



COCHISE COUNTY
WOMEN'S MAGAZINE

Engage Your Inner Chef

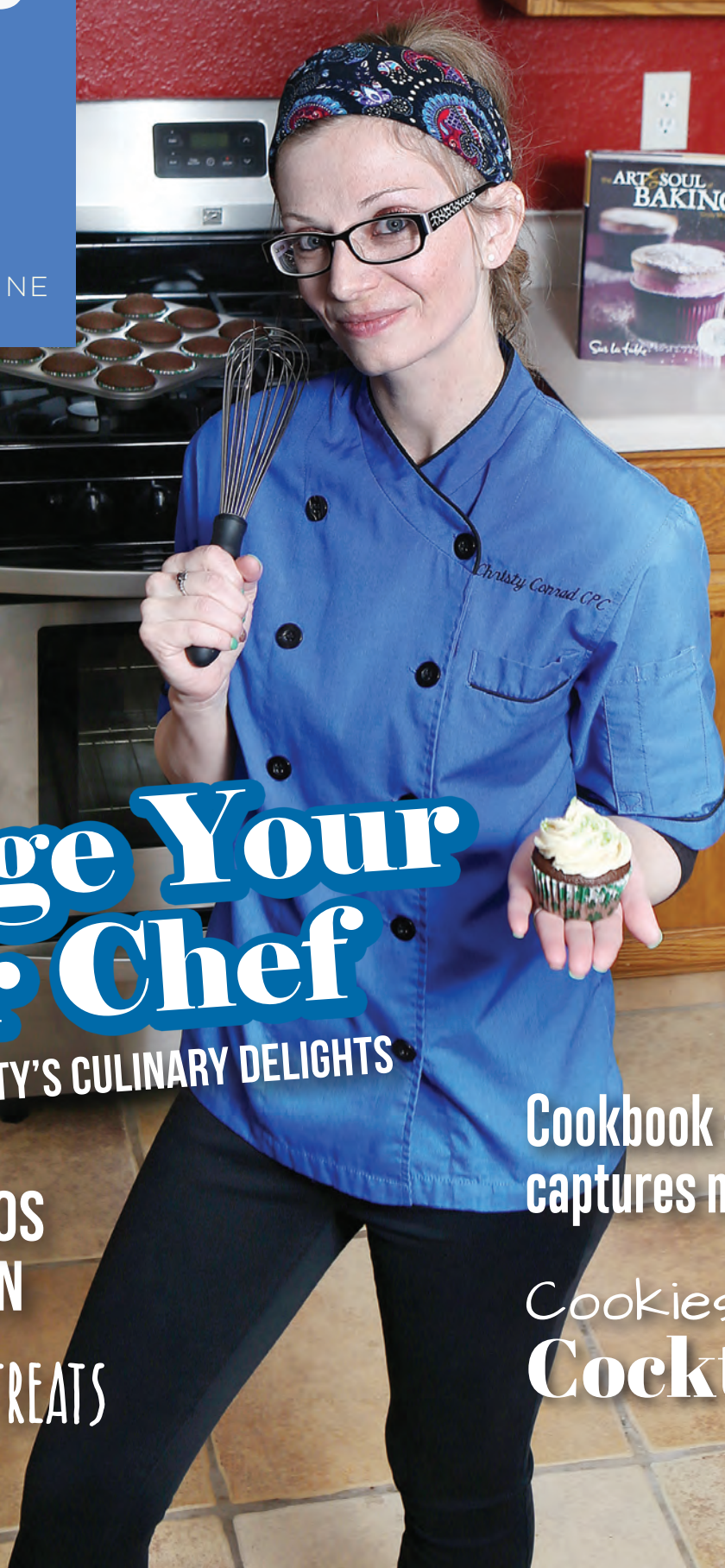
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AVOIDING CHAOS
IN THE KITCHEN

LOCAL SPECIALTY TREATS

Cookbook author
captures memories

Cookies &
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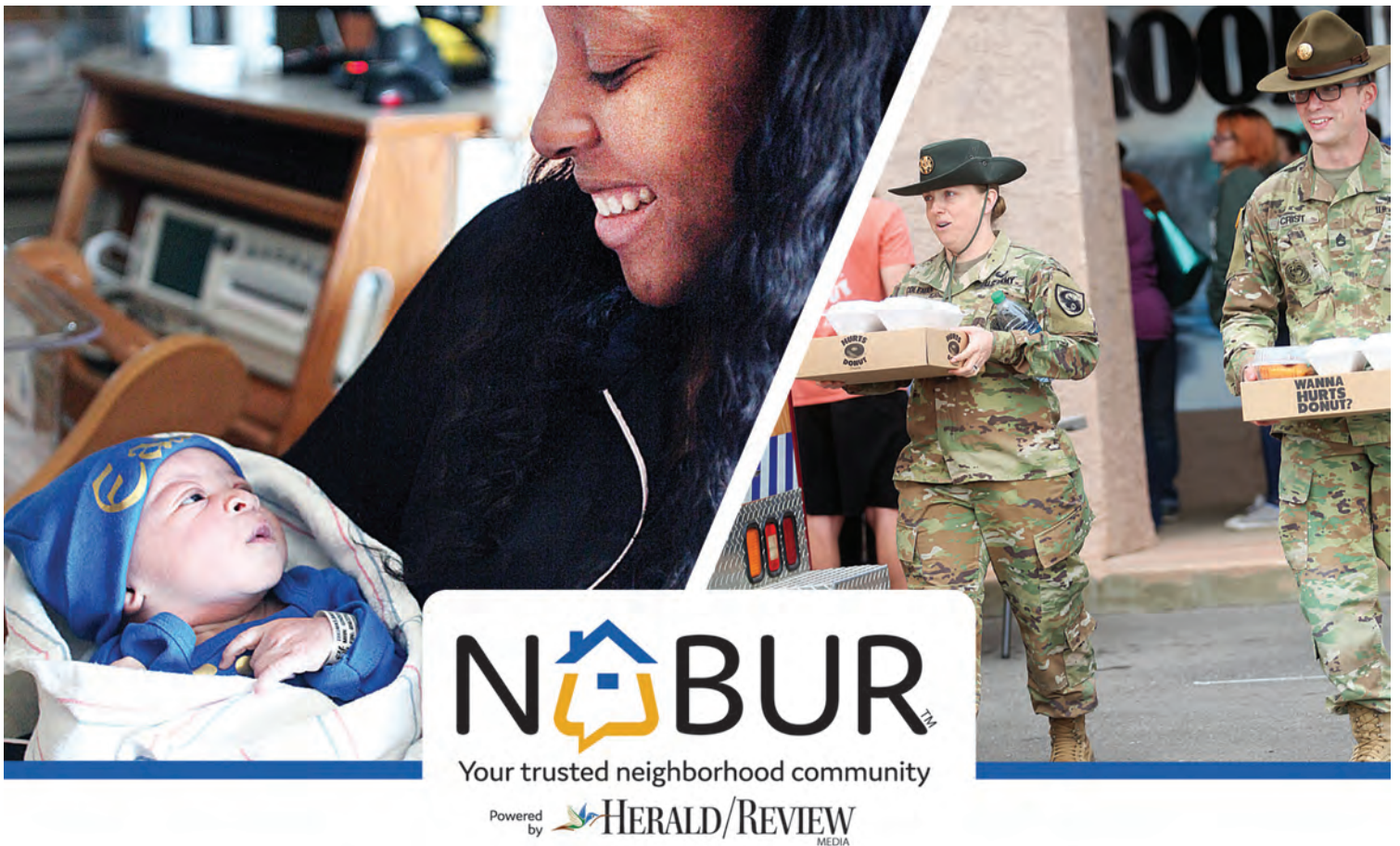
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Our March 2021 edition of W - Cochise County Women's Magazine will inspire your inner chef with features of local chefs, bakers and cocktail shakers (paired with cookies). Once you're ready to take on your own culinary challenge you may want to check out what classes are available through the Center for Lifelong Learning or dive into Cochise College's Culinary Arts program.



Jennifer Sorenson
Publisher

At the end of this column in each edition I ask readers to reach out with story ideas or feedback. Loren Turner did just that after he read the magazine from cover to cover. Turner called me to let me know that we had our own cookbook author, his wife, living in Bowie, AZ. Laurel Feiler-Turner has written seven cookbooks with an eighth coming out soon. All available on Amazon.com and we'll be giving

away a few of her cookbooks on our newly created W Magazine Facebook page later this month. Turner's phone call to me in the end inspired this entire edition of the magazine. Internally coined "The Food Edition" was originally meant to have more recipes in it, but there were so many women in the local culinary world we just had to share their stories with you.

Are you not one who spends much time in the kitchen or always looking for an easier way to make delicious food? We have you covered with Barbara Conti's article on the best cookware and kitchen gadgets, plus she shares her 25 cooking tips and tricks to make life easier. Chelsea Schlarbaum tells us how to avoid kitchen chaos with tips for those who don't cook.

Schlarbaum, who is a vegetarian, has a feature on eating vegetarian or vegan on a budget. She also provides local supermarket alternatives that not only keeps you eating healthy, shopping local, but even saving some green.

When I brought the idea of doing a "Food

Edition" to the team, without a beat W Magazine regular Alycia McCloud asked if she could write a love letter to her KitchenAid. Of course I had to say yes, as I feel the same way about mine, but after we completed the cover photoshoot I may need to upgrade to what local baker and covergirl Christy Conrad has, it's beautiful and can make homemade pasta.

If you're looking for a fun girls night in with your besties make sure you check out Schlarbaum and McCloud's cookies and cocktails recipes.

Don't forget to follow the new W - Cochise County Women's Magazine on Facebook for a chance to win one of five Laurel Feiler-Turner's cookbooks we'll be giving away.

As always, we appreciate you taking the time to read W — Cochise County Women's Magazine, and we encourage you to shop local at the businesses who support us. If you are interested in being one of our models, have story suggestions or want to provide your feedback please email me at publisher@myheraldreview.com. ○



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Najayyah Many Horses

BY DANA COLE

Celebrity cook Rachael Ray better look out.

Najayyah Many Horses is giving Ray some serious competition with her own cooking show where she creates savory menu selections that are getting rave reviews.

Working out of the kitchen and fellowship hall of Calvary Baptist Church in Benson, Many Horses is giving free cooking classes by demonstrating creative ways to use food items distributed through the Community Food Pantry of Benson. At the end of the demonstration, the class gathers around a table and enjoys samplings of the dishes she has prepared.

“For as long as I can remember, I’ve enjoyed sharing food with others,” said Many Horses. “It’s something I started at a very young age, back when I would make peanut butter and jelly sandwiches and hand them out to other kids who were hungry.”

As a 10-year-old, Many Horses started cooking Sunday dinners for her family.

“I wanted to surprise my mom, so one Sunday I raced home from church and cooked dinner for the whole family. It ended up being a hit. After that, my Sunday dinners became a family tradition.”

Today, Many Horses is president of the Community Food Pantry of Benson, a facility located on the Calvary Church campus at 2300 W. Calvary Lane. Every Wednesday, she and a team of volunteers work together as they package and distribute food boxes to hundreds of families.

There are times when the pantry distributes between seven and eight hundred boxes every week, Many Horses said. Cars line up early for the distribution that starts at 9 a.m. and continues through 11:30 that morning.

With assembly-line efficiency, volunteers load the vehicles with that week’s food supply. The amount is based on the number of people in a household.

“Because of the economic hardships caused by COVID, we are seeing more folks who need food assistance,” Many Horses said. “Knowing that our work is reaching so many people is extremely rewarding to me and all the pantry volunteers.”

Wanting to help food box recipients come up with creative ways to use the food items, Many Horses recently added the monthly cooking classes to the pantry’s services. Every class features a different menu created with food from the weekly distributions. By tapping into flavorful spice and sauce combinations, Many Horses demonstrates creative, healthy ways to prepare fresh produce, meats, packaged foods and other products the pantry provides.

“My intent is to encourage people to experiment with a variety of flavors and food combinations to make meals more exciting,” Many Horses said. “I also want them to be creative by combining foods they may already have at home.”

The classes are held the third Friday of every month, have limited seating because of COVID, and require participants to preregister. While the cooking classes represent a brand new addition to the food pantry’s offerings, they are already popular and fill quickly.

“It amazes me that Najayyah can look at the pantry’s cupboards and pull out what she needs for a full meal by using what’s at hand,” said Pat Sepulveda-Myer, a food pantry board member and volunteer. “She creates delicious meals that inspire all of us.”

Many Horses, who describes her passion for cooking and food sharing



as “an expression of love,” says gathering around the table is a time for friends, family and fellowship.

“It’s a time for laughter during good times and a time for comfort and reflection through the worst times,” she said. “Volunteering at the pantry and working with the other volunteers is very rewarding for all of us. The people who come through the distribution are so grateful for the services the pantry offers.” ○

WHO: Community Food Pantry of Benson

WHAT: Cooking classes by Najayyah Many Horses

WHEN: Third Friday of every month from 4 to 6 p.m.

WHERE: Calvary Baptist Church, 2300 W. Calvary Lane, Benson

MORE INFO: Because of COVID concerns, class sizes are limited to 10 participants. Pre-registration is required. To register, call 520-200-5186, or email cfpofbaz@gmail.com.

Thuy Dang

BY SHAR PORIER

Thuy's Noodle Shop opened its doors in a tiny spot on Naco. Rd. in 2013 with barely enough room to seat all who wanted to try Bisbee's only Vietnamese restaurant.

Now, nine years later, Thuy Dang and her husband Tom Holtz moved their eatery up the canyon across from the county courthouse and opened their door for the first time last year in March just as the COVID-19 pandemic and stay at home orders hit the state.

"At first I was worried," said Dang. "But, we still had people coming for takeout, like the old place."

Unlike the old place, Dang now has a full kitchen where she cooks up some of her very popular, made from scratch soups, special dinners and, of course, fresh and fried rolls all made with authentic Vietnamese herbs and spices. They also have heat and air conditioning.

"It would be too hot in the summer," she said. "I would feel sorry for my customers."

And then there was the electrical problems and frequent flipping of breakers.

Their new home laid vacant for some 10 years. It was once a home and a bakery. One walk around town Dang saw it with a for sale sign and set her mind to buying it even though it took an extreme amount of work to bring the house up to her standards.

