



Come to one class, enjoy a lifetime of kitchen support, just give a ring!

COOKING CLASSES

Wisconsin Cheese Chowder

1 tablespoon olive oil
3 cups diced carrot
1 cup diced celery
¼ cup chopped green onions
½ large onion
4 cups diced red potato (about 1½ lbs)
2½ cups chicken or vegetable stock
⅓ cup flour
2 cups 2% milk
salt & pepper to taste
1 cup sharp cheddar cheese

Preheat large Dutch oven over medium high heat. Add carrot, celery, onions and saute for 10 minutes. Add potato and chicken stock, bring to a boil. Cover and reduce heat and simmer for 25-30 minutes or until veggies are tender.

Place flour in bowl and gradually add milk, blending with a wire whisk, add to soup. Stir in salt and pepper. Cook for about 5 minutes until thickened. Remove from heat and add cheese, stirring until cheese melts.

Makes about 6-8 servings

Cozy Minestrone

½ pound small rigatoni
¼ extra-virgin olive oil
½ dried sage
½ dried rosemary
1 teaspoon dried thyme
3 cloves garlic chopped
¾ pound loose sweet Italian (or turkey) sausage
2 medium carrots, roughly chopped
2 celery ribs, roughly chopped
1 onion, roughly chopped
2 quarts chicken stock
1 (28-ounce) can crushed plum tomatoes
1 bay leaf
2 (15-ounce) cans cannellini beans, drained and rinsed
½ bunch fresh parsley leaves, finely minced
Coarsely ground black pepper, to taste
1 cup freshly grated Parmigiano-Reggiano

Bring a pot of salted water to boil for the rigatoni.

Pour ¼ cup olive oil in a large saucepan. Add the sausage and cook, breaking up the sausage with the side of a big spoon until well browned. Add dried spices and combine.

Finely chop the carrots, celery, and onion. Add to the pan and cook for 3 to 4 minutes, until the vegetables are softened but not browned.

To the pan with add in the crushed tomatoes, bay leaf, cannelloni beans, and chicken stock. Bring to a simmer and cook for 15 minutes stirring occasionally.

Cook the rigatoni in the boiling water for 6 minutes; it should be slightly underdone. Drain and stir into the simmering soup. Add the parsley, and salt and coarsely ground black pepper, to taste. Discard the bay leaf.

Ladle into bowls and serve with parmesan cheese.

Makes about 6-8 servings

Beans, Beans the musical fruit... Beans are rich in antioxidants, folate and fiber. A half-cup of most beans satisfies about a quarter of the recommended dietary allowance for folate (400 micrograms). A few suggestions: Add drained and rinsed canned beans to salads and soups. Or throw cooked lentils into pasta sauces. Puree to thicken soups.

Go Nuts! Nuts are like nutrition pellets: They're rich in protein, low in artery-clogging saturated fat, and high in the phytonutrients that may protect you from cancer. Walnuts, in particular, have more antioxidants and omega-3 fatty acids than any other nut—plus fiber and magnesium, which regulate insulin and glucose levels and help prevent diabetes.