

# Spice of Life

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## did you know?

Doughnuts have an uncertain history. One theory suggests they were invented in North America by Dutch settlers, who were responsible for popularizing other American desserts, including cookies, apple pie, cream pies, and cobbler. In the 1800's doughnuts were sometimes referred to as one kind of *oliekoek*--a Dutch word literally meaning "oil cake" or a "sweetened cake fried in fat."

Because the center of the cake did not cook as fast as the outside, the cakes were sometimes stuffed with fruit, nuts, or other fillings that did not require cooking.

Hanson Gregory, an American, claimed to have invented the ring-shaped doughnut in 1847 when he was only 16 years old. Gregory was

Let's start off on a serious note: Our heartfelt good wishes go out to anyone in Klal Yisroel who suffered loss or discomfort during Superstorm Sandy. We have tried to do our part by donating **10% of our November sales** to funds for victims of this devastating event. Some of our customers have done even more. We have seen people replace all the kitchenware lost by a friend--down to the last peeler! That's chessed in a big way. Let us know if your purchases are for someone who lost everything and we'll give you an extra discount.

If you are thinking "we just put away the succah," you are not alone! Interesting how Chanukah always seems to get here so soon after Tishrei. But of course, we don't mind--**Chanukah is the fun yom tov**. We get to go to parties, host parties and spend lots of time eating. With all the unsettling events in the news, it's nice to have something else to think about.

What is the first thing we think of when talking about Chanukah? Doughnuts, of course! In this issue you will learn all about the history of this iconic food as well as **how to prepare donuts** so they come out perfect. Once you've brushed up on all the skills you will never again hesitate to treat your family to fresh homemade doughnuts.

In this issue we also bring you some unbelievably **delicious recipes** for your Chanukah party. A warming soup, savory quiche and a luscious dessert--all our favorites. Plus a bonus recipe that is a snap to prepare using our **ready-made donut mix**. (of course, you can always make donuts with our mix!) Be sure to stock up on donut fillings, glazes and decorations so you have everything on hand when the party starts.

On page 3, you will see some new items that we're really excited to show you. Some make **great gifts** while others are **time- and labor-savers** for yourself. The most exciting items are two new cookbooks that have come out in time for Chanukah. **Chic Made Simple** by Esther Deutsch and **Kosher by Design Cooking Coach**, are both beautiful, informative and worthwhile additions to a kosher cookbook library.

If you are not quite sure what you would like to give, try a **gift certificate**. Ours go out all dressed up in their own attractive boxes and will excite every hostess, mother, daughter, sister, babysitter and even the man in your family who loves to cook!

Happy Chanukah! --**Chayale & Rivky**

unhappy with the greasiness of doughnuts and with the raw center of regular doughnuts. He claimed to be the first to have punched a hole in the center of dough and later taught the technique to his mother.

Every cuisine has their version of doughnuts. From *zalabia* in the Middle East to *bimuelos* in Central and South America, *suganiyot* in Israel and *zeppole* in Italy, *paczki* in Poland and *fank* in Hungary, each country claims their's is unique. The ingredients may vary but they are all basically balls of dough fried in oil, then sweetened with sugar, syrups or glazes. Some are filled with jelly or custard while others are served with dipping sauces.

Doughnuts are so well-loved that they have a national holiday in their honor. National Doughnut Day is on the first Friday of June each year. It was created to honor the women who served doughnuts to soldiers during World War I. They offered a taste of home to the soldiers, who became known as "Doughboys" because they ate so many!

The origin of the name "doughnut"

is also hotly debated. Some say it refers to the nuts that were placed inside of the ball of dough to prevent the uncooked center while others claim it refers to "dough knots" which were another popular shape for the *olykoeks*.

American doughnut culture was heavily influenced by Jewish folks in some rather unexpected ways.

A Jewish refugee from Russia named Adolph Levitt is responsible for inventing the first electric doughnut machine in 1920. Thanks to Levitt, machine-produced doughnuts were a huge hit at the 1934 Chicago World's Fair.

In addition, the largest donut chain store in the world "Dunkin Donuts" was started by William Rosenberg, who realized most of the customers at his snack shop chose donuts over anything else. Guess we like our fried treats.

