

January

Please arrive a few minutes early to get a seat,
especially if you are part of a group.

Food allergies?

Please try to let us know before class!

Wed., January 18

6pm - 9pm

LOW CAL, HEART HEALTHY, FRESH START ENTREES! -
Menu: Salad of the day; Sweet Potato, Red Lentil Bisque; Seared Steak with Red Onions & Spinach with roasted Garlic and Root Mashers; Beef and Broccoli lo Mein; Pesto Alfredo Macaroni; Spanish Scampi with Carrots and Cumin with Pomegranate Rice; and Cheesecake Soufflés with Raspberry Sauce! \$60

Fri., January 20

6pm - 9pm

GIRLS' NIGHT OUT! -

New Menu includes: Baked Brie with Wild Mushrooms and Thyme and crispy toasts; DD's famous Raspberry Salad with Winter Pears, Candied Walnuts and Roquefort; Pork Scaloppini with Lemon Caper Sauce; Potatoes with Onions, Shallots, Garlic, Portobellos and Fennel Sauté with Parmesan; Brussels Sprout sauté; Butterscotch Pots de Crème with Chocolate and Toffee! \$60

**Book A
Private Class!**

Perfect for Book Clubs, Showers,
Business, Holiday Parties, Birthday Parties,
Children's Cooking Parties or just a way
to get together and let CCC
take care of the rest!

805 440-9190

Classes held at **SAN LUIS KITCHEN COMPANY-**
3598 BROAD STREET, SAN LUIS OBISPO
unless otherwise noted

BRING YOUR OWN WINE! no corkage fee!

Tues., January 24

6pm - 7:30pm

LOSE IT FOR LIFE! -

Kennedy Club Fitness Cooking Class

Wed., January 25

6pm - 9pm

**HEALTHY, EASY, FROM SCRATCH, LOW-CALORIE
CROCK POT RECIPES! - Be hungry!**

We will make all of these NEW RECIPES:

Spanish Pot Roast with Anchovies;
Sherry with Mashed Cauliflower with Olives;
Thai Green Chicken Curry; Swedish Meatballs
with Lemon Dill Noodles; Tamale Pie with
Green Chile Cornbread; Spaghetti & Meatballs;
Maple and Cider Brisket; Mediterranean Lamb
Shanks; Jamaican Jerk Pork with Mashed Sweet
Potatoes; French Onion Soup with Crouton;
and Brownies a la mode-crock-pot style! \$60

Fri., January 27

6pm - 9pm

EVENING IN ITALY! -

Join me for my specialty - Italian cooking!

Tonight's menu: Chopped Italian salad; Stuffed
Eggplant Rolls; Pasta Carbonara (*the real thing!*);
Oso Bucco over Mashed Cannelini Beans (*from
scratch*) with Roasted Garlic; Chefs Italian
Vegetable choice; and Crème de Vanilla with
Caramel and/or Chocolate! \$60



Join our Volunteer Family!

If you would like to learn to cook or enjoy cooking
then you would be perfect! Volunteers should be available
2 nights per month and arrive 1 hour before class.
Volunteers chop, prep, cook and do light clean-up and
receive instruction, recipes, a meal, and leftovers (if any!).

Call Jerry at 805-440-9190
or email chefdebbiedugg@aol.com

February

Wed., Feb. 1 & Wed., Feb. 8 6pm - 9pm

POWER FOODS FOR WOMEN (2 part complete class) -

This 2-part class highlights the Power Foods that women should be incorporating into their daily diet. You will learn some great recipes that include these **super foods** which ensure you optimal health and vitality. Low cal, easy, heart healthy recipes tonight along with a lot of education about nutrition.

Menu includes: Blueberry Pancakes; Huevos Rancheros; Healthy Artichoke Dip; Crab Cakes w/ Mango Avocado Salsa; Chicken Potstickers; Chinese Chicken Salad; Tortilla Soup; Edamame Salad; Grilled Salmon with Ginger Soy Butter; Warm Goat Cheese Salad; Nachos with Black Beans; Mushroom Melts; Artichoke Feta Quiche; Grilled Fish Tacos; Pesto Gnocchi with Green Beans and Tomatoes; Turkey Meatloaf w/ Spicy Tomato Chutney; Chicken Fried Rice; Chicken Marsala; Garlic Mashed Cauliflower; etc...

