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'Playboy Club' closes, local pair advances on 'Sing-Off.' D3

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D



LISA ABRAHAM

Pastel-colored, no-bake cookies are trendy again

Church Windows were popular in 1960s as sweet treat for kids

I have a friend who once told me that listening to my stories was like watching two trains run on parallel tracks. He knew they would collide eventually as long as he listened through to the end, but sometimes, it could be a long trip.

This is one of those stories, and, yes, if you read through to the end, you'll see how I manage to link two seemingly unconnected topics to each other. (In Lisa's world, the connection is immediate, which should give you a clue to the convoluted way in which my mind works.)

It all started last week, when I got not one but two new cookbooks in the mail, each of which contained a recipe for Church Windows.

Did I somehow manage to miss that pastel-colored miniature marshmallows are trendy again?

For those of you who are wondering what I am talking about, Church Windows (or Cathedral Windows or Stained Glass Windows, as they are sometimes called) are no-bake cookies that became very popular in the 1960s and are still in many home recipe



Church Window cookies made from mini marshmallows, nuts and melted chocolate. The recipe is found in the cookbook *Our Grandmothers' Kitchens: A Treasury of Lost Recipes Too Good to Forget*.

boxes. They are a kid favorite, thanks to their oh-so-sweet combination of chocolate and marshmallows — the multicolored pastel kind.

I always suspected this recipe came out as part of a marketing campaign with the release of colored miniature marshmallows, but I don't know that for sure. It's been around for about 50 years now.

Both recipes appeared in new cookbooks that feature submissions from readers. Cathedral Windows are in *From Our Grandmothers' Kitchens: A Treasury of Lost Recipes Too Good to Forget* by the editors of Cook's Country Magazine (America's Test Kitchen, 2011, \$29.95) and Church Windows appear in *Sugar, Sugar: Every Recipe Has a Story*, by Kimberly Reiner and Jenna Sanz-Agero (Andrews McMeel, 2011, \$29.99).

Now I need to back up 2½ weeks to the visit to the area by television chef Sara Moulton. When giving a class at the Western Reserve School of Cooking, Moulton was asked by a student about the safety of raw eggs in recipes. She maintained that raw eggs were safe for most people, except those with compromised health, or young children or the elderly, who may be more frail. Only about one in every 20,000 eggs contained salmonella, she said.

