

DOROTHY LANE MARKET

market report

OCTOBER 2008

meat



Chester and Brian at the Oakwood Meat Department will help you choose a cut for braising.

Warm Up Your Home with Flavorful Braised Meats

DLM Chef Carrie Walters' husband is in the Air Force, so she has lived all over, and one of her favorite spots is right here. One reason why, she tells me, is the change of seasons we enjoy in Ohio. The food offerings, especially at DLM, change with the seasons as well. Right now, apples are in season, we think pot roast rather than porterhouse, and pumpkin pie makes its debut. Autumn is good for taking some time in the kitchen and to "eat real food" in the company of friends, family, and conversation. Cold weather is braising season, the time to savor slowly cooked meats, rich in flavor and substance. Our word braise, interestingly, comes from the French *braiser*, meaning cooking with live coals, which in turn is from Old French *breze*, probably of Germanic origin. Indeed...I can picture some husky Teutonic ancestor returning home on a snowy day, home fires burning, wife and parents and a gaggle of children gathered round a big wooden table by the warm cooking pot, settling in for shared eats and storytelling. I'm sure Johann Mehn (the first Mayne who came to America, in 1760) would have eaten this way.

What exactly is braising? Simply put, braising is a slow, wet cooking method which uses low heat in a closed pot. The method works best with cuts of meat that have a lot of connective tissue. Braising breaks down otherwise tough meat, marries the flavors, and makes the dish falling-off-the-bone, juice running-down-the-side-of-your-mouth succulent. This type of cooking is my favorite because the prep and cooking is not too difficult, the tasks can be shared, and the resulting food is so good.

So how do you braise? You could get a good book on the subject. One we offer is by Chef Molly Stevens, a visiting instructor last year at our School of Cooking, who wrote *All About Braising*. You can find plenty of good recipes on the web. You can also experience some great braised dishes at local favorite eateries, including The Meadowlark, Rue Dumaine, l'Auberge, and The Winds Café. Here is a brief sketch to show you how easy it is to do. Best cuts with connective tissue include Coleman Natural Beef™ arm bottom round roast, chuck roast, rump roast, or short ribs. Other meats work as well. Lamb shanks are my favorite. You can also braise dark cuts of poultry such as turkey legs and even seafood such as monkfish.

Once you've chosen your cut of meat, you may cut it to about double bite-size pieces (some meats, such as veal or lamb shanks, are better left whole). Season them liberally with sea salt and fresh ground pepper, then dust with a little flour such as Wondra. Place them in a heavy-duty, oven-safe fry pan on the stove top in a little hot grapeseed or olive oil, taking care that the oil doesn't smoke. Sear the meat on all sides until it begins to caramelize, that is, turn brown. This step of searing the meat is very important; otherwise, the meat comes out tough and gray, and you miss out on the flavors that are produced by caramelization. Be careful not to crowd the pan. Be patient. Remove the meat, and keep it warm under foil on the side.

Next, in the same pan you put a handful each of carrots and onions, and one rib of celery, all cut to the same size, about an inch long (You can also add roughly chopped parsnips, fennel, onions, garlic cloves, as well as wild mushrooms, not to mention the underappreciated root vegetables rutabagas and turnips, or even squash).

"Organisez vous"
It's an expression I heard daily at Le Cordon Bleu Cooking School in Paris when I took a ten-week course there a few years back. It means "organize yourself", and it was constantly repeated by the instructing chefs. A related expression is *mise en place*, that is, "put in place". This means you put everything in order before beginning your cooking: clean hands, counter, and cutting board; sharp knife; veggies chopped; meat trimmed and cut to size; correct spices at hand; and so on. Doing this will help you be successful in your kitchen.