The place was filled with trash and the trees out front were overgrown almost hiding the house. But, with some TLC and a lot of elbow grease, paint and new appliances, they finally were ready to open.

Thanks to those new appliance which include a charbroiler, she now offers some grilled pork dishes.

"There wasn't room for so many things at the old locations," said Holtz.

On this morning, they were furiously chopping vegetables getting ready for the day. Soups simmered away on the stove.

Pho (soup), pronounced fa-ah, is one of her specialties and gives her the taste of home she missed. It is a rice noodle

soup that is a daylong process she makes from scratch, Holtz explained. She gets to the restaurant early to make the noodles and brew the broth made with pork, beef or chicken. The process takes hours and hours -- there is a lot of skill and knowledge involved. Each day there's a different soup, so there's always something simmering on the stove. She also makes a veggie version for those customers who prefer to forego meat. The focus is to provide customers with the highest quality Pho possible.

Dang offers four varieties of her fresh and fried rolls made with edible, see-through rice paper as a wrapping. One has pork, shrimp, cucumber, green leaf lettuce, cilantro and mint. She serves it with a hoisin peanut sauce. There is also a veggie fried roll with tofu, mushrooms and vegetables rolled in egg paper and served with a sweet chili sauce.

Since Bisbee is also known for its coffee junkies, she also offers up a unique Vietnamese iced coffee, strong, with a full, robust flavor made sweet by evaporated milk.

They met around 14 years ago in, of all places, a café in Saigon when he was in a teaching program. They hit it off, though he returned to the states without her.

He returned to his Prescott home and applied all around the state for county work. The county's legal defender office had an opening and he was given the job. He fell in love with the old mining town and people in it. But, something was not quite right.

"I loved Bisbee and the Mule Mountains,



WHO: Thuy's Noodle Shop

WHAT: Authentic Vietnamese food

WHERE: 207 Tombstone Canyon

INFO: (520)-432-9169
On Facebook:
ThuysNoodleShop

HOURS: Tuesday through Saturday 11 a.m. to 7 p.m.
Take out or dine on the patio.

but I really missed Thuy," he admitted. "She was the woman I wanted to marry."

She made it to Bisbee in 2011 and they held the ceremony shortly after her arrival. Even though she loved her new home, she missed the foods of Saigon, so she opened the first tiny shop.

"I loved her and now everybody else does, too," he said.

She, too, has come to love her new home and the people in it.

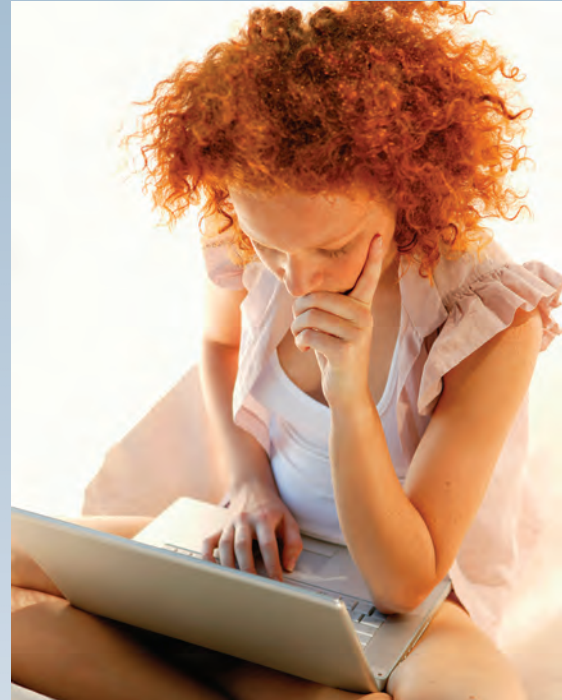
"They make me feel like family. And I was worried that no one would understand me. I know a little English, but sometimes I don't know the right words. Everyone is helping me learn," laughed Thuy. "Sometimes I forget the right words and start talking to the employees in Vietnamese. I think we are teaching each other our languages."

Her resolute determination to provide the best food possible, has her working 14-hour days, but you'd never know it. She shows no signs of the stress of long hours.

This petite woman from Vietnam fits in like an old friend and the joy she brings with her love of cooking makes Thuy's Noodle Shop one of the most pleasant dining experiences in Bisbee. ○



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Christy Conrad

BY LYDA LONGA

Helping her grandparents make pies, cookies and loaves of bread in the kitchen of her Pennsylvania home, instilled a love of baking in Christy Conrad.

Conrad never dreamed however that her passion would someday become her profession.

But when a colleague at a physical therapy office she once worked at in Sierra Vista suggested she should go to school to become a professional baker, Conrad didn't think twice.

"I thought I wanted to become a physical therapist, but when I started out, I saw that it wasn't for me," Conrad said. "I used to bake goods for the crew and they knew I wasn't happy. They said I should go to school for this [baking]."

Conrad took the advice and moved to Pittsburgh where she attended the International Culinary School at the Art Institute of Pittsburgh, in downtown Pittsburgh.

When she graduated from the culinary school in 2017, she worked there for a while, but then moved back to Arizona and met her boyfriend. The couple lived in Page for a short time and Conrad started baking for some of her neighbors.

When the couple moved to Sierra Vista for Conrad's boyfriend's job as a physical therapist - that's when Conrad's profession took off.

In 2017, Conrad became one of the pastry chefs at Broxton's Coffee on East Fry Boulevard, and she's been there ever since.

Conrad said she got the job after she and her boyfriend met former owner George Broxton at the gym next to Broxton's new coffee place.

"I told him I was looking for a job, but he had no openings at the time," Conrad said. "Then an opening came up and he gave me a call."

Conrad became one of three bakers at Broxton's. When Broxton decided to sell the coffee shop last year, former coffee shop patrons and friends Daniel and Julia Pitts, purchased the business and kept Conrad on as their pastry chef.

"I'm the last of the originals under George Broxton," Conrad said with a laugh.

Lately, Conrad has been the one-woman show at Broxton's. She is the baker, the barista and the general manager of the popular business.

She said the new owners are reconfiguring Broxton's and want to focus mostly on baked goods,



as well as the coffee, Conrad said. Lunch items will likely be offered too.

In a video taken shortly after he and his wife purchased Broxton's, Daniel Pitts lauded Conrad's talent.

"I have a very, very good baker...she knows what she's doing," Daniel Pitts said of Conrad. "I let her do her thing. Whenever I say, 'Hey can you do this?' She says, sure, I'll figure it out.' I just let her roll."

Daniel Pitts explained that all the baked products are made fresh by Conrad, nothing store-bought or pre-packaged.

"Everything we have is baked in-house," he said.

For Conrad, the day begins at about 5:30 a.m. She opens the business at 6 a.m. and because there's not a huge rush of customers at that hour, she begins her baking.

Brownies, cheesecake, cinnamon rolls, cookies and raspberry and blueberry muffins, are among the offerings. She also makes gluten-free baked goods.

The 34-year-old says her favorite sweet treat to bake are specialty cakes and cupcakes, which she hopes to bring to the coffee shop soon.

Another passion for Conrad is the artistic side of baking.

"I love creating sugar flowers, sugar centerpieces and chocolate centerpieces," Conrad said.

While she was trained professionally at a culinary institute, Conrad mentioned her childhood in DuBois, Pennsylvania where she said her grandmother and grandfather did the baking at home. Her voice turned somewhat emotional when she described her grandmother baking in the kitchen.

"I started baking with my grandmother," Conrad said. "She was the neighborhood grandmother."

When asked to explain what that meant, Conrad said her grandmother baked goods for people in their neighborhood. Just like Conrad. ○



GUINNESS CUPCAKES WITH BAILEYS IRISH CREAM FROSTING

Yields: 12 standard cupcakes

Ingredients:

- 1/3 cup Dark Cocoa Powder
- 1 cup granulated white sugar
- 1 cup All Purpose Flour
- 1/2 tsp Baking Soda
- 1/4 tsp Salt
- 6 oz Guinness Stout Beer (room temp)
- 1/4 cup unsalted butter (melted)
- 1/2 tsp pure vanilla extract
- 1 large Egg (room temp)
- 1/4 cup Sour cream (room temp)

Directions:

Preheat oven to 350 degrees F.

- In a large mixing bowl combine the cocoa powder, sugar, flour, baking soda, and salt. Whisk well.

- In another large mixing bowl combine the Guinness, melted butter, and vanilla. Add in the eggs, and sour cream and whisk until fully combined and smooth.

- Gradually add the dry ingredients to the wet. Combine until smooth.

- Line a standard muffin pan with cupcake liners and fill each one 3/4 full with cupcake batter.

- Bake cupcakes for 20-25 minutes or until tops spring back when touched. Cool completely before frosting.

Bailey's Irish cream frosting

Ingredients:

- 1/2 cup unsalted butter (room temp)
- 4 cups sifted confectioners sugar
- 4 tbsp Bailey's original Irish cream liquor.

Directions:

In a stand mixer or with a handheld mixer, combine all ingredients until smooth and creamy.

Frost and decorate cupcakes as desired.



Local specialty treats



**Mario's Bakery
co-owner Jeannie
Andrada**

Mario's Bakery Cafe

BY DANA COLE

Jeannie Andrada started working in restaurants at a young age, and quickly fell in love with everything about the restaurant business.

"I love when we're really busy, right in the middle of a rush when the restaurant is full of people and the servers are yelling orders," said Andrada who co-owns Mario's Bakery Cafe & Pizzeria in Tombstone with her partner Daniel Scardaccione. "There's nothing more rewarding than making our customers happy and hearing them tell us how much they like the food. That makes our work and the long hours worth it."

Andrada, who grew up on Long Island and started working in restaurants as a teenager, moved to Tombstone with Scardaccione and opened Mario's in August 2018.

The restaurant has been busy from the time it opened its doors. Located at 513 E. Allen Street, Mario's features Scardaccione's amazing baked creations, while Andrada handles the menu's savory side.

When it comes to sandwich selections, some customer favorites include meatball or chicken parmesan submarines, or the Formaggiottimo, described on the menu as a super grilled cheese loaded with five cheeses. The basilare, a bacon lettuce and tomato option, is another customer favorite.

"We have a variety of popular pizza choices, and amazing salads on our menu," noted Andrada, who makes the pizza dough herself. "I come in daily before we open to get the dough ready. Everything we make is fresh."

Daniel is an excellent baker and the scent of his baked items fill the area and draw people into our restaurant."

Even while businesses were experiencing widespread COVID shutdowns, Mario's stayed open by accommodating curbside and pickup service.

"At that time, we were one of the few restaurants in Tombstone that was able to stay open," said Andrada who attributes much of Mario's success to community support. "Our menu really doesn't compete with anyone else's in town, and we work well with all the other restaurants. We feel blessed to have such wonderful support from the community."

Mario's has both indoor and outdoor seating, which allows the establishment to accommodate CDC distancing guidelines, Andrade said.

Both Andrade and Scardaccione are from New York, and came to Tombstone at the urging of Scardaccione's mother, who has been a Tombstone resident for a little over 30 years.

"She talked us into coming here, and I fell in love with this place the moment I arrived," Andrada said.

"We love our little bakery and restaurant. It's a lot of work, but very rewarding."

From Andrada's savory lunch and dinner contributions to Scardaccione's decadent baked items, Mario's has something for every taste.

"If you've never been to our restaurant, the next time you're in Tombstone, stop in and give us a try," Andrada said. "We hope you love it as much as we love serving you. This whole journey has been sprinkled with blessings." ○



WHAT: Mario's Bakery Cafe & Pizzeria

MENU:
mariosbakerycafe.com

HOURS: 11 a.m. to 10 p.m. Wednesday through Saturday; Sunday and Monday 11 a.m. to 6 p.m.; closed on Tuesday.

WHERE: 513 E. Allen Street, Tombstone

CONTACT: For information about Mario's, call 520-266-9101.





Patisserie Jacqui

BY SHAR PORIER

Two years ago, a little shop offering sweets and treats opened on Main St. not knowing what would happen.

For Jackie Oatman it was a chance she was willing to take. So, she opened Patisserie Jacqui and has been happily providing Bisbeeites and visitors a menu filled with all sorts of goodies for takeout.

Oatman got into cooking and baking at an early age. She wanted to provide friends with something to take the edge off of alcohol at college parties and took her first steps on what would be a long journey into a culinary career which took her from Minnesota to Arizona.

Mentored by the people she worked with in restaurants and clubs, she decided to go to Culinary Arts School and specialize in pastries, following the advice of a top chef at a Minneapolis bistro.

While in school she worked at a bakery and soon made friends with Mary Jo DePaul, the baker at Mississippi Market Coop Working with her, Oatman began to hone her craft.

"She was my mentor and my friend," said Oatman.

Now, she has a Bisbee family with coworkers Tiffany Alexander, Stephanie Atterbury and Katie Guess and many in the community.

"They mean the world to me," she said. "I haven't seen my parents in Minnesota for a while due to COVID-19. So, they help make up for that. I wouldn't have been able to do this without their support. It's hard to find skilled help in a niche like this.

"I didn't know what to expect with the virus. It's heartbreaking for some businesses, like restaurants. There's nothing for them to fall back on. I'm grateful we never depended on indoor dining. We can just hand out the orders as people come for them. I'm seeing a lot of people stop by who are in Bisbee on mini-vacations. I've been really lucky."

She also credits her husband Thom Oatman, as he is her go to guy for all she needs for the shop including trips to Tucson. If she's out of something, he runs the errands for the business. He also added a Dutch door

WHAT: Patisserie Jacqui

WHERE: 91 Main St, Bisbee, AZ 85603

CONTACT: (520) 508-6543
patisseriejacqui@gmail.com

MENU: For online orders and to see what is offered, visit the website:
<https://www.patisserie-jacqui.com>.

HOURS: 10 a.m. to 5 p.m. Friday and Saturday, 10 a.m. to 2 p.m. Sunday



so people could pickup their online orders or order on the fly from the selections in the window without having to come inside.

Alexander handles the e-commerce side of the business. She set up online ordering and updates the website.

Atterbury and Guess, who also has baking experience, help with mixing, baking and finishing off the final products which are many. She offers 18 different kinds of sweets like Canelé de Bordeaux, all sorts of croissants, bars, pies, eclairs, cookies, tarts, cinnamon rolls, fruit tarts and gluten free passion fruit cheesecake.

