



Passion Fruit



Dragon Fruit



Cheirimoia



Rambutan

Apples, oranges, grapes, and bananas all seem boring after seeing some of these fruits. We thought we'd share some knowledge of fruits you may have seen on a grocery store shelf and thought, "what in the world is that?" or "I wonder what that tastes like?"

**Passion Fruit** | this fruit is very tart and has a strong perfume smell. Most aren't eaten alone but added to recipes such as drinks, Passion Fruit Sangria, or a dessert like a Passion Fruit tart. The seeds are edible, so you can scoop out the insides or if a recipe calls for no seeds, you can push the seeds against a sieve to separate the seeds from the meat of the fruit.

**Dragon Fruit** | also known as pitahaya or strawberry pear, is a tropical fruit known for its vibrant red skin and sweet, seed-speckled pulp. Its unique look and acclaimed superfood powers have made it popular among foodies and the health-conscious. To prepare, slice the fruit in half and either scoop out the insides to enjoy or cut away the skin, slice and enjoy in a fruit salad.

**Cheirimoia** | - A green, cone-shaped fruit with scaly skin and creamy, sweet flesh. Thought to have originated in the Andes Mountains of South America, it's grown in tropical areas with high altitudes. Due to its creamy texture, cherimoya is also known as custard apple. Flavor is a blend of banana, pineapple, papaya and strawberry. Add this fruit to a smoothie. Choose a heavier cherimoya whose flesh gives slightly under light pressure, much like an avocado. The flesh of the cherimoya is soft enough that once sliced in half — it's easy to just dig in with a spoon. When prepping, make sure that you gently remove the skin and seeds by hand. **The seeds are poisonous, so take care to not crush them!**

**Rambutan** | A bizarre, hairy exterior that conceals a smooth, sweet white fruit within. You can easily peel open a Rambutan by splitting the skin apart with your nails and spreading it back, just like peeling an orange. Don't worry about the spines; they look sharp but are actually quite soft and bend back easily. Many people describe the flavor of rambutans as similar to that of the lychee fruit, but slightly more tart. They're usually eaten plain as a snack, though they

are also delicious muddled into cocktails or paired with other fruits.



**Persimmon**



**Starfruit**



**Guava**



**Kumquat**



**Black Sapote**

**Persimmon** -Although it may look like a tomato, the flavor of a persimmon couldn't be more different. It's sweet and firm flesh is sure to please everyone. Simply slice it up and enjoy, or let the fruit ripen until it's soft and develops a deeper sweetness, almost reminiscent of dates.

**Starfruit** -Worth eating just because it looks exactly like a star when sliced, starfruit is also happens to be tasty. With flavors reminiscent of citrus fruit and plums, you can pop the whole thing into your mouth: seeds, skin and all.

**Guava** - Meet the replacement for the apple: guava. Mildly sweet and incredibly refreshing, it can be easily sliced up and enjoyed on its own or added to salads and other dishes raw. Bring a touch of the exotic into your life and bring a guava to class or work as a snack; your new friends will be so, like, totally impressed.

**Kumquat**- They're bite-sized citrus wonders that are more tart than their bigger relatives and have a secret: their peel is edible. It kind of tastes like you're eating orange peel, but sweeter and more tender. Either way it's still exciting to just pop a whole kumquat in your mouth and not have to concern yourself with pesky peeling

**Black Sapote** (pronounced Sa po te) -Chocolate lovers prepare to deceive your taste buds. The Black Sapote, also known as the Chocolate Pudding Fruit (yes, you read that correctly), is a fruit indigenous to Latin America that is proclaimed to have the same consistency and taste as the lunchbox staple: chocolate pudding.

## Bartending Terms

For those used to spending time on a barstool, not behind the bar.

**Straight up or Neat** | pour alcohol directly into a glass (no ice.)

**Rough measurement using fingers** | 2 fingers is the rough equivalent of 1.25 – 1.50 oz

**Simple syrup** | 1 part water to 1 part sugar Bring to a boil on med high heat. Stir until sugar is dissolved. Store in refrigerator in an airtight container for up to a month.

**Lemon Simple Syrup** | 1 ½ c of lemon juice, 1 Cup water, 1 ½ cups of sugar. Bring to a boil and stir, store covered in refrigerator for 1 month

### Names for fizzy water:

Tonic is perhaps the most specific sort of fizzy water. The ingredient making it the only fizzy water for a gin and tonic is Quinine. Water laced with ground Cinchona tree bark — and quinine — was once thought to protect British troops in India from malaria. It was incredibly bitter, though, and they added some soda water and ultimately Gin to create the drink that's much more than medicinal today.

