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A Note from Glen

Is your holiday shopping done yet? You mean you didn't rush out and make your purchases in October when they started putting out the merchandise. It gets earlier each year it seems.

If you have visited [Glen's Place](#) recently, you have possibly observed a major revision of all of the recipe pages. This was quite an undertaking—even greater than I had anticipated—since there are about 500 pages. It is now finished and I am pleased with the new look! Check it out if you haven't already.

Don't forget, [Glen's Place](#) has [Holiday Recipes](#) for your enjoyment!

Fun Facts and Trivia

What do fire escapes, windshield wipers, and circular saws all have in common?
Answer: All were invented by women.

Brain Teaser

All these letters except one have something in common. What letter doesn't belong and what do the others have in common?

A H I M R O T U V W X Y

See page 3 for the answer.

Rev Up Your Metabolism

METABOLISM is the set of processes by which your body converts calories into the energy it needs. These processes are the basis of life, allowing cells to grow and reproduce, maintain their structures, and respond to their environments. The speed of your metabolism is the real key to burning fat quickly and efficiently. Here are 6 ways to speed up your metabolism.

- **Eat Breakfast** Breakfast is the most important meal of the day. When you get up in the morning, your body has been fasting for 8 hours or more. Your body slows down when you sleep and doesn't speed back up again until you put some fuel in it. Eating breakfast may also make you less likely to snack throughout the day.
- **Eat Frequently** Every time you eat something, your metabolism ramps up to process the food. The more frequently you eat, the more frequently your metabolism will get a boost.
- **Eat More Protein** Of the three major macronutrients (protein, carbohydrates, and fats), protein requires the most energy to digest. Because of this, protein is less likely to be stored as fat. Protein also helps build up muscle. Focus on getting plenty of good-quality protein from a variety of sources (e.g. lean meats, chicken, fish, eggs, soy, etc.) to help keep your metabolic rate high.
- **Get Active** It's a sure-fire way to increase the amount of muscle you have, which in turn will speed up your metabolism. Do a mixture of aerobic and resistance training for best results. And don't forget to be more active in your daily life too.
- **Add Some Spice** Even if you don't like it hot, you might want to try a little spice for the sake of your metabolism. Cayenne pepper is thought to stimulate metabolism for at least ten minutes after you eat it. A couple of teaspoons of chili pepper or chili powder raises your body temperature and helps you to burn calories faster.
- **Drink Plenty of Water** Lack of water can slow the metabolic rate. Since water is the body's most important nutrient, the liver will turn its concentration to water retention instead of doing other duties, such as burning fat. Dehydration can also be mistaken for hunger, so if you're thirsty you may end up eating more.

Tips and Techniques

Roasting garlic is an easy process. All you need is 1 head of garlic and 1 teaspoon of extra virgin olive oil. Here are 4 simple steps:

1. Preheat the oven to 425° F.
2. Remove the outer papery covering of the garlic. Slice off the top (pointed end) of the head so most of the cloves are exposed. Place on a square of aluminum foil for easy cleanup. Drizzle the oil over the cloves. Fold the foil over the head to completely enclose it.
3. Roast for 40 to 45 minutes, until the garlic is completely soft and lightly browned.
4. To serve, separate the head into individual cloves. Squeeze the cloves out into a small serving dish. If you have leftovers, squeeze out the pulp into a small dish, cover with olive oil, and store, tightly covered, in the refrigerator for up to 1 month.

Food Fact



Go nuts! Studies have shown that people who eat nuts five times or more per week may cut their risk of a fatal heart attack in half. Many nuts, especially walnuts, are a good source of fatty acids that work in the body to lower heart disease risk. Eating nuts can help lower blood cholesterol, and reduce the risk of sudden severe heart attacks. But, when eating nuts, it's important not to go overboard, because they're loaded with calories. A 1/2 cup contains about 350 calories and 36 grams of fat, so instead of snacking on nuts by the handful, use them as an accent in a salad, in baked goods, or pilafs.

Garlic: For Health and Culinary Pleasure



Garlic is a member of the onion family. It has been cultivated for thousands of years and is widely used for both its culinary and medicinal attributes. The health benefits of garlic have long been known. It has long been considered an herbal "wonder drug", with a reputation

for preventing everything from the common cold and flu to the Plague! Raw garlic is used by some to treat the symptoms of acne and there is some evidence that it can assist in managing high cholesterol levels. It can even be effective as a natural mosquito repellent!