So while food historians may argue about the origins of doughnuts, most people just argue over whether jelly or custard is better!

## from our kitchen to yours

Start your Chanukah party with a warm delicious savory tomato soup! Ours is topped with unusual croutons!

### Tomato Soup with Grilled Cheese Croutons

*For the soup:*

3 tablespoons olive oil  
1 large yellow onion, chopped  
3 cloves garlic, minced or crushed  
4 cups water  
1 (28-ounce) can crushed tomatoes  
Kosher salt and ground black pepper  
1/2 cup orzo  
1/2 cup heavy cream

*For the grilled cheese croutons:*

4 slices rye bread  
2 tablespoons butter, softened  
4 ounces mozzarella or munster cheese, shredded

In a large pot heat the olive oil over medium heat. Add the onions and cook over medium-low heat for 15 minutes, stirring occasionally, until golden brown. Add the garlic and cook for 1 more minute. Stir in



the water, tomatoes, 1 teaspoon salt and 1/2 teaspoon pepper. Bring the soup to a boil, then lower the heat and simmer for 15 minutes.

Meanwhile, fill a medium pot with water, add 2 teaspoons salt and bring to a boil. Add the orzo and cook for 7 minutes. (It will finish cooking in the soup.) Drain the orzo and add it to the soup. Stir in the cream, return the soup to a simmer and cook for 10 more minutes, stirring frequently.

*Prepare the croutons:*

Heat a medium-sized frypan or panini pan. Place the four slices of bread on a cutting board and smear with the butter, being sure to butter the corners. Turn the slices over and pile shredded cheese on two of the slices. Place the remaining two slices of bread on top of the cheese, buttered sides up.

Fry or grill the sandwiches on the pan for about 5 minutes, until nicely browned. Press down with a spatula or panini press. Place on a cutting board, allow to rest for 1 minute and cut into 1-inch cubes. Ladle soup into bowls, top with a few croutons and serve immediately. *Mm mm!*

For a change from your usual vegetable quiche, try our mushroom quiche flavored with basil pesto.

### Pesto Mushroom Quiche

*Crust:*

1 1/4 cups flour  
1/2 teaspoon salt  
1 stick butter, cut into 1/2" cubes  
1/2 cup sour cream

*Filling:*

1 box fresh mushrooms, sliced  
2 tablespoons olive oil  
1/4 cup pesto (see recipe below)  
3 eggs  
3/4 cup milk  
3 ounces parmesan cheese  
Salt & pepper



Whisk flour and salt in a large bowl. With a pastry blender or 2 forks, cut in butter until it resembles coarse crumbs. Add sour

cream; stir until dough comes together. Shape dough into disk. On a lightly floured surface, roll out to a 14" round. Transfer to a 9" deep pie plate. Trim overhang and crimp edges. Chill crust at least 30 minutes.

Preheat oven to 400 degrees. Line pie shell with parchment paper and fill with pieweights or beans. Bake for 12 minutes. Remove from oven, take out pie weights and lower heat to 325 degrees.

*Prepare filling:*

Heat olive oil in a large skillet over medium heat. Add mushrooms and sauté mushrooms until wilted and liquid has evaporated. Place mushrooms into partially baked pie shell.

Combine, eggs, milk, pesto and cheese in a large bowl. Season with salt and pepper. Carefully pour mixture over mushrooms and bake until set, about 30-35 minutes. Let cool a bit before slicing.

**Easy Pesto** (use this any time you have a recipe calling for pesto.)

2 trays Eden frozen checked basil, defrosted.

3 cloves garlic

3 tablespoons olive oil

Place all ingredients in a bowl and blend using an immersion blender. Use 1/4 cup in the quiche recipe.

No Chanukah party would be complete without a divine dessert! This one combines lots of our favorite flavors--caramel, peanuts and chocolate. It doesn't get much better than this!