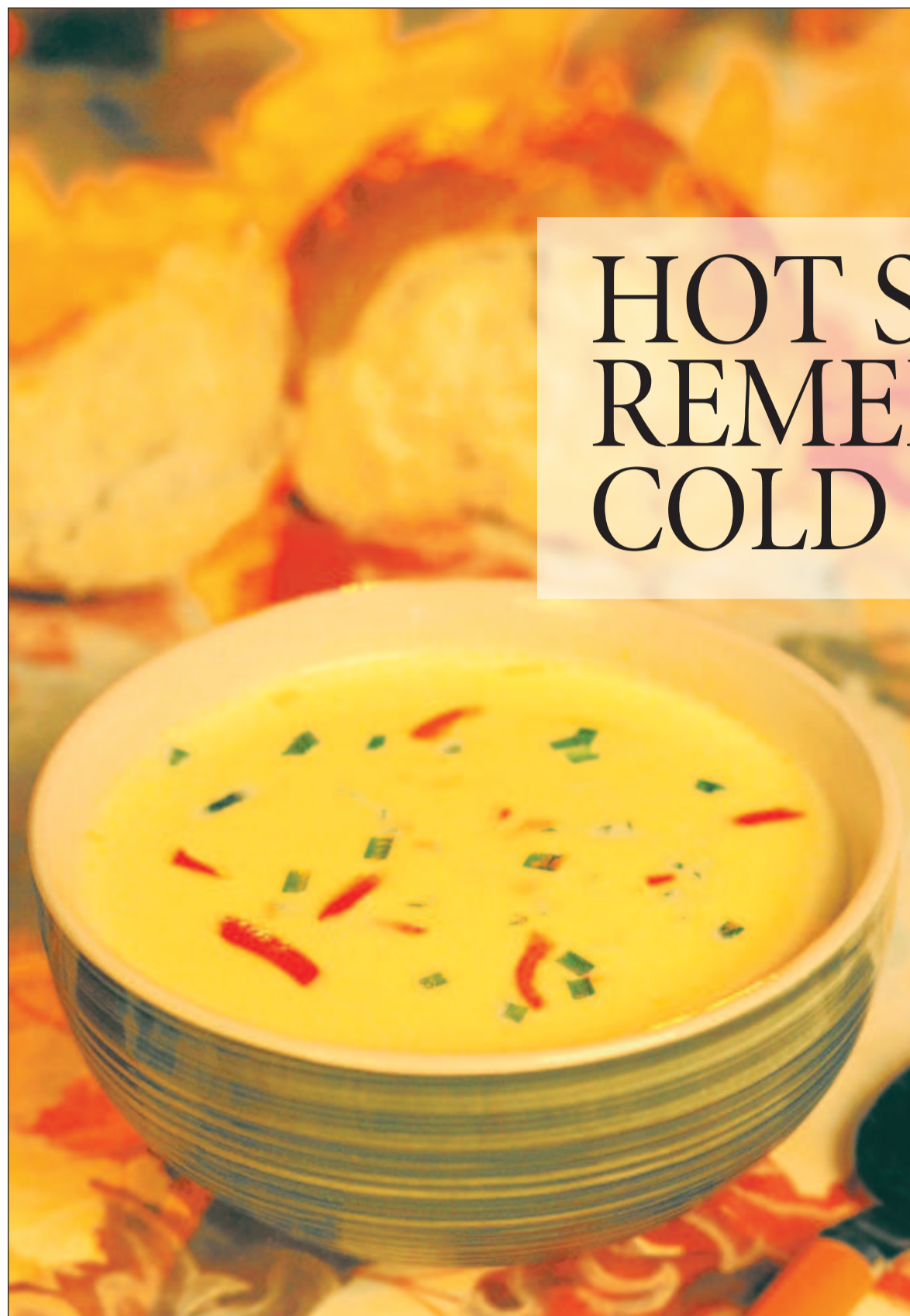
But I couldn't help thinking, well, that's fine, unless I happen to get that one in 20,000. With 30 dozen eggs to a standard case, that means a contaminated egg is in one of every 55 cases. Considering the number of dozens of eggs in my grocery store case, and how quickly they sell, I'm not sure those are odds I want to take. If there's a bad egg in the bunch, my luck dictates that it will indeed come home with me.

Is my food safety phobia out of control? Perhaps. Can you be too cautious when it comes to food poisoning? (I'm sure you'll all let me know about all the raw eggs you have eaten with no problems at all.)

So, if you haven't already figured out where I'm going with this, yes, both recipes for Church Windows, which are nearly identical, contain a raw egg. I'm sure when all of the moms were making church windows in the 1960s, no one thought twice about using a raw egg.

Now, all I can say is thanks to pasteurized eggs, I can have my Church Windows, eat

Please see **Lisa**, D2



HOT SOUP REMEDIES COLD TEMPS

Fresh ingredients allow the simple meal to get on the table usually within 30 to 60 minutes

By Lisa Abraham

Beacon Journal food writer

It takes only a day or two of temperatures in the 50s for any cook's mind to turn to soup.

Warm and comforting, soup is not only a satisfying supper, but a fast one, too. Add a green salad and some crusty bread and dinner is on the table, usually in under an hour.

At a time when folks are watching their budgets, soup can be hearty and filling even without meat.

Tom Loraditch, executive chef for West Point Market, where there are eight soups on tap every day, said most soups are very simple to make and typically can be put together in 30 to 60 minutes.

"They can be incredibly complex with just a few ingredients that are simply put together. The key is starting with the right ingredients," he said.

Loraditch said the old idea that soup is what you make when you clean out the refrigerator doesn't fly with him. The fresher the ingredients, the better the soup. "Soup should not be yesterday's entree made into soup. It should be today's entree, made fresh," he said.

ED SUBA JR./Akron Beacon Journal photo illustration

It's officially fall and this cheesy vegetable soup is the perfect way to warm up during a chilly day.

Please see **Soup**, D2

THIS WEEK'S HARVEST

Versatile green, arugula can be sauteed for frittata

Tuscan peasant cookbook provides easy recipe

By Lisa Abraham

Beacon Journal food writer

When farmer Debbie Fox said the arugula that she harvested for our recent CSA box was the nicest she had ever grown, I thought maybe she was exaggerating.

But when I opened the bag, I realized that she had a beautiful bumper crop of near-perfect greens. I used some in salad, sauteed some more and still had plenty left over,

which sent me searching for new recipes to try.

