

# LIFE & FOOD

SECTION D » WEDNESDAY, JANUARY 14, 2009 » THE TENNESSEAN »

DAILY CRAVE » SHOPPING DIVA CATHI AYCOCK DELIVERS TODAY'S TOP 5 DEALS » 2D »



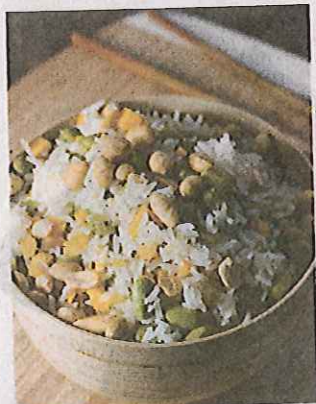
## FRONT BURNER

### Rice and beans always economical

Rice and beans are among the world's most popular budget foods. This fragrant rice recipe melds the Afro-Caribbean flavors of coconut and sweet potato with the Asian combination of ginger and edamame. If you like, you can substitute lima beans or even black beans for the edamame.

The recipe costs about \$1.25 per main course serving.

— JIM ROMANOFF, ASSOCIATED PRESS



This take on beans and rice is budget conscious and tasty.  
LARRY CROWE / ASSOCIATED PRESS

### FRAGRANT COCONUT RICE WITH EDAMAME AND SWEET POTATOES

Start to finish: 30 minutes  
Servings: 4 to 6.

1 teaspoon canola oil  
1 cup peeled, diced sweet  
potatoes

## COOKING WITH PURPOSE

WINTER KALE CROP



## Brighten up winter dishes with sweet, crunchy kale

By Jennifer Justus  
THE TENNESSEAN

If you've spent any time at the local farmers markets, you might have seen farmer Hank Delvin Jr. sporting his "Eat More Kale" T-shirt. We couldn't agree more. Really.

While it's sometimes hard to get jazzed about green vegetables, a curly green bouquet of these nutrition-packed greens only gets sweeter after the frost.

"It has starches that turn to sugar when exposed to colder temperatures," said Allison Mills Neal of Arugula's Star of Neal Family Farms in Columbia, Tenn.

And while we're deep in the heart of collard country — another winter green along with the leaves of turnips — kale's advantages also come with texture. Hearty turnip and collard greens need time to soften in the pot, but kale can be eaten slow-cooked or raw.

Jenni Smith, an assistant team leader who oversees many of the salads at Whole Foods Mar-



PHOTOS BY JAE S. LEE /  
THE TENNESSEAN

### RECIPE FOR KALE BRUSCHETTA

heat the oil over medium-low. Add the sweet potato, scallions and ginger and sauté until the scallions have softened, about 2 minutes.

2. Stir in the edamame, rice, coconut milk, lime juice, salt and water. Bring the mixture to a boil, then cover, reduce heat to simmer, and cook until the rice is tender and the liquid has been absorbed, 15 minutes.

3. Use a fork to fluff the rice, then stir in the lime zest. Serve topped with peanuts.

### What to drink with broccoli

Some veggies can be a nightmare to pair with drinks.

Broccoli, for example, is bitter and high in sulfur, making it notoriously tricky to pair with wines.

When cooked, broccoli releases sulfurous compounds that not only smell bad, but also can affect the flavor and aroma of the wines and foods they are served with.

"It's a moving target. Everyone's sensitivity to bitterness is different, and bitter foods are just hard to pair," says David Snyder, a wine instructor at the Wine School of Philadelphia.

The safe bet, says Snyder, is a low-acid white wine, such as a chardonnay. This helps moderate the bitterness.

Another option would be a high-tannin cabernet sauvignon. The bitterness in the tannins will cancel out the bitterness in the broccoli and the other flavors will come out. "It's an odd pairing, but from a chemistry perspective, it works," Snyder said.

— VICTORIA BRETT, ASSOCIATED PRESS

for sautéing; 8-10 minutes for braising.

SOURCES: ALLISON MILLS NEAL OF ARUGULA'S STAR OF NEAL FAMILY FARMS, HANK DELVIN JR. OF DELVIN FARMS AND *SERVING UP THE HARVEST* BY ANDREA CHESMAN (STOREY, 2007).

kale bruschetta. Courtesy of Delvin Farms in College Grove, the recipe puts mounds of soft-cooked kale spiced with plenty of garlic and red pepper flakes over crusty bread toasted with olive oil.

"You can do so many things with it," said Mills Neal, who likes kale chopped fine for slaws and tossed into soups. "Sometimes all anyone needs to hear is to just experiment."

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## CHEF DU JOUR

# Family traditions lure chef to kitchen

**Chef Seth Kondor**  
Executive chef  
Old Hickory Steakhouse  
Gaylord Opryland Resort  
Hotel and Convention Center  
2800 Opryland Drive  
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BILLY KINGSLEY / THE TENNESSEAN

Since owning his first cookbook in the third grade, chef Seth Kondor has made meals for thousands of folks at Walt Disney World and Gaylord Opryland Resort, among other restaurants. Promoted recently from sous chef to executive chef at the Old Hickory Steakhouse, Kondor will be serving butter-poached prime rib this month inspired by the sous vide style of cooking.

