to be a part of something that helps keep the CAPC running and in turn able to work with the many

charities we help throughout the year.

If you need anything for any reason, don't hesitate to email me at: [jameskoskiniemi@gmail.com](mailto:jameskoskiniemi@gmail.com).

I look forward to seeing you sometime in the near future.

Cheers, James Koskiniemi



## COMMUNITY CHEFS PROGRAM

Fellow Chefs! help us raise funds to meet our goal of \$750,000 by becoming a Community Chef.

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*Random Shots from the 2009 Annual CAPC Golf Tournament • photos by Ian Morrison*





Name:

Peter Pakh

Title:

Executive Chef

Establishment:

Silverado Resort, Napa, California

Personal:

I have a wife Patricia of 25 years (this month), and three daughters; Sarah 22, Emily 19, and Noelle 16.

Hometown:

Honolulu, Hawaii

Education:

Syracuse University, CIA, Hyde Park

Favorite Restaurant:

Saigon Noodle Shop in Ranch 99 Market, El Cerrito.

What made you decide to become a chef?

Great mentors in Hawaii and Mom, who's a fantastic cook. She was cooking oxtails, tongue, tendons, riblets, all the slow food stuff, comfort food, out of necessity, when I was growing up. I really appreciated all the things she cooked, almost after the fact! In Hawaii, eating food with each other is an important social function. When you invite someone over to

eat it is a sign of true friendship, and the food in Hawaii is really unique because of the blending of so many cultures!

Who has had the most influence on your style of cooking?

Again, I would say Mom first, and then professionally, Paul Gruter and Xander Saunders, chefs in Hawaii, who taught me the discipline of being a chef.

What is your favourite style of cooking, which dish and why?

I'm very fond of the *sophisticated Hawaiian style* of cooking which blends French cooking foundations

with local Hawaiian products and a blend of Asian (Korean, Japanese, Chinese) and Filipino styles. My favorite dish is any kind of noodle bowl, which is very soulful and satisfying. It has to have a great homemade broth.

What chef do you admire?

Thomas Keller.

He's really earned his fame, fortune and fantastic reputation with passion, sacrifice and hard work; and of course, natural talent to become the best.

What is your pastime, hobby or favourite form of relaxing?

I love to golf, swim and I have a pretty amazing array of succulents in my garden.

What's your favourite sport?

I love to watch any and all sports, even hurling!

What would you tell a high school student who wants to become a famous chef?

Passion is not taught. If you don't have that, then all the hard work and sacrifice will be for naught..

What would you like to do with your career?

Keep myself motivated by learning, doing new things, finding neat products, teaching my staff, and above all, creating a positive work environment!

What is your favourite cookbook?

I absolutely can't do without *The Joy of Cooking* by Irma Rombauer. It is unbelievable!

#### EDITOR'S NOTE:

**We are pleased to showcase on the front cover of this month's issue of the Culinarian, Executive Chef Peter Pakh of the Silverado Resort in Napa, California, who has hosted CAPC's Golf Tournament for many years.**

**Every golfer throughout the years has enjoyed their day at Silverado.**

**We take this opportunity to thank Chef Pakh for his genuine hospitality and fine food.**



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# The Beer Chef

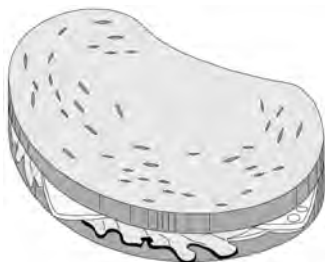
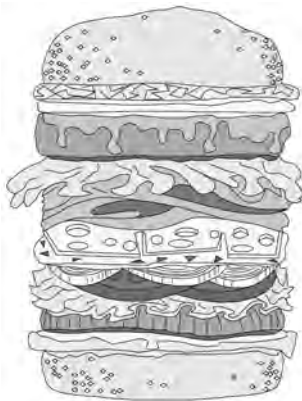


## A Beer and a Sandwich

When I got seriously involved in beer and food pairing, I decided my dual mission was to expose people to beer by attracting them with high end food, as well as to lift beer and food to the elevated position that wine and food has held forever.

