

Kid's Cooking Classes - Schedule



**Kid's Cooking
Classes are in session at our Staten
Island location on Thursdays from 5 p.m.
– 7 p.m. and Saturdays from 10 a.m. – 12
p.m.**

Private lessons are also available.

Space is limited.

Please call 347-524-0355 to register.

Ages are from 4-17 years old.

No experience necessary.

Please come and join the fun!

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.

How Do You Keep Leftover Avocado From Turning Brown?

How do you keep that leftover avocado from turning brown?

Let's talk about why avocados turn brown. Like apples or potatoes, they oxidize when exposed to air. Once you cut into an avocado, you'll never be able to completely stop the oxidation process, but you can dramatically slow it with a few quick tips and tricks:

1. Cut the avocado with a ceramic or plastic knife. Metal actually accelerates the oxidation process.
2. Try lemon or lime juice. Citric acid is a powerful antioxidant; rub a little juice around the exposed flesh and you'll significantly delay the browning effect.
3. No lemon or lime? Use oil. Oil is another great buffer to oxygen. Use in place of lemon or lime juice when you don't have any handy.

4. Store as air-tight as possible. Again, avocados turn brown due to oxidation and exposure to air, so storing in an air-tight container only makes sense.

5. Water. Huh? That's right! This one works exceptionally well for guacamole. Place your leftover guacamole in a plastic container and press down to remove any air pockets. Add a half inch of water on top and seal with an air-tight lid. The water creates a barrier between the avocado and the air, keeping your guacamole fresh and 100% green for 24 hours or more! When ready to eat some more, just drain the excess water and enjoy. Works like a charm!



Top 10 SuperFoods, Dazzle Your Dishes With Them!



BLUEBERRIES deep blue color is a by-product of flavonoids (plant-based compounds with powerful antioxidant properties). This superfood has been shown to preserve memory function. It has a high water content which is hydrating to your skin and other cells of the body.

SARDINES contain Omega-3 fat, high protein, and calcium. Ounce for ounce sardines contain just as much heart-healthy omega-3 fat as salmon.

SPINACH is filled with antioxidants, including vitamin C and beta-carotene as well as lutein and zeaxanthin, (sunscreen for your eyes). One cup of fresh spinach leaves also provides almost double the daily requirement for vitamin K.

PISTACHIO NUTS are loaded with protein, fiber, and heart-healthy unsaturated fat. Pistachio nuts have been shown to lower LDL ("bad") cholesterol levels. Thirty pistachios will cost you only 100 calories.

DARK CHOCOLATE is rich in flavonoids and antioxidants and has been shown to lower blood pressure and improve blood flow. Choose chocolate that is at least 70% cocoa to optimize antioxidant power. It also boosts your mood. Portion control please...one ounce of dark chocolate has about 150 calories.

RED BELL PEPPERS – One pepper has twice as much vitamin C as an orange. It prevents arthritis, delivers beta-carotene, lycopene, and has a high water content. Red bell peppers have

been shown to decrease eye diseases.

BEANS are a wonderful source of protein and fiber and help you stay full and satisfied. Beans are a good source of magnesium and potassium and have been shown to lower blood pressure and keep vessels healthy....and are inexpensive!!

EGG WHITES are a low-calorie, fat-free, high-protein food. There are 4 grams of protein per egg white. Egg whites can help you maintain strong bones, muscles, nails, and hair.

PUMPKIN is rich in beta-carotene which is an antioxidant that helps rejuvenate skin, protect your vision, and may reduce the risk of arthritis. It also contains the mineral potassium which is involved in lowering blood pressure and maintains healthy bones.

OATS are a great source of fiber and has been shown to lower cholesterol and help control blood sugar levels.

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!



Children's Birthday Parties

Let Dazzle Me A Dish create a fun and different birthday party for your child on or off premises. Our services are tailored to suit your needs and your budget.

We offer a “cooking/baking lesson” birthday party with all the trimmings. Themes are welcomed!

Your child will love the attention they receive during a planned lesson which is taught in a fun, creative way. Each child will be “hands-on” as they make their own dessert or meal. They will learn the proper way to set a table as well

as table manners. Included are photo props so you can take memorable, fun photos and music and dancing with a light show. We also offer at an additional cost keepsake aprons and recipe binders which add that special touch. DJ's, photographers, favors are also available at an additional charge.

Cost includes lesson, recipe, balloons, lunch and celebratory dessert, 2 snacks and drinks, music and dancing, and use of photo props. Adults are an additional fee. Please call Chef Cynthia for more details (347) 524-0355.



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!



DAZZLE PARTY PLANNING

Let Dazzle create that special event for you! Check out our most recent off-site Bridal Shower. Each detail is carefully thought out to give you a memorably perfect event! All photography courtesy of Photos By Lisa (917) 450-6233.



















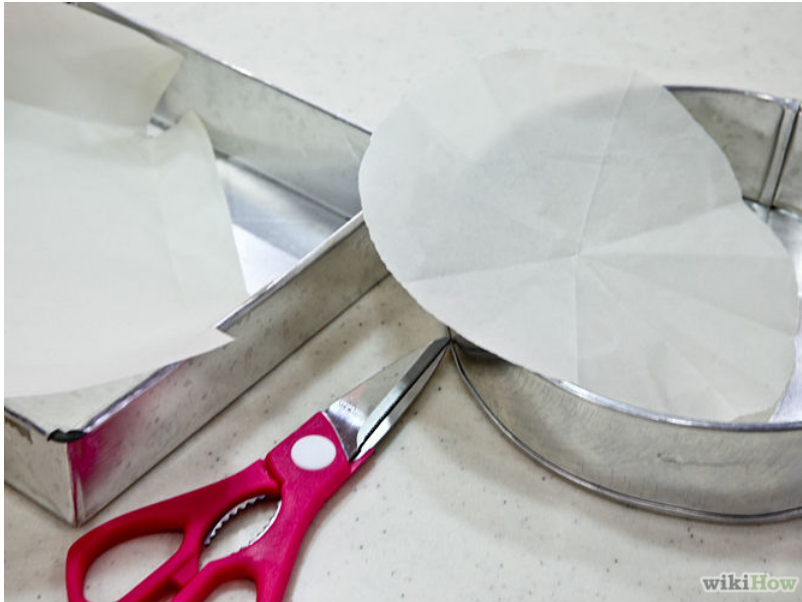




What is Parchment Paper?

Parchment paper or baking paper is a moisture-resistant, grease-resistant paper used in cooking and/or baking recipes; also used to line baking pans. En Papillote is a cooking

method in which foods and seasonings are cooked together inside an envelope made with parchment. This cooking method produces a delicious, healthy, moist, and tender dish. Parchment paper can be found in the baking section of the supermarket. Visit the Recipes section of this website for some recipes using parchment paper.



Dust off your Slow Cookers!
Let's make a Dazzling Pot
Roast.



Winter means comfort food and I love a good pot roast. Pot roast is a cheap, tough cut of meat that can be transformed into a delicious dinner. Most tough cuts are best when cooked slowly. That's when a slow cooker becomes your best friend. This appliance works slowly breaking down the tough meat fibers, while at the same time keeping the meat moist with flavorful liquid. The best way to bump up the beefy flavor in a pot roast is to sear the meat first. Searing gives the meat a delicious browned crust that is formed when sugars and proteins in the meat react to the heat. It not only looks and smells good, it gives the sauce a complex flavor and rich color. Once the meat is seared, transfer it to the slow cooker along with the pan drippings.

Please visit the Recipes Section of this website for instructions on how to make Pot Roast in the Slow Cooker.

Yum!