**Was there a moment that made you think, "OK, that's it. I want to be a chef?"**

As a hockey fanatic I can't say I didn't lean toward the ice when daydreaming about my "goals" from time to time. But at about age 10, the puck struck with the realization that there aren't that many NHL goalie slots out there! So, I'd have to say watching and being a part of the ceremony of preparing the food for our family holidays as a child and teenager is really what inspired me to want to create food for a living. It was magical, really, and the scents and

memories of the tastes from those experiences stay with me.

**Who would you most like to cook for and why?**

My grandparents: the ones who are alive and the ones who have passed away. And any member from Hootie and the Blowfish. That would be a pretty weird dinner party. And considering the time of year, I would bring them to Old Hickory where the weather is always perfect. And because I grew up in the New England area, I would have to start with our signature crab cakes, which are truly remarkable.

Then I would share with them the most simple, but most memorable piece of beef they would ever put in their mouths — probably grass-fed, a rare filet with a very small portion of melted Stilton on the top, broccolini with hot bacon vinaigrette and some Red Bliss smashed potatoes. Maybe squeeze the cheese cart in there after dinner with an ice wine (dessert wine) or port.

**On cooking seasonally**

I like to create different vegetable dishes based on the best available from the market that day. In winter, that can be a challenge.

Parsnips, turnips, carrots, squash, sweet potatoes, even celery root, and add a few chestnuts. All roasted or wine-glazed can be nice and also beautiful. One of my favorite dishes to serve is our broccolini with hot bacon vinaigrette.

**At home**

When I cook at home, it is almost never alone. I often make homemade pasta that is rolled out with the kids, then plucked out of a massive mess, and cooked on the spot. Almost everything I make at home involves my two children, Sophie and Ethan. Bread pudding is big with us. So is a kind of far-out meatloaf, which is never the same twice.

— JENNIFER JUSTUS, THE TENNESSEAN

**KONDOR SHARES  
A RECIPE ON PAGE 4D**

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## CHEF DU JOUR

RECIPE

## BROCCOLINI WITH HOT BACON VINAIGRETTE

2 strips raw bacon (sliced thin and chopped)

1 bunch of broccolini

1 small leek

2 tablespoons red wine vinegar

2 tablespoons butter

1 slice manchego cheese

1. Blanch broccolini in boiling salted water for 3 minutes or until bright green.

2. On medium heat in a saucepan, cook bacon until crispy.

3. Add red wine vinegar into same saucepan and season with ground pepper.

4. Melt butter in separate pan and toss broccolini.

5. Fan the broccolini on a small plate and then layer the manchego cheese on top. Before serving, pour the hot bacon vinaigrette over the cheese, and enjoy.

RECIPE COURTESY OF SETH KONDOR, EXECUTIVE CHEF AT OLD HICKORY STEAKHOUSE, GAYLORD OPRYLAND RESORT AND CONVENTION CENTER.



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## MARKET BASKET

## Hawaii brings fame to macadamia nuts

I have never been to Hawaii, but if I ever make it there, I plan on enjoying macadamia nuts from the moment I arrive until I leave. I have always loved this buttery-rich nut, with the expense keeping me from using it constantly.

Believe it or not, macadamia trees were first grown for ornamental purposes, not for culinary ones. To this day in areas like California, the glossy foliage and attractive flowers keep it in high demand for landscaping purposes. It is classified as a subtropical evergreen tree.

There are nine species of trees in the family (Proteaceae) and the size ranges from small to large. The long slender flowers can be white, pink or purple or mixtures of those colors.

They have been called many things other than macadamia nuts. Just a few of the names include bush nuts, Queensland nuts, maroochi nuts and bauple nuts. Indigenous Australian names include gyndl, jindilli and boombera.

The genus was named in 1857 after John Macadam, a noted Scottish chemist who was the first to describe the plant. Only two species are really commercially viable. Macadamia nuts are the only plant food native to Australia that has importance of any exportable quantity.

They were first planted



>> TAMMY ALGOOD

commercially along Hawaii's Kona coast in the 1920s as a crop supplement to coffee. Today, Hawaii is the world's largest exporter even though Australia is the world's largest producer. After Australia and Hawaii, the largest supplies come from South Africa, Brazil, California, Costa Rica, Israel, Bolivia and New Zealand.

## Hard nuts to crack

The in-shell nut doesn't look at all like the roasted nuts we enjoy. The shell is round and dark olive brown in color. It is extremely hard and about the size of a marble.

When I say hard, I'm not kidding. Only humans and hyacinth macaws are capable of cracking the shell to get to the nut. The Mauna Loa Macadamia Nut Corporation uses a machine that can apply pressure up to 300 pounds per square inch to break the shells.

The lightly colored, round, slightly sweet nut-

## MACADAMIA NUTS AT A GLANCE

**Origin:** Eastern Australia

**Nutrition:** Like all nuts, macadamias are a good source of protein, carbohydrates and dietary fiber. They contribute minor amounts of calcium, phosphorus, potassium, iron, thiamine and riboflavin.

**Fat content:** Macadamias have the highest fat content of all nuts and are also among the highest in saturated fat.

**Calories:** One ounce, which is between 10 and 12 nuts, contains 200 calories and 22 grams of fat.

meats complement sweets of all kinds, but also work well in salads, sauces and various vegetable and rice dishes. I especially like them paired with seafood.

Unlike most nuts that can be stored at room temperature, they like to stay a bit cooler. I keep mine in the refrigerator. After opening a container, you can prolong the shelf life by freezing the leftovers. The high fat content means they can go rancid quickly, so cold storage is best.

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