While maintaining these missions in the forefront, it is good to remember that one cannot fine dine seven days a week, and there is also a revered place for beer in a casual dining setting. However, just because the food is casual, doesn't mean you need to revert to mass produced beer.

I have always been particularly fond of sandwiches and with the current movements of comfort food, approachable food and *artisan everything*, the sandwich has moved back into the forefront. So, where



do we go from here as far as beer is concerned? Well, here are some pairing suggestions to accompany the *re-birth* of classic sandwiches.

Since we are talking classic, let's start out with the perennial hotel favorite the **club sandwich**. Toasted bread, roast turkey, bacon, avocado and mayonnaise are all flavors we associate with comfort. To escort this classic sandwich and its *mélange* of flavors past the taste buds, choose a classic easy drinking beer like **Anchor Steam**. The beer's malt backbone recalls the roasted flavors in the bread and turkey, while the light hop character washes down the avocado and mayonnaise and tames the salty bacon.

Next up, is another old favorite, the **grilled cheese sandwich**. If you're going the old school way with *mild cheddar* then **Trumer's Austrian Style Pilsner** is a perfect feel good pairing. The biscuit flavors in the beer bring out the grain notes of the buttery toasted bread and the Saaz hops accent the nutty characteristics of the cheese. If you are using a more assertive cheese, it will call for a more assertive beer.

Biting into a **meatball sandwich** is a multi-faceted pleasure. The meaty flavor and firm texture of the meatballs, combined with the tangy tomato sauce and the roll's delicate grain flavors come in each bite. The

light citrus yeast flavors of a Belgian Style Saison like **North Coast La Merle** draw out the herbal accents of the meatballs and tomato sauce. The carbonation and slightly dry hop finish rinses your mouth of the tomato's acidity as well as the fat from the meatballs.

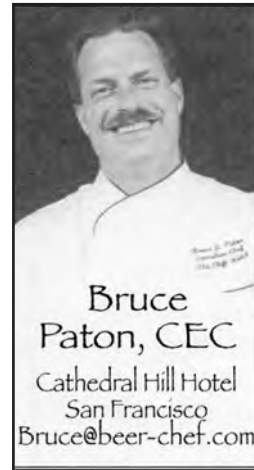
We will finish this exercise with that old classic **peanut butter and jelly**. Talk about recalling food memories from your youth. Bite into a PB and J and childhood comes rushing back. A **Sierra Nevada Porter's** dark roasted malt flavors match up well with those of the roasted peanuts, while the beer's effervescence washes the stickiness from your teeth.

The sweet grape jelly evokes the chocolate notes of the porter, creating a truly grown up snack experience.



I could go on and on as there are a plethora of sandwich and beer combinations out there, but you should try some experimentation on your own. Also, with all the great ingredients out there, it is fairly simple to update the classic sandwiches into new classics.

So, what are you waiting for? Cheers!  
Chef Bruce  
The Beer Chef



## Welcome New Members

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Executive Sous Chef

Ryan Nunokawa  
Sous Chef

Joe Quicke  
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Frank O. Parish  
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## Jars

• If a jar is hard to open, tap the cover (not too hard) flat down against the floor. Or, hold it an inch or two above the floor and drop. This works better than tapping against the side of the cover.

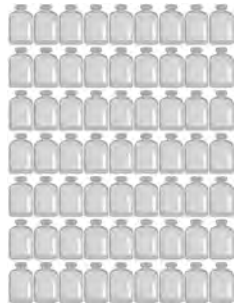
• Frequently, you can open a jar whose metal cap is stuck if you turn the jar upside down and immerse the cap – only the cap - in near - boiling water. Hold there for 30 seconds. The heat causes the metal to expand, often enough to let you unscrew the cap.

• You can sometimes use a nutcracker to open a tightly screwed jar or bottle top. (If the top is plastic, cover it with a cloth before you apply the nutcracker.)