I was thinking about stuffing some inside an omelet or scrambled eggs when I came across this recipe for a frittata that calls for arugula or dandelion greens.

The recipe, from a new book by Pamela Sheldon Johns, *Cucina Povera: Tuscan Peasant Cooking* (Andrews McMeel Publishing, 2011, \$21.99

Please see **Arugula**, D2



The uses for arugula are seemingly endless keeping one always searching for a new recipe for the greens.

Phil Masturzo/Akron Beacon Journal

BEER

OCT 14-22
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CLEVELAND BEER WEEK

A Celebration of Craft Brews

Brewzilla offers chance to sample 14 different hops

Hundreds of different tastings, demonstrations, dinners, and more on tap at Cleveland Beer Week

By Rick Armon

Beacon Journal staff writer

Brewzilla — the giant beer festival that concludes the upcoming Cleveland Beer Week — will feature a special treat for hop lovers.

Fourteen craft breweries in Northeast Ohio made the same pale ale with one major difference in the recipe: Each used a different hop, the ingredient that provides beer with its bitter aroma and flavor.

All 14 pale ales will be lined up next to each other at Brewzilla on Oct. 22 at the Galleria in downtown Cleveland, giving the public an opportunity to taste how a single hop affects the same beer.

"Here's a bunch of beer brewed roughly the same way but with completely different hops," said Andy Tveekrem, the brewmaster at Market

Garden Brewery who helped develop the recipe. "Each hop is going to be highlighted and showcased. From the customer's point of view, you get to experience the great diversity of flavors in hops all in one room."

The undertaking has been dubbed "One Hop Wonder" and "Hop in a Hat." Each brewery picked the name of a hop out of a hat.

The following breweries participated, with their hop in parentheses: Black Box (Summit), the Brew Kettle (German Herkules), Buckeye (Mount Rainier), Cellar Rats (Palisade), Chardon BrewWorks (Australian Galaxy), Cornerstone (Chinook), Fat Head's (Citra), Great Lakes (Cascade), Lager Heads (Styrian Celeia),

Please see **Beer**, D2

Ask
Lisa

Q: Help! Every time I make tuna or egg salad, it gets watery after a day or so. I always keep it refrigerated in a Tupperware-type container and there's always quite a lot of liquid that accumulates, even just overnight. The only difference from my past making of these salads is that now I use light salad dressing or mayonnaise. Could that make a difference?

— J.H., Akron

A: I hear this complaint from readers frequently and there are many reasons your salad could be getting watery.

The first, and most obvious, is condensation that forms naturally on items in containers in the refrigerator.

Other likely culprits are celery and onion, two common ingredients in these salads. They are mostly water, and after being chopped, will naturally give off their water, turning perfectly fine salad into a watery mess overnight. Salting only makes this worse, as the salt will help to draw the water out of the veggies. You could save your chopped veggies in a separate container and stir them in just before you are ready to eat, and salt your salad just before serving, but this would be way too much of a bother for me.

Third, look at your protein. Tuna needs to be well-drained before adding it to the salad. This can take some time. The same goes for eggs. If you peel your hard-cooked eggs and rinse them under water to get any shell residue off, make sure you dry them well with paper towel before chopping them into your salads.

Finally, yes, it could be your light mayonnaise and salad dressing, which often don't hold up as well as their full-fat siblings in recipes.

The real solution is to make it and eat it in one sitting, before moisture has a chance to invade, but this isn't always possible. Remember, egg, tuna and chicken salads should be eaten within three to five days of preparation.

Got a food question? Lisa Abraham has the answer. Call 330-996-3737; email her at labraham@thebeaconjournal.com with "Ask Lisa" in the subject line; or write to her at 44 E. Exchange St., P.O. Box 640, Akron, OH 44309-0640. Please include your name (initials will be printed on request), hometown and phone number.

Cook book



The Casserole Queens Cookbook by Crystal Cook and Sandy Pollock.

Embrace your inner kitsch with coaching from Texans Crystal Cook and Sandy Pollock. Their paperback, *The Casserole Queens Cookbook*, celebrates one-dish recipes, from Corn Dog Casserole and Coq au Vin to Smokin' Strata.

The emphasis is on comfort foods, but just as helpful are tips for choosing pans, doubling recipes and freezing casseroles. List price is \$17.99; it's available at Amazon.com and other major book retailers.

— Judy Hevrdejs
Chicago Tribune

Food tip

Cook and freeze
apple pie filling

Here are two ways to preserve apples in your freezer.

