

# SECRETS FROM OUR KITCHEN



125 BROADWAY, ORANGEVILLE, ONTARIO  
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WWW.KITCHENTOTABLE.COM

Be sure to visit our website for some great **fall casserole** recipes and for a classic recipe for **cast iron skillet cornbread**.  
[www.kitchentotable.com](http://www.kitchentotable.com)

## From our kitchen to yours!



Fall is the time when we start thinking about packing away the casual attitudes of summer and get back into a routine — kids are starting back to school, leaves need to be raked up, lawn furniture needs to be put away, and we need to find unique ways to deal with the abundance of carrots, tomatoes,

zuchinis and other delights from our summer gardens.

To that end, I'd like to introduce you to our leading line of tableware — Emile Henry. With a full line of casseroles, baking dishes, terrines, cook-pots and tableware, it's the perfect product as you begin your fall cooking. Great from the freezer to the oven, it's ideal for preparing all your fall dishes.

We will also be featuring Le Creuset cast iron cookware, with a special in-store demonstration on September 23rd, as part of the History in Art Festival.

And be sure to check out our knife know-how on page 4, just in time for cutting up all those vegetables!

The store is deep in the throws of renovation — we can't wait to see the final results! It should be ready by the end of the month — just in time to display all the wonderful new products and product lines that will be in the store in time for early Christmas shopping.

Happy cooking,

*Sigrid Wolm*

### SEPTEMBER STORE HOURS:

**Monday-Thursday**  
10:00am-5:30pm

**Friday**  
10:00am-7:00pm

**Saturday**  
10:00am-5:00pm

**Sundays—closed**

**Labour Day - closed**



### ***The Art of Cast Iron Cooking*** **Saturday, September 23rd**

From the Kitchen to the Table is proud to take part in **Downtown Orangeville's** first annual "**History in Art Festival**" on the opening weekend of the Headwaters Arts Festival.

On **Saturday, September 23rd**, from **11am to 3pm** we will be presenting the "art of cast iron cooking" by the experts from **Le Creuset**, makers of fine enameled cast iron cookware and kitchen accessories.

Cast iron cookware has been used by humans for hundreds of years due to its ability to withstand and maintain a very high heat. Great for searing and frying, its heat diffusion and retention properties make it a natural choice for long-cooking stews and casseroles.

Join us on **Saturday, September 23rd** as the experts from **Le Creuset** showcase their superior cast iron cookware and share their tips, recipes & techniques.

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Did you know....

...From a culinary standpoint, zucchini is considered to be a vegetable, however biologically, the zucchini is a fruit, being the swollen ovary of the zucchini flower. Zucchinis have approximately 15 calories/100g.\*

...A tagine is an earthenware, conical cooking utensil used to slowly cook thick stews for hours until tender — often used in Moroccan cooking.

....Store potatoes and other root vegetables in a cool, dark, dry place to prevent molding, greening (due to light exposure) and slow sprouting).

....Turnip or rutabaga?? A turnip is generally white with purple and resembles a large radish. A rutabaga is more yellow in colour with purple at the stem, and tends to be quite large, often the size of a grapefruit or bigger.

Storage Times for Vegetables Stored in a Root Cellar

Brussels Sprouts	3-5 weeks
Carrots	4-6 months
Parsnips	1-2 months
Rutabagas	2-4 months
Squash	4-6 months
Radishes	2-3 months
Tomatoes	1-2 months
Cauliflower	2-4 weeks
Broccoli	1-2 weeks
Beets	4-5 months
Pumpkins	5-6 months
Potatoes	4-6 months
Turnips	4-6 months
Cabbage	3-4 months

\*Check out our recipe for Zucchini Casserole at [www.kitchentotable.com](http://www.kitchentotable.com)

Fun Kitchen Toys

Make no-mess pancakes, waffles and muffins!



The new **Cuisipro Batter Dispenser** dispenses the right amount of batter without making a mess. Constructed of dishwasher safe plastic and stainless steel, the batter dispenser measures consistent, even portions of batter with a simple squeeze of the handle. The drip-resistant valve allows batter of varying thickness and ingredients including small berries and chocolate chips to be portioned out without dripping on the sides of pan, the stove or the counter. The clear chamber holds 2 1/2 cups of batter at a time.

\$39.99 each

Introducing a new angle on the batter bowl....

**Cuisipro®** presents a **steady-tilt deluxe batter bowl** designed to make folding, whisking and blending batters easier. The design of the 3 litre capacity bowl is truly ergonomic with a notched, non-slip base that allows bakers to tilt the bowl forward for comfort, leverage and stability. The substantial, non-slip, looped handle is balanced for small or large hands to carry and hold. Measurements are indicated on the inside of the bowl for quick reading and the pouring spout works so well that even heavy batters won't drip.



Sale price \$15.99 each (regular price \$19.99)



Spatulas and spoons are essential tools in any well-stocked kitchen. **Cuisipro's** collection of **silicone spatulas and spoons** feature brushed stainless steel handles that are comfortable and functional. The silicone ends are ideal for non-stick surfaces and are heat resistant up to 500F. Ergonomic and attractive they are available in five colours and two sizes.

Priced from \$12.99 to \$18.99

It's the greatest thing since sliced bread....