We will discuss: The best 150 power foods for women; How to eat and where to eat out in this area; Some of the 20 best food restaurants in the US for healthy eating; as well as great supermarket foods for women that yes, you can buy! *You won't be disappointed with all that you will learn, eat and take home to get you headed in the right direction. And the recipes are delicious, easy and super healthy!* \$120 for 2 part complete class

Fri., February 3 6pm - 9pm

FISH, FISH, FISH-HAPPY HEART MONTH! -

A great evening to share with a partner, friend or just you!

Our fabulous menu: Artichoke Heart Salad with Bacon, Tomatoes, Organic Greens and Parmesan Dressing; Sautéed SOFT SHELL Crabs; Thai Shrimp with Coconut Jasmine Rice with Kaffir and Mint; DD's favorite Brazilian Cioppino; Debbie's Famous Bread Pudding with White Chocolate Espresso Sauce! \$65

Fri., February 10 6pm - 9pm

COOKING LIGHTER WITH STYLE! -

A great date night! Get out of the rut!

New yummy menu includes: Pear Chutney Brushetta with Pecans & Blue Cheese; Chicken with Dates, Olives & Cinnamon; Cabernet Short Ribs with Parmesan Polenta; Black Bean and Cheese Enchiladas with Ranchero Sauce; Blue Cheese Stuffed Pork Chops with Pears; and Chocolate Souffles with Caramel! \$60

Sun., February 12 2pm - 5pm

KIDS' VALENTINE COOKING CLASS- Hands On!

Today we will make: Valentine Cake Pops (we are pros now) and decorate, of course!; Red Velvet Cupcakes; From scratch Mac and Cheese to eat; Asparagus wrapped in Puff Pastry; Croissants - filled with chocolate, raspberries or ham and cheese to take home for Mom and Dad or that other special valentine. \$55

Mon., February 13

6pm - 9pm

ANNUAL BE MY VALENTINES' DINNER -

Join us for our unique cooking Class/Dinner celebrating the day of love!

Our menu tonight is especially designed just for you and yours: Puff Pastry Hearts with Brie & Fruit; Watercress Salad with Mangos, Marcona Almonds and Dates; Caesar crusted Filet Mignon; Puddled Potatoes; Snap Pea Saute with Chive Sauce; and *the incredible* Cappuccino Chocolate Silk Tart (one of my all time favorites) with my special truffles- or if I can find my Couer a la crème molds from France-Coeur a la crème with raspberry rum lime sauce-so, **YOU WILL BE SURPRISED! ENTIRE dinner served with love!** \$65

Tues., February 14

6pm - 9pm

ANNUAL BE MY VALENTINES' DINNER -

Same menu 13th and 14th, both just as special! \$65

Fri., February 17

6pm - 9pm

LIGHT, HEALTHY APPETIZERS TO GRAZE ON! -

Ah, who says it has to be December to have another appetizer class! What a great way to spend a Friday night!

New Menu includes: Apple Blue Cheese Chutney; Mac AND Cheese Bites; Phyllo Wrapped Asparagus with Prosciutto; Potato Gruyere Tartlets w/Rosemary; Grilled Fava Beans with Balsamico; Fava Bean Hummus; Spicy Garlic Edamame; Zucchini Fritters with Cucumber, Garlic and Yogurt Sauce Thai Beef Cabbage Cups; Baked Buffalo Wings with Blue Cheese Yogurt Dip; Profiteroles with Cream, Raspberries and Fudge Sauce! \$65

Wed., February 22

6pm - 9pm

LITE MEXICAN ENTREES- HEALTHY AND GOOD FOR YOU! -

I always get the "hungries" for Mexican food but it is so heavy and calorie laden. Well, I fixed it for all of us!

Join us, it's a yummy night. Our menu: Salad with Jicama, Tangerine and Mango Dressing; Chicken Tinga with Rice Veracruz; Pinto Bean Medley; Mexican Shrimp Stir Fry; Ancho Chile Chicken with Yellow Rice; Cherry Chipotle; Glazed Salmon with Citrus Salsa; Potato stuffed Poblanos with Tomato Mango Relish; and Orange Coffee Flan! \$65

Fri., February 24

6pm - 9pm

TECHNIQUE: SAUCEOLOGY 101! -

Hands on! Join us for this class where we won't let you fail!

