

Celebrate St. Patrick's Day, Dazzle your Guests with Corned Beef and Cabbage!



I call this a good old-fashioned boiled dinner and the best part about this recipe is it doesn't require a lot of attention during the cooking time. Most corned beef is from the brisket, and that's the only kind you should buy. If you have a choice, buy the flat cut rather than the point cut; it's the better end. You can serve this with mustard, pickles, and good bread. This meal is a no-brainer. Please visit the Recipes Section of this website for step-by-step easy instructions. Enjoy!

Dazzle Your Sweetheart on

Valentine's Day!

Valentine's Day falls on a Friday this year and instead of going out for an overrated dinner, waiting in a busy restaurant for a table, deciding on a costly, pre-set menu, try cooking at home for your special someone. It could be a parent, child, or better yet, a Sweetheart!! Love is in the air! If you are entertaining a sweetheart, create the mood with candles burning in a dimly lit room, rose petals scattered across the table, romantic music, delicious cocktails, and please dress your Valentine best! Check the Recipes section for my dazzling Bolognese dish!



A Perfectly Cooked Steak



I recently visited DelFrisco's Steakhouse in New York City and had the most delicious steak. A perfectly cooked steak is an essential part of every good cook's repertoire. The best part is, anybody can do it! Perfectly cooked tender cuts of meat like tenderloin requires two steps: searing and roasting.

Once the tenderloin is trimmed and cut into filets, rub them with salt and pepper. Then heat a heavy ovenproof skillet or saute pan on the stove for 5 minutes. Add oil to the pan.

Once the oil is hot, sear the filets well on one side. This adds flavor. Turn the steaks and transfer them to the oven to finish roasting at a high temperature. This technique keeps all the natural flavor and moisture in the filets while they finish cooking.

DONENESS CHART

Use the chart below to determine how long to cook your steaks.

Don't rely on an internal temperature. The holes the thermometers leave behind allow juices to leak. And be sure to let the steaks rest before serving. This is based on 2 inch thick filets.

RARE

- Sear: 5 minutes
- Roast at 425 degrees: 5 minutes
- Rest: 5 minutes

MEDIUM-RARE

- Sear: 5 minutes
- Roast at 425 degrees: 7 minutes
- Rest: 5 minutes

MEDIUM

- Sear: 5 minutes
- Roast at 425 degrees: 9 minutes
- Rest 5 minutes

College Students Chat

Coming Soon – What you should know about proper diet and healthy food choices, especially during your first year of college. Many new students suffer with weight gain during that first year away from Mom’s healthy cooking.

An Apple A Day!

Apples are a low-calorie, high-fiber food that are a great snack on their own or great in sweet and savory dishes. The most popular ones are Lady, Jonathan, Winesap, Rome, Red Delicious, Golden Delicious, Granny Smith, and Braeburn.

These are all high in antioxidants and nutrients.

Guess what? The organic Pendragon apple lowers cholesterol and inflammation in the body and is deemed the healthiest apple. The second runner up is Golden Delicious.

Be sure to wash all your fruit well and don't be afraid to eat the peel!



Try Something New or Different!

As busy as we all are, we seem to find ourselves in the supermarket often. Next time you are at the supermarket, look around in the produce section. Pick a vegetable that you've never tried or one that you haven't had in a while. Try roasting it in the oven with some olive oil, salt, and pepper. Roasting vegetables intensifies their flavors. Try something new or different!

