

Menu

*Twenty-Minute Tomato Soup, Chicken Soup, Callaloo Soup
 Red and Green Leaf Salad, Red and Black Bean Salad, Corn Salad
 Quick Mediterranean Fish, Grilled Plank Salmon Steak, Halibut Provencal
 Lemon Garlic Chicken, Sun Dried-Tomato Burgers, Stromboli
 Pasta with Roasted Peppers and Broccoli, Corn Zucchini Bake, Onion Mushroom Pizza with Feta
 Pumpkin Bread, Jalapeno-Cheddar Cornbread, Cranberry Bread
 Mini-Cheesecakes, Double Blueberry Cookie Pie, Tiramisu
 Banana Colada, Emerald Kiwi Smoothie, Honey Mint Iced Tea*

“Twenty-Minute Tomato Soup (French County Style)

...The resurgence of simple, home cooked, one-pot meals has brought pressure cookers back into the limelight...

- 1 T. olive oil
- ½ onion, chopped
- 1 16-oz. can chopped tomatoes, with juice
- 2 cups chicken broth
- 1 stalk celery, chopped
- 1 bay leaf, 1 ½ tsp. thyme
- 1 T. chopped parsley
- 1 cup vermicelli
- Salt and pepper to taste.

In pressure cooker, heat oil over medium heat. Add onion and cook until soft, about five minutes. Stir in tomatoes and sauté for two minutes. Add juice from can, chicken broth, celery, bay leaf, half of parsley, thyme, and pepper. Cover pressure cooker and bring to a boil. When steam begins to hiss out, reduce heat to medium-low. Cook for 20 minutes, depressurize, and remove cover. Bring soup to a boil, add vermicelli and cook until tender, about five minutes. Season to taste with each bowl with remaining parsley.”

---“Preparing Meals is Much Easier Under Pressure,” Amy McAlister, *Daily Record*, January 3, 1990 (p. B1)

“Chicken Soup

- 1 (5-lb.) chicken, cut into pieces
- 12 cups water
- For soup: 1 to 2 cups medium egg noodles
- 2 small carrots, peeled, cut in half lengthwise and across into ½-inch lengths
- 2 small onions, cut into ½ inch cubes
- 2 small stalks celery, cut in half lengthwise and across into 2-inch slices
- 1 medium leek, white part only, cut in half lengthwise, washed, cut into ¼-inch slices
- 1 clove garlic, smashed and peeled
- Stems from 1 bunch parsley, tied with string
- 2 tsps. Kosher salt
- ½ cup loosely packed dill sprigs, chopped, or 2 Ts. Dried dillweed

To make stock: in tall, narrow stockpot, bring the chicken and water to a boil. Lower the heat and simmer for 30 to 35 minutes. Remove the chicken with a slotted spoon and allow to cool slightly. Remove and discard chicken skin. Remove the meat, tear into bite-sized pieces and refrigerate to use in soup or another dish. Return the bones to the pot. Simmer for 3 hours and 30 minutes, partially covered to keep too much liquid from evaporating. Skim occasionally to remove impurities and fat. Strain the stock through a fine-mesh sieve, discarding bones. There should be about 8 cups. Stock can be frozen at this point. To make soup: in a saucepan, bring 3 quarts water to boil. Season lightly with salt. Add the noodles and cook till tender, according to package directions. Drain and reserve. In stockpot or Dutch oven, combine the stock with carrots, onions, celery, leek, turnip, parsnip, garlic and parsley stems. Bring to boil. Lower heat and simmer for 10 to 15 minutes, or until tender. Remove the parsley stems. Stir in the salt, dill, cooked noodles and, I using, reserved chicken. Heat through. (Makes about 11 cups).”---“Food,” *Daily Record*, January 27, 1999 (p. D2)

“Callaloo Soup

2 (10-oz) pkgs. Frozen chopped spinach
4 slices bacon, diced
1 clove garlic
1 medium onion, peeled and cut into chunks
1 medium bell pepper, seeded and cut into chunks
1 rib celery, cut into 1-inch pieces
2 small potatoes, peeled and diced (about 12 oz.)
1 bay leaf
2 10 ¾-oz. cans condensed chicken broth
Salt and pepper to taste.