We will make Hollandaise with Eggs Benedict; Beurre Blanc with Salmon; Bernaise with Filet Mignon; Balsamic Reduction with Summer Vegetables; Creme Anglaise with Chocolate, Raspberry Coulis. \$60

Tues., February 28

6pm - 9pm

COOKING FOR JUST 1 OR 2! -

Come on shake things up a bit! Our menu tonight includes:

Asparagus Salad; Seared Scallops with Thai Red Curry Sauce (not too spicy!) with Lemon Grass Grits; Rack of Lamb with Pomegranate Sauce over Watercress Couscous; Scallops with Citrus and Quinoa; Skillet lasagna (low cal and healthy); Vegetable Fried Rice with Bacon (low cal and healthy); and Caramelized Bananas & Coconut Risotto with Dark Chocolate and Almonds! \$60

March

Fri., March 2

6pm - 9pm

FABULOUS FRENCH -

A new class! We will make: Crab and Celery Remoulade; Warm Bacon and Egg Salade; Ratatouille with Goat Cheese; Chicken Dijon; Marseille Style Shrimp Stew with Rouille on toasts; Double Baked Cheese Souffle with Parmesan Cream; Hazelnut, Nutella and Caramel Ice Cream Dacquoise! *This is it, as far as French Cuisine!* \$65

Tues., March 6

6pm - 9pm

HEALTHY MEATLESS QUICK ENTREES FOR FAMILIES -

You know you need these recipes for healthy living!

Menu: Early Spring Salad; Cinnamon Buttermilk Cornbread with Cumin and Cardamon Honey Butter; Meatless Vegetarian Chili (with Wheatberries); Sweet Potato Soup; Cold Curry Peanut Noodles; Thai Corn Chowder; and Strawberry Meringue Fools! \$60

Wed., March 7

6pm - 9pm

COOKING 101 WITH MEN, "HANDS ON"-

New class just for the guy who needs to be more familiar in the kitchen.

These basics will give you a good foundation. We will talk about knife skills, food and produce selection, and general cooking.

Our menu: Mediterranean style roasted Chicken; Stuffed Chicken Breasts; Pork Tenderloin with Wine Reduction and fruit; Rack of Lamb with easy Pomegranate Sauce; Roasted Spring Farmer's Market vegetables; Israelis Couscous; *Easy, from scratch* Balsamic Salad Dressing with Blue Cheese or Feta; and DD's fabulous Rice Pudding! \$70

Wed., March 14

6pm - 9pm

CROCKPOT MIRACLES! -

Join us for this delicious easy class with great "do-ahead" CrockPot recipes. \$60

Wed., March 21

6pm - 9pm

TRADER JOE'S MARCH MADNESS! -

Fresh, healthy, and easy! Dinner entrees, a couple of Brunch ideas, Pastas, Salads, Sides, as always, fresh, fresh, fresh, of course! All new! At least 11 great recipes!
WEAR ELASTIC PANTS! \$60

Please & Cues

3 Mondays
March 5, 12, 19
CHILDREN'S ETIQUETTE CLASSES 3:30pm - 5:30pm

CHILDREN'S ETIQUETTE WITH A LITTLE COOKING -
Ages 6 - 12- *Begins Monday, March 5. Classes will be held on 3 consecutive Mondays.* \$150 per child

Thurs., March 22

6pm - 9pm

LIGHT ITALIAN/MEDITERRANEAN ENTREES! -

Give yourself a break! Let's get on track with some great new ENTREES! Tonight: Almond Crusted Chicken with Zucchini Linguine; Chicken Spiedini with Spinach Fettucine; Steak and Pizzailoa Sauce with Whole Wheat Pizettas; Pork Scallopinni with Parmesan and Sauce; Spinach and Mushroom Manicotti with Creamy Parmesan Sauce; Cherry Bread Pudding with Chocolate Sauce! \$60

Fri., March 23

6pm - 9pm

OPEN - ANY ONE WANT TO BOOK A CLASS?

MINIMUM OF 8, MAXIMUM OF 16 GUESTS

Tues., March 27

6pm - 9pm

CHOCOLATE HEAVEN -

Join Debbie for her favorite class! It is fun, and you will take home goodies! Menu: Butterfinger Truffles; *menu under construction.....* \$60

Thurs., March 29

6pm - 9pm

INTERNATIONAL ENTREES! -

This class provides you with opportunities to taste and see dishes made that perhaps you have never had the opportunity to enjoy!