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Cook the veggies for a few minutes and remove. Pour off and discard the fat in the pan except for about a tablespoon. While the pan is still hot, deglaze, that is pour an acidic liquid, say some balsamic vinegar, some of the same wine you will be serving, or water and lemon juice in the pan. Fill up to a quarter inch or so. Stir with a wooden spoon, scraping to lift the little caramelized bits and juices off the surface. Turn up the heat to a gentle boil and reduce until it just begins to get syrupy. At this point, add some stock (chicken stock works well with about any dish) to thin out the liquid. Put your meat back in the pan. Add more stock if necessary to cover up to half the meat. Seal with a lid, reduce heat, and simmer gently on the stove top or in the oven (make sure the pan is oven safe if you do this). Depending on the cut of meat, this could take 30 minutes or up to a few hours. Your goal is to cook slowly in liquid (at, say 325° F), so that the meat breaks down to a tender and delicious result. About 30 minutes before the meat is done, add back the vegetables.

Once the meat is cooked, remove the meat and veggies from the liquid, and keep warm. Skim excess fat off the top of the cooking liquid with a big spoon. You may add a can of DLM San Marzano Tomatoes at this point, if you want a red sauce. Take a taste and add salt and pepper if needed. Reduce further, this time uncovered, on the hot stove top to concentrate flavors. As the liquid begins to thicken, you can add some fresh chopped herbs for flavor and color, such as rosemary (great for lamb shanks), thyme, tarragon, etc. Check your liquid one last time to see if it needs salt and/or pepper. Plate the meat and vegetables and top with some of the flavorful cooking liquid. Add a couple of sides, a good salad with a sharp vinaigrette, some warmed DLM Artisan Bread, and dinner is served.

Braising is an ancient cooking method, perhaps a lost art in fast food culture. But it's making a well deserved comeback. This winter, buy good meats at DLM and give braising a try; it will fast become one of your favorite things to do this fall.

Colin VP of Food

floral

Make Your Own Sweetest Day Rose Bouquet!

Saturday, October 18 • 10 a.m.

- Price includes vase, one dozen roses, baby's breath, and instructions
- \$25.00 per person, reservations required
- Register at www.dorothyane.com

healthy living

Sleep on It

I very rarely have trouble falling asleep at night; in fact I usually have the opposite problem. I fall asleep when I'm not supposed to, like when I'm reading the newspaper, watching television, or occasionally during church (it's not my minister's fault). If the number of inquiries I have about natural sleep aids are any indication, there are a lot of people who have trouble falling asleep or who wake up in the middle of the night and have trouble falling back to sleep. I recently read that as much as one-third of the nation's population suffers from sleep disorders.



Chris Myers and Lori Kelch

Lori Kelch and Chris Myers are teaming up

to help you find ways to "Sleep on It". Lori will discuss:

- Some common reasons why we might have trouble sleeping
- The connection between what we eat and sleep quality
- Foods and nutrients that support restful sleep
- Nutritional supplements for sleep
- Other "tips" for a good night's sleep

Chris will talk about the physical and emotional angles of this issue, using both her counseling and bodywork expertise. She will discuss how stress disturbs our sleep and how to relax both the mind and body to either get to sleep or get back to sleep if you wake up early.

Lori is a Health Educator with an extensive education in whole foods nutrition, with an emphasis on nutritional supplements. Chris is a Certified Teacher of the Alexander Technique, with over 25 years of experience as a Licensed Clinical Counselor, educator, and consultant. She maintains a private practice in counseling and the AT in Springfield and Centerville.

Sleep on It

Tuesday, October 28 • Noon–1:30 p.m. • \$10

DLM's School of Cooking

Registration is required, as seating is limited. To register go to www.dorothyane.com, or contact Joy Kemp (937)434-1294 or Kathy Stone (937)748-6800.

Joy Healthy Living Director



Pumpkin Cheesecake with Caramel-Bourbon Sauce

From *Bon Appétit*, November 2005. Fall always puts me in the mood to bake. This luscious dessert would be delightful for any fall gathering and could be made a day ahead. The sauce is very versatile, and could also be served over vanilla ice cream or a slice of pound cake.