• Another way to get a good grip on the screw-top of a hard - to - open jar or bottle is to wind a wide rubber band once (or a narrow rubber band several times) around the cover.

• You can also get a thin, flat circular piece of rubber designed to give an excellent grip on a jar cover. These are sold at most hardware stores.

*Chefs de Cuisine of Greater Bakersfield*



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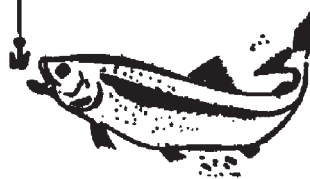
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For economic reasons, there are very few kitchens in the country that cook almost everything from scratch. Although buying prepared food increases food costs, it is highly utilized in many kitchens as a way to reduce labor costs. Until a few years ago, these packaged foods were usually reserved for institutions like schools, the military and hospitals or places where minimizing food costs overrode the concern for quality. However in today's world mixes, precooked items, packages and containers can be found in even the best kitchens. This is true in spite of the local, sustainable, organic, etc. movements. However, let's face it; to one extent or another, there is prepackaged and prepared food in almost all kitchens.

The problem with many young cooks is that they just open up the packages and cans, dump them into a pot or hotel pan, heat them, and slop them on a plate. They lose the passion for their craft. They become disillusioned and bitter, hating and then quitting their jobs.

These young cooks have not been taught that these products are not the *be all and end all* of their

cooking. No one has taught them that these convenience products are a canvas to be painted with their own culinary style.

Although I have been teaching for over six years, I just recently came up with a creative idea on how to teach the skill of augmentation.

The Navy has a program called *Adopt A Ship* where civilian chefs and culinary instructors are sent to bases and ships at sea to teach new skills to the Navy's Culinary Specialists (CS's). Long-time readers of this column know that in the last two years, I have been to Florida, a destroyer at sea, a destroyer in Japan, and Charleston with this program. This past July, I was sent to the United States Submarine Base in Groton, Connecticut, to the **USS Constitution** in Boston, and to the Naval Station Newport, Rhode Island. One of my primary responsibilities on this trip was to show the CS's that prepared food can be augmented to not only make it their own, but to make it with New England flair. At each location, I tried to explain that just because you have some prepared food in packages doesn't mean that you have to abandon your culinary training. I explained that a good cook would *play with the food*, and that they needed to *twist and alter the package contents to make them their own*. They weren't grasping it, and I struggled with finding the best way to teach people how put their own creative touches on the food they were serving.

Now, I had a few limitations:

- I couldn't interfere with the production schedule. Depending where I was, up to 1,000 people were served each meal.

- There was no point teaching them tricks that couldn't be applied with

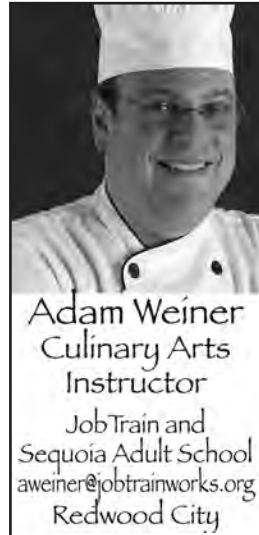
the equipment they had to work with (for example, there are no pots and pans, but a lot of steam kettles).

- I had to show them what they could do with the ingredients they had at hand. If a product isn't on a ship at sea, you can't run down to the local Smart and Final.

I tossed and turned one night, and in the morning, I stopped at the Navy store and bought up all of the chicken wings in stock. I went into the galley and fired up the fryer. I cooked off one batch with nothing on them—not even salt or pepper. Everyone agreed the taste was bland. I then took another batch and dipped it in soy sauce and a third batch in hot sauce. Everyone agreed they were more interesting. I then

added cilantro and sesame seeds to the soy sauce, and honey and brown sugar to the hot sauce. The CS's thought these wings were brilliant.