To freeze apples for pies, boil them in water for 2 minutes, cool in ice water and pack them into freezer bags.

To make apple filling to freeze: Combine 6 pounds of peeled, cored and sliced apples with 2 cups sugar, ¼ cup flour, 1½ teaspoons cinnamon and ½ teaspoon nutmeg. Let stand about 30 minutes, until the mixture is juicy. Add 2 tablespoons lemon juice and cook over medium heat until thickened. Cool, package it and freeze.

— Kathleen Purvis
McClatchy Newspapers

Desperation Dinners

Smoked pork chops are smokin' for dinner

Tender and flavorful lean meat is perfect foil for lemon-butter pasta mixed with asparagus

By Alicia Ross
and Beverly Mills
Universal Uclick

Deja vu in the grocery store: That's just what it felt like last week. Walking through my local supermarket, I glanced down in the meat case and spied an old reliable just begging to be picked up — smoked pork chops.

I haven't cooked with smoked pork chops in at least five years, and I don't know why. They're quick and easy. They're tender and flavorful. And as far as a lean meat goes, smoked pork chops get high scores there, too — only 130 calories and under 5 grams of fat per serving.

(However, the sodium is 32 percent of your daily recommended amount, so if you are on a sodium-restricted diet, you should probably avoid

them.)

Immediately I thought of my Lemon-Butter Pasta and Asparagus and how amazing this would be with smoked pork chops. (You can serve the pasta with chicken or sauteed fish, too.) But considering how quick both are, plus the flavor combination of a smoky chop and the pasta's bright lemon-butter sauce, it's a pairing that was meant to be.

Who knew a quick jaunt through the grocery could inspire such an amazing dinner?

SMOKED PORK CHOPS WITH LEMON-BUTTER PASTA AND ASPARAGUS

2 boneless smoked pork chops (3 oz. each)
2 oz. small pasta, such as orzo or farfallini
8 oz. fresh thin asparagus
1 tbsp. butter



ALICIA ROSS

Brown and serve pork chops with a simple bright pasta and vegetable equals dinner in under 20 minutes.

1 tbsp. fresh lemon juice
¼ tsp. salt
¼ tsp. black pepper

Bring 1 quart of water to a boil in a large saucepan.

Meanwhile, lightly brown pork chops in a nonstick skillet over me-

dium heat, about 2 to 3 minutes on each side.

When pork is lightly browned, remove from heat and cover with foil to keep warm while cooking the pasta and asparagus.

Add pasta to boiling water and cook 3 minutes.

While pasta begins to cook, rinse and drain asparagus, snap off tough ends, and cut spears into 1- to 2-inch pieces.

Add asparagus to the pasta pot, and cook 3 more minutes. Drain in a colander and place in a medium bowl.

In a 1-cup glass measure, heat butter and lemon juice in the microwave for 30 to 45 seconds or until butter is melted. Add salt and black pepper and whisk well. Drizzle sauce over pasta and toss well to coat. Divide pasta and asparagus between two serving plates and top with a reserved pork chop. Serve immediately.

Makes 2 servings; doubles easily.

Each serving has about 326 calories (34 percent from fat), 12 grams fat (6 grams saturated), 56 milligrams cholesterol, 28 grams protein, 26 grams carbohydrates, 3 grams dietary fiber, 1,396 milligrams sodium.

Beverly Mills and Alicia Ross are co-authors of three cookbooks for the desperate. Contact them at *Desperation Dinners*, c/o Universal Uclick, 1130 Walnut St., Kansas City, MO 64106, or visit <http://kitchenscoop.com>.

Soup

Continued from Page D1

Scott Malensek, owner of downtown Akron's Stew Pot Kitchen, 30 N. High St., where soup and stew make them in just before you are ready to eat, and salt your salad just before serving, but this would be way too much of a bother for me.

Third, look at your protein. Tuna needs to be well-drained before adding it to the salad. This can take some time. The same goes for eggs. If you peel your hard-cooked eggs and rinse them under water to get any shell residue off, make sure you dry them well with paper towel before chopping them into your salads.

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Even chicken stock, made from simmering a whole chicken, doesn't take longer

than two hours to cook, he said.

With premade stocks and broth, traditional soups like chicken noodle come together in about 30 minutes.

Malensek said the best part of soup is that you really don't need a recipe and any idea can be turned into soup. He often gets suggestions from customers, which is how his pizza soup (pizza sauce-base with pepperoni and mozzarella cheese on top) was created.