Tonight's Menu: Salade of Spring Greens, Strawberries, Kiwi, and Almonds; Weiner Schnitzel; Gnocchi Gratin with Gorgonzola Dolce; Lyon Style Chicken with Vinegar Sauce; Chef's choice of local Farmer's Market vegetables; and preparation style and Jacque Pepins Country Apple Gallette with Vanilla Bean Ice Cream! \$60

Fri., March 30

6pm - 9pm

FROM JULIA'S AND DEBBIE'S KITCHEN -

A few of their French favorites!
menu under construction..... \$65

April

Tues., April 3

2pm - 5pm

KIDS' SPRING COOKING CAMP! (AGES 7-13)

HANDS ON! Our menu today is: *From scratch* Caesar Salad with homemade croutons; Risotto Primavera; Chicken Parmesan (or Tofu Parmesan); Italian Green Beans with garlic; Pancetta, etc..., Italian Breadsticks; and Individual Strawberry Tiramisu. \$60

Wed., April 4

6pm - 9pm

GETTING READY FOR SPRING! -

Menu includes: Salad of Roasted Apples and Pears with Cider Vinaigrette & Spicy Almonds; Risotto Primavera with White wine and Parmesan; Rack of Lamb with Pomegranate Sauce; Potato etc., etc., etc., .. \$60

Thurs., April 5

6pm - 9pm

GREAT EASTER ENTREES-

Menu: Asparagus Soup; Salad with Mango Vinaigrette and Spring greens and fruits; Boneless Leg of Lamb with Marionberry Sauce; Fresh Ham with Debbie's Old Fashioned Cherry Sauce; Whole Salmon with Raspberry Beurre Blanc; Farmers Market Vegetable medley; and fresh Lemon Pudding Cake with sweet cream and raspberries! \$65

Fri., April 7

2pm - 4:30ish pm

KIDS' BAKING FOR THAT BUNNY!

Bunny Basket Carrot Cup Cakes; Jelly Bean Thubprints; Easter CakePop Characters; White Chocolate/Dark Dipped Strawberries; We will make a Healthy Savory Snack, of course! Bring large container, please. \$60

Tues., April 10

2pm - 5pm

COOKING WITH TEENS -

100% HANDS ON! This will provide you with basics as well as some recipes for those really comfy in the kitchen. Easy Caesar Salad; Stuffed Chicken Breasts; Pork Medallions with Mustard Maple Sauce; Cowboy Potato Wedges; Double stuffed BLT potatoes; Roasted Broccoli and Cauliflower; Snap Pea Saute; Easy Frozen Berry Cobbler; Chocolate Bar flourless Torte!
Plan on being busy! \$60

Wed., April 11

6pm - 9pm

HEARTY ENTREE SALADS! -

Switch up what's for dinner! These salads are perfect for dinner, for parties, pot luck and are guaranteed that they will ask for the recipe. \$60

Thurs., April 12

2pm - 5pm

KIDS' COOKING DAY CAMP! (AGES 7-12)

Hands On! Our menu today: Wok it Edamame; Sesame Chicken with Broccoli Stir Fry; Fried Rice with egg, and critters; Asparagus with snap peas; NO Fail POPOVERS with jam; and MINI Strawberry Tarts. \$60

Fri., April 13

6pm - 9pm

LUCKY GIRLS' NIGHT OUT COOKING CLASS! -

Ginger Carrot Soup; Indian Fruit Salad with bit of curry; Salmon with Roasted Asparagus and Lemon Caper Sauce; Israeli Couscous with roasted pistachios, apricots, dried blueberries and mint; Herbed Popovers with butter; and DD's Strawberry Pie with chocolate lining! (*you will love it!*) \$60

Wed., April 18

6pm - 9pm

4 ENTREES- EASY MEXICAN COOKING! -

Admit it dinner can be boring. Well, not any more. Tonight's easy menu: still under construction, guaranteed to be anything but boring!!!!!! \$60

Thurs., April 19

6pm - 9pm

TRADER JOE'S INGREDIENTS CLASS!- ALL NEW!

There is absolutely no limit with what we will do tonight. Menu includes: some grilling entrees; a couple of healthy grain recipes; pasta; fish; all sorts of sides; **and of course,** dessert! Emphasis on quick, easy, not in the kitchen all night! May be a couple of ethnic recipes too, using some of TJ's sauces! **WEAR ELASTIC PANTS!** \$60

Wed., April 25

6pm - 9pm

ASIAN SALADS! "Can I Have That Recipe" Salads!

