

SECRETS FROM OUR KITCHEN



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Good health and wholesome eating for 2010!



Cold winter days and long winter nights have us welcoming the comfort of hearty foods that nourish our bodies and souls.

Food is one of our most tried and true comforts: it helps us celebrate, it provides solace, and at its very core, it provides nourishment and sustenance to not only our bodies, but our spirit, as well.

This year we celebrate the importance of food in our lives and in this issue of Secrets From Our Kitchen, we focus on one of the most popular, and oldest cultivated foods known to mankind: rice!

Our Product of the Month is the Krups Rice Cooker, which makes

preparation of rice virtually foolproof. We also offer a "rice glossary", which provides a primer on the different varieties of rice (did you know there are over 40,000 varieties of rice grown worldwide?). And of course, we're pleased to present a few of our favourite rice recipes.

Our best wishes to you for a healthy and happy year, and we look forward to sharing with you our passion for all things culinary. Looking forward to seeing you in the store this year!

Sigrid Wolm

Try some of our favourite RICE recipes:

Rice Pilaf

Old-Fashioned Rice Pudding

All recipes available on our website at
www.kitchentotable.com

UPCOMING EVENTS

WINTERFEAST in the Hills of Headwaters

February 16th to March 5th

A celebration of culinary excellence. Great restaurants, great menus, great prices! Mark your calendars.

www.winterfeast.ca

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

**Congratulations to Dick O,
winner of the draw for the
digital camera.**



Sign up for our monthly electronic newsletter for all the latest in kitchen trends & products, and for unique recipes and entertaining ideas.

Visit our website at www.kitchentotable.com to subscribe.



DID YOU KNOW.....

...It takes between 2,000 and 5,000 tons of water to produce one ton of rice!

...Rice is the highest yielding cereal grain, with each seed of rice yielding more than 3,000 grains.

...Rice is grown on every continent except Antarctica.

...Rice is the first food a new Indian bride offers her husband.

...The Chinese word for rice is the same word as food.

...There are as many as 40,000 varieties of rice grown worldwide.

...China is the world's largest rice producer, followed by India and Indonesia.

...Rice has been cultivated in Asia for over 10,000 years.

...Wild rice is derived from wild aquatic grass and has no relation to the rice plant!

...At the end of the 20th century annual worldwide rice production was 410 million tons.

...Myanmar has the largest per capita rice consumption at 510kg per person (rural) and 408kg per person (urban).

...Asia has 250 million rice farms, most less than 1 hectare in size.

...Rice is thrown at weddings as a symbol of fertility, luck and wealth.

FUN KITCHEN TOYS

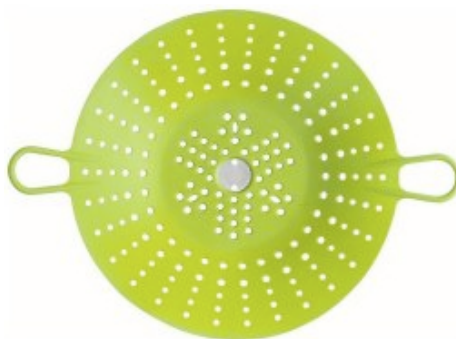
The bread's in the bag!

Reusable and environmentally friendly, these 100% cotton bread bags will keep large and round bread fresh up to one week, compared to one day when stored in a paper bag. Good for potatoes, onions and apples, as well. Machine washable.

\$13.00 each



Full steam ahead!



With its sleek lines and expanded surface area the SleekStor VeggiSteam from Chef'N is a steaming revolution. Made of heat and stain resistant silicone, the VeggiSteam is heat resistant to 400F, and safe in the microwave or on the top rack of a dishwasher. The modern, non-stick design protects the surface of all pots and pans.

\$19.99 each

Can we give you a hand?

The Starfrit silicone oven mitt with cotton lining offers all the advantages of a silicone oven mitt with the added comfort and flexibility of a traditional mitt. Heat resistant and non-slip, the silicone resists temperatures up to 464F. This waterproof cooking mitt protects from both boiling water and oil. Won't deteriorate or stain when it comes in contact with heat.

\$18.99 each



Chopped up!



