



The 'T hymes'

The official newsletter of Keitha Fisher. Your Personal Chef

613.938.7836

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Summertime and the weather is (so far) fine

Hi all,

Summer is here and with it comes weekend barbeques by the pool at my parent's house. Hannah and Ethan are just about 9 months old and have already decided they're going to be swimmers. You may remember they had protested to some green vegetables when I wrote the spring newsletter. I'm happy

to say they've had a change of heart. As I write this they're still not fond of chicken but they're eating all of their fruits and veggies. Now all I have to figure out is how to get the sweet potato stains (still their favourite) off of their clothes!

Keitha

Finally! We're Cooking!

Thank you all for your patience with regards to the launch of the summer cooking classes.

Without further ado, our first class will be July 12 at 150 4th St W., [Serenity Studio](#), the new home of artist Tracy-Lynn Chisholm.

Our first class is dedicated to all of you who hesitate to entertain because you think it's a lot of work or that you have to do lots of impressive dishes to impress your guests. I'm here to tell you (and show you!) it's NOT hard.

I thought this was the

perfect way to celebrate the beginning of cooking classes in this wonderful space, to welcome the summer and to take some time to enjoy ourselves!

If you've taken one of my classes with a similar title, don't despair – we'll be preparing appetizers and easy entrees that have not appeared in other classes with the same title.

Visit the [website](#) for more details about this class and the rest of the summer schedule!

Congratulations Fellow Women Entrepreneurs!

On Thursday, June 22, Cornwall and Area Women Entrepreneurs held their 6th Annual Awards Dinner and the following WE members were given awards:

Catherine Ledevin for Entrepreneur of the Year,
Shannon Goodwin Birch for Most Promising New Business (an award yours truly won her first year in business!),
Lori Turner for Top Business of the Year,
Linda Cheikh for Outstanding Salesperson/ Consultant/ Business Professional,
Nikki Fontaine for Best Home Based Business with a special achievement award given to Sharon Fisher to acknowledge the hard work she does on behalf of WE.

Our Featured Herb

Sage advice...

Those of you who've been to my house for cooking classes or just for a visit last summer may have seen the sage that was expanding in my teeny garden. I'm not much of a gardener so I can only assume this Mediterranean native is a truly hardy perennial.

It has gorgeous leaves that appear and feel like velvet and to be honest, I mostly bought it because it was pretty. I didn't use it much in my cooking and when I did use sage, it was usually the dried rubbed version that appears powdery. The flavour of dried sage is very intense and it's important to not use too much of either the dried or fresh variety as this will impart a musty flavour to your dish.

Sage is one of the predominant spices in sausage and can also be found in blends like poultry seasoning.

Veal Ragout with Porcini and Sage

(based on a recipe from the Silver Palate Good Times Cookbook)

2 cups dry white wine
1 oz dried porcini mushrooms
¼ cup olive oil
4 tablespoons butter
2 lb veal shoulder, cut into 1" cubes
8 cloves of garlic, peeled
2 tablespoons corn starch
1 cup sodium reduced chicken stock
½ cup loosely packed fresh sage leaves
¼ cup chopped Italian parsley
¼ cup crème de cassis
zest of one orange
salt and pepper
1 tablespoon red currant jelly

Heat 1 cup wine in small saucepan and add dried mushrooms. Allow to sit one hour.

Preheat oven to 350°. Heat the olive oil and 1 tablespoon of the butter in a heavy Dutch oven or casserole over high heat. Quickly brown the veal, a few pieces at a time, in the hot oil and butter and remove with a slotted spoon to a large bowl. Sauté the garlic in the Dutch oven for 2 minutes and add to the veal. Remove and discard the oil and butter from the pan. Toss the veal and garlic with the corn starch.

Heat the remaining 1 cup wine to boiling in the Dutch oven over high heat, scraping loose the browned bits on the bottom of the pan. Reduce heat to low and whisk in the remaining 3 tablespoons butter. Add the veal and garlic, porcini with wine, stock, sage, parsley, cassis, orange zest, and salt, and pepper to taste. Stir to combine. Place in the oven and bake covered for 40 minutes. Remove the cover and bake until the meat is tender, 35 to 40 minutes more. Stir in the jelly until melted.

Serves 4 to 6.

Family Express is now more 'kid friendly'!

Last summer Your Personal Chef launched a service geared towards people who were busy and hungry – who didn't necessarily need a personal chef but who wanted dinner on the table their whole family could enjoy. Family Express was a hit amongst parents right off the bat – but we didn't always get the response we were looking for from the kids in the family. We're happy to announce that our menu choices are now wholeheartedly 'kid approved'!

What's the same? It's still a 5 week rotating menu that's affordably priced for moms and dads.

What's different? We include a salad choice each week and have tweaked the menu choices to be more in line with food kids want to eat (but are still good for them).

For more info, visit our [Family Express link](#).

www.chefkeitha.com

'for people with more taste than time.'

Fellow Entrepreneur Corner...

As many of you know, I belong to Cornwall and Area Women Entrepreneurs and have through this group met some of the most amazing women in business.

'the thymes' is now starting a new feature to showcase some of these wonderful women and their businesses. I know you'll be as amazed as I am about the wonderful businesses we can find right here in our community!

Our first entrepreneur is a talented and creative photographic artist, Jacqueline Milner. She is the principal photographer with Image-ine Photography and has a gift for capturing the most wonderful images for you to enjoy. Jacquie has won several awards including first place in the photographic division at the 21st Annual Massena Artists Association Juried Art Exhibition this past February as well as the "Best Print in Show" award at the Annual Professional Photographer's of Ontario, Eastern Ontario Branch 2006 annual print show. Please take a moment to visit her wonderful [website](#) to look at some of her work. Jacquie can be

also be reached by phone at 613.931.9090 or via email at info@image-inephotography.com.

Did you know...

July is Lasagna Awareness month, and that Nova Scotia holds a Lobster Festival in July



Proud member of Cornwall Women Entrepreneurs
www.wecornwallarea.ca

Great Summer Soup

Who says soup has to be for cold weather? Gazpacho is a delicious soup made from raw vegetables. It can be spicy or mild and be loaded with garlic, or with just a hint. Any way you try it, I know you'll think it's a delight!

1 English cucumber, halved and seeded, but not peeled
1 red bell peppers, cored and seeded
4 plum tomatoes
1 medium red onions
3-4 garlic cloves, minced
3 cups ounces tomato juice
1/4 cup white wine vinegar
1/4 cup good olive oil
1/2 tablespoon kosher salt
3/4 teaspoons freshly ground black pepper

Roughly chop the cucumbers, bell peppers, tomatoes, and red onions into 1-inch cubes. Put each vegetable separately into a food processor fitted with a steel blade and pulse until it is coarsely chopped. Do not over-process!

After each vegetable is processed, combine them in a large bowl and add the garlic, tomato juice, vinegar, olive oil, salt and pepper. Mix well and chill before serving. The longer gazpacho sits, the more the flavours develop.

Serves 4 to 6.

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www.chefkeitha.com 613.938.7836 keitha_fisher@sympatico.ca