For something a little more hardy, she has three different hand pies, three different croissants stuffed with veggies or meats, sausage rolls and German soft pretzels. Though she added pizza during the restaurant shutdown for people to cook at home, that may be on the way out.

"I'll probably kick them to the curb," she added. "They take a lot of time."

"There's a lot of room for me to play with the ingredients", she added.

The team prepares the food all week to get ready for the Friday to Sunday weekend customers. Not only do they prepare for the



Jackie Oatman,
Patisserie
Jacqui owner

online orders, they also make sure there is enough for those who stop by.

Patisserie Jacqui also has curbside pickup for those who may not want to stand in line.

Atterbury was in the process of making 300 tarts, while Guess prepared the Canelé de Bordeaux, a sweet concoction that is sort of crunchy on the outside, but more like crème brulee on the inside.

Oatman's macaroons are a delightful soft cookie which comes in a variety of fruit flavors and chocolate pistachio.

She works around 14 hours a day. "Any small business owner goes through this."

Everything is made from scratch and she uses only top grade butter which has a higher fat content than store-bought butter. Her croissants alone use 22 pounds of butter. And, thanks to her relationship with Rod Cass at Café Roka, he orders it for her.

Her croissants have to be glazed and she uses prepared egg yolks. When it runs out she turns to market eggs and uses the whites in her macaroons so nothing is lost.

Timers are buzzing signaling the end of baking for a huge sheet pan which will become luscious cream filled eclairs and she immediately heads for the oven, which like her and her team, runs nonstop all day long.

Keep a look out for specials promotions and giveaways on Facebook and Instagram. ○



Sierra Macarons

BY ALEXIS RAMANJULU

While living in Miami, Reilly Esquijarosa worked in a pastry shop where she learned the art of making macarons. Three years later she has used her learned skill to start her own business surrounded by the delectable French dessert called Sierra Macarons.

"I started making macarons for my husband's coworkers and they wanted more and more," Esquijarosa said. "(How to make) fresh macarons is ingrained in my brain."

According to Sierra Macarons' website, "I learned how to make these delicious little treats working under one of the best French pastry chefs in Miami (or the world - he's pretty awesome!). Through that knowledge, I was able to start my own business right here in Sierra Vista."

The stay-at-home mom started her business

in 2020 and collects her orders on Facebook and Instagram channels.

"I wanted to do something different," Esquijarosa said. "I have to stay busy so it's a good outlet for me to start a business with it."

She makes a wide variety of different flavors of macarons. She keeps chocolate, vanilla, coffee and pistachio on the menu every month but each month she releases new flavors. She develops some of the new flavors each month but she also asks her social media followers to suggest flavors for giveaway prizes. New flavors for March are Honey Lavender, Matcha Green Tea, Strawberry Shortcake, Hibiscus Lemon and Lucky Charms.

"Every time I put out new flavors I have more and more people picking (up orders)," Esquijarosa said. "There's a demand for it. It's something I thought was different for Sierra Vista."

Sierra Macarons sells macarons by the



dozen and the customers dictate how many of each flavor they would like. Macarons are available for same day pick up and delivery is available on weekends for a fee. In addition to macarons, Esquijarosa makes cupcakes, cake tarts and cookies for sale.

"Baking has always been a passion of mine," she said.

All of her options and prices can be found at <https://www.sierramacarons.com/>. ○



Triple T Delights owner
Naterria Fenceroy

Triple T Delights

BY ALEXIS RAMANJULU

In an effort to have a career while her husband serves in the United States Army, Naterria Fenceroy decided to turn her passion for making delectable confections into a business.

Just over a year ago Fenceroy created her online business Triple T Delights.

"Because I am a military spouse I'm constantly moving," she said. "I wanted it for myself. Where I go my business goes."

Fenceroy started the business while living in Germany. She said anything with peanut butter, like Butterfingers and Reese's, were very popular because it's not commonly found there like it is in the United States. Fenceroy has been operating locally since October 2020 and plans on continuing to operate here for the years they continue to be stationed on Fort Huachuca.

"In Germany it took off and when

I got to Sierra Vista it took off," Fenceroy said. "When I was here last time (Sierra Vista) didn't have options for small portions. I make reasonable proportions that are reasonably priced."

Fenceroy offers chocolate covered strawberries, chocolate covered pretzels, cake pops, chocolate covered rice krispies, cupcakes and apples (chocolate, candies or caramel).

"My girls really love chocolate covered strawberries," Fenceroy said. "I learned to melt the chocolate and it took a while (to perfect)."

She added it took her two years to perfect her craft and learn the proper techniques. Of all her desserts there's one that always excites her.

"Everytime someone orders Butterfinger strawberries I run to the kitchen," she said. "It was a request I had one time and love making them."

Fenceroy runs her business out of her home on Fort Huachuca. She



Reilly Esquijarosa
runs Sierra
Macaroons

WHAT: Sierra
Macarons

CONTACT: [www.
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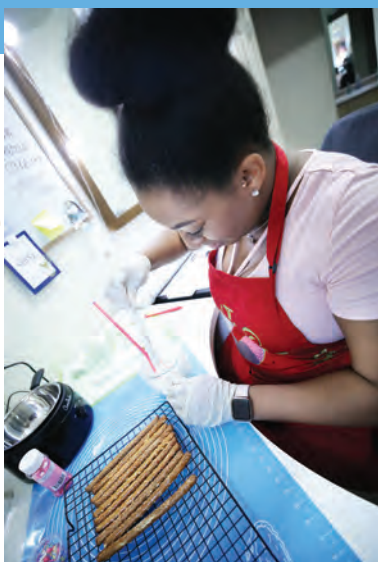
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WHAT: Triple'T Delights

CONTACT: Find her on
Facebook at Triple'T
Delights LLC



does all of her baking in the kitchen and then moves into her office to do all of the dipping and decorating. The cottage law doesn't allow other people to be in the kitchen while orders are being made. Fenceroy moves to her office so no one is with her and she can ensure it's clean, sanitary and she's the only one near the food.

Triple'T Delights can be found on Instagram and Facebook. Fenceroy asks orders be placed 72 hours ahead of the needed day so she can ensure she has everything she needs to fill the order.

"I don't do it for me. I do it for my customers," she said. "The smiles I've seen ... from Valentine's Day was everything. I make sure my customers are happy and satisfied." ○



Book Nook Cafe

BY SUMMER HOM

A family's love for fresh, made-from-scratch meals is the driving force behind the Book Nook Cafe, which provides a wide variety of homemade soups, salads, baked goods and drinks from within the Sierra Vista Public Library.

Lisa Graziano, owner of the Book Nook Cafe, has been running the business with her two daughters, Natalie and Sophia Graziano, since February of last year.

"I grew up on the bread my father taught me how to make," said Graziano, "I believe anyone can become a good cook. You just have to learn about the ingredients and have that basic foundation."

The Book Nook Cafe is located inside the Sierra Vista Public Library, and is open from 8am-2pm, Tuesday through Saturday.

Graziano said that she went to school for hotel management, but noted how the hours were arduous and how she instead set her sights on opening a cafe or bed and breakfast.

Graziano and her mother opened Cafe Cornucopia in Bisbee, AZ in 1993 initially as a juice bar, and noted how the business moved towards selling meals by popular demand of her customers.

"It began with a bowl of lentils," said Graziano, who recalled a customer suggesting that the cafe start selling food in addition to their beverages.

"[Our business] evolved from the needs of those around us," said Graziano, "I don't have that business mentality, it's about making people feel welcomed and loved."

Graziano said that she and her mother eventually closed Cafe Cornucopia in 2000, and is since under new ownership.

After the birth of her two daughters, Graziano said that she and her mother would tell her daughters stories about Cafe Cornucopia.

Noting her daughter's enthusiasm from the stories about Cafe Cornucopia, Graziano said they decided to open the Book Nook Cafe, saying "I love cafe work. I thought it would be a good experience for the girls, and the [Sierra Vista Public] Library is perfect because it's not overwhelming."



WHAT: Book Nook Cafe

MENU: booknookcafesv.com

HOURS: 8 a.m.-2 p.m.
Tue-Sat

WHERE: 2600 E Tacoma St., Sierra Vista

CONTACT: (520) 508-6656



Lisa Graziano, owner of the Book Nook Cafe, operates the cafe with her two daughters Sofia, left, and Natalie.



Graziano, who homeschools her two daughters, said that running the cafe has been a valuable experience for them.

"The girls love it and they love the interaction," said Graziano, "It's good for them."

Graziano noted that the Book Nook Cafe closed briefly from March to September of last year during the onset of the COVID-19 pandemic.

The cafe has remained open since September, with Graziano noting that "This is the longest we've been open. We were met with a lot of support."

When asked about what her favorite meal is to make, Graziano said, "I love making bread, I love smelling, touching and eating it. I would see myself more as a baker than a cook. . .I love the process and how it smells. . .Bread is my heart."

Graziano said that when it comes to cooking and baking, she, "Enjoy[s] the

process, that's how I've lived my life. That's what cooking is like for me."

Graziano said that she doesn't view herself as a chef, but says that she tries to highlight the ingredients' natural flavors within her dishes.

"We use the freshest ingredients, the fewest ingredients, and it's as unprocessed as possible," said Graziano, "You aren't getting anything with any additives or preservatives. Everything is made daily. When you come in, you're getting bread that was baked this morning. I feed my customers like they are my family."

On her inspiration behind creating her dishes, Graziano said that she will experiment with new ways to create a dish while being mindful to the dietary needs of her customers, mentioning how she recently experimented with creaming vegetables to make her Chicken Tortilla Soup creamy without any dairy products.

"I learn visually and experimentally," said Graziano, "I like playing with food. It's joyful for me."

Looking to the future with the Book Nook Cafe, Graziano said that she wants to add more seasonal specialty items to the menu.

Graziano said that she hopes to offer richer soups, salads and sandwiches for the fall/winter months and lighter options for the spring/summer as the ingredients come into season.

"We love serving the community," said Graziano, "Food is serving, it's loving and it's being a part of the community." ○



Love Letter to my KitchenAid®

BY ALCIA MCCLLOUD



Let's jump right into this — I recently purchased my first ever KitchenAid®! Not just any standing mixer, but an actual KitchenAid. My beauty is a nice Robin's egg blue, 5.5 quart professional mixer, it came with three attachments: the dough hook, paddle and whisk. The real icing on the cake is that I got this on sale at our local Target, for half the price than these babies are usually listed for. Now, I need to let the record show that I did own a hand mixer for about five years in my adult life before I decided to make this big purchase. After throwing away many burnt out hand mixers, I thought enough was enough and began my search. I found that non name brand mixers were a lot smaller than a KitchenAid, with most holding a max of 2 cups of flour. So even though the price and colors were right, it wouldn't be worth spending the money if I couldn't use it for what I make the most - cookies. Alas, the day finally came and it was on sale. Now, when I made the purchase my significant other said to me "you have to use it at least once a week" and I have. Below is why I absolutely adore my KitchenAid:

- Since this is a high powered machine, the standing mixer can take a really thick shortbread dough or sugar cookie dough, whereas the hand mixer would struggle.
- I've been able to mess around with pretzel dough and regular dough because of the dough hook, the mixer does all of the kneading while I stand and bask in its glory
- The paddle is a hundred percent easier to clean than the tiny whisks on a hand mixer
- I can throw the metallic bowl into the fridge to chill my dough, and with the bowl keeping the temperature in there, the process is a lot faster

The most important thing to me is making cookies and it is infinitely easier when I can throw my sugar and butter and let it cream together while I combine my other dry ingredients. I bake cookies about once a week, and since my significant other got into cowboy cookies, I was even more thankful that I made this purchase. (Cowboy cookies are incredible but tend to have oats, 3 different types of chips and



nuts in them). If you're an avid W reader, you probably remember I made homemade gingerbread back in November, I wouldn't have even thought of doing that if I didn't have my mixer. Even in this issue, I used my mixer for all five recipes of the cookies and cocktails feature. I even lugged my mixer with me to Chelsea's house to make some of the cookies because I couldn't imagine making them without it. (Don't worry, I buckled her up and made sure she was secured.)

Even if you aren't an avid baker, I would highly suggest adding this machinery in your kitchen. I am sure there are tons of ways to use this bad boy in your everyday cooking, however my significant other does all of that while I just make cookies and mashed potatoes. (I had to talk myself out of using my mixer for mashed potatoes last week, I kept repeating to myself that I didn't need to wash another bowl just because I wanted to use it, so I mashed my potatoes by hand and stared longingly at it.)

If you have a KitchenAid, I would love to hear your favorite thing to use it for and if you're willing to share your favorite recipe to make with your machine we'd love to share it on our new W Magazine Facebook page. Also, if you have a cute cover for it, send a picture my way — as I am still looking for one! alicia.mccloud@myheraldreview.com ○

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COOKBOOKS BY LAUREL FEILER-TURNER

- Memories of My Grandma's Kitchen
- The Book of Cookies
- Eat Pie First
- Recipes From the Lemon Tree
- Easy Potluck Recipes
- My Grandmother's Kitchen
- Chocolate — The Addictive Bean



All seven cookbooks can be purchased on Amazon.
Watch for Feiler-Turner's next cookbook — Fairy Bites
For information about Turner's books, write her at
laurelturner22@gmail.com.

Captured memories



Cookbook author inspired by her family

BY DANA COLE

Laurel Turner credits her passion for cooking to her two grandmothers. While growing up in the small community of Tekonsha, Michigan, Turner was surrounded by a close-knit family, a childhood filled with family gatherings and times spent around the kitchen table. Those memories are captured in two cookbooks she has created as tributes to her grandmothers on both sides of the family.

"My Grandmother's Kitchen,' is filled with recipes passed down from Ina Mae (Scherer) Dean, my grandmother on my mother's side," said Turner, who is 76. "Some of those recipes are from the late 1800s."

Both cookbooks are rich with old family photos and stories of years gone by.

"Grandma Dean made the best hot chocolate in the whole world. As a child growing up in Michigan's icy, cold winters, that hot chocolate was a wonderful treat," Turner said. "I included her hot chocolate recipe in the cookbook that I wrote about her."

Turner remembers her grandma Dean as a very quiet, soft spoken person. Born in 1899, she married Paul Dean in 1918.