Crust

1½ cups pecans, toasted and cooled
 3 Tbsp light brown sugar
 3 Tbsp unsalted butter, melted
 ¼ tsp ground cinnamon

Filling

(3) 8-oz pkgs cream cheese, at room temperature
 1¼ cups sugar
 1 tsp finely grated lemon peel
 4 large eggs
 15-oz can pure pumpkin
 ½ cup plain whole milk Total Yogurt
 2 Tbsp all-purpose flour
 1 tsp vanilla extract
 1 tsp ground cinnamon
 ¾ tsp ground ginger
 ¼ tsp ground nutmeg
 ¼ tsp ground cloves
 Large pinch of salt

Sauce

1 cup packed dark brown sugar
 ½ cup heavy cream
 6 Tbsp (3 oz) unsalted butter
 ¼ cup light corn syrup
 ½ tsp salt
 3 Tbsp Bourbon
 1½ cups pecan halves, toasted, cooled

For the crust: Preheat oven to 350°F. Butter a 9-inch springform pan with at least 2–¾ inch-high sides. Grind the four crust ingredients in a food processor until nut mixture sticks together. Press evenly onto the bottom of the prepared pan. Bake crust until golden, about 15 minutes. Cool completely. Wrap outside of pan in a triple layer of heavy duty foil.

For the filling: Using a mixer, beat cream cheese, sugar, and lemon peel in a large bowl until smooth. Beat in eggs, one at a time, then pumpkin, yogurt, flour, vanilla, spices, and salt. Pour into pan. Set springform pan in a roasting pan. Pour enough hot water into roasting pan to come halfway up sides of the springform pan. Place in oven. Bake until outer 3 inches puff slightly and the center is softly set, about one hour, 15 minutes. Cool in water bath for 30 minutes. Remove from water. Cut around sides of cake to loosen. Refrigerate in pan until cold, about 4 hours. Cover and chill overnight.

For sauce: Bring sugar, cream, butter, corn syrup, and salt to a boil in a deep medium saucepan, whisking until sugar dissolves. Reduce heat to medium; boil for 1 minute without stirring. Remove from heat. Stir in Bourbon, then pecans. Cool, stirring occasionally. Sauce can be made ahead of time and refrigerated. To serve, warm it slightly in the microwave until it stirs easily but is not hot.

To serve: Remove foil and sides from pan. Cut cheesecake into wedges and spoon sauce over. **Makes 16 servings**

Per serving of cheesecake: 353 calories (66% calories from fat); 27g total fat; 12g saturated fat; 105mg cholesterol; 172mg sodium; 25g total carbohydrates; 6g protein

Per 2 Tablespoons sauce: 183 calories (60% calories from fat) 13g total fat; 4g saturated fat; 19mg cholesterol; 78mg sodium; 17g total carbohydrates; 1g protein



Kathy Director of Consumer Affairs

seafood

First-Ever Shellfish Festival

As the air starts to chill, bringing cool mornings and falling leaves, the most flavorful shellfish are harvested from New England's North Atlantic coast.

To celebrate this once-a-year peak season, Dorothy Lane Market has decided to host our first-ever Shellfish Festival. In addition to our annual Clambake promotion, we will also be having a shellfish cookoff. With help from Chef Gabe Gardner, a Sinclair Culinary Arts teacher, culinary students from Sinclair will be competing Saturday and Sunday, October 11 and 12, at all three Dorothy Lane Markets for the best shellfish dish. Join us and sample great shellfish dishes prepared by aspiring chefs! The winner will have their recipe featured in DLM's *Market Report* for all to enjoy.

Rice Seafood Manager, Springboro



Photo Courtesy of The Alaska Seafood Marketing Institute.

King Crab is Coming!

The Bad Boys of the Bering Sea are getting ready to cast off for another great season of Wild Alaska Red King Crab fishing. Almost all the King Crab harvested in this short season gets cooked and dipped in a salt water brine to protect it, and then is frozen to be shipped and consumed the rest of the year. A small portion of the catch is cooked and shipped out fresh, and any crabber who has ever landed a pot of crabs will tell you there is a huge difference in flavor, taste, and texture between fresh and frozen. You don't have to sign on as a deckhand on a crab boat to enjoy this great treat — just be a DLM customer! Once boats start hailing port with this crab, it will be cooked and shipped out overnight to Dorothy Lane Market Seafood departments. Taste the sweet texture of this crab for yourself and you will be mesmerized by the flavor.

