

# Spice of life

## PEPPERMILL

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## Hello,

The chill in the air tells us it's time to plan our Chanukah menus. Whether you prepare elaborate parties or small intimate family meals, food makes the party. We know you turn to us for inspiration so we bring you delicious recipes that will make your event a success. All the recipe cards you've collected deserve a special place in your kitchen. Our new Recipe Collector is what you've been waiting for! It will take center stage among your favorite cookbooks. Fill it with the FREE recipe cards to make it a well-received Chanukah gift.

Speaking of Chanukah, a gift card is the perfect Chanukah Gelt! Teachers, co-workers and office staff love getting gift cards because they can choose just the right treat. Our gift cards come in Chanukah-themed wrapping to add to the fun. Choose your denomination and watch them smile!

Have you seen the dinnerware, flatware and glasses at The Peppermill? Our selection, including designer styles, runs the gamut from traditional to transitional to contemporary. In other words, something for everyone! Of course, we'll toivel and dry for you—services that make it a pleasure to shop with us. And, don't forget our famous Kallah Program: 20% off every kallah, every order, every day. Stock your kallah's kitchen and she will continue to enjoy the 20% discount all through Shana Rishona.

There is lots of other "newness" at The Peppermill; from great kitchen tools to cookware. You'll love the convenience of our new ready-to-use mini tarts and chocolate decorations, especially the chocolate tea cups! Stop by or shop our easy-to-navigate website, where you'll find all our products as well.

Winter classes feature our popular Sunday Baking Clubs for girls 9-12. We have three time slots but they fill quickly so sign up today. Pastry chef, Efrat Libfroind is once again coming to share her Exquisite Desserts with us. Join her in January for new techniques and flavors. Sourdough is simple—if you know how! Bina Ilowitz is looking forward to sharing her know-how. This season we've added a Beginner's Royal Icing Class. Peshy Elias, a professional cookie artist, will teach all the basics to get you started.

Keep up with all our news by signing up for emails and text messages. Text PEPPERMILL to 877-799-0399 so you don't miss out. See our WhatsApp status and Instagram page for all that's new and exciting. We look forward to sharing lots of Chanukah fun!

*Chayale & Rivky*

## Did you know?

The eggplant is widely used in cuisines from Japan to Spain. As with all cuisines, the eggplant found its way into a wide variety of American dishes. Originally known as aubergine, the eggplant was also called "mad apple" in some cultures because it is a member of the nightshade family and was believed to be poisonous.

Eggplant is delicious hot or cold and can be enjoyed marinated, stuffed, roasted, grilled, fried, in a gratin, quiche or dip. While sliced eggplant absorbs oil like a sponge, crumb coating will help. It's a natural combined with tomatoes and onions, as in the popular dish Ratatouille. When choosing eggplant, look for heavy, firm fruit with unblemished skin. Male eggplants have fewer seeds (which are sometimes bitter) than the female; they also have a rounder base. Store an eggplant in the refrigerator where it should keep for several days.

The most widely grown varieties in Europe and North America today are oval and range in size from 4 to 10 inches with a dark purple skin. A much wider range of shapes, sizes and colors is grown in India and elsewhere in Asia. Colors vary from white to yellow or green as well as reddish-purple and dark purple. Some species have a

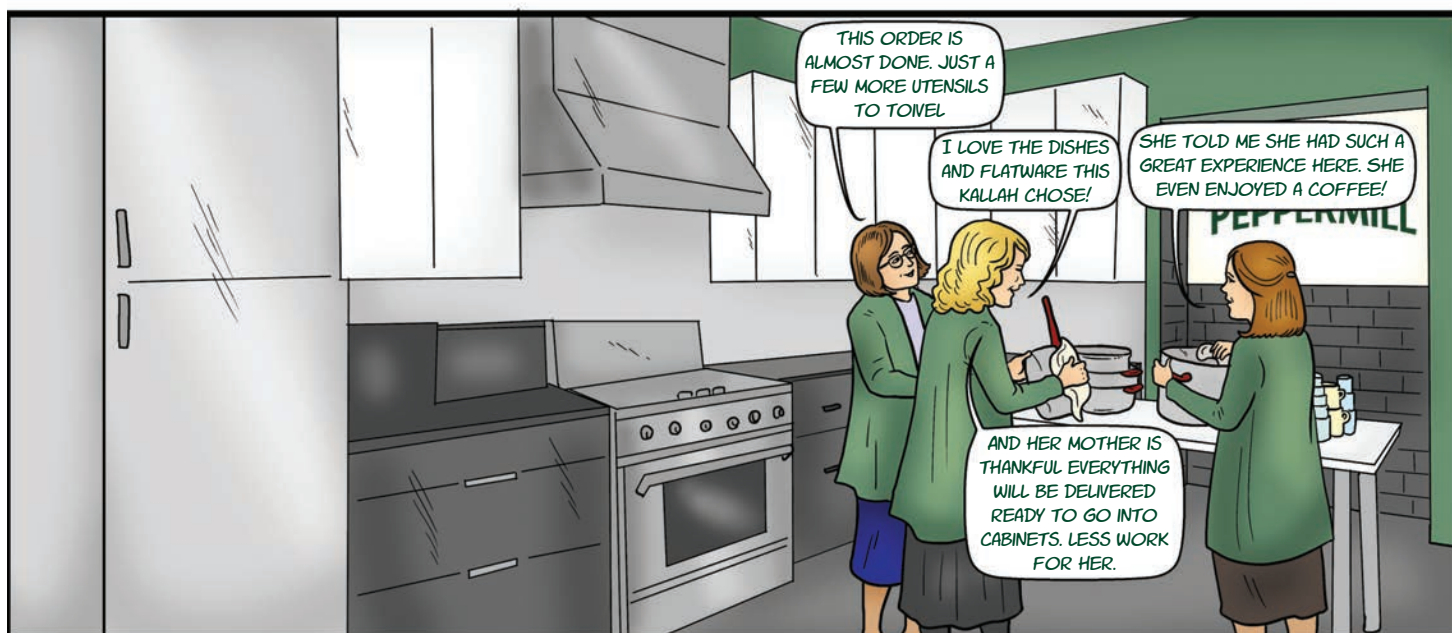
variegated color from white to bright pink to deep purple or even black. Green or purple types with white striping also exist. Chinese eggplants narrower like a cucumber, and sometimes were called Japanese eggplants in North America.

