

# Spice of Life

PUBLISHED BY THE PEPPERMILL

WHAT'S COOKING  
 Kitchen Notes  
 Staff Favorite Gadgets  
 Recipes from our Kitchen

## Hello

With the lazy days of summer now a beautiful memory, the time has come to think about the upcoming yomim tovim. This year we have a little more time to plan elaborate menus and maybe try a new recipe or two. Once the new school shoes are purchased and the school supply lists have been checked off, we take a few minutes to look up favorite dishes and exciting new ones and make our grocery lists. We've brought you three mouthwatering dishes featuring a sometimes overlooked ingredient—maple syrup. This delicately flavored syrup can be ramped up to give amazing flavor. We tell you how.

We show some helpful new kitchen gear as well as long-standing favorites on our "kitchen notes." In addition, in this issue we've asked our salespeople to share with you their favorite items. Read on to see what they like best and how it helps them in the kitchen. We're sure our favorites will quickly become yours too.

After Sukkos, when you may have some time on your hands, we have three informative demonstrations on schedule. These are free for all to come and learn. See page four for the time of these exciting events.

We will be running our girls baking classes because girls can't get enough of them! Be sure to sign up quickly as space sells out fast.

Esty Hirsch of Whimsical Confections will once again share her cookie know-how in a class on November 14th. Beginners and experienced cookie decorators are welcome.

Come back into the kitchen with us and whip up your favorite traditional recipes but don't be afraid to try something new. Let us know about your successes. We love to hear from everyone! Tag us on instagram with pictures of your creations and we will share them.

And while you're chopping, sautéing, frying and stirring, like all "yiddishe mamas," take a moment to daven for only good things in the coming year for yourself, your family and all of klal yisrael. We will too!

Wishing all a ksiva v'chasima tova, Chayale & Rivky

## Did you know?

Maple syrup, like many delicious natural products was discovered by accident. Most legends claim that Native Americans thought the liquid dripping from trees that had been cut by their tomahawks was water. After all, it was clear and colorless. They used it to cook meat and discovered that it turned into a delicious sweet glaze. It added wonderful flavor to everything and they began using it to sweeten many different foods. They also boiled it down to thicken and become chunks of maple sugar that could be put aside for winter, sustaining them through the cold months.

When settlers arrived with metal tools they began drillings holes and adding little wooden spouts to direct the sap into buckets and the "sugar maple" industry took off. Maple sugar was most popular in Vermont where there were lots of maple trees. In addition, its location far from the seaports where regular white sugar was imported made maple sugar the perfect alternative.

Up until the 1930's most maple syrup came from Vermont. In recent years things have changed and 80% of the world's maple syrup comes from Canada.

Like sugar, maple syrup contains no vitamins; however, it contains small amounts of minerals like calcium, iron, magnesium, potassium, zinc, copper and manganese. These minerals are not lost during production because there is relatively little processing.

As production methods have improved over time the quality of maple syrup has too. Maple syrup is graded according to color and flavor. It may range from golden to dark amber in color and from mild to robust in taste. Colors and flavor are not indicative of quality, rather they are used so you can choose which flavor suits your taste best.

Dark syrup is usually used in baking while light amber or golden is more often found at the table. Avoid using "pancake syrup" which is not maple syrup at all. It's most often corn syrup with some artificial maple flavor added. For best flavor in glazes and baked goods choose good quality syrup with a nice aroma.

## Maple Bourbon Oyster Steaks

*This recipe can be prepared with a Delmonico or square cut roast as well. Increase baking time to 2 hours, depending on the size.*

### Ingredients

4 oyster steaks, 10-14 ounces each  
3 large onions, sliced thickly in rings  
6 cloves garlic, cracked open  
Kosher salt  
Freshly ground pepper  
16 ounces maple syrup, divided  
1 cup bourbon (Old Williamsburg or Wild Turkey)

### Instructions

Preheat oven to 350 degrees.  
Place onion slices and garlic in a roasting pan. Place oyster steaks on top. Season well with kosher salt and pepper. Drizzle with ¼ of the maple syrup.  
Place remaining maple, bourbon, ½ teaspoon kosher salt and ½ teaspoon ground pepper in a heavy saucepan. Bring to a boil and continue to cook until it is reduced to a sticky glaze. Stir occasionally so it does not burn.  
Bake steaks, covered for 1 hour. Carefully remove from oven. Pour off most of the liquid accumulated in the pan.  
Pour half the glaze over the steaks and return to the oven. Continue baking, uncovered 20 minutes or until it has formed a nice crust.  
Remove from oven and let the steaks rest 5 minutes. Slice across the grain and drizzle remaining glaze on the meat. Serves 8.



