

What's Simmering ... With Chef Jack!



Greetings to all!

What a great summer! Overall, I think this was one of our best summers for weather, member activity and people served at Dockside. The swimming raft seemed to be in constant use; our sailing fleet was resurrected and we served over 3000 people at Dockside in July. It really is kind of funny. At times Dockside seems like a ghost town, but then we have these mini tsunamis of people come in. Two new additions members enjoyed were the printed specials and the Build Your Own Salad sheets. I want to thank Mr. and Mrs. Clarkson for those two suggestions. They had seen those ideas at other places and suggested we try them here. We will try a few new things this fall and, if you have any suggestions, let me know. I have been hearing from you about having more cooking classes, so we will add a few more including a kids cooking class.

On September 11th there is a fundraiser for the Farm Fresh Atlas of Southeastern Wisconsin at the Club. Several chefs from the area will be helping us and are big supporters of local food including Peter, the chef owner from La Merenda restaurant, and Dave Swanson from Braise Cooking School (former chef at Sanford's). For more information go to (wisconsinlocalfood.com). Also, on September 8th, at 11:30 a.m., I'll be on 90.7 fm public radio talking about local food and a cooking demonstration I'll be doing at the Wisconsin Lamb and Sheep Festival on September 12th.

Happy eating and enjoying early fall.



Chef Jack



Kids Garden Cooking Class



Garden Cooking Class

Table of Contents

FANTASTIC FRUIT DIP	Page 1
FRUIT SMOOTHIE.....	Page 1
PARTY PASTA SALAD	Page 2
FRESH FRUIT SALSA	Page 3
TORTILLA WHEELS	Page 3
CONFETTI HAM AND CHEESE WRAPS	Page 4
KITCHEN TIPS.....	Page 5

FANTASTIC FRUIT DIP

PREP 15 Minutes
MAKES 1 cup Dip

Ingredients:

1 cup Vanilla yogurt (organic)
2 tbsp. Brown sugar, packed
Your favorite fruit

Tools:

Measuring cup
Measuring spoon
Small bowl
Spoon
Cutting board
Toothpicks

Method:

1. Put yogurt and brown sugar in bowl.
2. Stir until mixed.
3. Cut fruit on the cutting board using a knife.
4. Poke a toothpick into each piece of fruit.
5. Dip fruit into the yogurt mixture.

FRUIT SMOOTHIE

PREP 10 Minutes
MAKES 2 Servings

Ingredients:

8 oz. Fruit flavored yogurt
1 cup Milk
1 tbsp. Honey
2 cups Strawberries, or any favorite fruit; slightly thawed if frozen

Tools:

Measuring cup
Measuring spoon
Blender with lid
2 tall glasses
Straws

Method:

1. Put the yogurt, milk and honey in blender.
2. Cover blender with lid, blend on high for 30 seconds.
3. Add 1 cup fruit to the yogurt mixture.
4. Cover blender with lid, blend on high for 30 seconds.
5. Add 1 cup fruit to the yogurt mixture.
6. Cover blender with lid, blend on high for 30 seconds.
7. Pour into tall glasses and serve with straws.

PARTY PASTA SALAD

You can add anything to this salad, it only gets better!

SERVES 6

Ingredients:

1 1/2	cups	Mixed vegetables, fresh or blanched
1	small	Carrot, peeled
1	small	Onion, peeled – optional
1	tbsp.	Canola oil
2	cups	Dry rotini pasta
2	tbsp.	Olive oil
2	tsp.	Wine vinegar
1	tbsp.	Fresh basil
1	clove	Fresh garlic, minced
	to taste	Salt and pepper
1/4	cup	Black olives

Tools:

Measuring cups and spoons
Paring knife and grater
Medium mixing bowl
Strainer
Medium saucepan
2 mixing spoons

Method:

1. Place vegetables in boiling water, cook 2 minutes and place in the strainer and rinse under cold water until chilled. Drain completely, then place in mixing bowl.
2. Grate carrot, chop onion and prepare any other ingredients you want to use. Add to the mixing bowl.
3. Fill medium saucepan 2/3 full with water. Add canola oil and bring to a boil over medium-high heat.
4. Once the water is boiling, add the rotini pasta and stir. When the water boils again, reduce heat to medium. Cook until pasta is tender, about 8-10 minutes.
5. Set strainer in sink. Remove saucepan from stove and carefully pour into strainer to drain pasta.
6. Add pasta to vegetables in mixing bowl and use spoons to toss.
7. Add olive oil, vinegar, garlic, basil, spices and black olives. Mix well. Chill 1 hour before serving.
8. For creamy pasta salad, add 1/2 cup mayonnaise and 1/4 cup sour cream.