Most cooks have been taught to tenderize the flesh's texture and reduce some of its bitter taste by salting it. After cutting the eggplant into the desired size and shape, sprinkle it with salt and allow it to rest for about 30 minutes. This process will also draw out some of its water content and make it absorb less oil when cooking. Nowadays, most of the bitterness has been bred out of eggplants and the salting process is usually not necessary. However, salting will soften the eggplant slices to make easier to roll up around fillings.

Eggplant is a very good source of dietary fiber, B vitamins and more. Eggplant has been shown to lower cholesterol and is a good source of antioxidants. Of course, if you only get your eggplant in Parmesan form you might not be getting the full benefit of this versatile vegetable.



# AT YOUR SERVICE



## Eggplant Turbot Bundles

Prep 45 minutes | Serves 6

Wake up simple fish with delicious Italian flavors!



**2 turbot or flounder fillets**  
**Kosher salt and freshly ground pepper**

**For the pesto:**

**8 basil cubes, defrosted**  
**3 garlic cubes, defrosted**  
**2 tablespoons olive oil plus more for eggplant**  
**1 plum tomato seeded and diced**

**1 long eggplant, sliced lengthwise into thin slices**  
**Marinara sauce for serving**

**Kitchen twine**

Sprinkle fish fillets generously with salt and pepper and let rest for 15 minutes for flavor to penetrate.

Combine basil, garlic and 2 tablespoons olive oil. Add salt to taste. Add diced tomatoes. Set aside.

Preheat oven to 350° F.

Line a sheet pan with parchment paper. Drizzle or spray olive oil on parchment. Place eggplant slices on pan. Sprinkle with kosher salt. Spray eggplant with olive oil. Bake for 10 minutes until slices are softened and flexible. Remove from oven and cool.

Cut fish into 2"-3" squares. If using the thin part of the fillets, stack two pieces. Lay 2 eggplant slices crosswise. Place a piece of fish in the center where the slices overlap. Spoon 1 tablespoon pesto over the fish. Wrap 2 opposite sides of the eggplant over the fish. Then wrap the other 2 sides over the bundle. Use an 18" length of cooking twine to tie the bundle neatly in both directions. Place on a baking pan. Repeat with remaining fish and eggplant slices.

Bake bundles 20 minutes. Serve warm with marinara sauce.



# Kitchen Notes

The latest gadgets, tips and news

▼ Bring some color into your kitchen with the **Cuisinart Culinary Collection**. This stylish set features a ceramic non-stick interior and beautifully colored exterior. And, the bonus? It's induction-ready!

coming soon!



▼ When it comes to quality utensils, look for Tovolo! Their new **Silicone-topped Utensil Set** comes in 4 pretty colors to match your home décor. Stainless steel handles ensure long life.



► True coffee and tea aficionados prefer water boiled in a kettle to an electric urn. Choose from our beautiful selection of **top-quality kettles** and try for you yourself.



▼ Take your desserts to the next level with our new **tart shells, pavlovas and chocolate decorations**! Effortless treats look like you spent hours preparing them. All under the haschgacha of B'datz Eida hachareidis.

▼ This Chanukah try something new! Make churros with a **Churro Maker** and treat your family to a delicious deep-fried dessert.



▼ Stir up something yummy with our **Whistix**! This light-weight, compact whisk will make quick work of beating eggs and whipping up salad dressings.



▲ Check out our new **dinnerware, flatware and glasses**! From traditional to contemporary, you'll find a comprehensive choice to suit your style.

## Great Chanukah Gift!

Have you collected all our free recipe cards? Keep them neat and organized in our new **Peppermill Recipe Book**. Coordinating blank cards available.

**Buy one and get 20 free recipe cards!**



718.871.4022

Sun - Thurs 11am - 6pm Fri 11am - 1pm

[www.thepeppermillinc.com](http://www.thepeppermillinc.com)



# Culinary Workshops

Learn to make something delicious at our Culinary Workshops! Fun and informative, these courses are a great outing with friends or family. Sign up today!



## Girls Baking Club

Creativity abounds at our Sunday Baking Clubs! 9–12-year-old girls enjoy baking and decorating in this hands-on workshop. Sign up for an 8-week session and fill their Sundays with fun.

Sundays - choose: 12:00, 1:30 or 3:00  
December 24, 31, January 7, 14, 21, 28,  
February 4 & 11



## Royal Icing Cookies

You can make beautiful cookies when you take Royal Icing with Peshy. She will share her professional decorating tips so you too, can create masterpieces.

Tuesday, January 23 8:00 pm



## Sourdough Secrets

Learn to bake delicious bread with Bina. Join Sourdough Secrets and learn from a pro! We provide supplies and starter for you to take home.

Tuesday, January 2 8:00 pm  
Wednesday, January 3 12:00 noon



## Exquisite Desserts

Renowned pastry chef, Efrat Libfroind is back in New York! Sign up for her Dessert Workshop to learn all new recipes and professional techniques from a French-trained expert.

Monday, January 8 7:00pm or  
Tuesday, January 9 7:00 pm