

# Glen's Place

Information and Inspiration | A Monthly Newsletter from Glen's Place

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## A Note from Glen

The mailing list for this newsletter continues to grow. Thanks for your interest and your positive comments.

In the May newsletter (Chipotle: The Perfect Ingredient) I attempted to entice you to use Chipotles in different ways. This month, the month of barbeques and celebration, I have included for you a recipe for Chipotle Ribs. Plan ahead, put them in the oven, and forget about them for a few hours. Enjoy!

## Fun Facts and Trivia

The Kangaroo population of Australia is estimated at over 40 million. That's more than twice the number of people who live there.

A kangaroo can hop at up to 40 mph and can leap over obstacles up to 10 feet high.

## Brain Teaser

I have one, you have one.

If you remove the first letter, a bit remains.

If you remove the second, bit still remains.

After much trying, you might be able to remove the third one also, but it remains.

It dies hard! *Answer at the bottom of Page 3*

## Independence Day



This year we celebrate the 231st anniversary of American Independence. We celebrate July 4<sup>th</sup> as Independence Day in our country because it was on July 4, 1776, that the members of the Second Continental

Congress, meeting in Philadelphia, adopted the final draft of the Declaration of Independence.

But, did you know that Independence Day should actually be July 2? Yes, July 2, 1776 is the day that the Continental Congress actually voted for independence. John Adams, in his writings, even noted that July 2 would be remembered in the annals of American history and would be marked with fireworks and celebrations. The final draft of the Declaration of Independence, however, was dated July 4, 1776 but wasn't actually signed until August 2, 1776. Are you confused yet? Not to worry though. Just get out the fireworks, hot dogs, hamburgers, and all other picnic items and celebrate!

Did you know that Thomas Jefferson, who wrote the first draft of the Declaration of Independence, actually died on July 4<sup>th</sup> fifty years later in 1826?

## Quotable Quotes

To be able to look back upon one's life in satisfaction, is to live twice. ~Kahlil Gibran

There's no limit to how complicated things can get, on account of one thing always leading to another.  
~E. B. White

Life is the art of drawing without an eraser.  
~John W. Gardner

## The Lime: A Gourmet's Delight



Limes are second only to lemons in terms of importance as a flavoring agent for foods, drinks, and other, non-edible, products. Lime juice and lime zest are used to enhance the flavor of rice, potatoes, salads, and cooked vegetables. Lime juice is excellent in marinades, beverages, salad dressings, and guacamole.

The United States, Mexico, Italy, Spain, and India are the top-five lime-producing countries. Most of the Key limes found in American supermarkets are grown in Mexico and Central America.

There are essentially two kinds of limes in the supermarket. Persian limes, the main variety, are generally sold when they are still a green color although technically they are fully ripe when the skin is pale yellow. Key limes are smaller and rounder with a thinner, more leathery skin that ranges from light green to yellow. Key limes are in much shorter supply than Persian limes.

When selecting limes, choose those that are firm, glossy, and bright in color. Persian limes should be a dark green. Key limes should be pale green to yellow. The juiciest limes are heavy for their size and have thin skins. Limes kept in the refrigerator in a plastic bag will last up to six weeks.

It is not necessary to use an electrical appliance to juice a lime. The most effective and least expensive way is to use a citrus juice reamer. These are usually ridged cones set atop dishes that catch juice or allow juice to filter into a container below. If you don't need all the juice from a lime, you can use a toothpick. When using a toothpick, pierce the fruit, squeeze out the juice needed, and then reinsert the toothpick. In order to get the maximum juice from a lime, make sure the lime is at room temperature, and then roll it around on a countertop with the heel of your hand until it softens before juicing. If you don't want to wait for the lime to come to room temperature, place it in the microwave for about 20 seconds.

## Recipe of the Month

Low, slow, and succulent.....turn the heat way, way down, then relax. This recipe will take 4 to 45hours, plus it has to marinate overnight, but it is well worth the time. While these ribs are cooking, you have plenty of time to make those baked beans to go with them! Call your friends. It's time for a feast!