## Maple Glazed Vegetables

*Yes, more maple recipes! While you wouldn't want to serve all three maple-flavored dishes at one meal, each one adds a nice touch on its own. This dish should be prepared just before serving. For convenience, cut vegetable before yom tov and store in sealed containers.*

### Ingredients

*Dressing:*

¼ cup light olive oil  
½ cup maple syrup  
1 teaspoon grated ginger  
½ teaspoon freshly ground black pepper  
2 teaspoons kosher salt

3 carrots, peeled  
1 large sweet potato, peeled  
2 bell peppers, seeds removed  
1 red onion  
1 lb. mushrooms  
2 summer squash (zucchini and/or yellow squash)

### Instructions

Preheat oven to 350 degrees F.  
Place all dressing ingredients in a container with a tightly fitting lid and shake to mix well. Let sit while cutting vegetables.  
Cut all vegetables into 1-2 inch pieces. Place carrots and sweet potatoes in a foil lined sheet pan. Shake dressing and pour half of it over the carrot and potato. Toss to coat. Roast 20 minutes.  
Remove from oven. Add remaining cut vegetables and drizzle with remaining dressing.  
Put the pan back in oven and roast for an additional 25-30 minutes, basting once with the dressing.  
Serve immediately.



## Maple Apple Rosettes

### Ingredients

*For the dough:*

1 ½ cups flour  
½ cup confectioners' sugar  
¼ teaspoon salt  
9 tablespoons margarine, cold  
1 egg

*For the filling:*

4 firm gala or honey crisp apples, unpeeled  
1 pound Bavarian cream (custard)

8 ounces maple syrup, divided

### Instructions

Put flour, sugar and salt into the bowl of a mixer fitted with a paddle attachment. Mix until combined. Add the cold margarine in small pieces and mix just until crumbly. Add the egg and mix until the dough just begins to come together. Remove from mixer to a lightly floured surface. Knead to incorporate any leftover dry pieces. Place dough in plastic and refrigerate at least 2 hours. Dough can also be made in a food processor fitted with the "S" blade. Pulse to form large crumbs. Using a spiralizer, create long ribbons of the apples. Don't worry if they break. Place apple ribbons in a large microwave safe bowl. Cover with water and add 3 tablespoons lemon juice. Microwave on high for 3 minutes to soften the apples.  
Preheat oven to 350. Roll out dough and cut 12 circles with a 3.5" cookie cutter. Using a scalloped cutter adds a nice touch. Place into a 12 non-stick muffin pan. Fill each dough cup with 1½ tablespoons Bavarian cream. Drain as much liquid from the apples as you can. Starting with one piece, roll apple strip tightly to form rosette. Continue adding apple strips to achieve the desired flower size. Place, peel up, on top of Bavarian cream. Lightly brush with maple syrup. Bake for 25 minutes or until tart shell is golden. Let cool & remove from pan. Heat remaining maple syrup and brush over apples. Tarts can be prepared one day ahead and refrigerated.





←Need a new fish pot for yom tov? We have the right one for you! Try the **Cuisinart rectangular 5 quart stainless pot**. It comes with a bonus chafing dish rack so it can serve more than one purpose in your kitchen.



←You can decorate amazing cakes and cookies with **Wonder Lace**. Simply spread this ready-to-use paste in a silicone lace mold. Let it set overnight or bake and unmold. Create intricate lace strips, flowers and more to enhance your baked goods. We have a beautiful selection of molds so you can show off your creative side.

Made of a revolutionary recycled fiber, the **Epicurean cutting board** is dishwasher safe and will not stain. It will not dull knife blades and the non-skid corners keep it in place. Now it comes with **FREE shears** to cover lots of jobs in the kitchen.



Time to replace your cookware? Family growing? **Stock pot sale still on!** All stock pots and fish pots 12 quarts and larger are **20% off** through October. ↗



cool dessert!



↗The **Apple Tart Maker** easily cuts and seals puff pastry to create a beautiful dessert perfect for the season. Cut, fill and seal the dough with one handy tool.



←Renee Muller's beautiful new cookbook will be a welcome addition to your culinary library. Beautifully presented recipes with easy-to-follow instructions make **Our Table** an excellent choice for both beginners and seasoned cooks.