Now, to drive home the point, I told them that each had to make me five different styles of wings using only ingredients found in the galley. I would give them the fried wings (just as if they were prepared convenience products) and they would have to finish them. They couldn't use hot sauce nor soy sauce as the base. The beauty of this procedure is that wings cook quickly, are inexpensive, and are a good palette for different sauces and seasonings. Within minutes I literally had about 100 different types of wings to try. The CS's had learned that with a few creative touches, they could take something pre-done and make it into their own. Oh yes, all of this took just 45 minutes, and all with ingredients readily at hand in a standard navy galley!



Adam Weiner  
Culinary Arts  
Instructor  
Job Train and  
Sequoia Adult School  
aweiner@jobtrainworks.org  
Redwood City

Instructor, continued on page 15

# Mussels

**M**ussels is a term associated with bivalves or clams, having a long narrow shell, both wedge-shaped and asymmetrical, where the external color of the shell is dark blue or brown. Lighter colored more globular families of bivalves are not considered mussels.

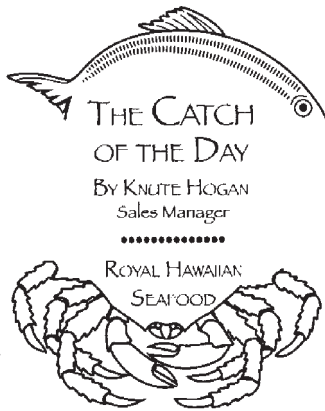
Marine mussel species are found worldwide along coastlines, most often in temperate climates. Some species of mussels can be found in tropical areas, although to a lesser degree. Freshwater mussel species inhabit lakes, ponds, rivers, creeks, canals, and similar habitats. Today, there is limited commercial harvest of freshwater mussels.

The mussel's shell is very thin and composed of two hinged halves that are referred to as valves. The valves are joined together on the outside by a ligament, and are closed when necessary by strong internal muscles. Mussel shells carry out a variety of functions, including support for soft tissues, protection from predators and keeping it moist. Checking to see if the shell is open wide is a common quality checkpoint. Generally, when a shell is just slightly agape, the animal is still alive and will respond by closing when handled.

Mussels, as with many other bivalves, have a large organ referred to as a foot. In marine mussels, the foot is small and somewhat shaped like a tongue with a groove on the surface, which is continuous with the byssus pit. In this pit, a sticky secretion enters the groove and will gradually harden as it comes into contact with sea water. What forms is an extremely tough thread that secures the mussel to what it is growing on rocks, other mussels or rope. This thread is also used as a defensive measure to restrain predatory mollusks by immobilizing them to the point of starvation. Marine mussels thrive in both a peaceful environment where the tidal influence is light, or on rocks exposed to pounding surf. On rocks exposed to pounding surf, mussels clump together and are attached to the rocks surface by the sticky filament most often referred to as a beard.

Mussels, both fresh water and marine, feed on free-floating microscopic organisms and plankton. As a filter feeder, water is drawn to the mussels' branchial chamber, where food is directed into its mouth and wastewater is channeled outward. A single mussel can filter ten gallons of water daily and contribute to improved water conditions. This contributes positively to its position in the aquaculture industry.

There is evidence that mussels have been used as a source of food for thousands of years. Today marine mussels are a common menu item, particularly in France and Belgium. The rising popularity in the US can be drawn to World War II, when rationing led consumers to other sources of protein beside the preferred red meats. More recently, the mussels' rising popularity is attributed to in-



creased interest in a more varied and healthy diet as well as low cost.

Most mussels available on the market are cultured and available year round. Major production occurs in Spain, Italy, France, Canada, the US and New Zealand. As with other bivalve species like oysters and clams, farming methods are generally considered sustainable and eco-friendly. Mussels do not rely on fishmeal or fish oil and diseases are not common, making the use of chemicals such as antibiotics unnecessary.

Growing techniques applied to mussel aquaculture include wrapping ropes around pilings in a spiral fashion so that the mussels attach themselves. This technique is referred to as bouchot. Another technique uses lengths of rope for mussels to cling to between large floats or in a water column. Mesh netting may be incorporated to keep mussels from falling away. Both methods have a limited environmental impact.