"They enjoyed 67 years together. Both died in 1984 just months from each other," she said.

"Grandma was a wonderful cook, and she loved preparing big Sunday dinners for the whole family. As a small child, I remember the wood stove that she cooked on, and to this day, I'm amazed by how everything she made came out perfect."

Turner shares similar memories of her grandparents on her father's side of the family. Photos and stories of Grandma Katherine (Clark) and Grandpa Laurence Feiler, as well as aunts, uncles and cousins are featured on every page of 'Memories of My Grandma' Kitchen.'

"I loved both of my grandmothers, but

grandma Feiler's home was my very favorite place while growing up," Turner said. "Grandma's home was always welcoming, loving and full of activity."

While Turner remembers her Grandma Feiler as "an excellent cook," she was particularly fond of her baking.

"She could bake better than any professional," Turner said.

"During the Great Depression, Grandma Feiler baked bread every day that she sold all over town for 10 cents a loaf. My grandparents were living in Iowa at the time, and she was well-known for her homemade bread. Those bread sales helped the family get through a difficult time."

Turner and her family lived with their Feiler grandparents for several months on two different occasions.

"Our home burned to the ground when I was very young, so my family moved in with my grandparents for nine months, until my parents were able to get another house," she said.

While in the third grade, Turner's mother was critically injured and required several months of hospitalization, followed by months of recuperation at home. During that time, Turner and her siblings lived with their grandparents once again.

Despite the hardships the family was enduring, Turner remembers how much she loved living in her grandparents' home.

"We always felt loved and welcomed there," she said.

Turner also spoke of how much she loved her Aunt Annie Feiler, the youngest of her grandparents' children. In fact, while "Memories of My Grandma's Kitchen" is a tribute to her grandmother, Turner dedicated the book to her Aunt Annie.

In addition to both of her grandmothers' home-style cooking, Turner has penned five other cookbooks featuring a variety of culinary creations, including collections of recipes from potlucks she has attended through her church. All seven can be



purchased through Amazon under her pen-name of Feiler-Turner.

Turner started writing cookbooks in 2018.

"I love to cook and enjoy sharing my creations and recipes with other people," she said. "I do a lot of experimenting, and some of the attempts come out really well, while others are complete failures," she said with a laugh. "You learn from the failures and move on."

Laurel Turner and her husband Loren have lived in the small, rural community of Bowie for 11 years. Loren is a Methodist preacher and — much like his wife — an accomplished cook.

"He has come up with some delicious, creative recipes," Laurel said of her husband. "I have asked him to start writing some of his recipes down, which will be the focus of my next cookbook." ○



BEST COOKWARE & KITCHEN GADGETS

BY BARBARA CONTI

It's incredible what a difference the right tool can make. I have often found that I dread specific tasks because I'm making do without the proper tool, and once I get it, the task becomes very easy. I happen to find lengthy recipes and roasting vegetables super annoying.

No matter how methodically and meticulously I wash, peel, chop, sauté, boil, broil, stir or deep fry every ingredient, it still takes me an awful lot of time to make a decent meal, which left me both exhausted and frustrated. When I finally got a good steamer, (specifically, the M-Cuisine™ 4-piece Microwave Cooking Set) all of a sudden, whipping up a side to go with dinner wasn't a chore at all. No more time-consuming dishes: praise be.

Below are a few of the cookware and kitchen gadgets I use on a daily basis that solve the above issues. Potential side effect: You may become addicted to Joseph Joseph, a game-changer brand you can easily purchase on josephjoseph.com or Amazon.com, whose founder twin brothers, Antony and Richard Joseph, grew up in a family with a long history of design and manufacturing. They founded Joseph Joseph in 2003, prompted by their ability to blend innovative design, contemporary styling and a distinctive and unique use of color, which has led them to create some truly iconic products that have radically changed my meal prepping and everyday life in terms of striking the right balance between time management and family fun. As for you, I believe you might find that you enjoy your time in the kitchen more when you're not fighting the task itself.

For those who hate chopping

Chopping can be meditative or totally monotonous. The first thing that might make it more enjoyable: a good knife. The Slice&Sharpen™ Set of 2 Knives with Sharpening Sheaths is a great all-rounder. The 6- and 3.5-inch chef's knives in this 2-piece set have integrated ceramic sharpeners built into the protective sheath so you can sharpen them just

before use. The set also includes a non-slip base for safe sharpening and cutting, high-quality stainless-steel blades which are non-stick and silicone-coated, as well as comfortable, ergonomic handles. Just remember to hone them regularly or have it professionally sharpened—a dull knife is as inefficient as it is unsafe. Another thing to consider is the size of your cutting board. Most people squeeze everything into a tiny board that inevitably overflows, making it hard to keep your space tidy. Give yourself some breathing room with a bigger board, like the Cut&Carve™ Plus Chopping Board. This double-sided chopping board has one smooth side for normal chopping while the other side features specially designed spikes to hold meat in place while you carve it, as well as being angled to collect any excess juices. If you've discovered a paper cut via squeezing a lemon by hand one too many times, the Helix Citrus Juicer, whose unique twisting mechanism means you get more squeezing power from less effort, is a quick solve. The Helix Garlic Press will make short work of crushing garlic easy, as this unique twisting mechanism allows you to press with more power from less effort. You may also like the Shred-Line™ Garlic & Ginger Grater, which makes easy work of grating garlic and ginger or zesting citrus. The Spiro™ Hand-held Spiralizer and the Multi-Grip Mandoline are your friends when you need perfectly uniform “zoodles” or slices of zucchini, carrots or potatoes, to name a few, in mere minutes.



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For those who hate doing the dishes

If you cook, it's inevitable that you'll have to do some dishes. These products are either extremely easy to clean or serve multiple purposes, saving you from a sink pileup. I love my cooker dearly, but sometimes it's a pain to clean, so I'll use my M-Cuisine™ 4-piece Microwave Cooking Set instead—all I need to do is place my veggies or fish of choice and cook for 10 to 12 minutes, and voilà, just like that, dinner is served!

If you want to master the art of poaching eggs, you can do so with the clever M-Poach™ Microwave Egg Poacher, which features a splash-proof lid and water drainer to make sure your eggs are not only perfect but also healthy every time. Pair it with the M-Cuisine™ Microwave Rice Cooker, an innovative microwave rice cooker that lets you measure, wash, cook and serve perfectly fluffy rice and grains

in minutes without having to boil it in a pan. Put together, they make for super easy cleanup.

If cleaning 3 containers is still too much cleaning for your taste, you can always resort to the M-Cuisine™ 2-piece Popcorn Maker Set and call it a (movie) night!

For those who hate waste

A big part of learning how to be a savvy cook is understanding how much to buy based on your needs and how to store it, so it'll last.

The Podium™ Storage Container is a brilliant system for organizing bulk pantry items and keeping them fresher longer. The clear glass (or plastic, depending on the model) makes it easy to assess whether you need more of something. Reusable

M-Cuisine™
4-piece
Microwave
Cooking Set



food storage, like the Nest™ Lock 8- or 10-piece Multi-size Container Set, whose unique design means the bases nest neatly inside each other while the lids clip conveniently together for efficient, space-saving storage, are excellent for meal prep and leftovers, and they reduce your need for single-use plastics.

Finally, unless you want to go big (or stay home!) and take your recycling to the next level with the Totem Compact 40L Waste & Recycling Bin, for the bits that are beyond saving, the Compo™ 4L Food Waste Caddy is a simple countertop composting solution. ○

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COOKING TIPS AND TRICKS


THAT WILL MAKE YOUR LIFE EASIER





BY BARBARA CONTI

Nothing better than a few tricks to make life easier, both for experts in the field and for those who believe that a hard-boiled egg is the height of gastronomic sophistication. From unsuspected uses of fishing line as a pastry assistant to ideas for removing dirt from potatoes in the garden, through simple ways to secure the cutting board to the counter and preserve the good health of our limbs: if you use the kitchen for more than just chilling beer, these suggestions may interest you.


 **1.** Need to degrease a broth or sauce and don't have time to cool it completely in the fridge? Wrap some ice cubes in a cloth, cheesecloth, or a couple of pieces of kitchen paper and wipe them over the surface. The fat will solidify, and you can easily remove it with a spoon or small strainer. To prepare a lot of hard-boiled or Mollet eggs—in this case, it is fascinating, since the egg is more delicate and breaks more easily—and peel them without going crazy; you can add a generous jet of vinegar to the cooking water. The acid will soften the shell, and the eggs will peel very easily. If we have already cooked the eggs with only water and they are hard, it also works to put them in a container with a lid and shake it like a shaker: the shell will break into tiny pieces and offer little resistance.


 **2.** If boiled potatoes are what you want to peel easily, run them through icy water for 30 seconds after removing them from the boiling water. It is crucial to consider the ratio between water and potato so that the first one remains cold for 30 seconds. Then make a few shallow cuts, and the skin will practically come out on its own. Peeling a ginger root with very thin skin and full of impossible nooks and crannies with a peeler or a knife is very difficult, but the answer to your worries is in the same drawer and is shaped like a spoon. Scratch the root with it: you will remove the skin easily, quickly, and without leaving half a piece in the attempt.


 **3.** If you have been given potatoes from the garden and are so full of soil that you are lazy just thinking about how long you will spend scrubbing, simply rinse them under the tap for a while until the maximum possible is released. Then, put them in the dishwasher without soap and set a fast, cold cycle (or just a rinse, if you have that program).

 **4.** Have you stored any food with a pungent smell in a container, and it won't go away? Fill it with crumpled newspaper and leave it closed for a couple of days: it will disappear as if by magic.


 **5.** Handling chili peppers without gloves is quite dangerous because capsaicin — what makes them itch, in short — is a resin that sticks to the skin, and you never know when you're going to have to scratch your eye (with painful side effects). Wearing a pair of rubber gloves will do the trick and save your eyesight. If you don't have any, simply apply olive oil on your hands and wash them with hot soapy water just after finishing.


 **6.** If you put two paper towels or a damp cloth under the cutting board, you will prevent it from slipping from the kitchen top (and the risk that this usually poses for fingers).


 **7.** Kitchen spoons and spatulas, and other wooden tools can absorb odors and get stained with colors when used to make sauces or left to soak for too long. They will recover — at least in part — their original appearance if they are boiled for a few minutes in water and then left to dry in the sun. Having two cutting boards, one for raw meat and fish and one for vegetables and fruits, will easily prevent cross-contamination. To make it even easier, buy them in different colors.

 **8.** If you have coffee left over, freeze it and make cubes with it. You can have an ice-coffee without the dreaded runny effect or make a cold latte just by adding it to milk. You can also freeze grapes, strawberries, or pieces of other


fruits to keep your cocktails or drinks cold without watering them down, and leftover wine to add to sauces or stews without having to open a bottle on purpose. The thinner the portions of food, the faster they will freeze — less risk of pathogens — and thaw, in addition to taking up less space in the freezer. Airtight zip bags are perfect for this, by extracting the maximum of air to achieve the closest thing to a vacuum, and there are reusable silicone versions so as not to harm the environment.


 **9.** Chop up a bunch of garlic and onion at once — you can use a mincer or food processor if you have — and freeze them. Every time you need to make a base sauce for any dish, and that can be several times a week, they will be there, ready and without dirtying a table. Store ice cream in a zip bag, removing as much air as possible, or cover it entirely with a sheet of parchment paper. The cold in the freezer burns the food, and once the sealed plastic is removed, the regular lid does not protect it at all. Besides, you will prevent it from becoming rock hard and impossible to chew.


 **10.** Have you bought fresh thyme, oregano, or sage to make a dish and have about half of Tuscany's countryside leftover? Cut them up, put them in an ice bucket, cover them with olive oil and freeze them. The fat will favor a good conservation of the herbs' humidity, and you will save yourself from having to buy a whole bunch the next time a recipe asks for them (in addition to improving other dishes when you improvise and remember that you have that flavor at hand).


 **11.** If you need to grate soft cheeses like mozzarella, brie, Camembert, or fontina, put them in the freezer half an hour before to have a more manageable texture. This tip also serves to prepare a slice of meat or fish tartare with a knife or chop them at home with a food processor without making a pate' (always in short cycles of time). Very cold grates better.





 **12.** Citrus fruits such as oranges, lemons or tangerines, any type of cheese, tomato, and chocolate are best at room temperature. If it's inclemently hot and you have to refrigerate them, take them out of the fridge long enough to warm. Do not throw away the shells of Parmesan or any other hard-rind cheese (that does not contain anything that cannot be eaten to preserve it, such as wax or paraffin in the case of industrial cheeses). Freeze them in a zip bag and, when you have a few, use them to enhance the flavor of a vegetable stew - remove them at the end, they will remain whole - or prepare an express broth with them in 10 minutes.


 **13.** If you want to make popcorn, the ideal is to use reasonably fresh corn kernels; otherwise, they will take a long time to pop, or they will not at all (and will burn sooner). If you have a craving, but your corn has been in the cupboard for a while, soak the grains in water for 10 minutes and drain them well before making the popcorn. They will be perfect.


 **14.** To get more juice out of those lemons or limes that are so tough they look more like a throwing weapon than fruit, roll them a few times on the counter or table using the palm of your hand.


 **15.** Always have a vinaigrette that you really like ready in the fridge. It is a great way to consume more raw or steamed vegetables, and if you make it in a kitchen bottle, you can mark the proportions of each ingredient with a permanent marker so that preparing it is a matter of seconds.


 **16.** Is it hard for you to eat fruit at home? Always leave it in sight and ready to eat. If you have a bowl of cherries in the fridge, a few slices of watermelon or melon or bananas in the fruit bowl on the counter, you will be in for much more.


 **17.** Having a small strainer on hand can be very helpful in the kitchen, both for adding citrus juice to any preparation without worrying about the seeds and poaching perfect eggs.


 **18.** Oil is not only good for cooking: if you grease a spoon before measuring sticky ingredients like honey, not only will you clean it faster, but also the measurements will be more accurate. This trick also works with knives when cutting sticky things like dates and fat cheeses.


 **19.** If you just washed the strainer and need to use it to sift dry ingredients, use the hairdryer. Hot air is much more effective than tea towels, which will not remove moisture at all (which would make flour, cocoa, or icing sugar stick).