Place packages of spinach on a paper towel in a 4-qt. casserole. Microwave on high 8-10 minutes; set aside. Place diced bacon in a 4-cup glass measure. Cover with a paper towel. Microwave on high 4-5 minutes or until crisp. Remove bacon, set aside. Reserve drippings. Using steel blade in food processor, first mince garlic. Add onion, bell pepper and celery; pulse to chop. Add vegetables to bacon drippings. Top with potatoes. Cover with vented plastic wrap and microwave on high 7-8 minutes or until potatoes are tender. Discard paper towel and packaging from spinach; place spinach and its liquid in same casserole. Add onion mixture, reserved bacon and bay leaf. Add broth plus two soup cans of water. Cover with lid, microwave on high 10 minutes or until steaming. Add salt and pepper to taste. Makes 3 quarts.”

---“Antiguan Cuisine Captures Flavors of Caribbean,” Ann Steiner and CiCi Williamson, *Daily Record*, October 3, 1990 (p. B3)

“Red and Green Leaf Salad

...The variety of salad greens available now is overwhelming. A visit to the produce section of any food store is enough to boggle the mind...So wide-ranged is the choice that often the question of which is what can completely confuse consumers...

1 medium head red leaf lettuce
1 medium head green leaf lettuce
8 T. olive oil
4 slices thin prosciutto, coarsely chopped
½ cup chopped walnuts
1 T. red wine vinegar
Salt and freshly ground black pepper
1T. chopped fresh basil

Rinse the lettuce and dry thoroughly. Meanwhile, heat 2 tablespoons of the oil in a small skillet. Add the prosciutto and walnuts and stir over medium heat until the nuts are lightly browned. Set aside. Whisk together the remaining 6 tablespoons of oil, vinegar, salt and pepper. Add the mixture from the skillet and stir to blend. Tear the lettuce into bite-size pieces and place in a large salad bowl. Pour on the dressing and toss to mix. Sprinkle the basil over the salad and serve immediately. Serves 6.”

---“Lettuce Walk Your Through the Vegetable Aisle,” Ruth Eames, *Daily Record*, April 29, 1992 (p. A13)

“Red and Black Bean Salad (Beverly Mills and Alicia Ross)

1 can (15 ½ ozs.) black beans, 1 can (15 ½ ozs.) kidney beans
1 can (11 ozs.) corn with red and green peppers (Mexicorn)
3 green onions (for ½ cup chopped)
2 Ts. Extra-virgin olive oil
3 Ts. Red-wine vinegar
½ tsp. garlic powder, ½ tsp cumin
¼ salt, or to taste, ¼ tsp. black pepper, or to taste

Pour both cans of beans into a colander to drain. Pour the corn on top of the beans. Rinse the vegetables well with cool tap water. Drain well. Pour the beans and corn into a 3-quart or larger bowl. Finely chop the green onions, using all of the whites and enough green tops to make ½ cup. Add them to the bowl. To make the dressing, pour the olive oil into a 2-cup glass measure. Whisk in the vinegar, garlic powder, cumin, salt and black pepper. Pour the dressing over the bean mixture and stir until well-coated. Serve at once or chill until ready to serve. (Serves 4 as main dish; 8 as side dish)”

---“Fast and Easy Red and Black Bean Salad Beats the Heat in Summer,” *Daily Record*, June 17, 1998 (p. B2)

“Corn Salad

3 (17-oz) cans whole-kernel corn, drained
1 cup finely chopped red apple
1 cup finely chopped tomato (seeds removed)
1 cup finely chopped ham
1 cup finely chopped red cabbage
2 Ts. Mayonnaise
1 tsp. Dijon mustard, Salt and pepper to taste.

Cut ingredients to approximately the same size as the kernels of corn. Combine vegetables, apple, cheese and ham, tossing to mix well. Combine mayonnaise and mustard. Add to salad and toss until all ingredients are well coated. Adjust seasoning to taste with salt and pepper. (Serves 12 to 15).”