Aquaculture production in North America is found mainly on the east coast from Canada's Maritime Provinces to the Carolinas. Blue mussels are most commonly cultured and are native to the east coast of North America, as well as Europe's Atlantic coast, where it shares habitat to the south with a species more common to the Mediterranean Sea. These easy to farm mussels have been successfully introduced to the North America market and offer an advantage to mussels grown in the Pacific Northwest. The Mediterranean species is able to survive the winter temperatures. Another significant advantage for the Mediterranean mussel has to do with its spawning cycle, and therefore its eating quality.

Mussels are in their best eating condition during the months preceding their spawning season and less so when spawning. Spawning time varies by species and location. Eastern Blue mussels on the both coasts spawn in early summer and are at their best quality from late fall through spring.

Catch, continued on page 19

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Random Shots from the July dinner, which was held on July 20, 2009 at the Cathedral Hill Hotel, San Francisco.

Once again, Executive Chef Bruce Paton, CEC and his staff, presented outstanding cuisine matched with unique beers from Lagunitas Brewing Company.

Guests enjoyed a demonstration in butchery from Marin Sun Farms prior to the dinner.

Photos by Chance Garrick Williams and Clyde Serda.







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Melvin Chan	5
Klaus Diederich	5
Sun Pui Wong	17
Lars Kronmark	22
Larry Reynolds	25
Robert Jorin	26
Otto Sommerhalder	26

Instructor, continued from page 10

The challenge was then to put this lesson into practice. On the menu that night was baked halibut, pasta with marinara sauce and steamed vegetables. The cook in charge of the fish, augmented the frozen product with salt and pepper and a sauce of butter, lemon juice and tarragon. The person making the marinara sauce first sautéed mushrooms, onions, diced tomatoes, and green peppers in a kettle before adding the packaged sauce, and after tasting, added some garlic powder and a dash of vinegar for brightness. The person who did the steamed frozen vegetables did absolutely nothing. The comments from the people eating were that the fish and pasta were some of the best food they have ever had in that galley, but the vegetables were as boring as food gets. The next day even the vegetables were augmented.

The last day of my trip saw a New England style cooking competition judged by a two star admiral and three captains, as well as the chief petty officer for Naval Station Newport. There were four teams and each had to prepare a clam chowder, a cod dish with either a Greek or antipasto salad and a fresh blueberry dessert. The contestants knew ahead of time about the chowder and dessert, but the other

two dishes were sprung on them fifteen minutes before the cooking started. The kicker was that each group could only use the ingredients in the galley. In other words, they were basically doing a cooking competition of prepared foods. The results were outstanding. The funny thing was that all of the judges agreed that the best clam chowder was one done in a Southwest style. I found this quite interesting; they took a real risk in the style of their food, deviating greatly from the theme of a New England chowder. However, this further proved what I was trying to teach: you can take standard, everyday readily available ingredients and make them into something uniquely representative of the cook.

Now, with the economy being what it is, if you haven't been pressured yet to use prepared foods you will be soon. The trick for you will be to put your own flair into these foods. Time to start being creative and more importantly, time to start teaching your cooks how to do this as well.

By the way, contact Chef Michael Harants at [michael.harants@navy.mil](mailto:michael.harants@navy.mil) if you want more information about being an *Adopt A Ship* participant.



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SWE

The 2009 (33<sup>rd</sup>) Annual Conference of the Society of Wine Educators was held in Sacramento, concluding August 1. The conference consists of daily seminars (most of which are tasting seminars), field trips and the opportunity to network with wine professionals from every wine region on earth. In addition, the organization conducts various wine certification tests similar to ACF culinary certifications.