 **20.** A baker's scraper has many more utilities, apart from easily portioning and cutting dough. If you always have it on hand, you can use it to pass the chopped or sliced ingredients from the cutting board to the pan, casserole, or container where you are going to cook, without the risk of dropping them.

 **21.** If your butter is too cold and you feel like spreading it on toast, drama will inevitably ensue; grate it on top of the bread instead of cutting it up and trying to spread it for a quick fix.

 **22.** Opening a cake in half with a knife to fill it can end in a real disaster if you don't have a certain skill. If you mark the center with some toothpicks and surround the cake with nylon thread — or dental floss without mint flavor — by carefully stretching it, you will get two equal halves. This trick can also be used to cut soft cheeses, in this case, by pushing the string down until it touches the board.

 **23.** If picking up chopsticks to eat sushi or Chinese food still seems impossible, try one of these three tricks: the metal part of a clothespin, a rubber band, or the stopper of a water bottle — the least recommended of the three, due to the risk involved in using the cutter — can help you.

 **24.** We all know bananas peel much better from the base. It does not matter if it is very mature — when trying to break the tip to open it, it always gets squashed — or too green, when the tip does not split even if you are a black belt. By scratching the black "button" that is just on the other side, we will quickly remove the peel in strips.

 **25.** Do you want to bake two round pizzas, but they won't fit on the baking sheet? Cut them in half and put the flat part against the edges of the tray: problem solved. ○



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MARCH 2021

LEARN SOMETHING NEW

TAKE A CLASS AT THE CENTER FOR LIFELONG LEARNING

BY SUMMER HOM

Does cooking up scrumptious meals and learning hands-on techniques sound up your alley? Check out the women behind the Center for Lifelong Learning Cooking Classes!

Ana Smith, Program Manager for the Center for Lifelong Learning, says that teens through adults are eligible to take classes and can register through the program's website at www.cochise.edu/cll or call at (520) 515-5492.

Now offering courses in Latin American, Asian, Vegan, Cake making and decorating, the Center for Lifelong Learning provides several courses both online and in-person.

Coming up on March 20, at 10am Chef Chris Fisk will be hosting her online class titled, "The Art of Seasoning"

With \$35 for registration, Fisk said that the course will focus on learning how to confidently prepare meals with or without following a recipe.

"I just love helping people learn how to cook and the joy of cooking," said Fisk, "It's an incredibly creative process. I like helping people become confident in the kitchen."

Fisk, who graduated from Peter Kump's New York Cooking School [since re-named Institute of Culinary Education] in 1995, said that she's catered for high-end parties, Broadway and even for an independent film, Charming Billy, where she got to play the role as a chef in the film.

As the author of Plugging Into Plant Power, Fisk said that her book shows readers how to, "[make] the move to a more plant based diet."

Fisk said that she's been teaching cooking classes for 25 years and says that she wants people to feel more confident in the kitchen.

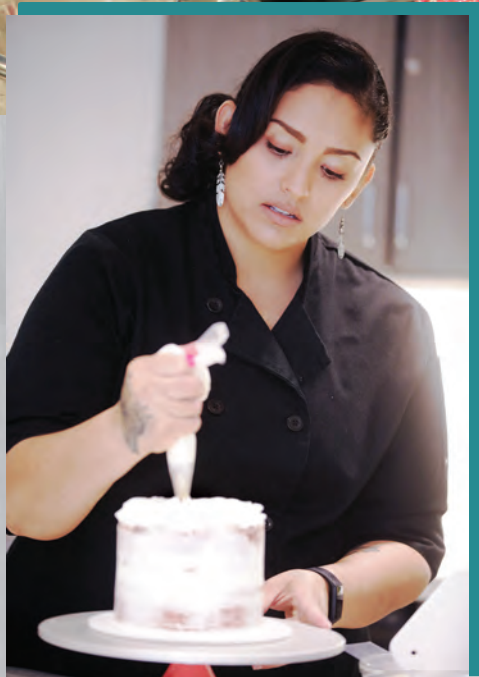
"I've been teaching cooking for so long, I feel like I understand the average home-cook mindset," said Fisk, "I want to help people feel more confident and know when to follow the recipe by the letter and when they can go without it."

For those looking to dive into Asian cuisine, the Center for Lifelong Learning will be hosting an online "Asian at Home" class on April 16 from 10:00am-11:00am with Chef Lindsay "Lin" Alexander at \$35 per student.



Above: Lindsay Alexander makes red velvet cake balls in front of the Sweet Valentine class held at Cochise College. It was the first in-person cooking class of 2021

Right: Culinary instructor Monica Medina creates a delectable pastry in the Cochise College Downtown Center kitchen classroom.



Chris Fisk

A Cochise College alumni, Alexander said that she specializes in Asian and Mediterranean cuisine.

When asked about the menu for her “Asian at Home Class,” Alexander said that, “The menu will consist of lo mein, fried rice, and well as steamed buns known as baos. I wanted to showcase those because they are favorites of [the] American Chinese food. I wanted to show you that you can make this at home [and] what ingredients to add to your pantry for Asian cuisine.”

When asked about what makes her classes stand out, Alexander said that she shows her students what to look for when creating a meal and how to substitute ingredients for dietary needs.

“I describe the smells you are looking for, and how we’re building flavors,” said Alexander, “My portion sizes in my classes are generous, I have a great attitude, and I’ll make you laugh.”

If you’re interested in expanding your baking skills, Chef Monica Medina will walk you through the ins and outs of cake decorating and baking.

Also a Cochise College alumni, Medina says that she loves baking and decorating, saying that “I really like art and cake decorating really got me into sculpting and creating art.”

Medina, who additionally runs her home bakery business, Décor by Monét, says that she likes to make sure her classes feature hands-on work.

“[Students] get to decorate a cake, make the frosting, and create something that they might not have been able to do on their own,” said Medina, “They get to take home the finished product at the end of the class.”

If you’re looking for an authentic look into Latin American cuisine, Chef Karla Gomez will walk you through the dishes of central and south-western Mexico.

Gomez, who’s from Guadalajara, Mexico and is a Cochise College alumni, said that she’s planning on teaching three classes in the summer, with one focusing on cuisine from Spain, Guadalajara, Mexico, and Yucantan, Mexico.

“There’s a lot of food you can find there, every state has a different type of food,” said Gomez, noting that she chooses to teach dishes that are unique to the region.

For the class on Guadalupe cuisine, Gomez said that students will learn how to make Chilauueles as a breakfast course, Tortas Ahogadas for lunch, and Carne En Sujugo for dinner.

When asked about why she chose these



Chef Karla Gomez

dishes to teach, Gomez said that, “It’s what you recognize from the region of that state. I like it because of the flavors and the colors. When someone presents a dish to you, the first thing you notice is the colors.”

When asked about her favorite dish, Gomez said that she loves to make Lomo Saltado, a Peruvian dish.

“It’s a combination of Peruvian and Chinese food,” said Gomez, “This dish is in my classes from Peru, it’s very easy to prep, it’s very colorful, [and] it’s a little spicy. It’s a fusion between these two countries because you use soy sauce and some of the flavors from oriental food and some peppers from Peru. The dish is a lot of colors and very rich in flavor. You can taste the flavors of garlic and spices.”

Alexander said that her favorite is sushi, noting how, “Although it seems so simple it’s actually very difficult to get the correct flavor and texture out of something so delicate. Working as a sushi chef made me realize that. I came up with my own version of the Arizona roll and it’s a favorite.”

Medina says that she loves to make vegan chocolate chip cookies and Tres leches cake.

“I think the chocolate chip cookies remind me of my aunt,” said Medina, “I also really like the Tres leches cake, cause it reminds me of when I used to eat it as a kid.”

Fisk said that she couldn’t choose a favorite

dish, but noted how she wants to make a Baked Alaska, saying that “it’s ice cream [and] it’s always sounded kinda cool.”

“They are your children, you can’t pick one,” said Fisk, “They’re all special in their own way.”

When asked about why people should take cooking classes at the Center for Lifelong Learning, Alexander said that, “We develop these menus not expecting you to have a specific cooking level, so anyone can join. I hope you leave the class satisfied and to keep you thinking about food.”

Medina said that the classes, “Really gives you a chance to try different things. It gives you a chance to get into the kitchen and it’s something fun and challenging. The Center for Lifelong Learning gives you the opportunity to step outside of your day-to-day.”

“I have been fortunate to travel to different states [in Mexico] and I always keep an eye on the culture and history,” said Gomez, “I want to introduce the people who don’t have the opportunity to travel to Mexico, to share the culture and history with them.”

“I think anything we can do to increase our confidence in the kitchen, or get inspired is so important,” said Fisk, “We’re so lucky to have [the Center for Lifelong Learning]. It’s such a jewel in the city of Sierra Vista. We should definitely take advantage of it.” ○

Yes Chef!

CULINARY ARTS PROGRAM
AT COCHISE COLLEGE



Culinary instructors Dani Cardella, left, and Lora Miller chat in the Cochise College Culinary Arts building in Sierra Vista.

BY SUMMER HOM

Love food and want a career that thrives on culinary creativity? Cochise College will help you earn the essential culinary skills and artistry to enter the workforce through their Culinary Arts Program.

“Besides learning better cooking technique, basic skills, and product knowledge, students also get to experience and put into practice professionalism in a kitchen setting,” says Culinary Instructor Danielle Cardella, “The ability to learn how to work with other people and realize the importance of consistent food quality is invaluable.”

Chef Instructor Lora Miller said that students will also, “Cover everything from baking many types of breads to pies, cakes, chocolate and sugar work, and advanced pastries. . .We also teach management of the Front of the House (dining room), Back of House (kitchen), and general management skills.”

Cardella, who is a Cochise College and Culinary Institute of America alumni, has been teaching at Cochise College’s Culinary Arts program since 2013 and said that the program has been offered at the college for roughly 20 years.

She continued, saying that students can apply in-person or online and that the program offers an Associates of Applied Science degree and three certificate

programs: The Sous Chef Apprentice, Garde Manger, and Baker’s Apprentice.

Cardella said that while she loves the culinary arts, it initially wasn’t her first choice for a career, noting how she initially intended to pursue a degree in the legal field.

“I was originally going to pursue a more legal-focused career, but as life likes to throw curveballs I ended up aiming my sights on culinary,” said Cardella, “A large part of this was due to the fact I started working at the Bisbee Breakfast Club. It was there that I really fell in love with the culinary field and discovered I had a knack for it.”

Cardella said that she “Jumped at the chance,” to teach at Cochise College, noting how teaching was a long-term goal of hers.

“Also, because I was once a student in the culinary program it seemed like a no-brainer,” said Cardella.

When asked about her favorite meal to make, Cardella said that she loves to make her smoked brisket, noting how, “It is often requested for events and caterings which has given me lots of time to get it just right. I also love making salsa and of course tacos. Who doesn’t love a good taco?”

Additionally, the Culinary Arts program offers instruction for aspiring pastry chefs as well under Chef Miller.

Miller, who has been a full-time instructor at the college for seven years, said that she majored in education and took the opportunity to teach at Cochise College to join her passion for baking with teaching.



Cochise College Culinary Arts instructor Lora Miller interacts with student Liagh King during the pastry class recently in the Sierra Vista downtown center.

“I was excited to take my love of cooking and teaching and put them together!” said Miller, “I taught part time for 5 years, and when a full time position opened up, I was fortunate to be hired. I’ve been at Cochise College full-time for 7 years, and I still think I have an amazing job!”

Miller said that the love of cooking was instilled in her from her mother, whom she noted was a “Foodie.”

“She taught me to cook by instinct,” said Miller, “Trying spices and flavorings in dishes, sometimes using recipes, but usually not. Food was an important part of our lives, thinking about it, talking about it, and planning meals was serious business!”

Miller said that the love of baking grew

throughout her childhood, noting her affinity for the meticulousness of the baking techniques.

"My mother did not like to bake, and I took over baking and making desserts at about 12 years of age," said Miller, "I loved being exact, and making sure what I baked came out properly, 'just' by measuring properly and following directions."

When she was 16, Miller said that she started taking baking classes and started making cakes and other baked goods for various occasions.

After continuing to bake and decorate in the years that followed, Miller has since worked as a pastry chef at a catering company and at a restaurant in the Sierra Vista area.

When asked about what inspires her to create a new dessert or baked good, Miller said that the individual she's making the dish for is her inspiration.

"I think about their likes and dislikes, dietary needs, etc.," said Miller, "I love to make delicious and pretty things for others! Other

recipes can inspire me, as do pictures. Usually I'll change flavor profiles to make it my 'own.'"

When asked about why students should consider a career in the culinary arts, both Cardella and Miller mentioned how rewarding the profession is.

Cardella said that, "Working in a field that allows you to experience the instant gratification of seeing people react and enjoy what you've created is the best."

"There will always be jobs in the food industry, in restaurants, hospitals, schools, etc. There is great opportunity to be creative, and great satisfaction in nourishing people," said Miller, "It can incorporate long hours, but the reward of taking care of people's needs, and making the food delicious in the process is worth it! There is no greater satisfaction for a 'foodie' than a kitchen that is running smoothly, where people are working well together, and guests are happy." ○



Lora Miller has been a Cochise College Culinary instructor for several years.

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APPETIZER SNACKS

10 SIMPLE AND DELICIOUS RECIPES

BY BARBARA CONTI

Do you want to organize a last-minute aperitif for your friends and don't know what to prepare? No fear! It takes very little to make delicious and quick appetizer snacks. Simple and inexpensive preparations are also ideal for a buffet or a birthday party. Here are ten recipes to try!

They range from timeless sandwiches to be filled as you like, to delicious polenta fritters but also puff pastry pizzas, canapés, croutons, savory puffs, and olives "in the crust".

Tasty preparations that will appeal to all palates.

Here are ten simple and tempting recipes to surprise your guests.

5 "Pizzette" with puff pastry. Puff pastry little pizzas are delicious, made in no time, and everyone's favorites. To make them, just prepare a disc of crunchy puff pastry, seasoned as if it were a pizza. Roll out the puff pastry, make circles with the pastry cutter, arrange them on a baking sheet lined with parchment paper and season with tomato sauce, salt, chopped mozzarella, olives, and oregano and bake in the oven at 400° for about 10 minutes.