Jaehn VP of Meat & Seafood

bakery

Cake of the Month: Caramel Apple Spice Cake

Our new cake begins with butter pound cake with just the right amount of spice added, then topped with Clearbrook Farms apple filling. It's topped off with caramel butter icing and finally drizzled with buttery caramel. This rich, moist cake, perfect for fall, is destined to be a classic!

Scott Bakery Director

deli

New! Volpi Salamis

One of my favorite parts to my job as Washington Square's Food Service Manager is all of the wonderful and unique items that I am lucky enough to taste. I have had the distinct pleasure of sampling items imported from around the world, as well as those from right here at home. Whether it is Spain's Jamón Ibérico Ham, Italy's Prosciutto di Parma, or our even own DLM All-Natural Turkey Breast, I am always amazed at the rich and textured flavors of each offering.

Recently, I had the opportunity to taste two new all-natural wine salamis from the St. Louis-based Volpi Company — the **Chianti Red Wine Salami** and the **Pinot Grigio White Wine Salami**. The first thing that I noticed about these new offerings was their exquisite packaging. Both look as though they were hand-wrapped in the hills of Italy, which should come as no surprise, given the fact that the Volpi family emigrated from that country over a century ago. Their roots in Italy are clearly the inspiration for these new salamis.

Upon my initial tasting, I was struck by the subtle yet rich flavor of each salami. There was just a hint of the wines used in preparing them, and neither one left even the remotest aftertaste. I quickly realized that the Volpi Company has outdone itself in creating a uniquely authentic Italian wine salami. The Chianti and Pinot Grigio salamis are perfect as a snack or paired with Asiago Fresco from our Specialty Cheese department.

As Food Service Manager, I am excited to offer these new salamis to our customers. I believe them to be of the highest quality, and I am proud of the continued efforts of my peers to carry only the finest products. I anticipate the salami lovers among us to have the same reaction as I did to these wonderful new items!

Mark Food Service Manager, Washington Square



Beef Short Ribs in Chipotle and Green Chile Sauce

I love the flavors of the Southwest, and this is this is one of my favorite recipes. It's do-ahead and perfect for entertaining. I like to serve it with mashed potatoes and a great Alamos Malbec.

- (8) 3-inch beef short ribs (4½–5 lbs), well trimmed and patted dry
- 1 tsp salt
- 1 tsp pepper
- 1 tsp ground cumin
- 1 tsp chili powder

Mix ingredients in a bowl; sprinkle on short ribs and marinate for one hour or up to one day.

- 2 Tbsp Vera Jane's Extra-Virgin Olive Oil
- 1½ cups chopped onion
- 6 large garlic cloves, minced
- 14 oz low sodium chicken broth
- 1 cup diced canned tomatoes, drained
- ¼ cup freshly squeezed lime juice
- 1½ Tbsp chopped chipotle chilies in adobo sauce
- 3 large Anaheim chilies, stemmed, seeded, and cut into rings
- Cilantro, coarsely chopped
- Lime wedges

Preheat oven to 350°. Heat oil in a large Dutch oven over medium-high heat. Add the short ribs in batches and brown. Reduce heat to medium; add onions and garlic and sauté until soft. Add broth and bring to a boil, scrapping up brown bits. Add tomatoes, lime juice, and chipotle chilies. Return ribs to the pot and bring to a boil. Cover and bake in the oven for 1½ hours.

Remove pot from the oven and tilt to remove fat, or refrigerate overnight and remove fat the next day. Place the pot over medium heat and boil until the sauce thickens and coats the back of a spoon, about 25 minutes. Add the chili rings and simmer until the chilies are tender. Sprinkle with cilantro and serve with lime wedges. **Makes 4 servings**

Sandy School of Cooking Director

New School of Cooking Director

I have had the pleasure of working with an outstanding team of staff and volunteers and leading the SOC to become a nationally recognized cooking school. I have been very fortunate to work with a great group of managers and customers at DLM. All of you have played a huge part in the success of the school. However, after almost 15 years I am ready for a change.