Perfect *do aheads* and *take a longs!* These are hearty, healthy and always "Can I have that recipe" entrée salads. Just a twist of Asian inspiration. \$60

Thurs., April 26

6pm - 9pm

FROM MY SICILIAN KITCHEN!

Remember the movie *Big Night*? Well tonight we will make that huge pasta creation among other things. Join us for my latest menus from our last incredible trip. \$60

Fri., April 27

6pm - 9pm

6 HEALTHY, LOW CAL, DELICIOUS ENTREES! - \$60

Happy New Years Greetings from my ever changing kitchen at Central Coast Culinary. We wish you a healthy, happy New Year and hope that you make every day count as a good one. Try not to worry about the things you can not change and concentrate on making your life better each day with the wisdom from the day before. As we grow older and begin to lose parents and dear friends we must remind ourselves that every day counts, every person is deserving of kindness and that we can make a difference if we try.

I have many changes to announce to all of you. Central Coast Culinary is changing locations! Many of you know I have leased the kitchen to SLO's Finest Catering, which is owned by John Carswell, who I fondly refer to as JJ. As he grows his catering business I am growing my business in many different directions such as:

*I am still catering but on a much scale - smaller parties and weddings, children's cooking parties. I will be teaching cooking classes in homes of my clients, doing in home dinner parties and of course, teaching at San Luis Kitchens.

*You might be wondering why San Luis Kitchens? I have known Leigh Anna for years as we both were at Idlers at the same time. I was filming What's Cooking With Debbie Duggan at Idlers and they had their Kitchen Showrooms there at the same time. As they became well known and successful they purchased and built a state of the art showroom on Broad Street putting several incredibly beautiful kitchens under one roof. The kitchens are beautifully unique, well designed and equipped with the latest up to date appliances, drawers, cabinets, and anything else you can imagine. The ambiance is charming, the showroom spacious and it lends itself to cooking classes. When I walked in the door I knew it was a perfect fit. I can not wait for you to come in to take class as you will be as impressed as I was. We are so lucky to have a showroom with all the latest in SLO. This showroom belongs in LA or SF and I can not wait to be there. And it is all about food and cooking, after all! Our new address will be 3598 Broad Street, SLO. Remember we are on the same side of the street as the car dealerships and right across from Black Horse Coffee. Our parking lot is well lit, safe and convenient. So let's give it a try together!

*I will be bringing back my Children's Etiquette Program PLEASE AND CUES mid February and mid March. It will be a 3 session one and a half hour class concentrating on all forms of social etiquette such as table manners, party manners, thank you notes, sibling fighting, sportsmanship conduct; restaurant manners, bullying, greeting adults and peers; classroom behavior; telephone manners, restaurant manners and anything else I can think of. We will do a bit of cooking during each class and then eat what the kids make. For example we will make pasta and then eat it correctly; ice cream sundaes using spoon techniques and soup techniques; napkin usage; and chicken while learning to use the knife and fork properly. We will chat about gossiping, party behavior, eye contact with adults and peers and chivalry. And yes, I will explain why ladies always go first and walk on the inside of gentlemen. And I will answer all of their questions and also promise not to repeat anything they tell me about what happens at home at the table. And of course I will still be having Children's cooking birthday parties at the new and old locations.

I will not be changing my passion or love for what I do. I am just trying to make things more manageable and quality consistent. Please let me know your thoughts once you have been to one of my classes!

So lets get to the point here-what's new in the world of food? Prices should begin to drop a bit. And sizes again are shrinking. (As if we don't notice.) C and H sugar is now in a 4-lb. bag instead of 5 lbs. and the price is the same as for 5 lbs. All sizes are decreasing and prices are the same. Granola bars are smaller and there are less in a bag. Tasteless fruit is coming in to the US from Chile, Mexico and South America at sky high prices. Do what we chefs do- eat seasonally. I hate it when it looks like a nectarine, but it has no smell or taste and is overpriced. Citrus are getting better and really at their peak after the first frost. Tangerines and oranges should sweeten right up in the next few weeks. Buy thin-skinned ruby red grapefruit for a luscious flavor and before buying blood oranges (which can be expensive) have your produce person cut it in half for a tasting. Squash are abundant right now and are full of fiber and beta-carotene. Easy to cook by halving them, brushing with a bit of oil and butter and sprinkling cinnamon and a bit of brown sugar or maple syrup. Use squash instead of a yam or sweet potato. Asparagus are scrawny and too thin. Nothing like an anorexic asparagus. Wait until early spring and buy the regular medium size stalks, which are loaded with flavor. We have to re learn to be patient and not settle for anything less than full flavored, healthy produce. You and your family deserve the wholesome best!

