

SECRETS FROM OUR KITCHEN



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Resolutions and down home comforts for 2009!



January is the time of year when people set out plans and resolutions for the upcoming months, and for many it signals the start of

fresh beginnings.

January is also the time when people (especially in Canada) tend to snuggle in for the winter, seeking warm fires, good books and comfort food.

Despite the fact that a new year encourages us to make new plans, there's something to be said for the tried and true, down-home comforts that have been with us for generations.

In this issue of **Secrets from Our Kitchen** we feature one of the oldest forms of cooking equipment -- cast iron cookware. Known for

its even heating and heat retention properties, cast iron cookware is still the favourite of many chefs worldwide, and it definitely stands the test of time.

We're also pleased to offer some of our favourite comfort foods, and some great cast iron cooking recipes, for your winter cooking pleasure.

The upcoming year promises to be an interesting one, so as the cold winds blow and the snow howls outside, take pleasure in the simple joys of reading a good book in front of a blazing fire, with a pot of stew or soup simmering in the kitchen. There's nothing better than down home comforts to weather a storm!

Best wishes for 2009,

Sigrid Wolm



From the Kitchen to the Table is a proud supporter of the work done by the Orangeville & District Branch of the Ontario SPCA.

Over the holiday season, all proceeds from our knife sharpening event and our Moonlight Magic Glühwein sales were given directly to the Orangeville SPCA.

Thank you for your continued support of this worthwhile cause!

UPCOMING EVENTS

Saturday, January 17th

MILLCROFT INN & SPA CULINARY CLASSES

"Cooking Up Romance" featuring Executive Chef Rob Fracchione. Sponsored by FROM THE KITCHEN TO THE TABLE.

2:00 pm -- The Millcroft Inn & Spa

JANUARY STORE HOURS

Mondays to Thursdays:
10:00 am to 5:30 pm

Fridays:
10:00 am to 7:00 pm

Saturdays:
10:00 am to 5:00 pm

Closed Sundays

Try some of our favourite winter-time recipes:

- Skillet Cornbread
- Beef Bourguignon
- Homemade Spaghetti Sauce
- Blackberry Cake
- Beer Beef Stew

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DID YOU KNOW.....

...Cast iron cookware has been in use since the 1600s.

...The Dutch used dry sand to make their molds, giving their pots a smoother surface than the English system of casting iron vessels.

...During the California Gold Rush, small cast iron skillets were used for panning gold!

...Cast iron was such a valuable commodity that George Washington's mother, in her 1778 will, bequeathed one half of her "iron kitchen furniture" to her grandson, Fielding Lewis, and the other half to her granddaughter, Betty Carter.

...In 1776, in his book "The Wealth of Nations", Adam Smith noted that the actual wealth of a nation was not its gold but in its manufacture of pots and pans.

...Lewis and Clark listed their Dutch oven as one of the most important pieces of equipment they took on their exploration of the Pacific Northwest in 1804.

...Dutch ovens made for outdoor use usually have three legs, a wire ball handle and a slightly concave rimmed lid so that the coals from the cooking fire can be placed on top as well as below, allowing them to act as an oven.

...The difference between cast iron and wrought iron is that cast iron has been put in a mold and wrought iron has been worked with tools.

...Good cooks claim, "the heavier the metal...the lighter the bread".

FUN KITCHEN TOYS

It's all in the bin!

The Rosti Mepal Calypso Waste Bin is perfect for your kitchen counter. It takes up very little space, has a large capacity opening, an easy-close lid, is portable and easy to clean. No need for bags, just fill, empty and rinse clean. Great for use as a kitchen composting bin!

\$12.99 each



Cleaning up in 2009!



As featured in Canadian Living magazine, Bar Keepers Friend (since 1882) has a unique formula that gently removes stains other cleansers can't, including rust! Great for cleaning stainless steel, porcelain, ceramic tile, plastic, copper, china, fiberglass, tile, grout, chrome and composition sinks. Bar Keepers Friend contains no harsh chemicals and is safe for septic systems.

Powder or liquid - \$4.95 each

Liquid countertop cleaner - \$7.50 each

Get a grip!

As featured in Oprah's O Magazine, and voted the best kitchen grips in American, the original Duncan Kitchen Grips offer extra protection for grabbing oversized vessels, including cast iron cookware. Water repellent and stain resistant, the Kitchen Grips are heat and cold resistant from -134°F to 500°F.

Washing machine and dishwasher safe.

\$49.99 each



Shake up your seasonings!