But other ideas can come from a person's favorite dish — for example, stuffed pepper soup, cheeseburger or chicken pot pie soup.

Loraditch said cooks should use their imagination and think about what food pairings they like and translate that into a soup. That's how Loraditch came up with a creamy cauliflower soup finished with buttermilk blue cheese, and how he created a BLT soup with bacon, tomato and greens.

"Use your imagination and the possibilities are endless," he said.

Here are some recipes to help take the chill off, including an easy one for Spice Apple Pie Soup, from the new book, *50 Simple Soups for the Slow Cooker* by Lynn Alley (2011, Andrews McMeel \$16.99).

The spicy apple combination would make a great first course for a fall meal or even Thanksgiving dinner.

Loraditch also offered two

easy recipes, a flavorful red lentil soup and a cheesy vegetable that is sure to please a hungry family.

The cheesy vegetable soup is the kind of recipe that will serve as a starting point for plenty of creative endeavors. For example, substitute broccoli and cauliflower as zucchini and yellow squash go out of season.

Feel free to substitute the two quarts of heavy cream that Loraditch suggests for a lighter combination of cream and whole milk or whole milk and half-and-half. The soup is much more velvety in its original form, but may be too heavy and calorie-laden for many.

Also, because Gruyere is so expensive, don't hesitate to use all cheddar cheese or a combination of cheddar and another of your favorite sharp, melting cheese, if you are watching your budget. Gruyere, however, does lend its wonderful flavor to the soup's richness.

CHEESY VEGETABLE SOUP

1 stick butter
1 cup diced onion
1 cup diced celery
1 cup diced carrot
½ cup flour
2 quarts chicken stock
½ lb. sharp cheddar cheese, shredded
½ lb. Gruyere cheese, shredded
2 quarts heavy cream (see note)
1½ cups zucchini (½-inch dice)
1½ cups yellow squash (½-

inch dice)
½ cup red bell pepper (¼-inch dice)
salt and pepper to taste

Saute the onion, celery and carrot in the butter until tender. Add the flour, stir well and let simmer for 5 to 10 minutes, stirring constantly. Add the chicken stock, stir well and let simmer for 15 minutes until thickened. Stir in the cheeses and simmer until melted. Add the heavy cream, the squashes and the bell pepper. Simmer for 15 minutes.

Season with salt and pepper to taste.

Makes about 1 gallon.
Note: For a lighter alternative, use 1 quart whole milk and 1 quart half-and-half.

— Chef Tom Loraditch, West Point Market.

COCONUT RED LENTIL SOUP

2 cups yellow split peas
2 cups red lentils
3 quarts water
½ lb. carrots, diced
¼ cup fresh ginger, peeled, minced
¼ cup curry powder
2 tsp. olive oil
2 bunches green onions, chopped
¾ cup golden raisins
¾ cup tomato paste
2 cans (14 oz. each) coconut milk
1 tbsp. fine sea salt
½ cup chopped cilantro
Thoroughly rinse the peas and lentils. Simmer them in the water with the carrot and one-fourth of the ginger for about 30 minutes or until the split peas are soft.
Toast the curry powder in a dry skillet until fragrant. Set aside.
Sauté half of the green onion with the olive oil in a separate saucepan with the remaining ginger

and the raisins. Add the tomato paste and sauté for another two minutes. Add the toasted curry powder to the tomato paste mixture, mix well, and then add this to the simmering soup along with the coconut milk and salt. Add the remaining green onions and simmer for an additional 10 minutes. Stir in the chopped cilantro.

Makes about 8 servings.
— Chef Tom Loraditch, West Point Market.

SPICED APPLE PIE SOUP

1 stick cinnamon
6 cloves
6 allspice berries
4 tbsp. (half stick) unsalted butter, melted
5 large Granny Smith apples, quartered, cored and sliced
5 cups water
¾ cup raisins
1 tbsp. freshly squeezed lemon juice (optional)
3 to 4 tbsp. honey (optional)
½ cup Greek-style yogurt or sour cream

Using a spice grinder or mortar and pestle, grind the cinnamon, cloves and allspice to a fine powder.

Place the butter and apples in a 7-quart slow cooker. Cover and cook on low for 2 to 3 hours, until the apples are soft and the juices nice and browned. Mash any large pieces of apple, then add the water, spices and raisins and continue cooking for 2 hours longer.

