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Elucidations & Elaborations

Sometimes the best is the worst. I'm talking here about donuts, cinnamon rolls, and apple fritters. I know they're bad for you but sometimes I have such a craving for them that my health has to come second for a day. Of the three above, I think apple fritters are the best, therefore the worst! I read somewhere that apple fritters are one of the most unhealthy of all "donuts." A medium sized apple fritter contains about 17 grams of fat. Approximately half of that is saturated fat. It also has about 450 calories. The glaze is primarily high fructose corn syrup. Next time I will limit myself to one glazed donut and one apple fritter!

Brain Teaser

What is special about the following number sequence? 8, 5, 4, 9, 1, 7, 6, 10, 3, 2, 0

See page 3 for the answer.

Pears: A Sweet Treat



Pear season begins when Bartlett pears start arriving at the markets in late summer. Bosc and Comice soon follow. They are in season in the fall through winter. The Anjou is known as a winter pear.

Pears, unlike other fruits, are best if picked unripe and ripened off the tree. This means you should plan ahead and try to buy pears when they're still hard, in advance of when you'll want to eat or cook with them. Leave the pears on a counter or in a bowl for several days to ripen.

Pears are delicious to eat as a snack when they are ripe, but there are also other easy ways to prepare and serve them. In an earlier edition of this newsletter, I shared a recipe for [Bosc Pear Salad](#), which is still one of my favorites.

Pears are also delicious poached in sugar syrup (equal parts water and sugar) or a combination of sugar syrup and red or white wine in place of half the water. You can also poach them in apple juice. Cut the pear in half and scoop out the core with a melon baller. A medium-sized whole Bosc pear will poach in about 45 minutes. Allow the pear to cool to room temperature before you serve it. You can also refrigerate for serving later.

If you want to serve the poaching liquid, boil it for a few minutes to reduce and thicken it which will intensify its sweet pear flavor.

Ingredient Equivalents

There are some things that are always puzzling when I read a recipe and start to cook. What exactly is a medium onion or a small onion? All the ones I see in the supermarket are huge. I love onions but I can't imagine using all of one when the recipe calls for a large onion. There are other ingredients that need quantifying also. With this in mind, I thought it would be helpful to have a chart of equivalents for commonly used ingredients. Here is a list from Dr. Gourmet that I found useful.

- ✦ Small onion = 3 ounces = 2/3 cup
- ✦ Medium onion = 5.5 ounces = 1 cup
- ✦ Large onion = 8 ounces = 1 1/4 cups
- ✦ 1 rib celery = 2 ounces = 1/2 cup dice
- ✦ 1 small carrot = 2 ounces = 1/3 cup dice
- ✦ 1 medium carrot = 3 ounces = 1/2 cup dice
- ✦ 1 large carrot = 4 ounces = 3/4 cup dice
- ✦ 1 medium tomato = 4 ounces
- ✦ 1 medium banana = 1/2 cup mashed
- ✦ 1 lime juiced = about 2 tablespoons lime juice
- ✦ 3 medium potatoes = 1 pound

The secret of staying young is to live honestly, eat slowly, and lie about your age. ~ Lucille Ball

Featured Recipe:

Holiday Salmon Mousse

Many of us are in a rut when it comes to food and entertaining at this time of year. We tend to make the same thing each year because we feel comfortable doing it. You know, it's those time tested recipes like "Aunt Mary's....." This year why not try something different. Here's a great recipe for Holiday Salmon Mousse that your guests will enjoy! Maybe it will even become a new tradition.

- 1 can (14.75 ounces) pink salmon
- 1 package (8 ounces) Philadelphia Cream Cheese
- 1 teaspoon prepared horseradish
- 2 tablespoons lemon juice
- 1 teaspoon hickory liquid smoke
- 1 small package chopped pecans
- 1 box crackers such as Wheatworth

Debone and flake salmon in a medium sized mixing bowl. Remove cream cheese from refrigerator and let soften for about 5 minutes; add to salmon. Add horseradish and lemon juice. Mix well with a fork, not an electric mixer. Add hickory liquid smoke to mixture.

Place the mixture on aluminum foil and shape into a ball. Wrap the foil around the ball and refrigerate for at least 3 hours.

When ready to serve, place the mousse on a decorative plate. Place chopped pecans on top and sides of the mousse. Surround with your favorite crackers.

If there is any mousse left over, wrap it in foil and refrigerate. The Holiday Salmon Mousse can stay refrigerated for about 2 weeks.

Words about Champagne

It's the season for the most festive of wines, Champagne.

Have you ever wondered about the bubbles or the degree of sweetness? Here are some answers to your questions.



Where do the bubbles come from?

All wine is made through a simple fermentation process that converts sugar into alcohol. In Champagne, there is a secondary fermentation in the bottle. This is caused by adding sugar and yeast. As this second fermentation takes place, bubbles of carbon dioxide begin to form. When this is complete, the Champagne bottle is gradually turned upside down, a process called riddling, until the yeast has collected on the crown capping the bottle.

The Sweet Spectrum The first Champagnes were very sweet, but Champagnes of today are much drier. Here is the spectrum in order of ascending sweetness: Extra Brut, Brut (the most common designation), Extra Dry, Dry, Demi-Sec and Doux.

Something Special For a different twist try the Almond Champagne from Wilson Creek Winery in Temecula, CA. They call it the "Oh My Gosh" champagne. Try it if you can find it.

A Personal Note from Glen

When I started this newsletter in March 2007, I never dreamed of such support and encouragement that I have received. The mailing list continued to grow with names from all over the world--Australia, India, England, Canada and the Philippines. If you remember, the newsletter even grew from 2 pages to 3 and at times, even 4.

For those who regularly provided feedback and ideas, I thank you. I always look forward to hearing from some of you every month. I feel like I have come to know some of you personally as if you were my next door neighbor. (Some of you just hit delete so you will not read this one either!) I understand.

After this last edition of 2012, there will be changes for the future. For reasons that some of you who know me best understand, it has become more difficult each month for me to get it all together. It takes time and effort! No, I am not discontinuing it yet, but it may be shortened somewhat and some regular topics may be deleted. Stay tuned. I continue to look forward to your comments and welcome your ideas.



I wish each of you a Merry Christmas and a happy and safe Holiday Season.

Send ideas, comments, and questions to Glen@Glen's Place.

Until next time remember: I really can keep a secret. It's the people I tell it to that can't.

Answer to brain teaser: They are the numbers 0 through 10 in alphabetical order.

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