Sandy Martz joined our team as the new School of Cooking Director in September. With a solid business background, she enjoys the entre-

preneurial spirit of running a small business. Sandy has a lifelong passion for great wine and food, and has developed an eclectic palate. She loves to entertain friends and family and pair her menus with unusual wines. Be sure to stop by the cooking school and introduce yourself to Sandy.

Deb Lackey



Sandy Martz, DLM's new School of Cooking Director

Fall Registration is now underway! Register at www.dorothyane.com or call 434-1294.

events

October is National Celiac Awareness Month

What is celiac disease? Celiac disease is a genetically linked autoimmune disorder that can affect both children and adults. The immune response causes damage to the small intestine. This interferes with the small intestine's ability to absorb the nutrients found in food, leading to malnutrition and a variety of other complications, such as osteoporosis, infertility, and stomach cancer, if left untreated.

Gluten is the term used for the offending amino acid sequences found in any species of wheat, barley, rye, or other crossbreed hybrids. These amino acids are the adhesive and stretch of bread products ultimately resulting in the rising of bread products. There is no cure for celiac disease. The treatment is a diet free of wheat, barley, rye, or their crossbreed hybrids for life; in other words a gluten-free diet.

Seems simple enough, right? Unfortunately the lists of foods to avoid are long enough to fill many pages, causing people who are new to the diet to complain they can't eat "anything." What they mean is that traditional wheat choices, breads, pastas, and even most beers are "off limits." The fact that there is no consensus on the definition of the term "gluten free" makes choosing foods difficult.

Fortunately, there are many great food choices to be found at Dorothy Lane Market. As stated in the *DLM Wheat and Gluten-Free Shopping Guide*, meats, dairy products, fruits, and vegetables without additives are naturally gluten free.

Printed copies of the *DLM Wheat and Gluten-Free Shopping Guide* are available at the service booth of all three stores; or it can be downloaded from our website www.dorothylane.com under the Healthy Living Department. The schedule for the DLM

Gluten-Free Food Lover's Club support group meetings are also listed on this page. Tricia Thompson will be on a telephone conference call for the October 11 meeting. She wrote the *American Dietetic Association's Celiac Disease Nutrition Guide* and just released *The Gluten-Free Nutrition Guide*. Our Healthy Living Department carries a wide variety of gluten-free cookbooks and other reference publications. The following recipe is gluten free.

Quinoa with Dried Fruit and Nuts

Adapted from the Dole Nutrition Institute



- 2 cups Kitchen Basics Vegetable Broth
- 1 cup quinoa
- Pinch of sea salt
- 1/3 cup dried cranberries
- 1/3 cup dried apricots, diced
- 2 Tbsp fresh thyme leaves, minced
- 1/4 cup chopped toasted pecans

In a medium saucepan, bring the broth to a boil. Add quinoa and salt. Reduce heat to low, cover and simmer for 12–15 minutes, until all of the liquid is absorbed. Stir the cranberries, apricots, and thyme into the hot quinoa. Top with pecans and serve hot or at room temperature. **Makes 6 servings**



Per serving: 196 calories (25% calories from fat); 5g total fat; 0g saturated fat; 0mg cholesterol; 184mg sodium; 32g total carbohydrates; 5g protein

C. A. Diltz

Healthy Living Department Consultant

kid's club

Produce of the Month: Small Red Delicious Apple

Apple Smacks

- 4 apples, sliced
- 1/4 cup raisins
- 1/4 cup water
- 3/4 cup rolled oats
- 1/3 cup flour
- 1/4 cup wheat germ
- 1/4 cup butter
- 2 Tbsp honey, if desired
- 1 tsp cinnamon

Spray an 8-inch square pan with nonstick cooking spray. Lay apple slices in pan. Combine remaining ingredients and sprinkle over apples. Bake at 350°F for 35 minutes. Spoon into small dishes. **Make 4 servings.**

J. Glavin

Consumer Affairs Manager, Springboro

DLM Gluten-Free Food Lovers' Club

Saturday, October 11 • 3–4:30 p.m.