Just before serving, stir in the lemon juice and honey. To serve, ladle the soup into bowls and top with the yogurt.

— 50 Simple Soups for the Slow Cooker, Lynne Alley.

Lisa Abraham can be reached at 330-996-3737 or at labraham@thebeaconjournal.com.

Lisa

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them, too, and feed my paranoia at the same time.

Until next week, have fun in the kitchen, where you can often find something to worry about, whether you need to or not. And here's the recipe to try out.

CATHEDRAL WINDOWS (CHURCH WINDOW COOKIES)

1 cup bittersweet chocolate chips
8 tbsp. (1 stick) unsalted butter
1 large egg, beaten
1 cup confectioners' sugar
1 (10.5-oz) package colored mini marshmallows
½ cup pecans, walnuts or almonds, toasted and chopped fine
½ cup unsweetened finely shredded coconut

Microwave chocolate and butter in a large bowl, stirring often, until melted and smooth, 1 to 3 minutes; let cool slightly.

Combine egg and 2 tablespoons of cooled chocolate mixture (to temper), then whisk mixture into remaining chocolate mixture. Stir in confectioners' sugar, marshmallows, and pecans, until combined.

Transfer half of the chocolate mixture to a large sheet of plastic wrap and form into a rough 12-inch log, about 2 inches in diameter. Wrap log tightly and gently roll back and forth to form a uniform cylinder. Twist ends to help log keep its shape and freeze until firm, about 2 hours. Repeat with remaining chocolate-marshmallow mixture.

Spread coconut evenly over large plate. Working with one log at a time, roll in coconut until evenly coated, then slice into ½-inch-thick cookies and serve.

Makes about 4 dozen cookies.

— From *Our Grandmothers' Kitchens: A Treasury of Lost Recipes Too Good to Forget*

Lisa Abraham can be reached at 330-996-3737 or at labraham@thebeaconjournal.com. Follow me on Twitter @akronfoodie or visit <http://lisa.ohio.com> to read my blog *Friends, Food and Fun in the Kitchen*.

Beer

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Market Garden (UK East Kent Goldings), Ohio (Warrior), Rocky River (Columbus), Thirsty Dog (Simcoe) and Willoughby (French Aramis).

Samuel Adams did a similar project earlier this year when it released the sampler pack "Latitude 48 Deconstructed." It featured the same India pale ale brewed with one of five different hops.

The third annual Cleveland Beer Week — a misnomer since it's a nine-day festival — runs Oct. 14-22. The celebration of craft beer features

hundreds of tastings, dinners, demonstrations, educational programs and specials at bars, restaurants and groceries throughout Northeast Ohio.

The event has grown and been copied elsewhere, organizers said.

"It's gotten a lot of respect nationally because everybody's started doing them," said John Najewy, one of the owners of Thirsty Dog in Akron.

Highlights include:

• **Grains vs. Grapes: The Ultimate Matchup**, the official opening ceremony, which will feature Garrett Oliver from Brooklyn Brewery and Marianne Franz of the American Wine School. The event is at 6:30 p.m. Oct. 14 at the Crowne Plaza. Tickets

are \$75.

• **The Craft Beer Lovers Bus Tour**, 11 a.m. to 7 p.m. Oct. 16. The tour starts at Thirsty Dog and travels to Great Lakes in Cleveland, Market Garden in Cleveland and the Brew Kettle in Strongsville. Brewers from Thirsty Dog and the Brew Kettle will ride the bus, too. Cost is \$45 and includes lunch and a pint glass.

• **Trappist Ales: Discovering the Monastery Breweries**, sponsored by the Winking Lizard, 6:30 p.m. Oct. 19 at the Winking Lizard Party Center in Bedford Heights.

The event includes guests Jef van den Steen, partner and brewmaster of Brewery De Glazen Toren and author of

Trappist: The Seven Magnificent Beers; Luc "Bobo" Van Mechelen, knight of the Belgian Brewers Association and special projects and regional sales manager of Manneken-Brussels Imports; and Joe Lipa of specialty beer importer Merchant du Vin. Cost is \$40 and includes a copy of van den Steen's book.

• **Culture Yourself: A Premier Beer and Cheese Pairing**, 6:30 to 8:30 p.m. Oct. 20 at Market Garden. It features 12 breweries and more than 30 locally made cheeses. Cost is \$35.

