

BREAD & BUTTER PANTRY NEWSLETTER



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May 2011

Using a Cutting Board

There's an ongoing controversy about the safety of wood versus plastic boards for cutting. As it turns out, old plastic cutting boards must be run through a dishwasher to be sanitized. Wood boards, on the other hand, are equally clean after a hand washing.

Using Wooden Items

Wooden utensils, wooden bowls and cutting boards can develop cracks where bacteria can hide. Wash them thoroughly in hot soapy water after each use. When they become worn and cracked throw them out and replace them.

Don't Forget to Wash Your Hands

You can't be reminded often enough: Wash your hands well and scrub under your nails. Have you noticed that chefs and serious cooks don't have long nails? And they tend not to wear jewelry, either. Both provide great hiding places for bacteria. That mysterious stomach bug you had could very well have been a case of food poisoning from your own kitchen.

Zap Your Sponges

Clean them often--otherwise, a sponge is a bacteria barge. Microwaving sponges for a full minute or washing them in the dishwasher (include the drying cycle) or washing machine will help keep them clean.

Using Paper Towels

Make sure to use them for one task only. Wiping down one surface and then cleaning another with the same towel can spread bacteria. If you use non-disposable cleaning cloths, clean them in the washing machine often.

Can Openers

Clean your electric can opener regularly. This is an excellent place for germs to hide and grow. Wash it with hot, soapy water. Hand can openers should be washed as well after each use either by hand or in the dishwasher.



June Distribution Dates

Sunday, June 12, 2011

9:00 AM-Noon

Monday, June 13, 2011

7:00-8:30 PM

Saturday, June 18, 2011

10:00 AM-Noon

A Happy Mother's Day

Greeting to all Our Mothers!

Mother's Day is remembrance day,
and we pause on the path of the year,
to pay honor and tribute
to the mother our heart holds dear.

For whether here or afar,
her love is our strength and guide,
for always the memory of a mother
is a beacon light shining inside.

Time cannot diminish her memory from our
hearts
and years can never erase
the tenderness and the beauty
of a mother's face.

Recipe Corner



Cheesy Chicken Noodle Casserole

- 2 skinless boneless chicken breasts, cut into cubes
- 1/2 can cream of chicken soup
- 1 tablespoon oil
- 1/4 pound Velveeta cheese, cut into cubes
- 1/2 a bag egg noodles
- 1 can corn
- 1 tablespoon salt
- 1/2 tablespoon parsley flakes
- 1 teaspoon pepper

Cook egg noodles according to package. In a large sauce pan, cook chicken in oil and salt until chicken is no longer pink in middle then drain off oil. Stir in cream of chicken soup, cooked egg noodles and cook for approximately 10 minutes on medium continue to stir. Reduce heat and add Velveeta cheese, corn, and pepper. Cook until all of Velveeta Cheese is melted. Remove from heat, transfer to serving platter and sprinkle with parsley flakes.

Potato, Egg, and Cheese Casserole

- 4 medium red potatoes, chopped
- 1/8 cup oil
- 4 large eggs
- 1/4 cup milk
- 1 or 2 slices of bacon, fried and crumbled
- 1 tablespoon chopped onion
- 1 1/2 cups medium or sharp cheddar cheese, grated or shredded
- 1 Tsp salt , pepper and garlic powder

In frying pan, cook bacon well and remove from pan, crumble and set aside. Wash and peel potatoes and chop into small serving sizes. In same frying pan with bacon grease heat oil and add potatoes, salt, pepper, garlic powder and chopped onion, cook over medium heat until just tender but not browned remove from heat drain off grease and oil. In small bowl add milk and eggs and beat well. In a baking dish, spread the potatoes and onion mixture in the bottom of a medium sized buttered baking dish, sprinkle the crumbled bacon over the top of the potatoes and pour the beaten eggs over the bacon. Cook covered in a 375 degree oven for 25-30 minutes. Remove the lid and sprinkle the grated cheddar cheese over the top. Put back in the oven and bake until all the cheese is melted and slightly brown. Remove from the oven and enjoy. Serves 4-6.

Special Dates in May and June 2011!

June is National Dairy Month

- ~ May 1, 1931 - Empire State Building opened
- ~ May 8, 2011 - Mother's Day
- ~ May 15, 2011 - National Chocolate Chip Day
- ~ May 29, 1917—John F. Kennedy, 35th President of the United States, born in Brookline, MA
- ~ May 30, 2011 - Memorial Day
- ~ June 11, 2011 - Corn on the Cob Day

BANANA - CHOCOLATE CHIP CUPCAKES

- 1/2 c. butter (or butter)
- 1 c. sugar
- 1 egg
- 1 c. mashed bananas
- 12 oz. chocolate chips
- 1 tsp. baking soda
- 1 tbsp. water
- 1 1/2 c. unbleached flour
- 1 tsp. nutmeg
- 1 tsp. vanilla

Cream butter and sugar. Add egg and mashed bananas. Dissolve 1 teaspoon soda in 1 tablespoon water, then add to creamed mixture. Beat in (low speed) flour, nutmeg and vanilla. Then stir in chocolate chips. Use paper liners in your muffin tin. This keeps your cupcakes moist. Bake at 375 degrees for 12-15 minutes. Cool and frost as desired.

