

Spice of Life

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The Peppermill

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did you know?

In keeping with tradition, many people purchase a new knife before Rosh Hashanah. Knives range from very basic, almost disposable, \$2.99 model to hand-forged, European steel knives that run to more than one hundred dollars. The differences between these knives are vast. Manufacturing processes, quality of material, style and ease of sharpening all play a role in determining the final cost of a knife. Let us explain. Knife blades are either stamped or forged. A stamped blade is die-cut in a metal press that stamps out hundreds of mass produced knives every hour. A stamped knife is light and inexpensive because of this production method. Its steel is relatively thin to keep production costs low. Some knives are actually weighted to make them seem more substantial.

Back to the kitchen--and of course that means back to The Peppermill for tools, tips and recipes. Be sure to check out our newly redesigned and relaunched website, www.thepeppermillinc.com where you will find the best kitchenware, a selection of delicious recipes and our weekly culinary article. Easy to navigate, we are adding new products and recipes everyday so be sure to visit often and take advantage of "online special." Plus, if you are on Facebook, you will find out about events and promotions long before anyone else.

Tradition dictates buying a new knife for the new year--read on to learn why **all knives are not the same**--see which is the right one for you. Our **tasty new recipes** will make their way on to your Yom Tov menus to the delight of your entire family. On page three you will see all the fantastic **new items** that have come in just in time for Yom Tov cooking and simcha entertaining. The most popular are all the cake decorating items that have arrived from Eretz Yisrael under the **B'datz hechsher**--a bonus for all culinary artists.

During November, be sure to take advantage of our **Peppermill Promo**--spend **\$100 and get a \$30 coupon** to use in January--wow--what a giveaway!

Wishing all a K'siva V'chasima Tova and a sweet New Year!

--Chayale & Rivky

However, a knife that is heavier at the handle than the blade requires more pressure to cut and a tighter grip to compensate for its lack of strength. The better choice is a forged knife that begins as a piece of steel that is heated to a high temperature, set into a mold and struck with a huge hammer to form the blade. This procedure causes the blade to become brittle, so a second heating and cooling treatment relaxes internal metal stress and makes the blade more flexible. The knife blade is then sharpened multiple times, each time creating an edge that is just a bit finer than the previous one. This elaborate method of manufacturing results in a powerful knife that feels lighter in your hand than it looks. Of course, the benefit to the chef is that you get more precise slicing, dicing and chopping with less energy expended. The difference is evident in the perfect balance between the handle and the blade--neither is heavier than the other.

In years past knives were all made by hand of carbon steel. Carbon steel is easy to sharpen and holds a cutting edge well. Older professional chefs agree

that their 25 year old carbon steel knives are best and they would not trade them for anything. True, they can rust if you leave them wet, so professionals are careful to wash and dry these knives by hand, especially if they have wooden handles. Newer designs have plastic, dishwasher safe handles, and are often manufactured with rust-free, stainless steel blades. Stainless steel, however, cannot be sharpened at home and is usually used for mass produced, stamped knives.

New forged knives are manufactured from surgical quality steel, with other elements to strengthen the steel and allow it to maintain its rust-free nature. Putting them in the dishwasher is not recommended, though, because the high heat of the drying cycle may compromise the knife's ability to hold a sharp edge.

The best part is that they feel light and comfortable in your hand. A well designed knife does the work for you with ease.

A good knife is a lifetime investment. Kind of like the reason we buy the knife for the new year, isn't it?

from our kitchen to yours

Salads containing meat are great for both appetizers and main dishes. This is one of our favorites.

Pickled Tongue Salad

For the tongue:

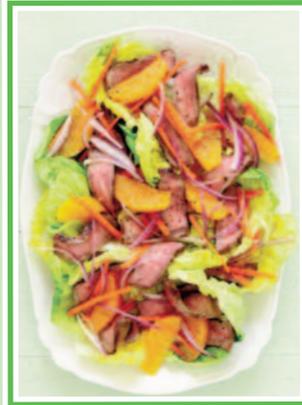
2.5 lb pickled beef tongue
3 tablespoons pickling spice
1 bay leaf
3 tablespoons sugar
1 small onion, quartered

For the salad:

4 pink grapefruits, segmented*
4 oranges, segmented*
¾ cup sliced almonds, toasted
5-6 cups romaine hearts or baby greens, checked
1 small red onion, sliced thin

For the dressing:

¼ cup red wine vinegar or red wine



1 teaspoon dry mustard
3 tablespoons brown sugar
1 tablespoon ketchup
zest of 1 orange
1 flat teaspoon kosher salt
¼ cup canola oil

Put the tongue, pickling spice, bay leaf, sugar, and onion into a large pot. Fill the pot with water ¾ of the way to the top. Bring to a boil and simmer for 2 ½ - 3 hours. Let the tongue cool down and when cool enough to handle peel off the skin. Then slice the tongue tip to back into thin strips.