• **Ales on Rails**, a beer tasting and dinner while riding the Cuyahoga Valley Scenic Railroad, 6:30 to 9:30 p.m. Oct. 21. The trip starts in Independence. Cost ranges

Arugula

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hardcover), seemed to fit the bill perfectly.

FRITTATA CON CICORIA (EGGS WITH WILD GREENS)

3 tbsp. extra-virgin olive oil
1 medium onion, finely chopped
4 oz. dandelion greens or arugula leaves, julienned
6 large eggs
Sea salt and freshly ground black pepper

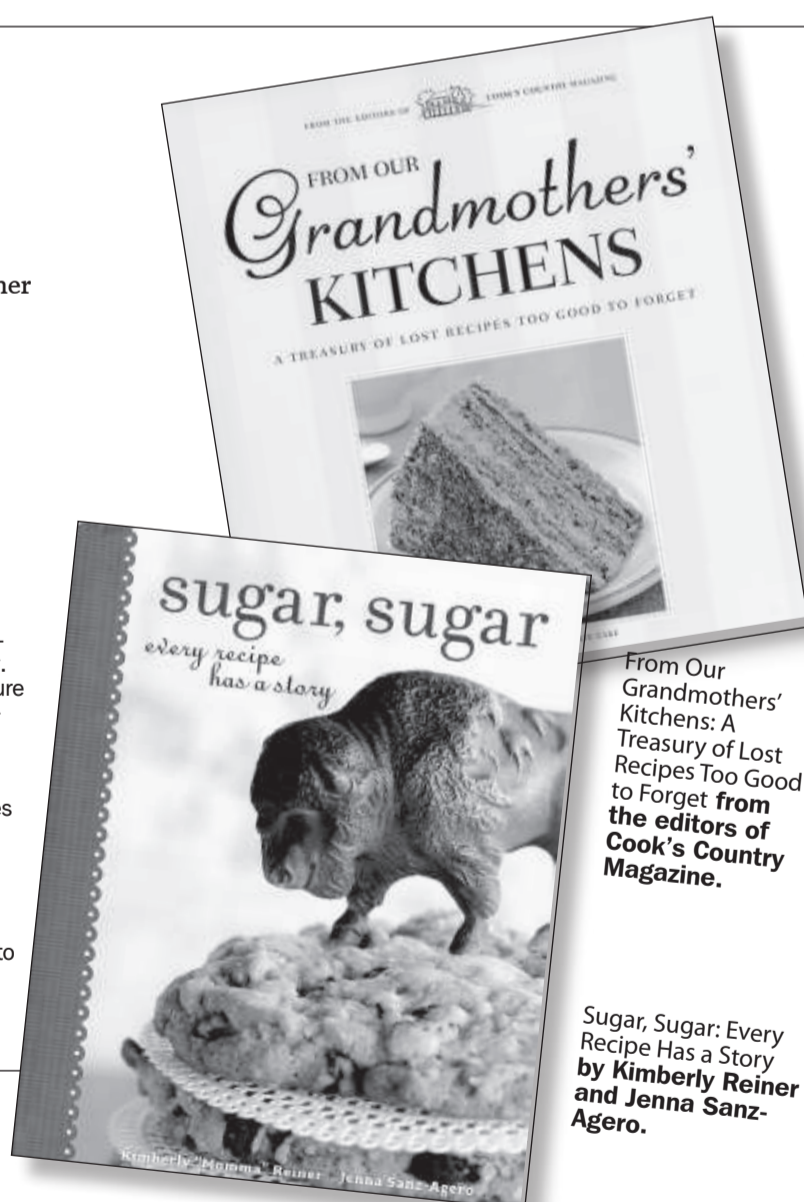
In a 10-inch nonstick skillet, heat 2 tablespoons of the olive oil over medium heat and saute the onion and greens for 3 to 4 minutes, or until the onion is translucent and greens have wilted. Remove from the heat.

In a medium bowl, beat the eggs until blended and season with salt and pepper to taste. Add the cooked onion mixture.

Heat the remaining 1 tablespoon olive oil in the same saute pan. Add the egg mixture and cook, stirring gently, for 3 to 4 minutes, or until the eggs have set. Loosen the edges, flip the frittata over by sliding it onto a plate, then reverse it into the pan and cook the second side for 2 to 3 minutes, or until golden. Cut into fourths and serve at once.

Makes 4 servings.

Find previous installments of *This Week's Harvest* and a list of local farmers markets at www.ohio.com/lifestyle/food.



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