---“Kernels of Truth,” Lorraine Ash, *Daily Record*, August 4, 1993 (p. A11)

“Quick Mediterranean Fish

1 cup long grain white rice
1 medium onion, sliced
1 Ts. Olive oil
1 clove garlic, crushed
1 14 1/2 -oz can stewed tomatoes
4 Ts. Medium green chile salsa
¼ tsp. ground cinnamon
1 lb. firm fish (salmon, halibut, red snapper or seabass)
12 stuffed green olives, cut in half crosswise.

In a 1 1/2 -quart microwavable dish, combine onion, oil and garlic. Cover and cook 5 minutes. Stir in tomatoes, salsa and cinnamon. Top with fish and olives. Cover and cook on high 5-6 minutes or until fish flakes with a fork. Serve over hot cooked rice. (Serves 4).”

---“Great Ideas for Friday Fish Dinners,” Ruth Eames, *Daily Record*, March 2, 1994 (p. A9)

“Grilled Plank Salmon Steak

Juice of 2 lemons
¼ cup olive oil
Six 5-ounce salmon steaks
1 small bunch fresh dillweed

For the marinade, combine lemons, olive oil and salt and pepper to taste. Coat salmon steaks with marinade and place in a baking dish, alternating fish with springs of fresh dillweed. Cover and refrigerate for 2 to 3 hours. Cut untreated cedar shingles into 5-6-inch squares. Preheat a grill with a lid. Place cedar shingles on the grill and char lightly; reserve. Sear salmon plank in covered grill until fish is just cooked through. Season to taste with salt and pepper. Makes 6 servings. Note: if cedar shingles are not available, hickory or mesquite chips that have been soaked in water can be added to the coals for additional flavor.”

---“Giralda '91 Picnickers Defy Weather,” Ruth Eames, *Daily Record*, July 3, 1991 (p. C2)

“Halibut Provencal

1 (7 ozs. each) halibut steaks, about 1 inch thick
½ cup diced tomatoes
1 T. olive oil
½ cup fresh bread crumbs
1 clove garlic, chopped
2 whole basil leaves, chopped (or ¼ tsp. dry basil)
1/2 tsp. salt, ¼ tsp. pepper
¼ cup freshly grated parmesan cheese

Preheat oven to 425 degrees. Spray bottom of medium size baking dish with nonstick cooking spray. Rinse halibut and drain on paper towels. Place halibut in baking dish. Top with diced tomatoes. In small pan, sauté oil. Bread crumbs, garlic and basil until aromatic., about 2 minutes. Add salt and pepper to taste. Sprinkle bread crumb mixture over tomatoes. Top with Parmesan cheese. Bake in hot oven 10 to 12 minutes or until fish flakes when pierced with a fork. (Serves 1).”

---“Lenten Fish Dishes Fit Right Into '90s,” Donna Lee, *Daily Record*, February 19, 1997 (p. B1)

“Lemon-Garlic Chicken

2 whole chicken breasts, skinned, boned and cut into 1-inch pieces
1 T. finely shredded fresh ginger
2 large cloves garlic, minced
½ tsp. salt
1 large onion, cut into thin wedges
1 T. peanut or vegetable oil
2 cups fresh or thawed frozen pea pods, halved if large
¼ cup picante sauce
2 tsp. finely shredded lemon peel
2 cups hot cooked rice
2 T. toasted slivered almonds

Sprinkle chicken with ginger, garlic and salt. Set aside. Cook onion in oil in a 10-inch skillet over medium-high heat 2 minutes. Add chicken mixture, stir-fry, until chicken is no longer pink. Add pea pods; cook and stir 1 minutes. Combine picante sauce, cornstarch, sugar and lemon peel; mix well. Add to skillet; cook and stir until thickened, about 2 minutes. Spoon over rice. Sprinkle with almonds. Serve with additional picante sauce. Makes 4 servings.”

---“Mixed Dish,” Ruth Eames, *Daily Record*, April 18, 1990 (p. B4)

“Sun-Dried Tomato Burgers

1 lb. ground beef
1/3 cup slivered sun-dried tomatoes (cut with scissors)
¼ cup minced onion
5 Ts. Bottled teriyaki baste and glaze, divided
2 Ts. Minced fresh Italian parsley
¼ tsp. pepper

Thoroughly combine ground beef, tomatoes, onion, 3 tablespoons of teriyaki baste and glaze, parsley and pepper. Shape into 4 patties. Place on a grill 4 to 5 inches from hot coals, brush with 1 tablespoon teriyaki baste and glaze. Cook 5 minutes, turn over and brush with remaining teriyaki baste and glaze. Cook 5 minutes longer (for medium) or to desired degree of doneness. Or broil patties 4 minutes on each side (for medium), brushing, turning over, and brushing as directed above. (Serves 4).”