In a large bowl combine the grapefruit, orange, almonds, tongue and mixed greens.

To make the dressing combine the vinegar or wine, mustard, brown sugar, ketchup, zest and salt. Whisk in the oil until the dressing has thickened up. If you prefer a thicker dressing add 1 extra tablespoon of ketchup.

**Remove all the outside skin and then separate the fruit from rind using a paring knife.*

Tart tatin is just a fancy way of describing an upsidedown pie. Our version uses vegetables to create a unique side dish.

Vegetable Tart Tatin

2 medium Yukon gold potatoes, peeled and cut into 1/2" rounds
2 medium sweet potatoes, peeled and cut into 1/2" rounds
2 medium parsnips, peeled and cut into 1/2" rounds
1 small onion, cut into 1/2" rounds
4 cloves garlic, sliced in half
3 tablespoons extra-virgin olive oil
Kosher salt and freshly ground pepper
¾ cup sugar
1 teaspoon oregano
1 sheet frozen puff pastry, thawed (about 8 ounces)
flour, for dusting

Preheat the oven to 400 degrees F. Toss both kinds of potatoes, parsnips, onion, garlic, olive oil, 1 teaspoon salt and 1/4 teaspoon pepper in a bowl. Spread in a single layer on a baking sheet; bake until tender, about 45 minutes. Let cool slightly.

Meanwhile, mix 2 tablespoons water and the sugar in a skillet and

bring to a boil over medium heat. Cook, until amber-colored, about 7 minutes.

Remove from the heat and stir in 1/4 teaspoon each salt and pepper. Pour the caramel into a 9-inch round glass or ceramic baking dish and spread with a rubber spatula. Sprinkle the oregano on top.

Arrange the roasted potatoes and parsnips in a single snug layer on top of the caramel. Scatter the onion and garlic over the roasted vegetables.

Roll out the puff pastry on a lightly floured surface into a 9-by-13-inch rectangle. Pierce the pastry all over with a fork, then lay it on top of the vegetables, folding the edges under to fit. Bake 20 minutes, then reduce the oven temperature to 350 degrees F and continue baking until the dough is cooked through, 15 to 20 more minutes.

Let the tart cool 10 minutes in the baking dish, then carefully invert it onto a platter. Replace any vegetables that stick to the dish.



Now, we need a dessert to impress your family and guests! This combination of flavors is sure to be a winner.

Chocolate Pear Tarts

for the crust:

1½ cups flour
8 tablespoons margarine, cut up (1 stick)
2 tablespoons shortening
3-5 tablespoons ice water

for the pears:

3 bartlett pears, peeled, halved and cored
1 cup sweet white wine
1 teaspoon vanilla

for the chocolate filling:

4 ounces whipped topping
8 ounces semisweet chocolate, chopped
1 teaspoon pure vanilla extract
2 eggs

1/3 cup flour

Pinch salt

Poach the pears:

Place pears, wine and vanilla in a saucepan. Add water to cover about halfway up the pears. Poach until pears are fork-tender. Cool.

Prepare the crust:



Place flour in a large bowl. Using a pastry blender, cut in margarine and/or shortening until mixture looks like coarse crumbs. Sprinkle in ice water, 1 tablespoon at a time, mixing lightly with a fork after each addition. Only add enough water to hold dough together. You can also prepare this dough easily in a food processor, pulsing to combine the dough.

Gather pastry together. Flatten slightly and wrap in plastic. Refrigerate 30 minutes.

prepare the filling:

Heat the whipped topping in a small saucepan over low heat until bubbles form around the rim of the pan. Pour hot topping over chopped chocolate. Let stand one minute to melt; then whisk to combine. Alternately, you can heat the whipped topping in the microwave and pour over chocolate.

Whisk gently until mixture is smooth and shiny. Whisk in vanilla and eggs. Add flour and salt last. Mix until smooth.

Divide dough in 6 equal pieces. On lightly floured surface, roll each piece of dough to 6" circle, rolling from the center outward. Turn dough during rolling to prevent sticking. Place each into a 4" metal or paper tartlet pan, bringing the dough up the sides.

Divide batter among prepared tartlet pans. Place a poached pear half in the center of tart. Put the tart pans on a cookie sheet to make it easier to place in the oven. Bake for 18 to 20 minutes or until crust is golden and batter is puffed and dull. Serve warm or at room temperature.

To prepare in advance, batter can be mixed 2-3 days ahead and kept in refrigerator. Do not freeze baked tarts.

Gotta have it!



The **Alef Bais designer stencil** you have been waiting for is here! Featuring an easy-to-read font in 1/2" and 1" letters. Use it for all your decorating needs.

