

What's Simmering With Chef Jack!

Greetings to all!

Let it snow! Wow, it's finally looking like an old time Christmas. With global warming or whatever is going on, Christmas has been getting a little dicey as far as snow. Snow makes the winter a little more bearable, at least for me. Well, a few more days and it will January 2008. Yikes, where did this year go! In mid January I've been invited to speak at a local food summit in Eau Claire, WI. I'm really honored to be one of the speakers at this two-day event. It seems everyone is becoming very interested in local food. Hopefully, it won't snow to much!

Our first cooking class of the winter was a great success. Normally we limit it to 12 people, but we ended up with 17. Plus we had two farmers who raised the beef, chicken, and eggs for the class. I think the members really enjoyed it. They were very interested in how the animals were raised, what the animals ate and other interesting farm stories. I really enjoy having the farmers in attendance; it makes for a much richer experience. We will have another cooking class mid January and I will invite another farmer who raises food for the Club. The class will be on appetizers. Information will be in the OLC Notes.

Chef Jack

P.S. I'm putting together a website that will help feature the food, farmers, recipes and other issues relating to local food. I'm open to any input or experience you may have.

Here is a great winter recipe. The stew by it self is very good, or if you really need some rib sticking food, go ahead and make the dumplings.

Adapted from the original Pillsbury Cookoff recipe.

Deauville Dumplings with Beef Stew

Amt.	Unit	Ingredients
1	cup	Sifted all purpose flour
2	tea.	Baking powder
1	tea.	Salt
1	tbsp.	Butter
1/2	cup	Currants
1/2	cup	Bread crumbs, fine
1	ea.	Egg, beaten
2/3	cup	Milk
2	tea.	Grated onion
2	lb.	Cubed stew meat, free-range or grass fed
2	tbsp.	Butter or oil
6	cups	Stock
1	tea.	Lemon juice or vinegar
2	ea.	Onions, halved and sliced; baseball size
1	tbsp.	Salt
2	Cups	Whole carrots, cut into pieces
2	Cups	Whole potatoes, red or Yukon, cut into pieces
1/2	Cups	Flour
1/2	Cups	Cold water
12	oz.	Peas

Method:

1. Mix flour, baking powder and salt in bowl.
2. Cut in butter and stir in currants and bread crumbs.
3. Combine eggs, milk and onion; add all at once to mixture; stir only till dry particles are moistened.
4. Using a moistened tablespoon drop into hot stew, cover and simmer for 20 minutes.
5. Brown beef in butter or oil in large skillet or kettle.
6. Stir in liquid, lemon juice, onion and salt.
7. Cover and simmer 2 hours, until meat is tender.
8. Add carrots and onions, cook 15 minutes, until vegetables are tender.
9. Blend flour and water, add to stew.
10. Add peas and heat to boiling.

Note: If adding dumplings reduce flour and water to 1/3 cup, instead of 1/2 cup.
Crock pot works great for making the stew.