---“Tomatoes Spice Up Burgers,” *Daily Record*, August 21, 1996 (p. C2)

“Stromboli

1 ½ c. warm water
4 T. oil
1 pkg. dry yeast
1 tsp. salt
4 c. flour
Salt & pepper
Oregano
1 lb. deli ham, sliced
¾ lb. deli American cheese slices
½ lb. sausage, cooked, ground
3-4 c. shredded mozzarella cheese
Mustard, optional.

Preheat oven to 500 degrees F. Stir water, oil, yeast and salt together. Add flour until dough is not sticky but workable. Divide dough into 3 balls and oil tops. Flour work surface; roll each ball into a rectangle. Sprinkle with salt, pepper, and oregano. Place a layer of each of the remaining ingredients down the length of the dough. Fold the dough over and close ends (like an envelope). Bake till brown, about 10 minutes. Serves 4.—Michele Meszaros.”

---*Delicious Delbarton*, Delbarton Mothers' Guild, Morristown, New Jersey [1998] (p. 227)

“Pasta with Roasted Peppers and Broccoli

1 lb mostaccioli, ziti or other medium pasta shape, uncooked.

1 T. vegetable oil

½ tsp. hot red pepper flakes

1 lb. broccoli flowerets (6 cups)

2 6-oz. jars whole pimientos or roasted peppers, drained and diced

¼ cup grated Parmesan cheese.

Prepare pasta according to package directions. While pasta is cooking, warm the oil and red pepper flakes over medium heat for two minutes. Add the broccoli and saute for 2-3 minutes. Add ½ cup water and cover. Cook broccoli until tender crisp. When pasta is done, drain well. Toss the pasta with diced peppers. Season with salt and pepper to taste. Pour the broccoli over pasta, sprinkle with Parmesan cheese and serve. (Serves 6).”

---“Three Ways to make Perfect Pasta,” *Daily Record*, October 27, 1993 (p. B1)

“Corn Zucchini Bake

1 can cream-style corn

1/3 cup crushed salted crackers (saltines, Ritz, etc.)

1 cup or more sliced zucchini

1/8 tsp. sage

1 small onion, finely chopped

½ tsp. salt

Pinch pepper

1 T. butter or margarine

Combine corn, crushed crackers and sage. Put into a 1 ½-quart casserole. Arrange sliced zucchini on top.

Sprinkle with finely chopped onion, salt and pepper. Dot with butter. Bake about 40 minutes in a 350 degree oven. Serves 6-8. (Try seasoned bread stuffing instead of crackers.)—Adelaide Layer, Morris Plains.”

---“Summer’s Fresh Zucchini Vegetable for All Seasons,” *Daily Record*, Ruth Eames, July 10, 1991 (p. A12)

“Onion Mushroom Pizza With Feta

1 onion, sliced, separated into rings

1 clove garlic, minced

3 T. olive oil, divided

1 12-inch pizza crust, or 1 large (1 lb) Italian bread shell

1 cup sliced mushrooms

2 tsp. dried basil leaves

1 8-oz. pkg. feta cheese, crumbled

½ cup torn spinach.

Heat oven to 425 degrees F. Cook and stir onion and garlic in 2 T. oil over medium heat for 2 minutes. Spread mixture over crust. Top with remaining ingredients. Drizzle with remaining oil. Bake 15 minutes. Makes 4 servings.”