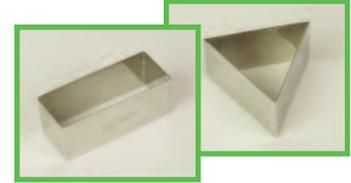
Easily serve tarts, cakes and pies baked in a **Glass-bottom Tart or Glass-bottom baking Pan**. Heat-proof glass is cut resistant and dishwasher safe. Non-stick outer ring will release crusts without any effort. Top quality European manufacturer. Available in a variety of sizes.



The right tool is all you need to make every dish looks as though it was prepared by a gourmet chef. The **Saladacco Spiral Slicer** will cut spirals or fine long shreds from any firm vegetable. Garnish each course for rave reviews! **\$24.99**



Up until now we all used round food rings for stacked presentation. It's time to a change--we've found **square, rectangle and triangular food rings** with pushers to make you a culinary star this Yom Tov.



Pretty picks can make your dish! Come in to see our newest collections in gold and silver--just in time for Yom Tov menu presentation. We also stock bamboo picks, knot picks and beaded styles. Try them all!



\$3.99-\$6.99

Mini is the way to go! Our new collection of **mini dessert glasses** can be used for frozen desserts, parfaits and trifles. Or, if you prefer, use them to serve salad dressing, cut vegetables or drinks at your next simcha.

Available in 4 different styles. **Just Desserts minis \$29.99**



These spatulas need no explanation. Great quality heat proof silicone and just plain fun--we've got the perfect one for the cook in your life. Great for bridal showers, housewarming gifts or a present to yourself!

Silicone Saying Spatulas \$6.99



For ease and speed in the kitchen nothing beats a mandoline. The classic **Swissmar V slicer** is still the one that beats them all for simplicity and price.

Swissmar V Slicer \$44.99



Peanutbutter chips are back! Try them along with all our tasty chips in your favorite cookies, blondies and bars. Real chocolate chips, cinnamon, caramel, butterscotch and white chocolate chips. *Check with us for the hechsher on each item.*

Peanutbutter chips 8 oz \$2.99



Come see our newest cake decorating supplies all certified under the b'datz Eida Hachareidis

Decorate like the professionals

**Transfer Sheets
Edible Images
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With the relaunch of our website we have also started a facebook fan page. Follow us at

facebook/thepeppermillinc
for new recipes,
our weekly
column and
contests to win
free stuff!



The first 500 "likes" will be entered to win a \$100 gift card



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knife know-how

An important factor in purchasing a knife is knowing the job you want it for. Different types of knives will ease all your culinary tasks.

A long straight-bladed knife is essential for slicing large cuts of meat or large melons. Your work will be cut in half if the blade is as long, or almost as long as item you are cutting. Some cooks are afraid of large knives, thinking that they are dangerous to have around households with children. That is easily remedied with proper storage. Always store knives in a block or protect the blade with an inexpensive blade guard and teach children that "this knife is for mummies only!" Keep in mind that a short-bladed knife will require lots of back-and-forth sawing motions to slice through a roast that is 10 inches wide.

Chef's knives, with their curved blades, are ideal for slicing and dicing using a rocking motion that means that you never actually lift your knife from the cutting board. Rocking back and forth from the tip to the heel of the knife saves your hands and arms from fatigue. The most popular type of chef's knife is undoubtedly the **Santoku**. Taking its design from Japanese

knives, the Santoku combines the benefits of eastern and western cutlery.

Short paring knives have their purpose as well. Peeling onions, quartering apples and opening avocados would be extremely awkward with a long knife. These jobs require you to choke up on the blade and are often done in the opposite hand. You would not want to cut an onion in your hand with the tip of an 8 inch chef's knife pointing straight at your nose!

Medium length knives, often referred to as utility knives are good for small slicing jobs but as their blades are straight, they will not rock for ease of dicing.

Serrated knives will cut through soft foods and peels with ease but will tear meat and poultry. They are perfect for tomatoes and slicing cake or rolls.

The latest knife technology combines the best of both straight and serrated in a **scalloped slicer**. This type of knife will cut through just about anything from bread and cake to semi-frozen beef. Referred to as **Super Slicers**, these knives will hold an edge lots

longer than other blades.

Deco-great!

Our ever-popular **cookie and cupcake decorator, Esty Hirsch**, of Whimsical Creations, is unparalleled in both her decorating and teaching skills. Learn lots of different methods to ice cookies and frost cupcakes in her 2 hour classes.

You don't need any previous knowledge to

enjoy her classes and you will go home with the tools to help you decorate like a pro. Learn how use a piping bag and tips and understand how to make your icing the correct consistency.

Cupcake Decorating: Monday November 12 8PM \$55

Cookie Decorating: Monday November 26 8PM \$55