8 Parmesan-crust olives are delicious and original with a truly irresistible flavor. To make them, just prepare a short crust parmesan pastry, in which the pitted olives will be wrapped. Once ready, they will have to be kept in the fridge for a couple of hours and then fried in hot oil or cooked in the oven until golden brown: they are delicious both hot and cold.

1 Sandwiches are the ideal preparation for an aperitif: soft and tasty filled triangles, effortless to prepare. The more classic version is made with ham, tomato, and salad, to which you can add cheese, olives, and a dressing of your choice, like mayonnaise. However, you can indulge in other combinations, such as tuna and hard-boiled eggs, smoked salmon and cream cheese, or prepare vegetarian sandwiches.

3 Mushroom puffs are a truly delicious finger food and very easy to prepare, both original and really tasty. Once you have prepared the choux pastry and made your cream puffs, simply fill them with a mushroom and cheese cream: you will thus prepare a completely vegetarian appetizer so as to satisfy the needs of all your guests. It only takes a few steps to make them, and they will be perfect.

6 Polenta fritters are delicious and decadent, excellent for an aperitif: crunchy on the outside and soft on the inside, very easy to prepare with just a few ingredients. Once the polenta has been prepared, let it cool, season with the Parmesan cheese, and then form the fritters with the palm of your hands. Fill them with a piece of cheese and close them. Pass them in the egg, then in the breadcrumbs, and fry them until golden brown. Their gooey heart will turn into instant comfort!

9 Mozzarella triangles or mozzarella "in Carrozza" are ideal for making a delicious and mouthwatering snack. A typical preparation of Neapolitan cuisine, made with sandwich bread, stuffed with buffalo mozzarella, and then passed in egg beaten with milk, then breadcrumbs, and finally fried in hot oil. The final result will be triangles with a crunchy shell and a tasty gooey heart, which will be impossible to resist.

2 Walnut Sauce Tartlets are perfect for an aperitif: simple, delicious, and really tasty. Preparing them is really easy: you just need to prepare a tasty sauce with ricotta cheese and chopped walnut kernels to fill the canapes made with a bread base. Cut the base in the shape you prefer, by using a cookie cutter, spread the walnut cream over it, and complete with a walnut kernel on each tart.

4 Canapés are tasty to be served for a delicious aperitif or a buffet. They are mainly prepared with a loaf of bread without the crust, spread with butter or sauces, and stuffed with different ingredients. Season your canapés with a delicious herb sauce, then decorate them with salmon or honey ham, zucchini, and chives. You can also spark your imagination by using the ingredients of your choice to woo your guests.

7 Asparagus in puff pastry are ideal as finger food, even for a buffet: a simple and quick recipe. The asparagus will have to be lightly blanched in water, then wrapped in slices of prosciutto and topped with parmesan flakes, and finally wrapped in the puff pastry. Before cooking them in the oven, just brush them with a beaten egg or with a little bit of milk and sprinkle them with sesame seeds. The end result will be truly irresistible crunchy and tasty appetizers.

10 Baskets of bread rolls, an original and quick idea for a finger food aperitif. These are small baskets of stuffed bread, rich in taste: for the filling, you can use the ingredients you prefer, also based on what you have in the fridge. It is a quick and easy emptying-fridge recipe to be prepared each time in a different way. Just flatten the bread with a rolling pin, remove the crust and arrange the slices of sandwich bread in a muffin mold or individual molds. Then just stuff them with cheese, salami, vegetables, or whatever you prefer, and cook in the oven for a few minutes. ○



The Plant-Based Pauper:

Eating Vegetarian or Vegan on a Budget

BY CHELSEA SCHLARBAUM

Being a vegan or vegetarian can be as inexpensive or as expensive as one chooses. Getting thrifty, creative, and industrious can lower the grocery bill plant-based eating.

Buy Bulk Frozen Food & Non-Perishable Items

Whether adding fruit to smoothies, a yogurt parfait, or baking into an energy bar, frozen fruit will do the trick. Purchasing frozen fruit from the store or purchasing larger quantities of clearance fruit, veggies, or bread and freezing them for later use can save money and reduce waste. Likewise, purchasing non-perishable food, such as nuts, seeds, spices, herbs, dried fruits, beans, legumes, and grains, can save a good deal of money. Be sure to store non-perishable food items in air-tight jars.

Choose Easy Recipes — Limit Meat Substitutes

Perhaps the biggest perceived financial burden of vegan or vegetarian diets is substituting items to make complete proteins. Save Tofurky, Beyond Meat, and Impossible Foods for special occasions to give your wallet a break. Instead, reach for quinoa and soy products for complete plant-based proteins. Using sprouted bread, such as Ezekiel bread, in a peanut butter jelly sandwich is another way to make an inexpensive, nearly complete protein. Vegan and vegetarian recipes can be as easy as three items - when in doubt, use a grain, green, and a bean to have a balanced meal.

Avoid Organic, Brand Names, and Certification Labels

It is unnecessary to purchase organic, brand name, or certified food items as a vegan or vegetarian. Buying such products is an entirely personal preference; however, these items tend to be more expensive. When able, substitute brand names for generic

items such as granola, rice, or oatmeal. Vegan and vegetarian certification labels can distinguish greater diligence and standards related to a product but can be costly to obtain and keep. Thus, the consumer absorbs this cost. Although it is perhaps more time-consuming, reading the ingredient list on a non-certified item will provide the same information. Be sure to pay particular attention to ingredients in not-so-apparent goods, such as soaps, cosmetics, sugar, red food dye, and some beers that may sneakily use animal byproducts.

Do It Yourself

The more items one can make at home, the greater the savings at the grocery store. Use a food processor to make various nut butters, soups, sauces, or salad dressings. Depending on one's kitchen craftiness level, a traditional oven can help make vegan cheese or milk substitutes. Rather than buying twelve energy bars for fifteen dollars, create 24 no-bake protein bites or energy bars for under five dollars with a handful of oats, a few scoops of peanut butter, and seeds or nuts from the cabinet. If having a garden is out of the option based on living space or a black thumb, try a small herb planter in the kitchen. The fresh herbs will save money and add pizzazz to any dish.

Shop Around

Coupon clipping is no longer a stereotype reserved for the maturing woman. Many grocery stores now have apps that optimize savings and offers based on previous purchase history and deliver those coupons digitally. Do not be afraid to shop around and look for the best deals in some of the most unexpected places. Try a local Asian market, like B & S Oriental Market, for the best price on tofu, soups, and coconut milk. Look at your local Dollar Tree for frozen veggie burgers that will only cost one dollar to serve two. Elect to be added to an email list from your local grocery stores, food cooperatives, and farmers' market for further discounts. ○



Supermarket Alternatives

Get Healthy, Buy Local, and Save Some Green

BY CHELSEA SCHLARBAUM

Beyond the gesture of conscious consumerism, making these seemingly small but positive decisions to place grocery dollars toward local vendors and cooperatives rather than conventional supermarkets will foster healthy communities and promote sustainability. Grab a few reusable shopping bags and head out to these local collectives that give back!

Farmers' Markets

Farmers' markets allow vendors to connect directly with community members. Since 2005, the Sierra Vista Farmers' Market has brought fresh food and produce, crafts, and community bonding to the area on Thursdays at Veterans Memorial Park.

Sky Island Brand Meats, a vendor of over 17 years, sells and educates consumers about their all-natural rangeland-raised meats containing no hormones, antibiotics, insecticides, wormer, or grain feeding. Sky Island Brand Meats has booths at both the Sierra Vista and Bisbee markets and sells meats at the Sierra Vista Food Co-op.

Like Sky Island Brand Meats, many vendors participate in other markets around Cochise County. Every Saturday morning, the Bisbee Farmers' Market, now located in La Ramada Restaurant's parking lot, showcases various vendors and live music from local artists. Purchase hand-made items, locally grown organic produce, meats, eggs, and relax with friends.

Sierra Vista Food Cooperative

The Sierra Vista Food Co-op is a specialty grocery store owned by its members. Serving Sierra Vista since 2011, the co-op offers a variety of healthy, fresh, and organic foods, household items, and cosmetics. Anyone can join the co-op, and everyone can shop regardless of membership status. Membership offers exclusive discounts and the ability to vote in some co-op matters. Further, supporting the co-op through membership helps support local producers by providing an outlet for their items and keeps dollars circulating the local economy. Members are welcome to bring in a coffee mug or tumbler for a free cup of coffee daily. Visit the Sierra Vista Food Co-op's Facebook for more information.



Community Supported Agriculture at Echoing Hope Ranch

Community Supported Agriculture (CSA) at Echoing Hope Ranch (EHR) in Hereford, AZ, is an alternative farming model connecting consumers and farmers. The program not only provides healthy and local farm-to-table options for members, but it helps to support residential and day programs at EHR. Adults and teens with Autism who participate in EHR's Group Supported Employment can assist in caring for animals, the facility, some agricultural tasks, and interact with the community by selling produce at local farmers' markets.

Along with an informational newsletter containing recipes, members of the CSA program receive weekly shares of fresh produce that feed between two to four people, depending on the amount of produce consumed in the household. EHR also offers flexible pickup hours and delivery to some areas. Membership ranges from \$300 for nine weeks' worth of shares to \$150 for four weeks. These fees help to cover the operational costs of the farm. Visit echoinghoperanch.org/community-supported-agriculture-csa/ for more information.

Bountiful Baskets

Bountiful Baskets is a volunteer-based cooperative of individuals choosing to pool funds and purchase produce on an extra-large and discounted scale. By paying a small contribution of less than \$20 for each pickup (a little more for the first week of participation), participants receive six fruit varieties and six vegetable varieties. Each week brings a new surprise! Based on the season, baskets contain different items, such as bunches of bananas, pineapples, or even bok choy. Bountiful Baskets offers conventional or organic options and delicious local add-ons. Participants can make contributions starting at Noon on Monday until Tuesday evening on the website. Typically, baskets may be picked up on Saturday mornings. Be sure to check the website for pickup sites and times around Cochise County, and remember to arrive at your location one hour earlier than your pickup time if you should choose to volunteer. Visit bountifulbaskets.org for more information.



Produce on Wheels Without Waste

Borderlands Produce Rescue has prevented over 600,000,000 pounds of produce from ending up in landfills by redistributing it to feed even more families since beginning in 1994. One of their programs, Produce on Wheels Without Waste (P.O.W.W.O.W.), obtains excess produce from distributors or unaesthetic produce not displayed at supermarkets and offers it to contributors at volunteer-run, weekly pop-up markets for just \$12. For Drive Up and Take Away Service, order on their website by 2:00 pm on Fridays, contribute \$13 for a pre-prepared produce box, and pickup Saturday mornings at Sierra Vista United Methodist Church. Although Borderlands Produce Rescue is based in Nogales, AZ, they have many Arizona sites for pickup or market and other states. For more information or to find a market near you, visit www.borderlandsproducerescue.org. ○




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AVOIDING CHAOS IN THE KITCHEN:

TIPS FOR PEOPLE WHO DON'T COOK

BY CHELSEA SCHLARBAUM

Amidst a worldwide pandemic prompting many to shelter in place and halting dining out experiences, some have dusted off cookbooks for the first time with great unease. If Betty Crocker you are not, here are a few tricks to help you through.

MEAL KITS

Whether a lackadaisical cook, an amateur cook, or a cook who simply does not have time, meal kits can change the whole kitchen experience. Have a meal subscription box delivered to your door with the utmost flexibility in meal choices, servings, dietary preference, and even weight-loss goals. The package will contain all ingredients necessary to complete each recipe, accompanied by thorough instructions. Likewise, similar ready-made meal kits can be purchased at a local grocery store.

PRE-PREPARED ITEMS

Cubing, chopping, mincing, dicing, and slicing - oh my! Prep work can be the most daunting for new or lazy chefs. Luckily, nearly all products that might need to be cut, dressed, or marinated can be purchased already completed for a small extra cost. Purchasing freshly chopped produce and minced herbs or spices can reduce the amount of time and effort it takes to complete a recipe. Also check the grocery store for pre-

seasoned and marinated meats to take and bake. Add a side of frozen potatoes or a vegetable medley to complete the meal.

PREPARATION & TIMING

Before doing anything else, preheat the oven to the appropriate heat. Having a preheated range will prevent the urge to turn the heat up higher to cook the food faster. Next, be sure to read your recipe, and really read it, before beginning to cook. Even read it twice. Note all ingredients and related cook times. Potatoes take much longer to cook than mushrooms - it would be a travesty to let mushrooms sit cold or overcook them while waiting for the potatoes to finish. Likewise, prepare and measure ingredients before the cooking begins. Doing so will make the cooking process less hectic if something happens, such as realizing midway through the recipe that the tablespoon is locked in the dishwasher.

Like an oven, preheat a stovetop pan before adding any ingredients. This is particularly important for keeping meat moist, because the meat will release moisture as it heats up. Be careful not to overcrowd the pan; the heat may not distribute evenly, affecting the flavor.

MASTER THE GADGET

There are many great single-purpose kitchen gadgets, like egg cookers, avocado slicers,

and waffle makers. Growing more confident in creative kitchen abilities will mean alternate uses for these items. Try a muffin tin for cooking small quiches or poached eggs, a pizza cutter to slice greens, or a rice cooker for oatmeal. Search a local thrift store for a stone microwave cooker for various meals in a matter of minutes, such as omelets, cornbread, stews, and even cheesecake.



THE SPICE OF LIFE

Spices and herbs not only benefit food dishes by adding pops of flavor or fragrance, but they can also have excellent health benefits. Play with flavor profiles, but always taste the food before seasoning and re-seasoning to ensure it is not over-seasoned.

Avoid the temptation to keep spices and herbs right above the stove. Although they are easier to grab, the heat and steam can change their flavor profile. Try to store them in a cool, dark place. ○

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SHEET PAN DISHES

THE NEW YORK
TIMES COMPANY



SHEET-PAN CHICKEN WITH SQUASH AND DATES

BY KAY CHUN

Dates and squash, olives and capers: This recipe plays sweet off salty, reminiscent of chicken Marbella. If you're vegetarian or want a meatless dinner, omit the chicken and scale up the chickpeas and squash.