### Caramel Peanut Tart

*For the crust:*

14 chocolate graham crackers, finely ground (2 1/3 cups)  
1 tablespoon granulated sugar  
1 stick butter, melted

1 1/2 cups dulce de leche caramel  
1 cup roasted salted peanuts

*For the Mousse:*

8 ounces cream cheese, room temperature  
1 cup confectioners' sugar  
3/4 cup smooth peanut butter  
1/2 teaspoon pure vanilla extract  
1 cup heavy cream

*For the Chocolate Ganache:*

7 ounces semisweet chocolate, chopped  
2 tablespoons light corn syrup (Karo)  
1 cup heavy cream

Preheat oven to 350 degrees. *Make the chocolate crust:* Combine cookie crumbs, granulated sugar, and butter. Press mixture into bot-

tom and halfway up sides of 9-inch springform pan. Bake until dry and firm, 8 to 10 minutes. Remove from oven and let cool. Heat dulce de leche and spread on the crust. Sprinkle with peanuts. Refrigerate.

*Prepare the peanut butter mousse:*

Beat cream cheese and confectioners' sugar with a mixer on medium-high speed until pale and fluffy.

Add peanut butter

and vanilla, and beat until combined. Whisk heavy cream in a separate bowl until medium-stiff peaks form. Fold one-third of the whipped cream into peanut butter mixture. Carefully fold in remaining whipped cream in 2 additions.

Gently spread peanut butter mousse over caramel in an even layer, making sure they don't blend together. Refrigerate for 30 minutes.

*Make the chocolate ganache:*

Place chocolate in a heatproof bowl. Bring cream to a simmer in a small saucepan over medium-high heat. Pour cream over chocolate, and let stand for 1 minute. Add corn syrup. Whisk to combine. Remove tart from refrigerator, and pour in ganache to cover surface. Refrigerate for at least 30 minutes before serving.



# Gotta have it!



Baking a cheesecake for the family Chanukah party? it has just gotten easier to unmold with a **Kuhn Rikon PushPan**.

This is the first springform pan without a buckle to break! Simply place the pan on top of a jar or can and push the ring down--out slides your perfect cheesecake. Leakproof, too, so you never have to wrap the pan to bake in a waterbath.

Colored glass is what's hot now! Serve your favorite salad in our new **Lenox Organics Collection bowls**. It will enhance any table. Give your favorite hostess (or yourself) a gift she'll treasure!



Entertaining is easier when you use oven-to-table dishes. Bake and serve in these new **glass bakers in beautiful bamboo-look cradles**. Available in gold or silver in 9"x9" square and 9"x13" rectangle. Bake a casserole or quiche and bring it to the party!



## Bonus Recipe!

*For all those who know and love our ready-to-use donut mix, this will be an instant hit!*

In the mixer, combine donut mix with 1 cup warm water. Mix for 5 minutes. Let rise 45 minutes. Roll out dough to a 12"x12" square. Smear dough with canola oil and sprinkle with 1 cup sugar and 1 tablespoon ground cinnamon. Roll up jelly-roll style and slice into 12 equal pieces.

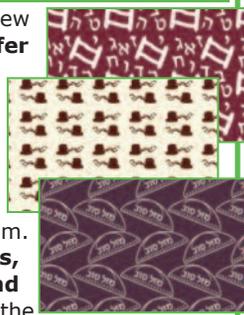
Heat 4-5 cups canola oil in a large saucepot. When the oil reaches 350 degrees, fry the cinnamon buns, a few at a time until they float to the top and become a beautiful golden color. Remove with a slotted spoon and drain. Melt 1 container poured fondant in the microwave or double boiler. Add 2 tablespoons water and stir. Brush generously over warm buns. Serve warm.



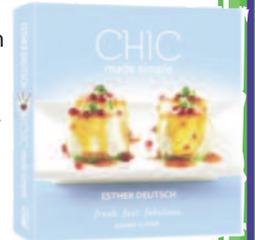
Do you often burn yourself in the kitchen? You are not alone! But now one intrepid manufacturer came up with a simple solution. Snap this heavy-duty fabric **Oven Rack Cover** over the edge of the rack and place our silicone **Cool Touch Handle Covers** on every lid handle and you'll be well protected.