### Chipotle Ribs

2 racks (5 to 6 pounds total) baby back or spare ribs  
2 tablespoons kosher salt  
1/2 cup sugar  
2 teaspoons dried Mexican oregano, crumbled  
2 teaspoons ground cumin  
Juice of 2 large limes  
4 to 6 chipotles in adobo sauce, minced  
1/2 cup peanut oil

Wash and pat the ribs dry. Remove the silver skin (the membrane on the underside of the ribs): Nudge a blunt knife or the back end of a spoon between the ribs and membrane. When enough membrane is loosened to get a good finger hold, simply pull the membrane off the rack — it should come off fairly easily.

Place the ribs in a glass or ceramic dish. Combine the salt, sugar, oregano, and cumin and mix well, then sprinkle evenly over both sides of the ribs. Cover and refrigerate overnight.

Remove the ribs from the refrigerator, uncover them, and let them come to room temperature. This will take over 2 hours.

Heat the oven to 200 degrees. In a small bowl, combine the lime juice, chipotles, and oil. Wipe or rinse the ribs to remove the excess salt and sugar, and dry the meat well. Place on a baking sheet and spoon the lime juice mixture evenly over the ribs.

Bake the ribs until they are tender, 4 to 5 hours. You can tell whether your ribs are cooked to perfection by using the "tear test". Take hold of two adjacent bones toward the middle of the slab and give them a pull. If the meat offers a bit of resistance but then tears easily, you know the ribs are done just right. You can then slice the ribs to separate them and serve. Makes 6 to 8 servings.

## The Wine Corner



It's been said that you can't judge a book by its cover, but can you judge a wine by its label? In addition to that appealing picture or graphic, there is certain required information on the label. Different countries have different requirements. Wine labels on California wines must include the following information:

1. Identifying Brand Name—This may be a trademark name, the name of the winery, or the name of the owner. The brand name cannot be misleading as to age, origin, or characteristics of the wine.
2. Varietal Designation—This names the dominant grape used in the wine. A varietal designation means that at least 75% of that variety was used in the wine.
3. Vintage Date—This is the year in which the grapes were harvested.
4. Appellation of Origin—This is the place where the grapes were grown. At least 75% of the wine must be made from grapes grown in the place named.
5. Alcohol Content—California wines must have a minimum of 7% and a maximum of 14% alcohol. Ports have a legal range of 18 – 20 percent and Sherries have a range of 17 – 20 percent.
6. Net Volume of Contents—If the volume of contents is not on the label, it will be molded into the bottle.
7. Declaration of Sulphites—Wines that have more than 10 ppm must state “contains sulphites” on the label.
8. Government Health Warning—This is a U.S. Surgeon General’s warning that it may cause birth defects, impair your ability to drive or operate machinery, or that it may cause health problems.

A majority of wineries also include additional information which they hope will encourage you to purchase the wine. This may include words like Reserve, Estate Bottled, or those tantalizing descriptions on the back of the bottle.

## Tips and Techniques

**Organizing your shelf storage area** will give you more room and easier access to the stored food. Below are some organizing suggestions.

- Use Lazy Susans on shelves that hold small items to make access of these items a lot easier.
- Use shallow organizer shelving in tall, deep shelves to add layers for stacking small or shorter items.
- Use wire or plastic baskets to hold odd shaped or bulky items.
- Store opened items, such as pasta, rice, and cereals, in clear plastic or glass containers with tight fitting lids to keep them fresh and easily visible. Clear self-sealing bags can also be used.
- When organizing items, place like items together to make it easier to remember where items are stored. Store baking ingredients together, canned goods in one area, and dry ingredients in another.
- When adding items to storage, be sure to place newest products in back of what is already on the shelf so that older items get used first.

### Kitchen Tip

To soften brown sugar after it has hardened, place a fresh apple wedge in the bag of hardened sugar, seal the bag and leave it for 1 to 2 days until the sugar is soft again. Remove the apple wedge and stir sugar. Store in an airtight plastic bag.

## A Final Word

Did you know that the latest edition of Glen’s cookbook is available at Glen’s Place? And it’s free! Go to <http://glensplace.com/CookbookForm.html>

Your comments and suggestions are always welcome. If you have something to share, send it along to [glendal@glensplace.com](mailto:glendal@glensplace.com).

Until next time, remember: Worrying about something that may never happen is like paying interest on money that you may never borrow.

### Answer to Brain Teaser:

Habit!

Remove h - a bit remains.

Remove a - bit remains.

Remove b - it remains.