Quick, easy and convenient, a **Toastabag** quickly turns your toaster into a sandwich maker. Practical for those on the go, these handy reusable bags wipe clean and are a healthy way to prepare meals with no added fat. A great idea for students heading off to college or university, these bags allow you to make gourmet sandwiches in your toaster!



Only \$9.99 for a set of two bags

## PRODUCT OF THE MONTH — Emile Henry Tableware



Emile Henry has been producing high quality tableware for the past 150 years. Located in Marcigny France, a small town nestled in the hills of southern Burgundy, the entire Emile Henry production process is based around the rich clay found in the area. In fact, it is the same rich soils and the area's famous vineyards which have spawned the many great chefs and regional specialties that the area is known for.

Emile Henry tableware is distributed in over 50 countries worldwide, and it is the tableware of choice for the discriminating chef. Utilizing the rich clays found in the region, Emile Henry has introduced technological improvements (**Ceradon®**) so that the dishes are more resistant to mechanical and thermal shocks. Ceradon is an exclusive process unique to Emile Henry cookware which improves the qualities of traditional pottery. Featuring a highly resistant glaze which does not scratch or craze, you can literally cut inside the dish without harming the surface. Emile Henry dishes are fired at 1150C, making the clay extremely strong and highly resistant to chipping. In fact, you can bring your cooked dish out of the freezer and put it directly into a preheated oven or microwave with no damage.

Emile Henry is one of the rare potters to manufacture so many colours: pivoine red, cobalt blue, pastis yellow, fraicheur green and azur blue. These vibrant colours are a delightful addition to any kitchen, and make the perfect gift that will last a lifetime. Emile Henry offers a full line of cookware, bakeware, stewpots, tagines, fondues & tableware.



**Emile Henry's New Mini Stew Pots**

### ***Introducing Emile Henry's new Mini Stewpots***

I fell in love with these new stewpots the moment I saw them. I already have plans to have some friends over for dinner and begin the meal with individual bowls of French onion soup served up in these charming little pots!

These mini stewpots are also perfect for serving small portions of gratin, potato purée and lentils. For pudding or to make an individual soufflé – these mini stewpots are a guaranteed success!

Available in red & black, we offer these mini stewpots for an introductory price of \$29.99 (regular price \$39.99).

# What you should know about kitchen knives....



Purchasing knives can be overwhelming, with so many choices available. My recommendation to customers is that it is best to get a few really good knives rather than many poor quality knives. When stocking (or re-stocking) a kitchen, I'd initially recommend three basic knives for home use:

## Chef's Knife

This multi-purpose knife can be used for most of your kitchen work. It is ideal for chopping onions, mincing herbs, or cutting up a chicken. An essential tool in every kitchen, a chef's knives generally has long, gently sloping blades which allow for a rocking motion necessary for chopping and mincing.



## Paring Knife

A paring knife is generally used for jobs that require more dexterity and precision than a chef's knife. A paring knife is great for peeling and coring vegetables and fruit, deveining shrimp, cutting citrus fruits, etc. The blade should be somewhat flexible, enabling you to get into tight spots and handle curves easily.\*



## Bread Knife

A bread knife is recognized by the pointed serrations of the blade which allows the knife to glide through crusty breads, bagels and tomato skins, to produce neat slices. A longer bread knife is recommended since shorter blades tend to have their tips catch when cutting larger loaves. The blade of a bread knife should be fairly rigid to ensure stable cutting through thick crusts.\*



From the Kitchen to the Table carries a full selection of quality knives for all your culinary needs. We are proud distributors of:

- ◆ **Global Knives**—this award winning line of Japanese knives has been designed for use by professional and amateur chefs, taking price in their comfort & ease of use.
- ◆ **Mac Knives** are known as the world's sharpest knives, providing effortless slicing and reducing fatigue during cutting chores.
- ◆ **Wusthof Trident Knives**— one of the world's leading makers of precision forged cutlery since 1814, offering a selection of 120 styles in four collections.
- ◆ **Zwilling's J. A. Henckels**— dating back to 1731, Henckels is known for its precision workmanship.

## Upcoming Culinary Events

### Saturday, September 23rd

In store—11am to 3pm  
The Art of Cast Iron Cooking presented by Le Creuset

### Saturday, October 21st

Millcroft Inn & Spa—2pm  
Chef Fracchioni's Culinary Class:  
Pasta Like a Pro, featuring fine products from FROM THE KITCHEN TO THE TABLE

### Wednesday, November 15th

In store — 12:30 to 2:30 pm  
Semi-Annual Free Henckels Knife Sharpening

## Special Pricing on Wusthof Trident Paring Knives

**Classic Paring Knife \$49.00** (regular price \$69.00)  
**Grand Prix II Paring Knife \$49.00** (regular price \$69.00)

## Perfect for College & University Students Keurig Hot Beverage Brewer

This gourmet one-cup beverage brewer provides fast, easy and convenient hot beverages with the touch of a button in less than one minute. Enjoy a wide-variety of Timothy's coffees, teas (including herbal & chai), or hot chocolate any time of the day or night. Great in the dorm or for late night studying!  
\$159.95 each



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\* Source: Cook's Illustrated July/August 2006