Salmon is not in season so you will have to rely on frozen wild salmon. You can still buy farmed but make sure it is natural farmed salmon with no coloring added and definitely not from any CHILEAN WATERS. Both salmon and halibut freeze beautifully so don't worry about losing that delicious flavor. Just read the labels and ask questions when you buy your fish. It will make a huge difference. We still are seeing a lot of healthy, beautiful local red snapper harvested from our local waters. Try that instead of Mexican tilapia as it is better for you! Slice it and sauté it in a bit of olive oil, limejuice, garlic salt and lots of ground cumin and you have the makings for some healthy southwestern style fish tacos.

Beef prices should begin to drop and now is a great time for a fresh ham or frozen turkey. You can have your butcher cut it in half and use it for dinner and then soup. I like to go through magazines and find tasty different glazes and defrost a ham and serve it on a Sunday for a dinner with friends. A good quality ham is no longer salt laden and is actually good with a lot of different side dishes.

I guess it is the season to eat a bit healthier and undo all the damage we did between Thanksgiving and Christmas. I think limiting bread or avoiding it, cutting out a lot of the excess sugar, substituting almond milk for a lot of the calorie laden dairy drinks, having 2 veggies at night instead of a starch and limiting that wine to a glass a night (or just on weekends) pretty much takes off those extra pounds sensibly. Most of us fight those few extra pounds after the holidays and are pretty much in the same boat-admit it everyone! I always think of it as unclogging my arteries! Ugh.....

You will see my annual Adult evening Valentine's classes offered and a children's Be My Valentines baking class too. Do sign up quickly as space is limited in all. Both Valentines are beef classes but I can substitute macadamia-crust ed halibut or salmon for the beef if I know ahead of time. Should you see an item in a menu and have a problem with it in any of my classes just call us! And should you have any ideas for any classes just drop me an email. I am wondering if I should bring back Sauceology 101 in April and Fishing Impossible 101 in April? Both are hands on technique classes and I have offered them in the past. Please don't forget responses are warmly appreciated.

So, lets all try to be more mindful of our health and the health of our loved ones. It does not harm us to limit our beef consumption and have a breakfast for dinner or quinoa or whole grain dish for the entrée for an evening? I love Huevos Rancheros with black beans and they make a perfect evening quick meal. In fact, there are lots of dinner traditions that are pretty unhealthy and can easily be modified. I will leave you with a few fun recipes, hope you enjoy them.

***White Beans and Hamhocks**

1 lb. Dried white beans
 2 nice sized smoked ham hocks
 1 large yellow onion, finely chopped
 6 to 7 garlic cloves, finely chopped
 2 tsp. dried oregano leaves or ground oregano
 4 dried bay leaves
 Water to soak beans and then fresh water to cook beans in
 Salt and pepper, to taste

Soak white beans overnight or put in large stockpot and cover with about 8 inches of water and bring to a boil for 1 minute. Turn heat off and let sit for 60 minutes. Drain and add new water and make sure you have about 8 to 8 inches of fresh water covering beans.

In the meantime add 1-Tablespoon olive oil to a large fry pan and heat. Add chopped onion and dried oregano and sauté for 1 minute and then add garlic. Sauté until onion is translucent and garlic is cooked. Set aside.

Cover beans as directed and add ham hocks. Bring to a boil and simmer, covered, for about 1 hour. Add onions and garlic mixture to beans and continue to simmer until meat falls off of ham hocks and beans are tender. Add salt and pepper to taste. Do not add salt until the very end as it makes the beans tough. (If

beans are not properly soaked, they will not plump correctly, as the skins are too tough!) Serve with warm cornbread, a bit of butter and honey brushed on top while warm. The only word for this is YUM!