Yield: 4 servings
Total time: 1 hour

Ingredients:

2 pounds delicata squash (about 2 large squash), scrubbed, halved lengthwise, seeded and sliced crosswise into 1-inch-thick pieces
1 (15-ounce) can chickpeas, rinsed
1/2 cup extra-virgin olive oil
Kosher salt and black pepper
4 whole bone-in, skin-on chicken legs (about 3 pounds)
4 ounces pitted large Medjool dates (about 6), quartered lengthwise
1/2 cup pitted green olives (about 2 ounces), coarsely chopped
1/2 cup coarsely chopped fresh parsley
1 tablespoon drained capers, plus 2 tablespoons caper brine

1 tablespoon fresh lemon juice, plus lemon wedges, for serving

Preparation:

1. Heat oven to 425 degrees. On a rimmed baking sheet, combine squash and chickpeas with 3 tablespoons oil; season well with salt and pepper. Toss to coat, then spread in an even layer. Rub chicken with 1 tablespoon oil, season with salt and pepper, and arrange on top, skin-side up. Roast for 20 minutes, then stir in dates, and roast until squash is golden and chicken is cooked through, about 20 to 25 minutes longer.
2. While the mixture roasts, in a small bowl, whisk the remaining 1/4 cup oil with the olives, parsley, capers and caper brine, and lemon juice. Season the olive relish with salt and pepper, then set aside.
3. Divide the roasted chicken, squash, dates and chickpeas among plates. Stir any pan juices into the relish, then spoon the relish on top of each serving. Serve with lemon wedges.

ONE-PAN ORZO WITH SPINACH AND FETA

BY MELISSA CLARK

Here's a gloriously green meal for the grayest month of the year. Similar to the Greek rice dish spanakorizo, this dish could be a meal unto itself—which is how I'd serve it—but you could always pair it with quickly roasted fish.

Yield: 4 servings
Total time: 30 minutes

Ingredients:

2 tablespoons unsalted butter
4 large scallions, trimmed and thinly sliced
2 large garlic cloves, minced
8 ounces baby spinach leaves (8 cups), coarsely chopped
1 teaspoon kosher salt
1 3/4 cups low-sodium chicken or vegetable stock
1 cup orzo
1 teaspoon finely grated lemon zest (from 1 lemon)
3/4 cup crumbled feta (3 ounces), plus more for garnish
1/2 cup frozen peas, thawed (optional)
1 cup chopped fresh dill, or use parsley or cilantro

Preparation:

1. Heat a 10-inch skillet over medium, then melt butter, 30 seconds to 1 minute. Stir in about three-quarters of the scallions (saving some of the green parts for garnish) and garlic, and cook until softened, stirring frequently, about 3 minutes.
2. Stir in spinach, adding in batches if it doesn't all fit in the pan at once, and 1/2 teaspoon salt. Continue to cook, stirring occasionally, until spinach is wilted, about 5 minutes.
3. Stir in stock and bring to a simmer. Stir in orzo, lemon zest and remaining 1/2 teaspoon salt. Cover and simmer over medium-low heat until orzo is nearly cooked through and most of the liquid is absorbed, 10 to 14 minutes, stirring once or twice.
4. Stir in cheese, peas (if you like) and dill, cover the pan, and cook for another 1 minute, to finish cooking and warm the peas. To serve, sprinkle with more cheese and the reserved scallions.



ROASTED CAULIFLOWER WITH PANCETTA, OLIVES AND CRISP PARMESAN

BY MELISSA CLARK

Melissa Clark is a proponent of using meat sparingly in your cooking, as a way to bring oomph to a dish. A little pancetta (or bacon) goes a long way here, adding deep flavor to a recipe that's already rich with it. (Of course, you can leave out the meat.) This could be a side, but I'd serve it as a main with some farro.

Yield: 2 main-dish servings or 4 side-dish servings

Total time: 45 minutes

Ingredients:

1 large head cauliflower (about 1 3/4 pounds), trimmed and cut into bite-size florets (about 8 cups)
1/2 cup extra-virgin olive oil
1/2 teaspoon kosher salt, plus more as needed
1/3 cup olives, crushed,

pitted and chopped

1 fat garlic clove, finely grated or minced

1 1/2 tablespoons fresh lemon juice, plus more to taste

1/8 teaspoon red-pepper flakes, plus more as needed

4 ounces pancetta or bacon, cut into 1/8-inch cubes

3/4 teaspoon cumin or caraway seeds

1/2 cup shredded (not ground) Parmesan

1/4 cup chopped fresh parsley or mint leaves and tender stems, for serving

Preparation:

1. Heat oven to 425 degrees. Place cauliflower on a rimmed baking sheet and toss with 1/4 cup olive oil and 1/2 teaspoon salt until well coated. Roast for 15 minutes.

2. In a small bowl, whisk together olives, garlic, lemon



juice, 1/8 teaspoon red-pepper flakes and a large pinch of salt. Drizzle in the remaining 1/4 cup olive oil, whisking well.

3. After the cauliflower has roasted for 15 minutes, add pancetta and cumin seeds to pan and gently mix to combine. Sprinkle Parmesan on top and roast for another 15 to 20 minutes, until cauliflower is

tender, the pancetta rendered, and cheese is golden brown and crunchy.

4. Spoon olive dressing all over roasted cauliflower while still hot and toss to combine. Taste, and add more salt, red-pepper flakes or lemon juice, if needed. Scatter parsley over the top before serving.

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WEEKNIGHT DISHES



MAKE MEATBALLS

BY EMILY WEINSTEIN, THE
NEW YORK TIMES COMPANY

As we plod through 2021, I felt the best thing I could do for you was to tell you to make meatballs — lots of meatballs.

That is what I did Sunday, tripling Kay Chun's recipe for pork and ricotta meatballs and making a pot of sauce to go alongside. This allowed us to have spaghetti and meatballs for dinner twice and for lunch once, too. I've tried many other meatball recipes, and in the category of fast and easy, this one is simply the best. The combination of pork and ricotta makes them tender

and juicy; the Parmesan provides a punch of flavor. (Vegetarians, note that Chun has also developed an excellent recipe for vegetarian meatballs.)

You could use jarred sauce if you don't want to deal with homemade, but once you get the pot on the stove you'll see (or remember) how easy it is to do, how bright and fresh the results are compared to even the best jarred sauce. Start that before you make the meatballs, and both will be done around the same time.

The meatball recipe is below, along with recipes for a week that calls for comfort, for simplicity, for sauce.

PORK AND RICOTTA MEATBALLS

KAY CHUN

I have four small tips for this recipe: Use a heavy hand with the Parmesan (and if you do, a lighter hand with the salt). Try not to overbake them. If you check them and think they could go another minute or two in the oven, they're probably already done. Let them bathe in simmering tomato sauce before serving. Lastly, make extras.

Yield: 4 servings

Total time: 20 minutes

Ingredients:

1/2 cup/4 ounces whole-milk ricotta
1/2 cup/2 ounces grated Parmesan
2 teaspoons kosher salt
1 teaspoon freshly ground black pepper
1 large egg
1/2 cup plain dry breadcrumbs
1 pound ground pork

Preparation:

1. Heat oven to 425 degrees. In a large bowl, combine all of the ingredients and use your hands to gently mix.

2. Shape the meat into 12 equally sized balls (about 2 1/4 inches in diameter). Arrange on a greased rimmed baking sheet.

3. Bake until golden and cooked through, about 15 minutes. Serve warm.

Tips:

Leftover meatballs freeze well; simply reheat in the oven at 375 degrees until warmed through (about 20 minutes).



ONE-POT JAPANESE CURRY CHICKEN AND RICE

KAY CHUN

This recipe was inspired by the classic Japanese stew, which is served with rice alongside. Here, the method is tweaked, blooming a few spices in butter to form the base of the sauce and cooking the rice with the chicken and vegetables, for a superb one-pot meal.

Yield: 4 servings

Total time: 1 hour

Ingredients:

2 pounds bone-in, skin-on chicken thighs (about 6 large thighs)
2 tablespoons canola oil
Kosher salt and black pepper
3 tablespoons unsalted butter
1/2 cup finely chopped white or yellow onion
3 tablespoons Madras curry powder
1 tablespoon minced garlic
1 tablespoon minced fresh ginger
3/4 teaspoon ground nutmeg
1 1/2 cups short-grain white rice, rinsed until water runs clear
1 large baking potato (about 1 pound), such as russets, white or Idaho, peeled and cut into 1/2-inch cubes (about 1 1/2 cups)
3 medium carrots, sliced 1/2-inch-thick (1 1/2 cups)
3 1/2 cups low-sodium chicken broth
2 tablespoons Worcestershire sauce
Chopped scallions, pickles, kimchi and/or hot sauce, for serving

Preparation:

1. Heat oven to 375 degrees. Rub chicken with 1 tablespoon oil, and season with salt and pepper.
2. In a large Dutch oven or heavy pot, heat remaining 1 tablespoon oil with 1 tablespoon butter over medium until butter is melted. Working in two batches, brown chicken 3 to 4 minutes per side, and transfer to a plate.
3. Add onion to the pot, season with salt and pepper and cook, stirring, until softened, 2 minutes. Add curry powder, garlic, ginger, nutmeg and the remaining 2 tablespoons butter, and stir until butter is melted and spices are fragrant, 1 minute.
4. Add rinsed rice and stir until evenly coated in spices. Add potato, carrots, broth and Worcestershire sauce, scraping bottom of pot to lift up any browned bits. Season broth generously with salt and pepper. Arrange chicken (and any accumulated juices) on top, skin-side up, and bring to a boil over high. Cover and bake for 20 minutes. Uncover and bake until most of the liquid is absorbed and chicken is golden and cooked through, about 10 minutes longer.
5. Divide chicken and rice among bowls, and garnish with scallions. Serve with any combination of pickles, kimchi and hot sauce.



ROASTED SAUSAGES WITH GRAPES AND ONIONS

MELISSA CLARK

I made this sheet-pan recipe using fat links of sweet Italian sausage from the butcher shop, and everyone loved it, including a 3-year-old. A few tablespoons of vinegar and the drippings from the sausage keep the red grapes from being too sweet.

Yield: 4 servings

Total time: 45 minutes

Ingredients:

1 large Spanish onion, thinly sliced
4 tablespoons extra-virgin olive oil
1/2 teaspoon fine sea salt, plus more to taste
1/2 teaspoon freshly ground black pepper
4 cups seedless red grapes (1 1/4 pounds), destemmed
1 teaspoon fennel, coriander, cumin or caraway seeds, lightly crushed
1 pound any sausages, poked all over with a fork
1/2 cup parsley, coarsely chopped
2 tablespoons chopped chives
2 teaspoons rice vinegar or sherry vinegar, plus more to taste

Preparation:

1. Heat oven to 450 degrees. On a large (13-by-18-inch) rimmed baking sheet, toss together onion slices, 2 tablespoons oil, salt and pepper, and spread in an even layer. Roast for 8 to 12 minutes, until the onions turn translucent and the thinnest pieces take on a pale gold color at the edges.
2. After 10 minutes, add grapes, seeds and the remaining 2 tablespoons oil to pan with onions, and toss well. Spread



in an even layer and nestle sausage into the mixture.

3. Roast until sausage has browned, 25 to 30 minutes, flipping sausage and tossing grapes and onions halfway through.

4. Transfer sausages to a platter or to individual plates. Add parsley and chives to pan with grapes and onions and gently toss (this warms up and wilts the herbs). Use a slotted spoon to transfer grapes and onions to plates with the sausages.

5. Add vinegar to rimmed baking sheet and scrape up any browned bits on the tray. Drizzle pan juices over the grapes and sausages, taste, and sprinkle more salt or vinegar on top, if desired.



Cookies & Cocktails

BY ALYCIA MCCLOUD AND CHELSEA SCHLARBAUM

Whether it is adult coloring books, bar-arcades, or nap time, it seems natural to want to neatly fit childhood comforts into adult life. Few juvenile delights outweigh a freshly baked cookie dunked in a tall glass of milk or served at a tea party. A brilliant baker and seasoned bartender put our collective knowledge forward to create a few unexpected cookie and cocktail pairings for any occasion. Enjoy responsibly, do not try all recipes at once. Trust us.



Pairing Tastes Like: An afternoon with your toes in the grass and a cold drink in your hand. Light and airy.

Rosemary Tom Collins

1.5 oz gin or vodka	splash of seltzer
1.0 oz fresh lemon juice	water
0.5 simple syrup	3 Rosemary sprigs for garnish and muddling

In a cocktail shaker, combine one rosemary sprig and 0.5 oz of simple syrup. Muddle the rosemary sprig and simple syrup. Add ice, 1.5 oz of gin or vodka, and 1.0 oz fresh lemon juice to the shaker. Shake vigorously until the cocktail shaker becomes frosted - strain over ice into a Collins glass. Add a splash of seltzer water and garnish with remaining rosemary sprigs.

Bake for 20 minutes, let cool on sheet for about a minute then move to a cooling rack

Some notes:

This is the original recipe, however you can lower the amount of sugar by just a little bit and increase the rosemary for a more savory cookie, almost like a cracker

Beat the egg white with a fork, you are just looking for an egg wash

Depending on the oven and baking sheet, you may need more or less time - start checking on them about 15 minutes in.

recipe credit: <https://candyjarchronicles.com/rosemary-butter-cookies/>

Rosemary Butter Cookies

Ingredients:

1 cup butter, softened	2 1/2 cups of flour
3/4 cup sugar	1 tbsp of rosemary, chopped
1 egg	3 tsp sea salt
1 tsp vanilla extract	1 egg white, beaten

Steps:

Cream together butter and sugar until fluffy, using your stand mixer or a bowl and hand mixer. Add in the egg and vanilla and beat until combined.

Sift the flour into the wet mixture, add 1 teaspoon of salt and your rosemary and mix until it comes together

Get a deep-ish baking sheet and line with parchment paper- press the dough into there then cover and place in the fridge to harden up

Preheat the oven to 375

Take out your dough and cut into rectangles, then brush all sides with the beaten egg white and sprinkle with salt



Pairing Tastes Like:

Reading your favorite smutty romance novel in an Italian retro-chic coffee shop. The bitter bite of the espresso pulls the flavor of the orange zest in the cookie.

