

Glen's Place

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

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A Note from Glen

I'm excited about this third issue of the Glen's Place Newsletter. I do appreciate the interest and comments regarding the first two issues! Pass the word. If you know someone who would like to sign up, the form is located at www.newsletter.glenplace.com.

The newsletter grows! This month I have added an extra page to this publication. Enjoy!

Quotable Quote

Things turn out best for the people who make the best of the way things turn out. ~John Wooden

Brain Teaser

The Pope has it but he does not use it.
Your father has it but your mother uses it.
Nuns do not need it.
Arnold Schwarzenegger has a big one,
Michael J. Fox's is quite small.
What is it?
(Answer at the bottom of the last page)

Excuses to Celebrate This Month



It seems that many of us are always looking for something to celebrate! If you are one of those, May provides many excuses. To begin with, May 1 is not only May Day, but also Mother Goose Day which was founded in 1987. The purpose is to re-appreciate the old nursery rhymes. There are at least 18 other days of celebration in May. Here are some that you may look forward to. Mark your calendar and let the merriment begin!

- **May 5** - Cinco de Mayo – You don't have to be Mexican to enjoy fun, food, and fiesta on this day!
- **May 8** - National Teacher Day – This day honors those hard working, patient, and understanding people to whom we entrust our children. How about doing something special to show appreciation for your child's teacher on this day?
- **May 12** - Kite Day – Have you ever been told to "Go fly a kite?" Maybe this is your day!
- **May 13** - Mother's Day – Express love, affection, and appreciation to your mom on this Mother's Day by doing something special for her.
- **May 18** - Visit Your Relatives Day – Do you have relatives that you think of often but haven't seen in a long time? This holiday provides the perfect excuse to go see them!
- **May 19** - Circus Day – This day is a celebration of the day the Ringling Brother's Circus opened in 1884. Have you been to a circus lately?
- **May 25** – National Missing Children's Day – In 1983, President Ronald Reagan proclaimed May 25 as National Missing Children's Day. The purpose of this day is to raise public awareness about the issue of missing children and the need to address this national problem.
- **May 28** - Memorial Day – This day, originally called Decoration Day, is a day of remembrance for those who have died in our nation's service. Memorial Day was first observed on May 30, 1868. Since 1971, it has been observed on the last Monday in May.

Chipotle: The Perfect Ingredient



Chipotle (Chee POHT lay) peppers are actually red jalapeño chili peppers, ripened, dried, and smoked through a special process. They are usually dull tan to coffee color and measure 2 to 4 inches in length. They have a medium-thick flesh with a subtle, deep rounded heat. About 20% of the jalapeño crop in Mexico is processed into Chipotles.

Today Chipotles are used widely throughout Mexico as well as in the United States. They are quite popular in the Southwest and in California and have found their way into cuisine from Hawaii to Manhattan. Because of their warm heat and smoky flavor, Chipotles have become the secret ingredient in hundreds of recipes. They have become the preferred source of “heat” in fish tacos, salsa, or almost anything you want to add a smoky pepper flavor to. They are excellent in sauces, soups, and as a seasoning for meats and stews.

Even though Chipotles are found in different forms, they are typically found in the Mexican section of your grocery store, canned in adobo sauce.

One of our favorite ways to use these peppers is in Chipotle Mayonnaise. It's easy to make. Just mix 1 tablespoon pureed canned chipotle en adobo, with sauce. (see note below), and 1 tablespoon fresh lime juice. Add to 1/2 cup mayonnaise. If you wish, you can add some chopped cilantro or green onions. Refrigerate until ready to use. A delicious turkey sandwich or wrap is just a few minutes away!

Want to spice up your fish a little bit? Add a touch of Chipotle to the tartar sauce!

Could Chipotle be the secret ingredient in your next batch of brownies? Yes, you read it correctly. Just add about 1/2 teaspoon of Chipotle paste to your brownie mix. You may just be the hit of the next party!

Note: Place all Chipotles and the sauce from the can into a blender or food processor and puree. Place the prepared paste in an airtight container and refrigerate. When you are ready to make the mayonnaise, mix the other ingredients and add the desired amount of Chipotle paste.



Paso: Unpretentious and Uncrowded

The locals refer to it simply as “Paso”, but we know it as Paso Robles, CA. It has become a frequent destination for us, especially in late winter or early spring. The rolling



hills are deep green at this time of year, sprinkled with purple and orange from lupines and poppies. Cattle graze the hills amidst the expansive oak trees. At one time Paso

Robles was more famous for cattle, but now it is recognized as one of California's exciting wine regions. There are more than 170 wineries in the region and more than 40 grape varieties are grown here. This Wine Country is unpretentious, uncrowded, and enjoyable.