DLM's School of Cooking

For more information, contact C.A. Diltz at ca@dorothylane.com

kids' club

Kids' Club Halloween Party Saturday, October 25

- Come dressed in your favorite costume!
- Oliver will lead the trick-or-treaters through the store.
- After trick-or-treating, The Amazing Shaner will perform a delightful magic show.

Oakwood: 11 a.m.

Washington Square: 1 p.m.

Springboro: 3 p.m.

events

Caramel Apples

October 18 & 19 AND

October 25 & 26 • 11 a.m. to 5 p.m.

(while supplies last daily)

- Extra-Large Jonagold Apples
- Dipped in your choice of toppings
- Extended to two weekends due to popular demand!

\$3.00 each

WHAT CLUB DLM CAN DO FOR YOU

DOROTHY LANE MARKET
CLUB DLM

- Club DLM saves you money on thousands of items throughout the store.
- The higher your purchase total, the greater the savings you will receive.
- By scanning your Club DLM card, we can notify you of recalled products by phone and e-mail.
- Our Good Neighbor Program rebates up to 1% of your purchases back to your favorite non-profit organization. Simply sign up once for the year (sign up online at www.dorothylane.com or pick up a form at any DLM), and your preferred group will benefit from your purchases.
- Every time you use your Club DLM card, you are automatically entered in our monthly sweepstakes. Each card use results in an extra chance to win.
- Your card is the key that unlocks discounts at a large number of area businesses. For a complete list of participating Club Merchants, check our website, www.dorothylane.com or pick up a flyer at any DLM.
- DLM returns hundreds of lost keys a year to customers who, fortunately, had their Club DLM key fob attached to their key rings.

Remember, the cornerstone of Club DLM is that the more you purchase with your Club DLM card, the better the offers we can send you!



DLM Food & Wine Show 2008 Save the Date — November 6

If you have enjoyed one of our previous nine food and wine extravaganzas, we promise this year's will be the best yet! If you have never attended before, then save the date, Thursday, November 6, on your calendar, and purchase your ticket to assure your reservation!

The show takes place at our Springboro store, on both the main floor and the mezzanine level, and there is a culinary or vinous

delight around each corner! Guests will taste wine from Riedel stemware, which is yours to keep, and will have the option of tasting wines from over 100 producers from the United States, France, Italy, Portugal, Spain, Germany, Australia, and more, with this year a whole table dedicated to grower Champagne alone! We also will have a table for the beer lover in the group, featuring Bell's Brewery, based in Kalamazoo, Michigan.

The food, of course, is amazing. Dorothy Lane Market's chefs have pulled out all the stops, and you can sample to your heart's delight from an array of seafood, smoked fish, Icelandic lamb, duck, charcuterie, and of course, desserts from our famous pâtisserie...all with the ambiance of a live jazz trio! Come and enjoy a great evening of sharing our dual passions for great food and wine.

Todd Director of Beer & Wine Sales

Tickets are \$70 each and are available at all three DLMs or online at www.dorothylane.com.

Tickets are limited, buy yours today to ensure you don't miss out on this spectacular event!

DOROTHY LANE MARKET www.dorothylane.com • www.dlmmailorder.com

Oakwood 2710 Far Hills Ave., Dayton, OH 45419, (937) 299-3561 **Washington Square** 6177 Far Hills Ave., Dayton, OH 45459, (937) 434-1294
Springboro 740 N. Main St., Springboro, OH 45066, (937) 748-6800

Prices herein are valid through October 31, 2008. Club DLM card is required for all sale prices except beer and wine. In the event of a typographical error, in-store prices will prevail.
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Send a **Killer Brownie®** to Someone You Love...

www.dlmmailorder.com
1-866-748-1391

OCTOBER CLUB DLM PRIZES

- 1) \$50 Gift Card to The Oakwood Club
- 2) DLM Free-Range Whole Turkey — Antibiotic Free • Vegetarian Fed (value \$50)
- 3) 2 Tickets to the Dayton Ballet's *The Nutcracker* at the Schuster Performing Arts Center (value \$88)

Each time you scan your Club DLM card, you'll be entered in our monthly drawing. One set of prizes will be awarded at each store location. No purchase necessary to enter.

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