It is always a dilemma to choose which seminars to attend. For example, the list of morning seminars on just one morning were called: **Wine's best kept secret—dry Sherry; Experience the modern face of Greek wines; Oregon Pinot Noir—terroir and taste; Sweet and fortified wines of the Sierra Foothills; Iconic wines of Spain; The truth about wine and cheese; Think you know Napa Valley? Think again!; Best practices in professional wine education; Chile rediscovered; Twenty five years of Bonny Doon Vineyard flying cigars, Alien abductions and the crystal matrix; Aged Australians; A shot in the dark—the blind leading the blind; How to conduct a successful Italian wine dinner.** The afternoon sessions offered just as many choices and this went on for three days. To avoid utter confusion,

attendees were required to make their choices of seminars well in advance of the conference.

Next year, the annual conference will be held in Washington DC (national headquarters of SWE). There are approximately 150 wineries in neighboring Virginia which places that state in sixth place for number of wineries. Last year, they were in fifth place, but have been overtaken by—surprise, surprise—Texas. Yes, there was a seminar called **Cowboys and Cabernet**. It included description of the eight AVAs in Texas, as well as tasting of ten wines from the Lone Star State. **Jane Nickles**, a former Californian, presented the seminar and wines from Texas. With the current economic crisis in the Golden State, there is the possibility that more relocations could be coming. Texas has no state income tax and corporate taxes are substantially lower. Then, considering the cost of vineyard acreage at less than one tenth of Napa Valley land, you don't need a degree in mathematics to figure the savings.

The first seminar attended by the wine editor was called **The New South Africa: Old World elegance; New World fruit driven wine** presented by **Andre Morgenthal**. Most Americans are unaware that wine has been made in South Africa for 350 years. The first time grapes were pressed into wine on the cape was in 1659. There is no question that this country has undergone tremendous political unrest over its history and even with the advent of democracy in 1994, political problems still exist. There are over 20 official languages in the country where **Nelson Mandela** is considered a *living* martyr in the cause of South African freedom. When Mandela was released in 1990, South African wine sales received almost immediate acceptance in other parts of the world. Fortu-

nately, most of the political problems of the country are located a safe distance from the *wine country*. There are four wine regions and some districts and wards that are not a part of a region in South Africa. The red grape varieties grown include Cabernet Sauvignon, Merlot, Pinotage (a hybrid of Pinot Noir and Cinsaut), Pinot Noir, Shiraz (Syrah) with plantings of Carignan, Cinsaut, Ruby Cabernet, Cabernet Franc, Gamay, Grenache, Mourvedre, Malbec, Nebbiolo, Petit Verdot, Tinta Barocca and Touriga Nacional are mostly used for blending. Main white grapes include Chardonnay, Chenin Blanc, Sauvignon Blanc, Semillon, and Viognier with lesser plantings of Bukettrabe, Colombard,



Crouchen Blanc, Gewurztraminer, Hanepoot, Muscadel, Nouvelle, Palomino, Pinot Gris, Riesling and Trebbiano. South Africa has the largest number of Chenin Blanc vines in the world with almost 19,000 hectares. The hybrid, Pinotage, was developed by **Professor Perold** at the University of Stellenbosch in 1925; how-

ever it wasn't commercially released until 1961. This grape has shown to have very good cellaring longevity, a feature that seems to be losing favor with the modern wine drinker. Versatility is another positive characteristic of this varietal as it is used for sparkling and *port* style wines. Stellenbosch is also an important district of the Coastal Region.

Ninety five percent of South African wine is produced in the area known as the Cape Floral Kingdom. This is the smallest of six plant kingdoms in the world, yet it is the richest and home to 9,600 plant species—more than the entire northern hemisphere. It is, also, one of 25

Wine, continued on page 21

# All American

Long before arugula and radicchio met baby spinach and endive for a spin on the salad plate, *iceberg lettuce was top dog*. In the 1950's and '60's, there were no other choices for green salads in America. Unless, of course, we are talking cabbage for cole slaw. We're not.

Retro cravings in the United States include comfort foods like meat loaf, mac n'cheese and chicken pot pie. For most baby boomers, and even those that didn't grow up with June Cleaver in the kitchen, never underestimate the sheer satisfaction of a wedge salad.