---“Fococcia Experiment Yields Tasty Results,” Ruth Eames, *Daily Record*, April 22, 1992 (p. A13)

“Pumpkin Bread

½ cup unbleached white flour

2 cups whole-wheat flour, preferably pastry flour

½ tsp. salt

1 ½ tsp. ground cinnamon

1/8 tsp. ground cloves

¼ tsp. ground or freshly grated nutmeg

½ tsp. ground ginger

1 tsp. baking powder

1 tsp. baking soda

1 cup pumpkin puree

3 T. vegetable oil

1 cup honey

½ cup buttermilk

1 whole egg

1 egg white

Preheat the oven to 350 degrees. Grease 2 small loaf pans or 1 large one. Sift together the flours, salt, spices, baking powder and baking soda. Stir until there are no dry spice streaks. Beat together the remaining ingredients in a separate bowl. Pour the wet ingredients into the dry. Gently, but quickly, fold the two together until a moist batter forms. Pour the batter into the pan(s). Bake the smaller loaves 35-40 minutes, the large one for 50-60 minutes. If your oven heats unevenly, turn the pan(s) once during the baking. The bread is done when the color becomes an even golden brown, it feels firm to the touch and the crack along the top looks baked, not raw. Turn the bread onto a cooling rack. (Serves 12)."

---"Getting the Most From A Pumpkin," Ruth Eames, *Daily Record*, October 30, 1993 (p. B5)

"Jalapeno-Cheddar Cornbread

¼ cup jalapeno chilies, stems and seeds removed, chopped fine

1 cup blue or yellow cornmeal

1 cup all-purpose flour

2 tsp. sugar

1 tsp. baking soda

1 tsp. baking powder

1 tsp. salt

¼ tsp. garlic powder

1 ½ cups buttermilk

1 cup minced onions

2 eggs, beaten well

1 cup grated cheddar cheese

Combine dry ingredients in a medium bowl. Heat milk with jalapenos and onions and allow to cool, then combine eggs and cheese in a small bowl. Add milk, eggs and cheese to dry ingredients and blend until smooth in a big bowl. Pour mixture into a greased 9-inch square pan and bake at 350 degrees F. for 40-50 minutes or until cornbread is browned and firm."

---"Chilies," *Daily Record*, March 7, 1990 (p. B8)

"Cranberry Bread

1 c. cranberries

1 ¼ c. sugar

3 c. flour

4 ½ tsp. baking powder

T tsp. salt

3 T. orange rind, grated

1 c. milk

3 T. butter, melted

1 egg, beaten.

Preheat oven to 325 degrees F. Grease 9 ½ X 5 ¼ X 2- ¾ inch pan. Cut cranberries in small pieces; dust with ¼ cup sugar; set aside. Sift remaining sugar with flour, baking powder and salt. Add orange rind. Blend in milk, butter and egg. Fold in nuts and cranberries. Bake 1 hour. Makes 1 loaf.—Victoria Pienciak."

---*Delicious Delbarton*, Delbarton Mothers' Guild, Morristown, New Jersey [1998] (p. 104)

“Mini-Cheesecakes

You don't see as many homespun cookbooks coming out as you used to... But there is a new one that earns praise. It was published last month and is called appropriately, "Food for Thought." This is a compilation of recipes from the students, parents, grandparents, teachers, principals, staff and bus drivers of Morris School District's Alfred Vail (K-2) and Sussex Avenue (3-5_ schools. Sponsored by the Home and School Associations, all proceeds will be used in projects to benefit the children...

12 vanilla wafers

2 8-oz. pkgs. Cream cheese

½ cup sugar, 1 tsp. Vanilla, 2 eggs

Fruit, preserves, nuts, chocolate

Line cupcake-size muffin tin with foil liners. Place one vanilla wafer in each liner. Mix cream cheese, vanilla and sugar on medium speed until well blended. Add eggs. Mix well. Pour over wafers, filling cups ¾ full. Bake for 25 minutes at 325 degrees F. Remove from pan when cool. Chill. Top with fruits, preserves, nuts or chocolate.—Corinne Wasserman.”

---“Schools Collaborate on Cookbook,” Ruth Eames, *Daily Record*, June 10, 1992 (p. B4)

“Double Blueberry Cookie Pie

1 pkg. (18 ozs.) refrigerated sugar cookie dough, room temperature

1/3 cup all-purpose flour

3 cups fresh or frozen blueberries

¾ cup sugar

3 Ts. cornstarch

Dash salt

1 tsp. lemon juice

1 cup heavy (whipping) cream, whipped

Preheat oven to 350 degrees F.

