

Glen's Place

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

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Volume 1

Issue 1

March 2007

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A Note from Glen

Glen's Place was "born" in 2000 as a hobby. I say born because a website seems to be a living thing. It is forever growing and changing. What it is to become, it's hard to tell. In the beginning this website consisted of 4 or 5 pages, all about food and recipes. I could never have guessed that 7 years later this site would contain 550 pages and 1815 files.

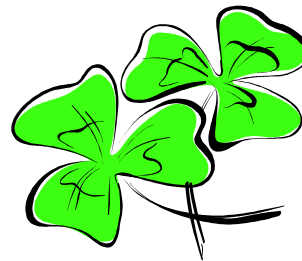
It has been a wonderful 7 years. I am happy to say that this site now has viewers worldwide. That is more than I ever imagined. Glen's Place has evolved into much more than recipes, even though that is still the main focus. There are probably as many photo files as there are food files. I have enjoyed constructing and sharing the random thoughts and quotes pages.

Now it has come to this newsletter. I am happy to share this first edition and hopefully more to come. In these pages, some things will remain constant. The Wine Corner, Tips and Techniques, and the Recipe of the Month will always be included. The Quotable Quotes section will most likely be here also. Other topics will vary depending on my thoughts and suggestions from you, the readers.

So, once again, welcome! If you have suggestions or comments, you can send me an email me at glendal@glensplace.com. If you know someone who would be interested in receiving this newsletter, they can sign up at www.newsletter.glensplace.com. I am looking forwarding to hearing from you.

St. Patrick's Day

If you happen to be Irish, you know that Saint Patrick's Day, March 17, is a very special time of year. It is a time when those of Irish descent and ever-growing crowds of people with no Irish connections proclaim themselves "Irish for a day" which gives them a good excuse to join in the party. Whatever the celebration, most people wear at least one article of green-colored clothing. How will you celebrate St. Patrick's Day this year?



Irish Toasts

May the roof above us never fall in, and may we friends gathered below never fall out.

May the saddest day of your future be no worse than the happiest day of your past.

Quotable Quotes

It's better to be an authentic loser than a false success, and to die alive than to live dead. ~William Markiewicz

I want to die young at a ripe old age. ~Ashley Montagu

Fun Facts and Trivia

Did you know that "almost" is the longest commonly used word in the English language with all the letters in alphabetical order?

Months that begin on a Sunday will always have a "Friday the 13th."

Tips and Techniques

If you are a steak lover, as I am, you know that a deep brown crust can only do a steak good. Great flavor comes from the caramelized proteins. Even a properly seared mediocre cut of steak can taste great.

The secret consists of two things: high heat and the proper pan. Choose a heavy skillet (cast iron works great) and preheat it on high heat. A lower temperature will not provide the same results.

After the pan has been preheated, coat the bottom with oil. When the oil starts to smoke, add the steak. Resist the temptation to move the steak for at least 3 minutes. The best color occurs only if there is enough contact with the hot surface of the pan. Turn the steak when it releases easily when you pick it up with tongs. If it does not release easily, wait another minute or so.

After turning the steak, sear it on the other side for at least 3 minutes. If you like the steak well done, reduce the heat to medium low and cook it a few minutes more. (See Recipe of the Month in next column.)

Kitchen Tip

If you don't like getting your hands messy when mixing a meatloaf, place the ingredients in a large resealable bag. Close the bag and "knead" everything together until well mixed.

The Wine Corner



Did you ever wonder what criteria people use to select a wine? There are thousands of them on the shelf. There are wines in all price ranges. So what is a person to do? Do you choose a wine by its label? Do you go by the description on the bottle? Do you depend on someone to make a recommendation? Is there a correlation between taste and cost? My experience has been that there are very good inexpensive wines on those shelves. My latest discovery is Tres Pinos, 2005 Tierra Roja, Paso Robles Red Wine, from Trader Joe's. It's made from Merlot, Cabernet Sauvignon, and Syrah grapes grown in the Paso Robles appellation along California's beautiful Central Coast. It's a big, jammy wine, bursting with black cherry and raspberry flavors. Don't you just love those descriptions on the bottle? It's a delicious wine and it's only \$4.99. Do you have a Trader Joe's near you?

Recipe of the Month

In this space each month, I will present to you one of my favorite recipes. I realize this is the month of St. Patrick's Day, but I also know that there are 30 other days in March that are not St. Patrick's Day. So here is one of my favorite recipes for any occasion.

Filet Mignon with Mushroom Sauce

4 filet mignon steaks, about 6 ounces each (or substitute New York strip steaks)
1 tablespoon butter
2 tablespoons finely chopped shallots or onion
2 cloves garlic, crushed
1 cup sliced fresh mushrooms
1/4 cup beef broth
2 tablespoons brandy
2 teaspoons Dijon-style mustard
1 teaspoon Worcestershire sauce
2 teaspoons finely chopped parsley

Melt butter in a large heavy skillet over medium heat. Add shallots and garlic. Cook 2 minutes. Stir in mushrooms and cook 3-4 more minutes. Remove mushroom mixture to a dish and set aside.

Increase heat to high. Add steaks and cook 4 minutes undisturbed. Turn and cook 4 more minutes for medium rare. For well done steaks, reduce heat to medium low and cook a few more minutes on each side. Remove steaks to a warm platter and cover with foil to keep warm.

Adjust heat to medium. Add broth, brandy, mustard, Worcestershire sauce and reserved mushroom mixture. Bring to a boil. Stir until liquid is slightly reduced, about 1 minute.

Spoon sauce over steaks and sprinkle with parsley. Makes 4 servings.

For a delicious side dish to go with this steak, try some Carrots with Minced Onion. You can find the recipe at www.glensplace.com/sidedishes.html.

A Final Word

You can email me at glendal@glensplace.com if you have comments or suggestions regarding this newsletter.