While carbonated water can refer to any fizzy water:

**Mineral water** is more specifically water that contains at least 250 parts per million of natural, dissolved minerals. It's generally not used as a mixer in drinks.

**Seltzer** is plain water carbonated.

**Club soda** is halfway between seltzer and mineral water. While club soda generally contains minerals, they're added

artificially. That makes it cheaper than mineral water, and it has less of a heavy mineral taste. If you're looking for a fizzy water to use as a mixer with something other than gin, that's either club soda or seltzer.

**Shaken. Not Stirred** | When you shake a drink, you're aerating it at the same time you're cooling it (and it takes about 15 seconds for the ice and your drink to come to the same temperature). If you're wondering what aerating actually does, it's changing the texture of your drink to make it slightly fizzy and filled with ice shards small enough to sneak through the straining process — making it cooler and more diluted faster.

**Stirring** your drink is going to cool it slower, and it's also going to get less diluted.

**Bitters** | A herbal alcoholic blend which is meant to be added to other cocktails to enhance flavor (e.g a Manhattan is Rye, Sweet Vermouth and a couple dashes of Bitters. Angostura Bitters is one of the most popular brands and was first invented by a German physician for stomach maladies in 1824.

**Muddle** | To crush up ingredients with a special tool called a muddler. This is done for drinks such as the **Mojito** where the muddling process extracts essential oils and flavors (from the mint leaves in case of the Mojito).

**Shake and Strain** | Put ice and ingredients into a shaker tin, shake and strain out the ice into a glass. Used for Shooters & Martinis

## Racquet Sports At Home

For those who love racquet sports, it's tough not being able to play pickleball or tennis for such a long stretch. A comment card was sent in from Janet M. saying that she has been playing pickleball using the walls in her garage—and you can, too! First, take your cars out of the garage and park them in the driveway. Next, measure the distance from the wall to what would be the net and the “kitchen” on the floor. Then, hit the ball against the wall and get ready to hit it again when it rebounds back to you. Janet says that it's great exercise—and that you can even practice while enjoying a drink. No one will shame you if you spill a little.



## Spices & Herbs

### What is the difference and how do I use them?

With all of the free time Karen has had recently, she has been cooking more than usual and experimenting. Looking through the bottles and cans of spices, many had been relegated to the back corner of the cabinet. Some had been moved from house to house during moves and many were over 15 years old.

The question arises, “how long does a spice / herb last?” “What is this used for?” and “Why did this get purchased in the first place?” It obviously has not been used more than once and none of these items are “cheap”! So, with all the time on her hands, she did some research.

**Freshness:** As a general rule;

Whole spices remain fresh for 4 years

Ground spices for about 2 to 3 years

Dried herbs for 1 to 3 years.

### What's the Difference:

**Herbs** are the leaves of the plant, such as rosemary, sage, thyme, oregano, or cilantro.

**Spices** come from the non-leafy parts of plants, including roots, bark, berries, flowers, seeds and so on. ... Cilantro leaves are an herb while the seeds, coriander, are a spice.

## Dried Herbs & Spices

### When to use:

Dried herbs are best when used with oil (or butter, fat) or water - this way they can infuse the oil or cooking liquid. Make sure to crush the herbs with your fingers or saute them a bit to perk them up.

Dried herbs have a concentrated flavor that can tend toward bitterness, so use less of it than you would fresh. General rule : use 1 1/2 times the amount of fresh herbs as you would dry herbs.

Most dried herbs lose a significant amount of punch when dried - especially basil, oregano and sage.

**Reference Guide:**

Achiote (Annatto) – Reddish-brown paste or powder ground from annatto seeds with an earthy flavor. Used primarily in Latin American dishes like mole sauce, cochinita pibil, and tamales.

Allspice – Similar to cloves, but more pungent and deeply flavored. Best used in spice mixes.

Bay Leaf – Adds a woody background note to soups and sauces.

Caraway Seed – These anise-tasting seeds are essential for soda bread, sauerkraut, and potato salad.

Cardamom – aromatic spice is widely used in Indian cuisine. It's also great in baked goods when used in combination with spices like clove and cinnamon.

Cayenne Pepper – Made from dried and ground red chili peppers. Adds a sweet heat to soups, braises, and spice mixes.

Cinnamon – Found in almost every world cuisine, cinnamon serves double duty as spice in both sweet and savory dishes.

Cloves – Sweet and warming spice. Used most often in baking, but also good with braised meat.

Coriander Seed – Earthy, lemony flavor. Used in a lot of Mexican and Indian dishes.

Cumin – Smoky and earthy. Used in a lot of Southwestern U.S. and Mexican cuisine, as well as North African, Middle Eastern, and Indian.