Spray a 9-inch pie pan and small cookie sheet with nonstick cooking spray. In a small bowl combine sugar cookie dough and flour until mixed. Remove about a quarter of the cookie dough, cover with plastic and refrigerate for later use. With floured hands, press unrefrigerated dough into bottom and side of prepared pan. Place in freezer to firm up, about 15 minutes. On a lightly floured surface with a floured rolling pin, roll out refrigerated cookie dough ¼-inch thick. With a floured cookie cutter, cut out stars or other shapes; place on prepared cookie sheet. Bake cookie dough pie crust until golden, about 11 minutes and stars for about 6 minutes. Cool on wire racks. Meanwhile, in a medium saucepan, combine 1 cup of the blueberries, the sugar, cornstarch and salt. Stir in 2/3 cup water and the lemon juice. Over medium-high heat, bring to boil. Boil, stirring constantly, until mixture thickens, crushing blueberries. Stir in remaining 2 cups blueberries; chill. Spoon blueberry mixture into cooled cookie shell. Decorate with the star-shaped cookies and whipped cream. (yields 8 portions).” ---“Cookie Pie Satisfies Taste for the Blues,” *Daily Record*, June 17, 1998 (p. B3)

“Tiramisu

Italy is known for romance. Now, with help from the movie 'Sleepless in Seattle,' so is one of its desserts... now the film's director, Nora Ephron, has released the recipe for the after-dinner treat.

4 fresh eggs

½ cup Tia Maria or brandy

1 lb mascarpone cheese

½ cup granulated sugar

1 package of stale ladyfingers

½ cup strong espresso (decaf is fine)

2 1-oz squares semisweet chocolate

Separate eggs into two large bowls. Add liqueur to egg yolks and stir till blended. Add mascarpone. Stir till blended. Beat egg whites until stiff peaks form. Continuing to beat, add sugar a little at a time until stiff peaks are formed. Add half of the egg whites to the cheese-egg yolk mixture and blend well. Then add the rest and fold in gently. Set aside. Dip ladyfingers quickly in espresso. Don't saturate them. Place flat side down in a shallow dish 9-inch round or 9 X 12 inch oval. Add half the cheese mixture and smooth the top. Grate half the chocolate over the top covering the surface. Then add another layer of espresso-coated ladyfingers. Top with remaining cheese mixture and smooth the top. Cover with remaining chocolate. Refrigerate, covered, several hours or overnight. Proceed at your own risk.”

---“The Dessert of 'Sleepless in Seattle,'” John Horn, *Daily Record*, July 28, 1993 (p. A14)

“Banana Colada

1 very ripe banana

6 ounces (3/4 cup) unsweetened pineapple juice, chilled

1 ½ ounces (2 Ts) canned coconut milk, chilled

½ tsp. sweetened toasted coconut for garnish

Place banana, pineapple juice and coconut milk in a blender and blend until smooth. Pour into a large chilled wine glass and garnish with toasted coconut. (Serves 1). (For a classic pina colada, add light rum to taste).”

---“Drinks,” *Daily Record*, July 21, 1999 (p. B2)

“Emerald Kiwi Smoothie

2 kiwifruits, peeled and chopped

½ cup plain low fat yogurt

¼ cup pineapple juice

1 T. sugar

3 to 4 ice cubes

1 kiwi slice for garnish.

Place the kiwis, yogurt, pineapple and ice cubes in a blender and blend until smooth. Pour in a tall glass and garnish with the kiwi slice. (Serves 1.)”

---“Drinks,” *Daily Record*, July 21, 1999 (p. B2)

“Honey Mint Iced Tea

4 cups boiling water

½ cup fresh mint leaves

2 tea bags

¼ cup honey

In large heat-proof pitcher, pour boiling water over mint and tea bags. Whisk in honey. Let steep 5 minutes. Remove tea bags, cool. Refrigerate until ready to serve. To serve, pour over ice. (Serves 4).”

