



CANTEEN

catering

Invite Oprah Winfrey to Your Seder!

"My idea of heaven is a great big baked potato and someone to share it with."

~ Oprah Winfrey

This month I was all set to wax poetic about smoking meat and other foods that become vastly more interesting after having spent some time in a smoker. Then spring came. Not just a change in the weather, the actual calendar day.

My thoughts of barbecue, slaw and potato salad were interrupted by thoughts of Passover. Traditional Passover dishes began to crowd out the smoked meats and fish in my head. Leaven-free side dishes broke my reverie of chipotle-lime grilled corn. The only barbecue foods left untrammelled in this culinary mental melee contained potatoes. Ergo, the subject of this month's missive - - the Lowly, but Glorious, Potato.

Potatoes have fallen out of favor in some circles due to their simple carbohydrate content. But there is more to a potato than starch. According to Wikipedia, a medium-size 150 g (5.3 oz) potato with the skin provides 27 mg of [vitamin C](#) (45% of the Daily Value (DV)), 620 mg of [potassium](#) (18% of DV), 0.2 mg [vitamin B6](#) (10% of DV) and trace amounts of [thiamin](#), [riboflavin](#), [folate](#), [niacin](#), [magnesium](#), [phosphorus](#), [iron](#), and [zinc](#). The fiber content of a potato with skin (2 g) is equivalent to that of many whole grain [breads](#), [pastas](#), and [cereals](#).

Potatoes are the quick-change artists of the culinary world. They can transform themselves from casual (baked in Jackets, [Potato Salad](#)), to conservative ([Mashed](#), [Twice-Baked](#)), to elegant (Duchesse Potatoes, [Potato Galette](#), [Escaloped Potatoes](#)) in the blink of an eye. Follow the links to access recipes for all of these on our web site.



Mary Fabrikant



Roughly half of that nutritional value of the potato is in the skin. I've heard it argued that letting a child

Do you find it hard to figure out what kind of potatoes to buy in the grocery store for the potato dish you're making? No wonder! Idahos, Bakers, Red Bliss, Yukon Gold, Creamers...What's the difference? The difference is in the amount of starch each variety contains.

Idahos (a.k.a. russets, bakers, creamers) are **high-starch/low-moisture** varieties. They are dry and mealy when cooked, and are ideal for baking, mashing and frying. *TIP: For the fluffiest jacket potatoes with the crispiest skin, prick the skin with a fork, then bake at 350 for 1 hour, 15 minutes. Immediately upon removal from the oven, slit the skin to let the steam out. Releasing the steam keeps the potato from steaming internally and becoming dense.*

Yukon Gold, Yellow Finn and Purple Peruvian potatoes are **medium-starch** varieties and make lovely creamy, but not as fluffy, mashed potatoes, and creamy potato salad.

The **low starch/high moisture** category includes Red Bliss, new, and the oh-so-fashionable (and now colorful!) fingerling potatoes. These potatoes are best roasted or boiled and used in soups, salads and casseroles. Bonus with these thin-skinned varieties: No peeling!

Perfect Every Time Mashed Potatoes

Serves 4

Fear not the glue-y, lumpy potatoes your mother served. She didn't know that there is a method to Mashed Potato Madness. Yours will be perfect every time, whether you want the silky smooth variety, or a lovely Rustic Garlic Mash, including skins.

Yukon Gold, red, russet, or white potatoes can be used -- each turns out a different texture. For smooth mashed potatoes, a food mill or potato ricer fitted with the finest disk is the best choice. For chunky mashed potatoes, use a potato masher and decrease the half-and-half to 3/4 cup.

INGREDIENTS

- 2 pounds potatoes, scrubbed
- 8 tablespoons unsalted butter or margarine (1 stick), melted
- 1 cup half-and-half or Mocha Mix, warmed
- 1 1/2 teaspoons [table salt](#)
- Ground black pepper

INSTRUCTIONS

1. Place potatoes in large saucepan and cover with 1 inch water. Bring to boil over high heat; reduce heat to medium-low and simmer until potatoes are tender (a paring knife can be slipped into and out of center of potatoes with very little

of the potato is in the skin. I've heard it argued that letting a child eat the skin of a potato is behavior akin to the Wicked Queen giving Snow White a poisoned apple. No so, if you store your potatoes in an appropriately cool (60 degrees or less), dark environment, or in the refrigerator. The toxins in potatoes develop when they are exposed to warmth and light, causing an increase in the greenish tinge, known a solanine, just underneath the skin. Solanine is not destroyed by heat, so this greenish coloring should be cut away before cooking.