Most garlic in the U.S. is grown in the mild climate of northern California. It is available year round, but is freshest between March and August.

When selecting garlic, choose bulbs that are plump and firm with tight silky skins that still have the paper-like covering intact. The tighter the skin, the longer the garlic will store. The cloves should not be spongy, soft, shriveled, or have visible damp or brown spots.

Garlic should be stored in a cool, dark, and dry location. Unbroken garlic bulbs will keep for up to 3 to 4 months. Individual cloves will keep from 5 to 10 days. To preserve garlic cloves after they have been peeled, place them in a jar, cover with olive oil, seal jar, and store in the refrigerator. They will stay fresh 3 to 4 months this way.

When sautéing in oil, be careful not to overcook or brown it. If overcooked, it will become bitter and unpleasant tasting. Minced garlic usually cooks in less than 1 minute. Do not have the cooking oil too hot. When sautéing onions and garlic in a recipe, add the onions first. When the onions are just about done, add the garlic.

Garlic Equivalents:

- 1 head or bulb of garlic = (about) 10 cloves.
- 1 small garlic clove = 1/2 teaspoon minced garlic = 1/8 teaspoon garlic powder = 1/4 teaspoon garlic juice = 1/2 teaspoon garlic salt.
- 1 small garlic clove yields 1/2 teaspoon minced garlic.
- 1 medium garlic clove yields 1 teaspoon minced garlic.
- 1 large garlic clove yields 2 teaspoons minced garlic.
- 1 extra-large garlic clove yields 1 tablespoon minced garlic.

"Tomatoes and oregano make it Italian; wine and tarragon make it French. Sour cream makes it Russian; lemon and cinnamon make it Greek. Soy sauce makes it Chinese; garlic makes it good!"

Alice May Brock

The Wine Corner



It will soon be time again for the premiere celebration meal of the year: Thanksgiving Dinner. It almost invariably involves roasting a turkey and serving it with very specific accompaniments: mashed potatoes, gravy, stuffing, cranberry sauce, sweet potatoes, and a green bean casserole. A molded salad may even be added to the menu!

So, what wine do you choose to go with such a variety of food? Should it be red, white, or something in-between? Should it be dry or sweet? To me, the answer is simple: "What do you like?" Maybe some red and some white. But, whatever you do, be practical. It's probably not the time to haul out that precious bottle you've been saving for a special occasion. And, it's not necessary to spend a lot of money. There are many good wines that are also inexpensive.

If you prefer red, Pinot Noir would be an excellent choice. It's more robust than white but will not overpower your meal. If you prefer a more hearty wine, Zinfandel or Syrah/Shiraz would be good choices.

For white wine lovers, Chardonnay is a natural choice. Pinot Grigio works well too. Both go well with the turkey breast.

Finally, if sparkling wines are your favorite, may I suggest your favorite champagne? After all, it is the holidays!

Quotable Quote

The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.

Martin Luther King, Jr.

Recipe of the Month

If you expected to find a recipe for your Thanksgiving turkey or ham in this space, you will be disappointed! There isn't even a stuffing recipe here for you! Instead, I have included a recipe that, I think, will become a favorite if you give it a try. It's a wonderful replacement for that cranberry sauce you have had all those years! In fact, you may find yourself making this recipe throughout the year!

Mama Morris's Cranberry Conserve



- 1/2 lb. fresh cranberries (1 bag)
- 1/2 cup water
- 1/2 cup sugar
- 1 can mandarin oranges (pour off juice and save)*
- 1/2 cup chopped walnuts
- 1 medium sized Rome apple, peeled and chopped

Cook first three ingredients over medium heat until cranberries pop. Add oranges, walnuts, and apple. Stir and let stand until cool. Transfer to a nonreactive container and refrigerate, covered, until ready to serve.

* You may use the juice in place of the water.

A Final Word

Thanks again for reading the Glen's Place Newsletter. I hope you found something of value in it. Maybe you'll even try the Cranberry Conserve recipe above!

I would like to take this opportunity to wish each of you a Happy Thanksgiving. Enjoy the feast, rest up, and hit the malls! The holiday season is upon us!

If you have comments, questions, or suggestions, send them along to glendal@glensplace.com. I look forward to hearing from you.

Until next time remember: I don't repeat gossip (*so listen carefully!*)!

Answer to Brain Teaser: All the letters except "R" look the same when viewed in a mirror.

Happy
Thanksgiving