The wineries of Paso Robles are divided mainly between East and West. That is, east of the town of Paso Robles or west of the town. Many of the larger wineries are on the east side, east of the Salinas River.

(Basically that means east of Highway 101.) Some of the larger wineries on the east side are Meridian, Eberle, Martin & Weyrich, EOS, and J. Lohr, however, there are many others. And, while driving east, don't stop before you reach Tobin James. It's like turning the clock back in time! The photo above is from the Meridian Vineyards.



Smaller producers on the west side craft Cabernets, Syrahs, Zinfandels, and some unique blends. One of our favorites is the Castoro Winery. They make “dam good wine.” You can read the story behind the slogan at <http://castorocellars.com>.



The photo on the left is of the entrance to the tasting room at Castoro. If you get a chance, you must try their

Zinfandel, 2004, Cobble Creek .

Some others we have visited on the west side are Hunt Cellars, Peachy Canyon, and Zenaida Cellars. And these are on the main road. There are so many others. Take Chimney Rock Road into the cooler, steeper reaches of the Santa Lucia Mountains and the vineyards that call themselves the Far Out Wineries of Paso Robles. For more information, go to www.faroutwineries.com .

Larger photos of the ones above and much more can be found at www.glensplace.com/photos.html.

Tips and Techniques

Compound butters are mixtures of butter with other ingredients such as herbs, cheeses, and spices. It's not really necessary to have a recipe. If you like the flavors from the Southwest, try mixing some cilantro or chilis with the butter. Want something more classic? Parsley and garlic with butter would be delicious on grilled steak. Compound butters can be used on grilled fish and meats. They heighten the flavor of steamed vegetables and can even be used to finish a sauce. Many compound butters can be made ahead and frozen.

When making the butter, use only unsalted butter. This gives you more control over the flavor. You can add salt to taste later. Allow the butter to come to room temperature before combining with the other ingredients. The herbs or other aromatics that you plan to use should be very finely chopped. Cream the butter, then add in the herbs or flavorings and allow to stand for about 2 hours to blend the flavors.

For those who need a specific recipe, here are a couple of common ones. Enjoy!

Lemon Butter

Combine 1 stick (1/4-pound) unsalted butter with 1 tablespoon freshly grated lemon peel. Use immediately or refrigerate for use in 1-2 days. Serve on vegetables, fish, or chicken.

Garlic Butter

Mash 4 cloves of garlic to a pulp using a mortar and pestle, or a garlic press. Blend the garlic with 1 stick (1/4-pound) unsalted butter. Use immediately or roll into a log using waxed paper and freeze.

Serve on grilled steak. Spread on baguette slices and toast. Use on a favorite steamed or grilled vegetable . . . let your imagination run wild!

Fun Facts and Trivia

Flea's can jump 130 times higher than their own height. In human terms this is equal to a 6 foot person jumping 780 feet into the air.

There is enough fuel in a full tank of a Jumbo Jet to drive an average car four times around the world.

Recipe of the Month

Chicken Marsala with Mushrooms

1/2 cup flour
1/2 teaspoon freshly ground pepper
4 skinless, boneless chicken breast halves, pounded to 1/4 inch thickness
4 tablespoons butter
1 tablespoon olive oil
1/2 cup chopped onion
2 cloves garlic, minced
1/2 pound mushrooms, sliced
1/4 cup Marsala
3/4 cup beef stock
Salt to taste

Mix flour and pepper in a shallow dish. Dredge chicken in flour mixture to coat. Shake off excess.

In a large frying pan, heat 2 tablespoons butter in olive oil over medium heat. Add chicken and cook until lightly brown, about 3 minutes on each side. Remove and keep warm. Add onion and garlic and sauté until onion is tender, about 3 minutes. Add mushrooms and cook until lightly browned, 3 to 5 minutes.

Return chicken to pan. Stir in Marsala and beef stock. Bring to a boil, reduce heat, and simmer until liquid reduces by one-third. Whisk in remaining butter. Season with additional salt and pepper to taste. Serve with buttered parsleyed noodles. Makes 4 servings.

The Wine Corner



Forgive me, for I have Zinned. Have you Zinned lately? Zinfandel vines were brought to California in the 1850s, and it is now the state's second most extensively planted red grape behind Cabernet Sauvignon. Zinfandel produces a spicy aroma and flavor like no other wine in its class. It's unique flavor and robustness make it a perfect accompaniment to meat-centered meals. You can count on a Red Zinfandel to accentuate the taste of even the choicest steak at your next dinner party. It's time to be Zinful!

A Final Word

Until next time remember...Not all who wander are lost. Send comments to glendal@glensplace.com.

Answer to Brain Teaser: A last name