The *classic* iceberg salad, often involves a wedge of very cold iceberg lettuce with blue cheese dressing and such garnishes as tomatoes, bacon and green onions. Top chefs have changed up the dressing and also added crumbled blue cheese, hard boiled eggs, chives, radishes and other fresh ingredients to put their signature stamp on the salad. Make no mistake, it is all about the flavor of the dressing meeting the crunch of the iceberg. Cool, crisp and somehow comforting.

Some restaurants never gave up the solid position that iceberg lettuce had on the roster. Others now feature some variation of a wedge salad alongside the traditional Caesar and some other version of a mixed greens salad. Some steakhouses report that it is, by far, their most requested salad.

Until the 1920s, iceberg was called crisphead, or just plain head lettuce, because of its tight head. The



## ICEBERG LETTUCE

A compact head of lettuce with a crunchy, crispy texture. The leaves should be medium to dark green and the center a creamy yellow color.

Iceberg is available year round and most of the domestic supply is California grown.

name changed when growers started shipping the lettuce in railroad boxcars. Fresh picked heads of lettuce were topped off with mounds of ice to survive the ride across the country. At various *reloading* stations along the route, ice stations were used to replenish the load.

Fortunately, iceberg lettuce available today is usually better than what we got in the '50s and '60s. The best heads have healthy, darker green outer leaves, are compact and symmetrical in shape.

Iceberg may not have as much nutrition as other, darker-green lettuces, but it is a source of folate and some vitamin C, potassium and iron. It's also a good source of vitamin K. One-sixth of a medium head of lettuce has only about 15 calories (without dressing) and no fat, so dieters like it.

The iceberg revival is perfect timing with the new American economy. Without hurting the pocket-book, an affordable and always available ingredient puts dinner on the table. Elegant in a wedge salad or practical with BLT's and tacos, iceberg lettuce is an all American classic. Enjoy iceberg and bring the cool and crisp into summer.

## Wedge Salad

*With Blue-Ranch Dressing*

Ingredients:

1 cup mayonnaise

1/2 cup sour cream

1/4 cup buttermilk

1 tablespoon cider vinegar





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Catch, continued from page 11

Mediterranean mussels spawn in winter and are in their prime in the summer. The meat to shell ratio is typically fifty percent or better, but will drop significantly while spawning.

Another choice for summer and early fall mussels comes from the southern hemisphere. New Zealand's Greenlip mussels, which are in prime midwinter condition when it is summer in the United States, are known for their distinct green colored shell. The Greenlip is quite a large mussel with meat that is either white or orange in color. This is not a quality issue but a matter of gender. The white one is a male and the orange a female.

Before harvest, mussels naturally spend a good portion of time out of the water. After harvest, shelf life for mussels can run to a week or more when kept cool and moist under refrigeration. Cover with a damp cloth and away from any fans for optimal storage. Mussels will not survive very long when put into fresh water, so cleaning them is best done in small batches just before using them.

Mussels are most often steamed using wine, but with their wide flavor affinity, just about any liquid can be used to impact a distinct underlying flavor. With the growing popularity of mussels, chefs are finding new and creative methods of preparation to further this shellfish's use.



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## Questions That Haunt Me!

Can you cry under water?

Why do you have to *put your two cents in*, but it's only *a penny for your thoughts*? Where's that extra penny going to?

Once you're in heaven, do you get stuck wearing the clothes you were buried in for eternity?

Why does a round pizza come in a square box?

What disease did cured ham actually have?

How is it that we put man on the moon before we figured out it would be a good idea to put wheels on luggage?

Why is it that people say they *slept like a baby* when babies wake up like every two hours?

Why are you **IN** a movie, but you're **ON TV**?

Why do people pay to go up tall buildings and then put money in binoculars to look at things on the ground?

Why do toasters always have a setting that burns the toast to a horrible crisp, which no decent human being would eat?

If Jimmy cracks corn and no one cares, why is there a stupid song about him?

Why does Goofy stand erect while Pluto remains on all fours? They're both dogs!

If corn oil is made from corn, and vegetable oil is made from vegetables, what is baby oil made from?