FRESH FRUIT SALSA

SERVES 4

Ingredients:

1	medium	Apple
8		Strawberries or 1 cup raspberries or blueberries
1		Kiwi
1/3	cup	Orange juice
1	tbsp.	Brown sugar
1	tbsp.	Honey
2	tbsp.	Applesauce

Tools:

Paring knife
Mixing bowl
Measuring cups and spoons

Method:

1. Peel and core apple. Hull strawberries and kiwi by removing leaves and stem base in the fruit. Chop all fruit the size of small peas.
2. In a mixing bowl, stir together the finely chopped fruits. Add orange juice, brown sugar, honey and applesauce. Stir until blended.

TORTILLA WHEELS

PREP 15 Minutes
MAKES 16 Wheels

Ingredients:

1	medium	Carrot
2/3	cup	Soft cream cheese, plain or garden flavored
2	each	Whole wheat flour tortilla, 10"
6	each	Slices cooked turkey or other favorite
6	each	Mozzarella cheese slices

Tools:

Vegetable peeler
Grater
Measuring cup
Table knife
Serrated knife

Method:

1. Peel carrot with vegetable peeler.
2. Shred the carrot into long, skinny pieces using grater or peeler.
3. Spread 1/3 cup cream cheese evenly over each tortilla using table knife.
4. Top each tortilla with 3 slices of turkey, 3 slices of cheese and one half of the carrots.
5. Roll up each tortilla.
6. Cut each tortilla roll into 8 slices.

CONFETTI HAM AND CHEESE WRAPS

PREP 15 Minutes
MAKES 5 Wraps

Ingredients:

3/4	cup	Shredded cheese
1/2	cup	Kernel corn
2	tbsp.	Mayonnaise
2	tbsp.	Sour cream
5	each	Whole wheat flour tortilla
5	each	Slices cooked ham or turkey

Tools:

Measuring spoons
Measuring cups
Medium mixing bowl
Spoon
Toothpicks

Method:

1. Put the cheese, corn, mayonnaise and sour cream in bowl.
2. Stir with the spoon until mixed.
3. Top each tortilla with 1 slice of ham.
4. Spread 2 tablespoons of corn mixture over each ham slice.
5. Roll up each wrap.

KITCHEN TIPS

- Clean countertops, appliances, utensils and dishes with hot, soapy water or other cleaners, such as those labeled "antibacterial."
- Clean refrigerator surfaces regularly with hot, soapy water.
- Wash your hands thoroughly with soap and water for at least 20 seconds before handling food. Twenty seconds is about how long it takes to recite or sing the alphabet. If you stop to do something else, wash your hands again--especially after blowing your nose, using the bathroom, changing diapers or touching pets.
- If you sneeze or cough while preparing food, turn your face away and cover your mouth and nose with a tissue; wash your hands afterward.
- Wash your hands and all utensils and surfaces with hot, soapy water after they've come in contact with raw poultry, meat, fish or seafood.
- If you have any kind of skin cut or infection on your hands, cover it with a bandage or wear protective plastic or rubber gloves.
- Hard plastic or glass cutting boards, because they're less porous than wooden boards, are recommended as the safest for raw poultry, meat, fish and seafood. Do not use wooden cutting boards for raw poultry, meat, fish or seafood. Wooden cutting boards can be used for other foods.
- Don't chop fresh vegetables, salad ingredients, fruit or any food that won't be fully cooked on a cutting board that was used for raw poultry, meat, fish or seafood without cleaning it as directed above. Wash any knives or utensils that were used in hot, soapy water, too.
- Be careful not to transfer bacteria from raw meat to cooked meat. For example, don't carry raw hamburgers to the grill on a platter, then put the cooked burgers back on the same unwashed platter.
- Wash the meat keeper and crisper drawers of your refrigerator often, and keep containers for storing food in the refrigerator very clean. Make it a habit to go through your refrigerator once a week to throw out perishable foods that are past their prime.
- Use paper towels when working with, and cleaning up after, raw foods, especially poultry and ground meats.
- Keep pets out of the kitchen. After playing with pets, be sure to wash hands before handling food.
- Wash kitchen linen often because bacteria "hang out" in towels, sponges and cloths used over and over. Once a week place moist sponge in microwave and turn on for 45 seconds. Throw out dirty or mildewed dish sponges.
- When walking with a knife, always carry it with the tip down.