Storing potatoes with onions contributes to sprouting. Sprouts also contain increased levels of solanine and should be trimmed before cooking.



resistance), 20 to 30 minutes. Drain.

2. Set food mill or ricer over now empty but still warm saucepan. Spear potato with dinner fork, then peel back skin with paring knife. Repeat with remaining potatoes. Working in batches, cut peeled potatoes into rough chunks and drop into hopper of food mill or ricer. Mill or rice potatoes into saucepan.
3. Stir in butter with wooden spoon until incorporated; gently whisk in half-and-half, salt, and pepper to taste. Serve immediately.

Note: For Rustic Garlic Mashed Potatoes, place 5 - 6 cloves of garlic on a piece of aluminum foil and drizzle well with olive oil. Fold foil up into a loose packet and place in a 400 degree oven for ~ 1 hour. Cloves should be soft and golden brown. Remove cloves from foil and mash along with the potatoes. Roasted garlic can be done ahead of time. Roasted garlic can be kept in the refrigerator for about 2 weeks.

*"What I say is that, if a fellow really likes potatoes,
he must be a pretty decent sort of fellow."
~A.A. Milne*

Spectacular Colorado Outdoor Weddings

There's something spectacular about an outdoor Colorado wedding. The grandeur of the Rocky mountains creates a backdrop that is truly one of a kind. Whether you choose the beauty of the botanical gardens, the vastness of a state park, or the comfort of a loved ones' back yard, outdoor weddings offer their own decor and open up a world of creative possibilities!



Jennifer Schulte

Imagine hosting a vineyard style picnic under a rustic pergola, complete with imported cheeses, artisan breads and an olive bar. Guests lounge in small groups across the lawn while being served a flight of Napa wines.

If you envision something more casual and laid back, consider a Southern barbecue with lanterns hanging from trees or a Hawaiian luau with a bar of tropical beverages. The possibilities are endless with a little creativity and a team of people who can turn the dream into a reality.



Recipe of the Month - *Meloncello*

Can't wait for summer to try our signature "Meloncello"? Follow this simple recipe to create your own and sip while you plan your upcoming backyard barbeque!

Meloncello



- Yellow or pink cocktail sugar or sanding sugar, optional
- 1 cup cubed seedless watermelon
- Ice cubes
- 3 1/2 ounces Limoncello
- 1/2 ounce lemon-flavored or light rum
- Splash club soda
- Lemon wedge



Rim 4 rocks glasses with the sugar, if desired, and put in the freezer. Puree the watermelon cubes in a blender until juicy.

Fill the prepped glass with ice. Add the watermelon juice, Limoncello and rum. Top off with enough club soda to give the drink a light bubble. Garnish with the lemon wedge.

Enjoy!

Recipe Download Now Available on Website!

We are pleased to announce that the **Canteen Catering Seasonal Recipe download** is now available through our website!

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What People are Saying...

"Mary is an excellent caterer with an eye for detail and a great sense of creativity."

-- *Steve Wilson, Executive Director
Mizel Arts and Culture Center*



Please call us at 303.521.6343 to discuss your catering needs.

"Best Chef Memoir Ever"

What to read while you're sipping a cup of coffee or glass of wine this weekend: **"Best Chef Memoir Ever"**.

Blood, Bones, and Butter is, quite simply, the far-and-away best chef or food-genre memoir...ever. **EVER**. It certainly kicked the hell out of my Kitchen Confidential, which suddenly, in a second, felt shallow, sophomoric and ultimately lightweight next to this...this monster of a book, this -- at times -- truly hardscrabble life...Blood, Bones, and Butter is deeper, better written, more hardcore, more fully fleshed-out; a more well-rounded story than every sunflower-and-saffron account of soft-core food porn in France. It's as bullshit and pretense-free as AJ Leibling -- and at least as well written, but more poignant, romantic -- even thrilling.
~ Anthony Bourdain

Read the entire review here: http://www.amazon.com/Blood-Bones-Butter-Inadvertent-Education/dp/140006872X/ref=sr_1_1?s=books&ie=UTF8&qid=1300966211&sr=1-1

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