The Graviti Pepper Mill from Trudeau features a grinding mechanism located at the top of the mill that automatically begins to grind as soon as it is flipped upside down. Perfect for grinding salt, pepper or spices. Gravity sensors initiate and terminate grinding based on the movement and position of the mill. No buttons are required to activate this battery-operated mill -- just insert batteries, flip and let gravity do the rest. Each mill is equipped with a ceramic grinder that is the strongest and most durable grinding mechanism on the market, will maintain its sharpness and will never rust!

\$34.95 each



PRODUCT OF THE MONTH - Lodge Cast Iron Cookware



For more than 112 years, Lodge Manufacturing has been perfecting the process of making cast iron cookware. When Joseph Lodge began making cast iron in 1896, he began a legacy that would create the foundation to an enduring standard of quality carried forward by four generations of family management.

Not even the most expensive stainless and aluminum cookware can rival the even heating, heat retention, durability and value of Lodge Cast Iron.



Its legendary cooking performance keeps it on the list of kitchen essentials for great chefs and home kitchens alike! In fact, much of the cookware made by Lodge generations ago is still in the kitchens of fourth generation cooks -- a true testament to Lodge Cast Iron Cookware's quality and durability!

Always in season, Lodge cookware is used in restaurants, in homes and over open campfires!

Lodge cookware offers an endless range of home entertaining possibilities. Lodge foundry seasoned cast iron helps create meals that sizzle on arrival and remain hot throughout the meal. Whether you want to serve food hot, cold, or add a measure of creative flair, Lodge offers a world of cast iron inspiration!

In 2002 Lodge Manufacturing developed a proprietary vegetable oil spray system to season the cookware before it leaves the foundry, which means your Lodge Cast Iron cookware will have an heirloom finish that you can use right out of the box!



Lodge has introduced four stylish mini dishes (pictured left) that will enhance any cookware offering. Like all Lodge Cast Iron cookware, the mini tableware features foundry seasoned cast iron, and is versatile -- perfect for hot or cold appetizers, desserts, sauces or specialty entrees. The mini collection includes round, oval, rectangular and divided rectangular serving dishes.





Cooking With Cast Iron - a tried and true tradition!

People who cook with cast iron cookware simply rave about it! The benefits of cast iron pans are numerous:

- cast iron is an ideal heat conductor
- cast iron heats evenly and consistently
- the heat retention quality allows for even cooking temperatures without hot spots
- cast iron pans can be used on top of the stove, in the oven, or over an open fire
- cast iron is an old-fashioned way to cook fat-free
- a well seasoned cast iron pan is stick resistant and requires no additional oil
- cast iron is inexpensive and will last at least a lifetime
- the more you cook with cast iron, the better it is!

It's all in the "seasoning"!

Cast iron is a natural non-stick surface, and if your cast iron is seasoned correctly it will NOT stick!

Lodge Cast Iron Cookware comes fully seasoned directly from their foundry, so no pre-seasoning is required.

Because cast iron is porous and has microscopic jagged peaks, it must be seasoned first to fill in the microscopic pores.

Every time you use your cast iron pan you are actually seasoning it again and again by filling in the microscopic pores and valleys that are naturally part of the surface. The cooking surface develops and maintains a non-stick surface because the formerly jagged and pitted surface becomes smoother after each use. The more you cook, the smoother your surface becomes!

Tips for cooking with cast iron!

- Never put liquid into a very hot cast iron pan or oven -- doing so will cause it to crack on the spot!
- Avoid buying cast iron pans or skillets with wooden handles, since wooden handles can not be put directly into the oven or over an open fire.
- If your cast iron pot or skillet comes with a lid, be sure the lid is seasoned, as well.
- In most cases, due to the heat retention properties, you will never need to use heat higher than medium when cooking with cast iron on a stove top.
- Wooden implements (spoons, spatulas etc) work best with cast iron cookware.
- Cast iron skillets are multi-functional -- great for frying eggs, pancakes, sandwiches, chicken, hamburgers, cornbread and more!
- Dutch ovens are generally used for baking and stewing. The lid holds in moisture.
- A Dutch oven with legs is usually used over an open campfire, and flat bottomed Dutch ovens are generally used on the stove or in a conventional oven.

Did you know that cast iron isn't just a name: cast iron cookware is actually made from iron that has been melted and formed into molds. The material used is the same base material that's used to make engine blocks and building girders. No wonder cast iron cookware lasts a lifetime!



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All sale prices in effect while quantities last.
Price reductions based on regular list prices.
No rain-checks.