Fennel Seed – Lightly sweet and licorice flavored.

Fenugreek – Although this herb smells like maple syrup while cooking, it has a rather bitter, burnt sugar flavor. Found in a lot of Indian and Middle Eastern dishes.

Garlic Powder – Garlic powder is made from dehydrated garlic cloves and can be used to give dishes a sweeter, softer garlic flavor.

Ginger – Ground ginger is made from dehydrated fresh ginger and has a spicy, zesty bite.

Mace – From the same plant as nutmeg, but tastes more subtle and delicate. Great in savory dishes, especially stews and homemade sausages.

Nutmeg – Sweet and pungent. Great in baked goods, but also adds a warm note to savory dishes. My favorite on Spaghetti squash

Nutritional Yeast – Very different from bread yeast, this can be sprinkled onto or into sauces, pastas, and other dishes to add a nutty, cheesy, savory flavor.

Oregano – Robust, somewhat lemony flavor. Used in a lot of Mexican and Mediterranean dishes.

Paprika – Adds a sweet note and a red color. Used in stews and spice blends. There is also a spicy version labeled hot paprika.

Peppercorns – Peppercorns come in a variety of colors (black, white, pink, and green being the most popular). These are pungent and pack a mild heat.

Rosemary – Strong and piney. Great with eggs, beans, and potatoes, as well as grilled meats. I love it in freshly baked bread.

Saffron – Saffron has a subtle but distinct floral flavor and aroma, and it also gives foods a bright yellow color. One of the main spices in Paella.

Sage – Pine-like flavor, with more lemony and eucalyptus notes than rosemary. Found in a lot of northern Italian cooking. Good with Chicken, and Turkey

Smoked Paprika – Adds sweet smokiness to dishes, as well as a red color.

Star Anise – Whole star anise can be used to add a sweet licorice flavor to sauces and soups.

Sumac – Zingy and lemony, sumac is a Middle Eastern spice that's great in marinades and spice rubs.

Turmeric – Sometimes used more for its yellow color than its flavor, turmeric has a mild woody flavor. Can be used in place of saffron in a pinch or for those of us on a budget.

Thyme – Adds a pungent, woody flavor. Great as an all-purpose seasoning.

## **Fresh Herbs**

Basil (also: Thai Basil) – Highly aromatic with a robust licorice flavor. Excellent in pestos, as a finishing touch on pasta dishes, or stuffed into sandwiches.

Chervil – Delicate anise flavor. Great raw in salads or as a finishing garnish.

Chives – Delicate onion flavor, great as a garnish.

Cilantro – From the coriander plant, cilantro leaves and stems have a pungent, herbaceous flavor. Used in Caribbean, Latin American, and Asian cooking.

Curry Leaves – These pungent leaves are not related to curry powder but impart a similar flavor. Used to flavor curries, soups, stews, and chutneys.

Dill – Light and feathery herb with a pungent herb flavor. Use it for pickling, with fish, and over potatoes.

Fenugreek – Although this herb smells like maple syrup while cooking, it has a rather bitter, burnt sugar flavor. Found in a lot of Indian and Middle Eastern dishes.

Lemon Thyme (also: Thyme) – Sweet lemon aroma and a fresh lemony-herbal flavor. This is excellent with poultry and in vinaigrettes.

Marjoram – Floral and woody. Try it in sauces, vinaigrettes, and marinades.

Mint – Surprisingly versatile for such an intensely flavored herb. Try it paired with lamb, peas, potatoes, and of course, with chocolate!

Oregano – Robust, somewhat lemony flavor. Used in a lot of Mexican and Mediterranean dishes.

Parsley – Available in flat-leaf (Italian) or curly varieties, this very popular herb is light and grassy in flavor.

Pink Pepper – Small and sweet, these berries are intense when marinated with olives

Rosemary – Strong and piney. Great with eggs, beans, and potatoes, as well as grilled meats.

Sage – Pine-like flavor, with more lemony and eucalyptus notes than rosemary. Found in a lot of northern Italian cooking.

Summer Savory – Peppery green flavor similar to thyme. Mostly used in roasted meat dishes and stuffing

Tarragon – Strong anise flavor. Can be eaten raw in salads or used to flavor tomato dishes, chicken, seafood, or eggs.

Thai Basil (also: Basil) – A spicy, edgier cousin to sweet Italian basil. A must-have for Thai stir-fries, Vietnamese pho, spring rolls, and other South Asian dishes.

Thyme (also: Lemon Thyme) – Adds a pungent, woody flavor. Great as an all-purpose seasoning.