The VeggiChop from Chef'N allows you to chop large pieces of vegetables, nuts, herbs and boneless meat by hand. Also great for creating fresh salsas and pestos with just a few pulls of the handle. No electricity required! Featuring a patented blade mechanism. The bowl and blade are both dishwasher safe.

\$39.95 each



PRODUCT OF THE MONTH - Krups Rice Cooker



Krups Rice Cooker - \$109.99 each

Krups takes the guesswork out of cooking the perfect serving of rice with its electronic rice cooker.

With an electronic control panel with four cooking modes: rice, steaming, slow cooking and porridge, the Krups Rice Cooker is a versatile kitchen appliance.

The large capacity, removable, non-stick cooking bowl with precise markings holds from 2 to 10 cups of uncooked rice (making 4 to 20 cups of cooked rice). The hinged locking lid seals in flavour and aroma for delicious results, and the automatic "keep warm" feature at the end of the cooking cycle keeps dishes at a perfect serving temperature.

The steam cooking mode and removable steam basket allow you to prepare healthy, vitamin-rich recipes.

The Krups Rice Cooker includes a cooking bowl, steam basket, steam shield, rich paddle and measuring cup, which are 100% removable and dishwasher safe.

The Benefits of Using a Rice Cooker

Despite the fact that rice is a staple food in many cultures, and that it feeds more than half of the world's population, rice is still a tricky dish to prepare for many home cooks. Too often it comes out sticky, soggy or too dry! Using a rice cooker takes the guesswork out of making rice.

A rice cooker prepares the rice using steam and constant heat. The specially sealed container means steam can not escape, the temperature remains constant, and condensation is diverted away from the rice, so that it doesn't become soggy. Most rice cookers also have a feature that automatically switches to "warm" once the rice has been cooked, keeping the rice light and fluffy until the time you are ready to serve it.

The Krups Rice Cooker can also be used for more than just cooking rice. You can prepare a variety of grains in your cooker, including grits and risotto, much easier than on the stovetop. You can also use it as a slow cooker to prepare soups, as a steamer for vegetables, or to prepare your morning porridge!





Rice Glossary & Terminology

Long Grain Rice because of the length of the grain, means the grains don't stick together, resulting in a light and fluffy consistency. This is a very versatile form of rice, with long grain white rice having a very subtle flavour, and long grain brown rice having a more nutty flavour.

Medium Grain Rice is shorter and more plump than long grain rice. As a result, it tends to stick together more easily, and is best used for recipes that require more creaminess, such as risotto or paella.

Short Grain Rice is almost round in shape and is used in many Oriental and Caribbean foods. Because it sticks together very easily, it is used extensively in dessert recipes.

Brown Rice is rice that has been milled to remove the hull from the grain, but still retains the rice bran layer and germ, resulting in the nutty flavour and chewy texture. Because it retains the bran, it is high in vitamins, minerals and fibre. Brown rice usually takes about twice as long to cook as white rice.

White Rice is rice that has been milled to remove the outer husk and all the layers of bran from the grain. This milling process removes many of the nutrients, as well, and it is why white rice is often "converted" to help retain the vitamins and minerals.

White and brown rice both contain approximately the same number of calories per serving, but brown rice has much less fat per serving. Brown rice has a much higher fibre content (2.8g per serving) than white rice (0.6g per serving)

Converted (or Parboiled) Rice is rice that has been steamed under pressure before it has been milled, resulting in a harder grain. The process of converting rice in this way prevents overcooking and helps the rice maintain vitamins and minerals.

Instant Rice is pre-cooked rice that has been dehydrated before packaging. The pre-cooking removes much of the flavour from the rice, but allows for much quicker preparation time.

Aromatic Rice is infused with a natural ingredients that provide fragrant aroma and flavour. Some types of aromatic rice include **Basmati, Jasmine, Texmatic and Wehani**.

Arborio Rice is a medium length, round grain rice that is a tan colour and is characterized by a white dot at the centre of the grain. This type of rice is often used in risotto, because it develops a very creamy texture, and it absorbs flavours easily. Arborio rice is named after the town of Arborio, Italy, where it is grown.



From the Kitchen to the Table
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All sale prices in effect while quantities last.
Price reductions based on regular list prices.
No rain-checks.