

What's Simmering ... With Chef Jack!

Greetings to all!

Well, it is that time again for a little winter cleaning. While we are closed we take everything out of the kitchens and power wash everything – equipment, ceilings, walls, floors and walk-in coolers. Usually we end up getting as wet as everything else. Actually, I always look forward to the cleaning. It's a great way to really clean things and reorganize the kitchen in the process. I think it is one of the reasons we consistently rank in the top for restaurant kitchen sanitation for Waukesha County. Also, I have collected a few older pieces of equipment and I am trying to sell them on "Craig's List" which is something new for me. If all goes well we might have a new Panini sandwich grill for Dockside.

Last month I asked for suggestions for upcoming cooking classes. One was for India cooking. If you are interested let me know as I know of a chef/author of India cooking and she said she would be happy to come out and give us all a lesson. We are planning on late March or early April.

Happy cooking and eating!



Chef Jack

This month's recipe is a little different. This is one of my favorite grains. I eat it at any meal - breakfast, lunch or dinner. Aside from tasting great:

Quinoa is light and easily digested. It also has the most complete nutrition and highest protein content of any grain, making it an ideal food for vegetarians and light eaters. Quinoa is simple to make, cooks very much like rice, and is absolutely delicious all by itself. Cooked quinoa is similar to couscous, but more substantial, tasty and nourishing.

Basic Quinoa Recipe: 4 - 6 Servings: 2 quart pot with tight fitting lid

Ingredients:

- 1 cup quinoa
- 1 1/2 cups cold water
- 1/2 tsp salt

Cooking Directions: (From savory vegetarian cooking)

1. Soak* the quinoa first for 15 min. - 1/2 hour in its cooking pot. Soaking loosens up the outer coating of saponin which can give a bitter taste if not removed.
2. If you don't have time for long soaking, use hot water and soak for five minutes, then give an extra rinse or two.
3. Stir the quinoa with your hand and carefully pour off the rinsing water using a sieve** at the last.
4. Put the quinoa back in the pot, add more water, and rinse again two or three more times until the rinse water is pretty clear.
5. Drain quinoa well in the sieve.
6. Place quinoa in the pot, add the water and salt.
7. Bring to a boil, cover with a tight fitting lid, and turn the heat down to simmer.
8. Cook for 20 minutes.
9. Remove from heat and allow to sit five minutes with lid on.
10. Fluff gently with a fork and serve.

*Actually I soak mine over night.

Quinoa is delicious on its own or in any of the recipes below:

Measure out one cup quinoa, one cup warm water, 2 tbsp yogurt, buttermilk or kefir and a sprinkle of salt. Place all in a 1qt. pot, cover, and let sit on the counter overnight. Yes, on the counter overnight. In the morning pour the entire pot's contents into a very fine strainer and rinse well. Put quinoa back into the pot along with 1 cup water, a sprinkle of sea salt and butter if you like. Cover pot and bring to boil, turn down to a simmer and cook 5 minutes. Turn off heat and let sit 5 minutes. It can be eaten as is or you can sweeten it or add vegetables.

** I recommend getting a very fine mesh strain.