If you've been waiting for the perfect spiralizer, choose the **Zyliss Spiralizer!** Cut all the way through every vegetable while the unique safety holder protects your fingers.

easy decorating tip

Cookie decorators will love **Wilton's new stick-on alphabet stencils!** They feature a food safe light adhesive to keep from moving as you spread icing or food color on the cookies. Create professional monograms on your baked good for your next simcha.



# KITCHEN NOTES

THE LATEST GADGETS, TIPS AND NEWS



↗The most convenient way to bake and serve kugels and casseroles is in **glass oven-to-tableware**. When you are headed out to the sukkah there's no need for separate plates and platters. Simply bring your perfectly baked dish to the table for everyone to enjoy. We also have a selection of serving utensils for those times you are feeding a crowd.



↗New gold and silver tulip **baking cups** are perfect for muffins, cupcakes and babka buns. Baking and sending your favorite treats has never been prettier. Dress up your plate or sweet table with these elegantly colored cups.



→People have been asking us for the **double oven mitts** for ages! These long mitts wrap completely around hot pots and pans and protect your hands and arms. Patterns vary.

Presentation is everything! Our selection of **picks and skewers** will help you present your food beautifully. We have picks that are all dressed up for the occasion--choose one to match your meal. →



**Monaco cake dome** on sale! This attractive glass cake dome keeps your homemade treats fresh and airtight. **Now only \$14.99**



5015 16th Avenue  
Brooklyn, NY 11204

718-871-4022 OR 866-871-4022  
SUN-THU 11AM-6PM FRI 11AM-1PM  
WWW.THEPEPPERMILLINC.COM



PRSR STD  
U.S. POSTAGE  
PAID  
LISTCO DIRECT  
11219

To: CURRENT RESIDENT OR

## staff picks

*Rivky:* I love my *disposable pastry bags!* I use them for all kinds of jobs from filling cupcake cups and chocolate molds to piping whipped cream on dessert plates. They are inexpensive and keep things neat and clean.

*Chayale:* I use my *mandoline* just about every day! Vegetable salads are sliced in minutes; soup vegetables are chunked and in the pot before you know it. I use it for any job that needs precise cutting and julienne. It's even handy for fruit salad.

*Zippy:* I love my *Wusthof Super Slicer!* Slicing roasts is no longer a hassle of uneven, shredded slices or time-consuming trips back to the butcher shop.

*Gitty:* My favorite is hands-down my *All Clad French Skillet!* It's got a very large surface compared to many frypans and it heats up very quickly. Nothing beats the way it browns and caramelizes!

We asked our staff to share their favorite items. Everyone has a gadget, pot or utensil that they turn to again and again when working in the kitchen. When we talk about an item we love you will wonder how you managed without it until now!

*Malky:* My *Joyce Chen kitchen shears* are just the tool for me! Cleaning poultry and trimming cutlets are quick and easy.

*Jasmin:* My *Rachael Ray pots* are excellent! They cook quickly and clean up very easily.

*Reizy:* You know the scum that rises to the top of every pot of chicken soup? I get rid of it instantly with a *stainless skimmer!* Draw it across the top of the pot for perfectly clear soup every time. Use it to remove deep fried foods from the hot oil and steamed vegetables from the cooking water.

*Estie:* The *Wusthof Artisan knife* fits my needs to a T! Smaller than the Super Slicer but with the same amazing blade, it quickly "cuts" through any job in the kitchen!

## autumn events

Stop in for free and educational baking demos:

Join us for **Creative Yeast Pastries**. Learn new ideas for rugelach and babkas. This is not your grandma's kokosh cake!  
-November 9  
-1pm

Anyone can create eye-popping decorated cakes and cookies with **Wonder Lace!** Learn to use these delicate laces pieces to garnish cakes, cookies and cupcakes.  
-November 23  
-1pm

Come watch us create **miniatures** that you can make for your next simcha! With our clear presentation and easy methods you too can bake with the best!  
-December 7  
-1pm



**Baking for Girls** will take place November 6, 13, 20, 27, December 4 and 11. Girls ages 9-12 will learn to bake and decorate delicious homemade treats in this hands-on class. Space is limited so sign up today with a friend for more fun!  
-1 pm

**Esty Hirsch** of **Whimsical Confections** will share her knowledge and expertise with us in this cookie decorating class. Learn from a pro!  
-November 14th  
-8pm