***CRANBERRY VINAIGRETTE**

¼ cup sweetened Cranberry juice
 3 TBLSP. Balsamic Vinegar
 1 shallot, minced
 ½ cup favorite oil - but not olive
 1 TBLSP. Chopped fresh parsley
 ½ cup dried cranberries
 Salt and freshly ground black pepper, to taste

Combine cranberry juice and balsamic vinegar in bowl of food processor or blender. Mix and add oil slowly through the feeder tube or top of blender. Mix until blended and then add minced shallot, parsley and dried cranberries. Taste for seasoning.

You may use this on grilled asparagus or mixed baby greens with Fuyu persimmons, sliced red grapes, pomegranate seeds, candied pecans or walnuts. Store in refrigerator for 2 weeks.

***TORTELLINI WITH PEAS AND PROSCIUTTO**

Kosher salt
 1 pound meat filled tortellini
 2 TBLSP. Olive oil
 4 ounces prosciutto or pancetta, finely chopped
 3 cloves garlic, thinly sliced
 1 TBLSP. Tomato paste
 ¼ cup heavy cream
 1 cup frozen peas, thawed
 2 TBLSP. Chopped fresh parsley
 ½ cup grated Parmesan cheese
 Bring a large pot of salted water to a boil. Add the tortellini and cook as the label directs.

Meanwhile, heat a large skillet over medium heat. Add the olive oil and prosciutto and cook until crisp, 3 to 4 minutes. Stir in the garlic and tomato paste and cook until fragrant, about 1 minute. Ladle in about 1 cup of the pasta cooking water and simmer until reduced by about half, 3 to 4 minutes. Add the cream and simmer until slightly thickened, 2 to 3 minutes.

About 2 minutes before the tortellini are done, add the peas to the boiling water and cook until just tender. Drain the tortellini and peas and add to the skillet, tossing to coat with the sauce. Stir in the parsley. Sprinkle with the Parmesan cheese. Serves 4.

***GRILLED ROMAINE WITH BLUE CHEESE-BACON VINAIGRETTE**

4 TBLSP. Olive oil
 ¾ cup finely diced red onion
 ½ pound bacon, ¼ inch diced
 1/2 cup balsamic vinegar
 3 heads romaine lettuce, cut in half lengthwise
 ½ cup crumbled blue cheese
 Freshly cracked black pepper

Preheat a grill or indoor grill pan to high. Heat 1 TBLSP. Olive oil in a large skillet over high heat. Add the onion and bacon and cook until the bacon is crispy. Remove the onion and bacon from the pan. Add the balsamic vinegar and 1 TBLSP. Olive oil to the skillet and reduce for 2 to 3 minutes. Remove from the heat and set aside.

Brush the romaine with the remaining 2 TBLSP. Olive oil. Place on the grill cut-side down and quickly sear until grill marks are visible. Set aside.

For each serving, place a half head of romaine cut side up on a plate and drizzle the balsamic dressing on top. Sprinkle with blue cheese and bacon and onion, and garnish with cracked black pepper. You may also add chopped ripe cherry tomatoes if you like. Serves 6.

I hope to see you in my new “kitchen” where you will be welcomed with great food, warm ambiance and a devotion to teaching you great recipes and enhancing your culinary skills. I am always looking for volunteers so if you have 2 evenings per month, an interest in cooking, an open mind and a great sense of humor we would love to welcome you into our CCC family. I can promise that you will never experience a dull, boring moment. Please call Jerry at 440 9190 for more information. And you don’t have to know how to cook as we can easily take care of that. That’s all part of the fun.

I leave you with a few thoughts. Remember to take time to nurture yourself and those that are important in your life. Friendships and relationships are lifetime investments and are worth their weight in gold. I always remind my daughters that to have a great friend you need to be one first and to be a great spouse or partner you have to lead the way. Relationships are like gardens - they need to be tended to every day. There is nothing like the hug, embrace or hand of a dear friend. In fact the gesture should be a part of our daily-recommended dosage. And it just requires what we all have just a bit of to share which is our time. I remain, with great affection, your friend, Debbie D.

P.S. My youngest daughter, Laura, who is a dedicated foodie, (my mini me), has quite a food blog that I would like to share with all of you. I have the approval of both daughters to publish this and hope that you enjoy it and the recipes which she has “borrowed” from me. Could not be prouder of them both. My older daughter advised me that I needed to work smarter not harder as I "aged". Yep, I take credit for them both!

**Check out
Laura Duggan's blog:**

sheatswell.blogspot.com