Espresso Martini

2.0 oz vodka
0.5 oz Kahlúa (or other coffee liqueur)
1.0 oz freshly brewed espresso (or cold brew concentrate)
0.5 oz simple syrup (homemade or store-bought)
Coffee beans for garnish

In a cocktail shaker, combine ice, 2.0 oz vodka, 0.5 oz Kahlúa (or other coffee liqueur), 1.0 oz freshly brewed espresso (or cold brew concentrate), and 0.5 oz simple syrup. Shake vigorously until the cocktail shaker becomes frosted. Strain into a martini glass and garnish with three coffee beans.

Cookie recipe credit: <https://snappygourmet.com/cannoli-cookies-recipe/>

Pairing Tastes Like: Snuggled up to the fire on a cold winter's night. Milky and chocolatey-sweet.

Milk Punch

0.25 cup bourbon
0.25 cup of milk
2.0 tbsp of sweetened condensed milk
0.5 tsp of vanilla extract
Nutmeg and cinnamon for garnish

In a cocktail shaker, combine ice, 0.25 cup bourbon, 0.25 cup of milk, 2.0 tablespoons of sweetened condensed milk, and 0.5 teaspoons of vanilla extract. Shake vigorously until the cocktail shaker becomes frosted. Strain into a Collins glass and sprinkle nutmeg and cinnamon on top. Dunk your cookie and enjoy!

Chocolate Chip Cookie

2 1/4 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon salt
1 cup (2 sticks) butter, softened
3/4 cup granulated sugar
3/4 cup packed brown sugar
1 tsp vanilla extract (and a smidge more)
2 large eggs
1 package of milk chocolate chips

Steps:

In your kitchenaid or large bowl, beat together the butter and sugars until fluffy. Mix in the eggs and vanilla



Cannoli Cookies

1 cup unsalted butter softened	1 tsp baking powder
1 cup granulated sugar	1/2 teaspoon baking soda
2 large eggs	1/2 tsp salt
1/2 cup ricotta cheese	2 cups all purpose flour
1 tsp vanilla extract	1 cup chocolate chips
3/4 tsp ground cinnamon	1 cup chopped pistachios
1 tsp fresh orange zest	

In your Kitchenaid or large bowl, beat together the sugar and butter until fully combined. Then add in the eggs and ricotta and mix until combined. Finally, mix in the vanilla extract, cinnamon and orange zest

In the same bowl, mix in the baking powder, baking soda and salt. Add in the flour and mix until well combined.

Mix in the chocolate chips and pistachios with a spatula and then refrigerate the mixture for an hour **I refrigerated mine for a couple of hours, but you just need to get the dough cold and hard

Preheat the oven to 375 and get your baking sheets ready by covering with Parchment paper

Spoon out dough and make balls to put on the paper, leaving an inch or



two in between. **I measure mine with a kitchen scale weighing them to be around 1.15 ounces

Bake them for 8-10 minutes or until golden brown, leave on the sheet for a couple of minutes after removing from the oven, then transfer to a cooling rack

Notes:

You can drizzle these with chocolate, you can do this by melting some of the chocolate chips in the microwave. I bought meltable chocolate at Walmart and used that to drizzle.

I added a wee bit more orange zest and vanilla extract, just a dash more.

I bought shelled pistachios, so my one cup was of the whole pistachios then the chopped

By far the favorite of myself, my significant other and sister. 5 stars



extract, take a spatula and scrap the sides and mix again.

In a separate bowl, mix together all dry ingredients (flour, baking soda and salt). Then add in the dry ingredients to the wet.

Mix in the chocolate chips with a spatula and then put the bowl in the refrigerator to cool and harden

Preheat the oven to 375 and get your baking sheets ready by covering with parchment paper.

Spoon out the dough and roll into a ball, putting them about 1 inches apart. **Again, I weigh mine out usually, but this time Chelsea and I

just did the size that felt right.

Bake for about 8 minutes or until golden brown, leave on sheet for a couple of minutes and then transfer to a cooling rack

Some Notes:

I always add in a little more vanilla, about half of a teaspoon- this is purely because I like the taste of vanilla

Make sure your dough is not ALL the way softened, the stage of the butter effects how the dough will turn out- if it's really soft the cookies themselves will appear smooth - this is based more on texture than anything else

Don't mix your chips in with a hand mixer or the paddle attachment on your mixer, this over-mixes the dough

Once I roll the dough, I always stick it into the fridge until right before I put it in the oven

recipe credit: <https://www.verybestbaking.com/toll-house/recipes/original-nestle-toll-house-chocolate-chip-cookies/>

Pairing Tastes Like: The perfect adult tea party. It's 5:00 p.m. somewhere.

Black Tea Toddy

1.0 tbsp brewed black tea
2.0 oz dark rum
Honey to taste
Dried Jasmin (optional)

Combine 1.0 tablespoon brewed black tea, 2.0 oz dark rum, and honey to taste into a teacup. Garnish with dried Jasmine to really bring out the flavor profile in the Rosewater cookie. Drink can be served hot or cold.

Rose Water Shortbread

1 cup unsalted butter, softened
2/3 cup granulated sugar
1 tsp rose water
1/2 tsp vanilla extract
2 1/3 cups of flour
1/4 tsp salt

Steps:

In your stand mixer or with a bowl and hand mixer, beat the butter and sugar until fluffy. Mix in the rose water and vanilla extract

Whisk the flour and salt together in another bowl, then combine with the wet ingredients.

Take dough out and plastic wrap it. Put in the fridge for an hour or more.

Preheat the oven to 350 and get baking sheets ready with parchment paper.

Roll out the dough on a floured surface and then stamp out with your favorite cookie cutter. Gather any dough scraps and repeat until you have no dough left. Put on baking sheet, about one inch apart

Bake for 18 minutes or until golden brown, cool on baking sheet

Optional: you can dip half of them in melted chocolate- I used the same chocolate dip that I used for the cannoli cookies and just spread it on the top

Some notes:

This batter is really weird- it's very crumbly and will be a pain to get in the plastic wrap. Once you start rolling it out, it'll combine beautifully and cut nicely

Be careful about over and under using the rose water — it's a really delicate balance and you don't want it to overpower the rest of the cookie

My niece and nephew both grabbed this out of all of the cookies to snack on- I would say it was a hit with them

recipe credit: <https://www.thelittlepicurean.com/2017/02/rose-water-shortbread-cookies.html>



Pairing Tastes Like: Swirling your martini glass with elegance and grace during a garden party in the spring. Light, but stout.

Cosmopolitan

2.5 oz Citron vodka 1.0 teaspoon
1.0 oz Cointreau Absinthe (optional)
1.0 oz cranberry juice Orange peel for
0.5 oz fresh lime juice garnish

In a cocktail shaker, combine ice, 2.5 oz citron vodka, 1.0 oz Cointreau, 1.0 oz cranberry juice, and 0.5 oz (or so) fresh lime juice. Shake vigorously until the cocktail shaker becomes frosted. As desired, rinse the martini glass with Absinthe by twirling a small amount inside the glass until thoroughly coated. Strain the shaker into the coated martini glass. Peel the orange, keeping the rind and discarding or consuming the remaining. The rind is the most flavorful part of the peel. Run the rind of the orange along the rim of the martini glass and use it for garnish.

Lavender-Lemon Cookies

Ingredients:

2 ¼ cups of flour 2 tsp vanilla extract
(spoon and leveled) 1 tbsp lemon zest
½ tsp baking powder ¼ tsp lemon juice
¼ tsp salt 4 tsp of dried
¾ cup sugar lavender
¾ cup unsalted 1 egg white
butter, softened Assortment of dried
1 large egg flowers

Steps, the way I did this:

In a food processor, pulse together the sugar and dried lavender



In a medium bowl, mix together the flour, baking soda and salt

In a standing mixer or using a hand mixer and bowl, beat together the butter and lavender sugar until creamy. Mix in the egg, vanilla, lemon zest and lemon juice until combined

Slowly add the dry ingredients into the wet ingredients until combined. Dough should be soft to the touch

Empty out half of the dough onto a lightly floured surface (I use parchment paper) and roll to ¼ inch thickness. Move the rolled out dough, and do the same with the next half. Lightly dust the tops of each rolled out dough, stack with parchment paper between them, cover with plastic and let refrigerate for an hour

Unstack the dough, sprinkle with a bit more flour and then cut using your preferred cookie cutter- place cookies on a baking sheet prepared with parchment paper. Keep rolling the scraps and cookie cutting until all of it's used.

Beat the egg white, and brush each cookie lightly then press a dried flower into it

Preheat oven to 350 and bake for 9 minutes or until golden brown, let cool on the sheet for about a minute then move to a cooling rack

Some notes:

I am not sure what a ¼ inch actually looks like, I usually roll the dough until it looks right to me. So roll it to whatever fits your preferred thickness in cookie

You don't have to use the dried flowers, they looked really cool but Chelsea and I both preferred to not eat it (my mother-in-law loved the dried flowers)

You can sprinkle these with salt if you like, my mother-in-law preferred that and says it counterbalances the sugar

Follow your heart on the dried lavender, if you're a fan use as much as you want!

I bought my dried flowers off of Amazon

I combined two different recipes to make this one, here are the recipes I combined: Sugar cookie: <https://sallysbakingaddiction.com/best-sugar-cookies/>

Original Lavender Cookie recipe: <https://www.halfbakedharvest.com/lavender-lemon-sugar-cookies/>

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#WMoments

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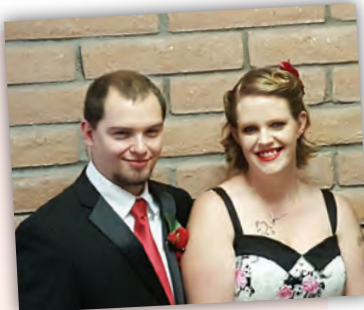
All the stars aligned

We met 25 years ago, on Sept. 9. He was having breakfast with his roommate at a restaurant in Phoenix, and my sister and I wound up at the same restaurant, sitting at the table next to theirs. He waved at us and my sister asked them what they did for a living. He said he was a figure skater and his roommate played the piano at the mall. Haha! No, they were a bricklayer and butcher. I had just moved into a house that was missing three bricks from the border in the yard, and got his number under the guise of having him come over and fix them. The laughs and fun never stopped as we agreed to a double date that night! We had a whirlwind romance and got married just one month later! Over 25 years later, we are still going strong, and living our dream life in Bisbee. XOXXO — Amy Brett



Chance meeting turned Family

We originally met through our ex spouses when we were still married. We had lost contact shortly after when he joined the Army and left for basic training. 5 years and lots of life events later for both of us a chance passing brought us back together. I was running late for work that day but hadn't eaten anything and knew it would be about 6+ hours before I got a chance to eat so I decided to stop for food. I should have stopped somewhere closer to home or closer to work but chose a different spot. As I was pulling out of the parking lot from getting food I passed in front of his vehicle and could have sworn it was him but thought nothing of it because last I heard he was still in Georgia and chalked it up to my imagination. Turns out he wasn't supposed to be at that location either that morning but was taking his brother to school to help out his Mom. Later that day while at work he found a mutual friend on Facebook and messaged that person who also happened to be at work with me. We meet up again a few days later for the first time. Several weeks later we decided to start dating. One year later this picture was taken on our wedding day. This May will be 5 years married and a lifetime to go! —Angelina Flores



Swolemates and Soulmates for life!

I was so very lucky to meet my husband here in our little town! He was sent by the military on a mission to protect our border. The hotel they had him stay at happened to have a free membership to my favorite gym in town! We ended up going at the same time everyday which I later learned was much by his effort! He was just really



WINNER!

The Angel with the Broken Wing

It was December, 1971. I was sitting at my desk on Ft. Huachuca. A girl from another part of the office interrupted me. "Would you join my family for Christmas dinner?" she asked. Slightly taken aback by the sudden invitation, I mumbled a yes. She smiled and said, "Great!" Then she was gone. Not being used to having beautiful women approach me, I sat and wondered what I was getting myself into. Later that day I found an excuse to visit her part of the office. She worked where my personnel records were kept. Had she checked me out? Did she know what a shiftless loser I was? I glanced over at her as she filed papers. Short, pert and very cute. Purple dress with a purple collar. Way too pretty for me! Then I noticed something. Her right arm dangled by her side. It was short and small, like a child's. I was almost happy to find she wasn't as perfect as I had originally supposed. Working up my nerve, I asked her out for the very same evening. She smiled sweetly. I exhaled softly when I heard that, "Yes." I took her to Ricardo's, which was on Highway 90 in those days. I let her order first. A steak, medium rare. It would be a stretch for my budget, but I ordered the



same. We chatted nervously as we waited for our meals. Did we have anything in common? Who was she, and how could she possibly be interested in me? Would my shyness betray me? The waitress brought our steaks. Karen looked at me apologetically and said, "It's a little awkward for me to cut my meat. I have to put the fork between my teeth." I reached over and took her plate. Half way through cutting her steak I looked up. The softest, most beautiful brown eyes flickered back at me in the candle light. No one had ever looked at me that way before. A little over a month later we were married, and nearly fifty years later, I still get that look.

And I still cut her steak! — Larry Thill

High school sweethearts Met in high school I was a junior and he was a senior. Started talking on the 5th wing of the Douglas high school and the rest is history!!! We have been together for 21 years now and have 4 beautiful children. Wouldn't change nothing for the world!!! Still loving each other as if it were back in 1999!!! Looking forward to many many more years together!!! — Irasema Barco



Best Friends John and I met on the first day of high school, in 1999, and dated through most of it. When we graduated I went off to college and he went into the army. Even though we were no longer a "couple" we were still best friends. Calling, writing letters, and spending holidays and leave time together. I have spent most of my life making memories with my best friend, and still continue to do so everyday. And now I am now lucky enough to call him my husband. — Sierra Williams

nice to me every time we "ended up" next to each other working out and he always had something sweet to say. After asking me out several times and me kind of brushing it off, not being too serious about it, it hit me one night! I had the urge to talk to this guy and at least hear his story, so I asked HIM out! It was last minute, an hour before their nightly curfew! IHOP it was on that cold black Friday

night in November! From that night we were inseparable! With confessed love, boyfriend girlfriend status within a week and marriage in under 6 months, April 7 2020 we were married (yes, during covid, we were all alone, but totally worth it!) and we are so strong and so happy and really are true swole- soul mates Thanks to the Military and that gym here in Sierra Vista ! — LynRae Morton



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