



TWO COOKS CATERING

COOKING WITH TWO COOKS

VOLUME 1, ISSUE 1

SPRING 2008

Spring is here on the Central Coast - vegetable gardens like the one at the Two Cooks office are being planted and fruit trees are in full bloom. The crew here at Two Cooks Catering just wants to thank you for making our first year a fabulous one.

With this in mind we hope you enjoy our first newsletter. We hope to keep you hungry for more!

Bon Appetito!
Heather

Crock Pot Strawberry Jam

Great served for breakfast with homemade yogurt cheese, this jam takes little effort.

Time: 4 1/2 hours + cooling
Servings: 88 (1 tbsp. Each)

Ingredients:

- 4 pt. fresh strawberries, hulled
- 2 tbsp. freshly squeezed lemon juice
- 1 box (1.75 oz) powdered pectin
- 3 c sugar

1. **CRUSH** berries with potato masher or pulse in food processor until chunky. Transfer to 4-quart or larger slow cooker. Add lemon juice and sprinkle with pectin. Let stand 10 minutes. Stir in Sugar.

2. **COVER** and cook on low 2 1/2 hours, stirring twice during cooking.

3. **TURN** cooker on high and cook 2 to 3 more hours, until jam reaches desired consistency. Let stand until cool.

ENJOY!



LOOK FOR US HERE

Paso Robles Balloon Festival
"Glow Flow" April 25, 2008
River Oaks Hot Springs

Italian Artichoke Appetizer

This appetizer will make you look like you slaved all day - but really you didn't!

Time: 50-55 minutes

Ingredients:

- 3 to 4 quarts water
- 1 tbsp lemon juice
- 2-3 large artichokes
- 1/2 lemon
- 1 bottle Newman's Light Italian Dressing

Use a 6 quart pot, bring water to a boil. While water is boiling prepare artichokes. Use a sharp knife, cut the stems off flush with the bottom of the artichoke. Pull off any small leaves from the bottom. Rub lemon on the bottom to prevent browning.

Lay artichoke on its side and cut off 1 inch from the top. Use scissors and snip off any remaining pointy tips. Rub lemon on the cut tips to prevent browning.

Cook in a covered pot, in boiling water until tender, or until an outer leaf comes off easily (45-50 minutes for large artichokes). Drain upside down. Pull leaves off cooled artichokes and set aside. Place dressing in a small bowl in the center of a platter. Arrange leaves around dressing. Serve.



VISIT US ONLINE

www.twocookscateringonline.com

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RECOMMENDED READING

1,000 Vegetarian Recipes
By Carol Gelles

EATING SLO

Honeymoon Café -
Pismo Beach, CA

NOW IN SEASON

Artichokes
Asparagus
Avocado
Cucumber
CA Strawberries
Fennel
Parsnips
Spinach
Spring Garlic
Squash
Zucchini