



Stress Free Cooking

Put on your bunny slippers and cook



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FEBRUARY/MARCH 2008

Stress Free Cooking TV



Just a few of our first season's episodes!

"Enlightened Comfort Foods"

"Make Your Holidays Sparkle"

"Cooking with Color"

"Chicken - The Little Black Dress"

"Skillet Sensations"

Greetings from Barbara Seelig Brown

Dear Friends,
With the holidays behind us and the New Year underway, it seems like the perfect time to catch up on all that has been happening. As a writer and culinary educator, communication is of the utmost importance to me. Therefore, I felt it a good idea to create a newsletter so that I can fill you in on the latest with Stress Free Cooking.



Taste This Productions and Stress Free Cooking have been hard at work producing and editing the first 13 episodes of our new Cable TV cooking show, **Stress Free Cooking**. The show's distributor, Jason Gordon,

CEO of 3Alliance Distribution, tells me we are nearing the completion of contracts with specific stations. More to come within the next few weeks on this.



Pictured above you see our production crew and two of our featured guests. Lou DiPaolo (far left) brought a fantastic array of Italian cheeses, olive oils and salumi from his store in Little Italy, New York City. We paired these foods with several of my favorite Italian wines as Lou let us in on his many discoveries in Italy. Andrea Tiberi (far right), also from Italy, demonstrated an ancient but "stress free" technique for making pasta.

Osso Bucco

Osso Buco is a classic Northern Italian dish made with Veal Shank and served with Risotto Milanese but you can also use Turkey Thighs, Lamb Shanks or Pork Shanks if you cannot find the veal. I like to serve it with Asiago Mashed Potatoes which can be made ahead as opposed to Risotto which must be made a la minute.



Serves 4

- Extra Virgin olive oil
- 4 (1 - 1 1/2 inch) thick slices of Veal Shank
- 1/2 cup Wondra flour
- 1/2 teaspoon Fine Sea Salt
- 1 cup sliced carrots
- 1 cup sliced celery
- 1/2 cup chopped onion
- 4 cloves garlic
- 1 cup dry white wine or vermouth
- 1 cup Chicken or Veal Stock
- 15 oz. Can diced tomatoes
- 1/2 cup finely minced Italian parsley
- 1/2 cup chopped fresh basil
- 2 Tablespoons chopped fresh marjoram or oregano
- Freshly ground black pepper

Gremolata

- 1 lemon
- Fresh Italian parsley
- 2 cloves minced garlic

Place flour in large bowl or pie plate. Season with salt. Place just enough olive oil in pan to lightly coat bottom. Heat oil. While oil is heating, dredge veal in flour. Brown veal on both sides, approximately 5 minutes each side.

Remove veal from pan. Add carrots, celery, garlic, and onion. Sauté 5 minutes and add basil and marjoram. Add wine, then stock and tomatoes. Bring to boil. Lower heat and add veal. Cover and simmer on top of stove or in a low oven (300 degrees) for 60-90 minutes.

Gremolata: Grate zest of 1 lemon, mince 2 cloves garlic, and 2 Tablespoons parsley. Mix together and reserve for garnish known as Gremolata.

Serve over polenta, small pasta, risotto or mashed potatoes with plenty of the sauce and a sprinkling of Gremolata.

Recommended Wine: Your favorite Italian Barolo.

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Smart Eating, Holiday Entertaining, Smart Snacking and more



Andrea is here in the United States to promote authentic Italian cuisine through his Eatalian Style Corporation (www.eatalian.net).



We will soon begin filming the next group of 13 episodes in my beautiful kitchen at our new home, La Casa Del Bosco. My husband and I decided to take advantage of an opportunity to purchase a lovely country home that we both fell in love with - it was truly unexpected! We are getting settled and loving every minute of country living. We might even be able to grow some grapes on the hill, as they do in our favorite place, Italy. The espresso machine is always on!



In the meantime, I've been traveling both domestically and abroad. Last Fall I had the privilege of visiting the Slow Food Cheese Festival in Bra, Italy. While there I tasted amazing wines and cheeses, many of which I

will be including in new recipes and show segments. My dream is to write a cookbook called Stress Free Italian, taking those authentic Italian recipes near and dear to all, and making them doable for today's lifestyle. The research for this book is the best; traveling to Italy, tasting and photographing food, and then bringing home whatever I can to my kitchen at La Casa Del Bosco.



In addition I have been hopscotching the US hosting media tours on Smart Eating, Holiday Entertaining, and Smart Snacking using products from Campbells, Starbucks, Grey Poupon, Athens, and the Flax Council of Canada.



I continue with my culinary writing and have just completed the manuscript for a new cookbook for the American Diabetes Association with the working title Sensational

Seafood, slated for a Fall 2008 release. Focusing on low sodium and low fat, I developed recipes that even non-fish lovers would love to prepare and eat. I also contributed many recipes to the recently released book The SuperFoods RX Weight Loss Cookbook. This spring I will be authoring a food column for the NJ Herald as I continue to write my Healthy Lifestyles column for Recorder Newspapers along with other freelance assignments. I am the happiest when I am cooking. I just have to admit that for me, it's an addiction, but one that I don't want to kick!



I look forward to another delicious and productive year and I wish the same for all of you along with Good Health, lots of love, and Buon Appetito.

Ciao,
Barbara

Many Thanks to our Stress Free Cooking Sponsors and Friends



For sponsorship information please contact Barbara at 973-300-4100 or barbara@stressfreecooking.com



Barbara's Wine Notes Wines from Gallo

Gallo is now being run by the second and third generations, most notably grandchildren Matt & Gina who are producing and marketing some fantastic wines.

Red Rock Winery California 2006 Reserve Merlot is a delightful surprise! In the past, Merlot has caused me to think it undependable but this wine is just what you want from Merlot, fruit forward with soft tannins providing great balance. At around \$12 per bottle, it can be your go to wine for everyday and everything. I would serve this wine with Roast Chicken and Roasted Potatoes with Garlic, anything on the grill, or a hearty soup. It would also be great with a light tomato sauced dish.

Another favorite of mine is their DaVinci Chianti line. Gallo Wines has partnered with Cantine Leonardo DaVinci in the town of Vinci, Italy to bring us some of the finest Chianti's money can buy. The winemaker, Alberto Antonini, who had been previously associated with Frescobaldi and Antinori is now spearheading the Chianti movement of the 3rd Millennium and is applying his knowledge of winemaking and his understanding of modern science to bring us "A New World Approach to an Old World Classic." They also make a Super Tuscan that blends 85% Sangiovese with Merlot and Syrah. The three Chianti's and Super Tuscan range from \$14-42, respectively.

Ask for them at your favorite wine store.