Check out our new **Judaica transfer sheets!** Create beautiful treats to fit the next occasion, whether it's an upsherin, bar mitzvah or siyum. We have **torahs, yarmulkes, and tefillin**. Under the hechsher of Rav Schlesinger of France.



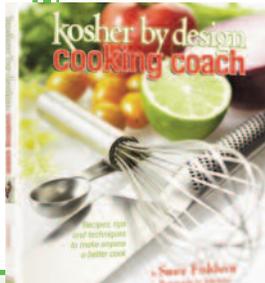
You know what they say... "presentation is everything!" And, **Etty Deutsch's** new Cookbook, **Chic**, proves that point. Eye appeal is the name of the game so learn how the simplest food can look fantastic. Delicious recipes and mouthwatering photos make this book a winner! Great Chanukah gift.



Not every Chanukah treat must be high in calories. Serve your family tasty low calories chips prepared in the microwave on our **Mastrad Chip Maker**. Includes a mandoline for perfect slices.



**Kosher by Design's Cooking Coach** is perfect for the curious cook. Learn the science behind many dishes and techniques used by professional chefs. Includes 120 new recipes, over 400 photos and tons of useful information. The perfect Chanukah present for your hostess!



Dress your table or treat your hostess to a magnificent gift this Chanukah--either way you'll enjoy this **Glitter Galore collection of table accessories** for years to come. Serving utensils, salt and pepper shakers and condiment dishes are all dressed in rhinestones.



## Special buy!

12" covered frypan

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## doughnut know-how

What would Chanukah be without doughnuts? If you think of donuts as a big deal—think again! With the right tools and a little bit of helpful advice donuts can easily be on your Chanukah menu.

**Do** read the recipe's instructions from beginning to end before you begin deep frying.

**Don't** start searching for tools while your donuts are frying—they may burn.

**Do** gather all the items you will need for frying your donuts. While the oil is heating prepare all necessary equipment and utensils.

**Do** use canola or peanut oil. These oils have the highest smoking points.

**Don't** use low-smoking-point oil, like extra virgin olive oil or nut oils, as these will emit stronger odors and burn more easily. These should never be used to frying.

**Do** use the heaviest large pot that you have. Heavy cookware will maintain more constant oil temperature.

**Do** use a candy or deep fry thermometer to bring your oil to the correct temperature. Heat the oil to 350 degrees. At the right temperature your doughnuts will fry quickly and evenly. They will not absorb excess oil becoming heavy and soggy. Deep fry thermometers are not expensive and range in price from \$5.00 to \$15.00. It's a worthwhile investment that will come in handy in other cooking techniques.

**Don't** fill the pot more than half way with oil; it may splash when you drop in the doughnuts. Use enough oil so that the food will cook without touching.

**Do** lower the heat once the oil has reached the proper

temperature. This will maintain the oil temperature without allowing it to get any hotter.

**Don't** allow the oil to go above 375 degrees. If the oil is too hot, the outside of the doughnuts

will burn without giving the dough inside a chance to cook. The resulting doughnuts will be raw and chewy.

**Don't** overcrowd your pot--drop in a few doughnuts at a time. Putting in too many doughnuts will cause the temperature to drop drastically. Make sure they float freely and don't touch each other.

The oil should bubble up around each doughnut. When the doughnuts have cooked to a light golden brown they are ready.

**Do** allow the oil to return to the proper temperature before frying the next few donuts.

**Do** drain your donuts on cooling racks placed over a large sheet pan lined with paper towel. This method is better than draining the doughnuts directly on paper towels. Cooled doughnuts will reabsorb oil if they are allowed to rest directly on oily paper towels.

**Do** remove the doughnuts from the oil using a slotted spoon or skimmer, shaking off the excess oil. Place the doughnuts on the rack to cool. Continue frying doughnuts in batches until all are ready.

**Do** freeze! Many doughnut recipes can be prepared in advance and frozen. Always freeze cut-out, raw doughnuts. They will quickly come to room temperature and be ready to fry. Defrost doughnuts uncovered to allow moisture to evaporate. Wet doughnuts will spritz dangerously when lowered into hot oil.

**Don't** freeze fried donuts—they'll never be the same.

