



# TWO COOKS CATERING

COOKING WITH TWO COOKS

VOLUME 3, ISSUE 1

FALL 2008

**Fall** already? Where did the time go? I think we lost ours to the summer wedding season! We've certainly been very busy.

It's hard to think that we're less than ten days away from the official start of autumn.

We've even experienced our first few mornings with a chill in the air which make me want to cook warm things and fire up a fire in the fireplace!

Cheers!  
Heather

## EATING SLO

*Mama's Meatballs*  
San Luis Obispo/Avila Beach

## Ratatouille

I couldn't resist making this the other night—and was so happy to have something to do with all the eggplant I harvested from the Two Cooks garden!

### Ingredients:

- 2 tbsp. olive oil
- 2c chopped onions (mix 1/2 Vidalia and 1/2 red)
- 3 cloves garlic, minced
- 4c diced eggplant (Japanese & Chinese)
- 1c chopped red bell pepper
- 1c chopped mushrooms
- 4c tomato wedges
- 2c sliced zucchini
- 1/3 c chopped fresh parsley



## Pumpkin Muffins

**These** are great and easy to make.

### Ingredients:

- 1c whole wheat flour
- 2c white flour
- 2 1/2 tsp. baking soda
- 1 tsp. each - cinnamon, nutmeg, allspice
- 3 tbsp. dark molasses
- 1 - 15oz. can mashed pumpkin
- 1c light brown sugar, packed
- 1c low fat buttermilk
- 2 eggs
- 1/4c unsalted butter—softened

Put batter in lined muffin tins. Bake 350° for 20 minutes or until done. Makes 24 muffins.



- 1/4 c red wine
- 1 small can tomato paste
- 1 tsp. sugar
- 1 tsp. dried basil
- 1/2 tsp. dried rosemary, crumbled
- 1/4 tsp. each dried thyme & dried sage
- 2 tsp red wine vinegar
- Salt & pepper to taste

Sautee onion and garlic till soft. Add eggplant, pepper and cook 4 minutes. Add remaining ingredients, bring to a boil. Reduce heat and simmer 25 minutes, stirring occasionally. This makes enough to freeze for later or have a big party tonight!

## FAVORITE FOODIE BLOG

[slocoking.blogspot.com](http://slocoking.blogspot.com)

## VISIT US ONLINE

[www.twocookscateringonline.com](http://www.twocookscateringonline.com)

## LOOK FOR US HERE

Edna Valley  
Chowder Cook Off  
November 9, 2008

## RECOMMENDED READING

*Outstanding in the Field*  
By Jim Denevan

## NOW IN SEASON

- Apples
- Asian Pears
- Beets
- Broccoli
- Cabbage
- Carrots
- Eggplant
- Fennel
- Garlic
- Greens
- Herbs
- Onions
- Peas
- Pepper
- Potato
- Spinach
- Sweet Potato
- Turnip
- Winter Squash

## CONTACT US

Chef Ben (805) 540-0840

Chef Russ (805) 710-2883

Heather (805) 710-2882

Two Cooks Catering  
PO Box 12824  
San Luis Obispo, CA 93406