---“Sweetly Sip Your Way into a Refreshing Summer,” *Daily Record*, June 4, 1997 (p. B3)

Food news & notes

“The 1990s seem to be the decade we’ve all been waiting for; finally we can sit down to a real meal. Remember the meal? That’s the event where people gather together in an environment conducive to conversation and tuck into a plate of aromatic, recognizable victuals. There will be meat on the plate, potatoes or another worthy carbo, adult vegetables, blockbuster desserts and, to drink, water, water, everywhere. Food industry consultant Clark Wolf explains, ‘We’re tired of bits of food that look like they’re about to explode on the plate. We want big, homey foods—country French, country American, bean stews, roast chicken—cooked by people who care...By 1992 we will each drink 12.4 gallons of bottled water a year, twice what we’re dinking today...Beef, we’ve missed you...whether it’s because we’re concerned about polluted fish and salmonella-infected poultry, or whether it’s because we haven’t eaten it for so long it tastes new...Organic, revived from the ‘60s will be the word of the ‘90s...Counting on lots of carbos and nutrient-rich beans. Pasta will remain string, and rice—particularly risotto—is moving up. As baby vegetables are replaced by the grownup kind...more attention will be paid to baking, stewing and combining veggies...Fat, not cholesterol, will be the buzzword of the ‘90s...fighting fat, it’s the lab to the rescue. Manmade fat substitutes are almost here...Nostalgia desserts...cobblers, crisps, pies and shortcakes—have already appeared to deduce a new generation, although they’ve been lightened and accessorized with multi-dimentional flavors.’”

---“Attitude About Food Should Change Substantially in ‘90s,” Suzanne Hamlin, *Daily Record*, January 10, 1990 (p. B1)

“That snacks with good-for-you ingredients like oats, unsalted peanuts and raisins have made their way into vending machines is a testament to Americans’ heightened health consciousness. Before the health-crazed ‘80s, a snack vending machine was ‘a candy machine, period.’...’There’s a larger demand for healthier snacks, but we find that the vast majority of sales are definitely junk food’...Ironically, diet drink consumption is at an all-time high...Having a candy bar in one hand and a diet soft drink in the other is just ‘human nature.’”
---“Snackers Still Think Candy is Dandy,” *Daily Record*, September 12, 1990 (p. B1)

“Giralda picnickers are dedicated souls. Rain in the morning daunts them not; they sense the sun will shine by afternoon, that the grass at Giralda Farms will be dry...and the festivities will continue as planned. This is exactly what happened for this year’s Giralda ‘91 Picnic and New Jersey Symphony concert, sponsored by the Arts Council of the Morris Area...Food and drink of all varieties were spread on tarps, blankets, hand made patchwork quilts or right on the ground...The winners of the contest were: “Dessert Storm” coordinated by Debbie Alpern and Carole Klein, both of Morris Township, first prize...”
---“Giralda ‘91 Picnickers Defy Weather,” Ruth Eames, *Daily Record*, July 3, 1991 (p. C2)

“What are creative people packing for lunch these warm spring days? On a recent day when the sun was shining and the warm breezes blowing, I ventured with a photographer to the Morristown Green, the county seat’s Piazza San Marco. It was jam-packed with people. Had they brown-bagged it? You’ve got to be kidding, they answered. But several had out-of-the-ordinary lunches...The Ha Su restaurant in the food court at Headquarter’s Plaza Mall...[offered] bean sprouts, snow peas, carrot sticks, spinach salad, a vegetable type sushi roll and a French bread roll...There was a lot of pizza being consumed on The Green, as well as hot dogs from three umbrella carts...Under his umbrella, Spinella [Pasta on the Green]...was hustling to dish up fettuccini, spaghetti, penne or tri-colored rotini and one of his three homemade sauces—alfredo, marinara or Bolognese...Spinella also serves hot dogs, but Italian style, with roasted peppers, sauteed onions and fried potatoes on a big roll...also espresso, iced cappuccino and Italian cookies.”
---“What’s for Lunch on The Green?,” Joan K. Barbato, *Daily Record*, May 19, 1993 (p. A9)

“Imagine a party where the richly spiced scent of rashmi khab—ginger, garlic and onions—mingles with the warm aroma of aloo tikka, a fried blend of herbs, chick peas, white potatoes and peas. The women wear saris the colors of gems, and the feel is more Bombay than Route 46. But the scene is getting to be familiar as a quiet culinary revolution sweeps the banquet halls of Morris County. The Indian population in the area has grown from 2,200 in 1980 to more than 5,000 in 1990 and growth in the food industry is following close behind. Today an Indian restaurant or grocery store is only a short ride for most Morris County residents, and many of Non-Indian descent are taking advantage of this.”
---“Morris Caters to a New Market,” Michele Kriegman-Chin, *Daily Record*, October 27, 1992 (p. B1)