Did you ever notice that when you blow in a dog's face, he gets mad at you, but when you take him for a car ride, he sticks his head out the window?

*(no known author)*

## How to spot a good cookbook

**V**isit the cookbook section of your favorite bookstore and you'll find selections authored by everyone from time-honored cooking greats to sitcom stars.

How to know whose recipes will actually work? Ask these questions: **Is the book easy to read?** If the recipes seems confusing in the bookstore, chances are you'll be lost attempting the dish at home. **Does the book have pictures of the finished dish?** These point you in the right direction while you prepare the food. **Can you find a few recipes you'd be able to cook that evening?** If the book calls for exotic ingredients (lemon-grass, squid) that aren't available at your supermarket, you won't attempt many of the dishes. And check the prep time (if listed) of a few recipes to make sure they'll fit into your dinner hour schedule. **Have the recipes been tested by anyone other than the author?** Read the acknowledgements section. See how many testers are thanked, or if the cookbook makes reference to the number of times the recipes have been tested.

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recognized biodiversity hotspots with seventy percent of the plants found here and not found anywhere else on earth.

Twenty years ago, 84% of the wine production was white. Today it is about 60% is white. The country is now 9<sup>th</sup> in world wine production—a dramatic increase since democracy became the political system of the country. It has been a long journey for an industry dating back to the middle of the 17<sup>th</sup> century. Some historical milestones include the arrival of 150 French Huguenots in 1688, seeking relief from religious persecution. In the 1700s, South African wines were well known in the courts of Europe. In 1886, the dreaded phylloxera devastated the vine of the entire country. In 1918, the first wine regulations began along with the production of Brandy made from Chenin Blanc grapes.

Today, South Africa has gov-

ernment agencies in place to ensure the integrity of their wines. If a varietal is named on the label, 85% of the wine must be the named varietal (in California, the percentage is 75%). If a region district or vineyard name is on the label, 100% of the wine must come from the stated origin. If a vintage date is named, 85% of the wine must be from that vintage. South African wines now have a number on the back label, like a serial number, that guarantees the contents stated on the label.

Most of the wine production in South Africa was consumed at home prior to the democracy. Now the country exports over 325 million liters on an annual basis. Exports have been a great stimulus to the economy of the nation. Two factors make for viable export business—quality and price. The quality is acknowledged by leading critics in Europe, North America and South America and the prices are considered reasonable.

Space limitations preclude

doing justice to the quality and variety of the wines of South Africa. The best way to find out is to try your favorite varietal—South African style.



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## Attitude Commandments

1. It is attitude, not aptitude that governs altitude.
2. The purpose of existence is not to make a living, but to make a life.
3. A negative thought is a down payment on an obligation to fail.
4. You will seldom experience regret for anything you've done. It's what you don't do that will torment you.
5. Complaining is the refuge of those who have no self reliance.
6. The ultimate cost of something is that amount of life that you will exchange for it.
7. Youth is not a time of life, but a state of mind. Wrinkles test the skin, but never touch the soul.
8. People who have not set a worthwhile purpose in life are easy prey for anxiety.
9. The worst bankruptcy is the person who has lost enthusiasm.
10. Nobody can make you feel inferior without your consent.

Recipe continued from page 17

1 1/2 teaspoons garlic powder  
sea salt and freshly ground black pepper, to taste  
4 ounces blue cheese, crumbled  
1 large head iceberg lettuce, cored, bruised outer leaves discarded and cut into 6 wedges  
1 large ripe tomato, cored and diced  
6 strips of bacon, cooked, drained and crumbled

Preparation:

Combine mayonnaise, sour cream, buttermilk,

vinegar and garlic powder in the bowl of a food processor fitted with a metal blade. Pulse several times. Pour into a bowl, fold in the blue cheese and season with the salt and pepper, to taste. Refrigerate. Place lettuce wedges on chilled salad plates and drizzle with the dressing. Sprinkle with the tomato and bacon. Serves 6 • with some additional dressing.

*Recipe by Karin Calloway*

*General Produce Company, Sacramento, CA*



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