“Home Economist Roberta Moseley of the Rutgers Cooperative Extension in Morristown suggests that shoppers use the five-finger method of determining what they should eat. Look at the nutritional label on the back of package. Raise a finger each time the food has 10 percent or more of the following: Vitamin 1, Vitamin C, calcium, iron, protein or fiber. Lower a finger if the food has either 10 percent or more of total fat, or 200 calories or more. If any fingers remain up, the food will make a nutritious addition to your diet. If none remain up, then it’s thumbs down on that food. Try a piece of fruit instead.”
---“Shop Using the Five-Finger Method,” Debra Scacciaferro, *Daily Record*, April 19, 1995 (p. Bs)

“Imagine potato chips flavored with crushed red peppers. Beer-flavored pretzels. Meat snacks made from ostrich, alligator and pheasant. Dehydrated “just add water” snacks. By the millennium all this will be in a food store near you, according to the Snack Food Association. Meanwhile, at your office the vending machines may make fresh potato chips and snacks fried in gourmet oils. Snackologist (yes, it’s now an occupation) Jane R. Schultz says there even will be virtual snacking on the Internet, with downloadable snacks....Why all the effort and the hoopla? You just can’t make enough snacks to satisfy Americans, who have been foregoing formal nightly dinners for years...”
---“Americans Will Try Any Snack, And The Market Obliges,” Joan Barbato, *Daily Record*, February 26, 1997 (p. B1)

“Move over pizza. The word is that the stromboli, and Italian specialty previously in the background on the fast-food scene, is gaining new fans every day. Filled with various meats, vegetables and cheese, usually mozzarella; redolent with peppers and onions’ tangy with tomato sauce, strombolis make a good one-dish meal. Morris Countians began to develop a taste for pizza more than 50 years ago, but few places sold it. If you want it, you had to be wiling to get in your car and drive a little. As early as 1936, it was served, as it is today, at the Reservoir Tavern in Parsippany. About 1939, one aficionado recalls, you could but what they call tomato pie at the Red Star in Hanover. It wasn’t as crusty as today’s pizza, but it was delicious. Others remember, about 1950, finding has become one of Americas’ favorite foods at the Siler Tavern in Morristown...So pizza came first and its popularity guilt slowly, but now the menus in most pizzeria and pasta eateries include other Italia delicacies, among them strombolis.”

---“Secrets of Stromboli,” Joan Barbato, *Daily Record*, April 1, 1998 (p. B1)

“...if you’ve invited guests over for a Super Bowl party, the time to start preparing is RIGHT NOW. Step one is to take out a home-equity loan and buy snacks. Scientific tests have shown that a Super Bowl viewer can consume up to 15 times his or her own eight in snack foods...A good rule of thumb is: If there is still any food at the supermarket when you leave...you did not get enough.”

---“When the Cheese Hits the Fan: Dave Barry Readies for the Super Bowl,” Dave Barry, *Daily Record*, January 27, 1999 (p. D1)

“The Brady Bunch had Alice to do all the cooking, leaving wife and mother with lots of time to stand around looking perky. But most American women aren’t that pampered. They’re a major part of the workforce. With little time and energy for cooking, and often bored with takeout choices, it’s still their prime responsibility to see that their families eat well. To them, the thought of coming home night after night to find a homemade gourmet meal waiting in their kitchens seems like an impossible dream. Today, however, more and more families are finding there is an affordable way to make this happen. They’re hiring a personal chef. Where private chefs are commonplace among the wealthy, cooking every day for the same family, a personal chef may have 10 to 20 clients for whom he or she plans, shops and then cooks on one or two days a month. On each visit, enough meals are prepared to last he household for two to four weeks at a cost per individual serving in the range from \$12 to \$15. The average personal chef client...is a married, working professional with a combined family income of \$80,000 or more. That means...the concept has reached middle America.”

---“Fine Dining at Home: Personal Chefs Prepare Gourmet Meals for Busy Families,” Joan Barbato, *Daily Record*, July 28, 1999 (p. B1)

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