



*Chef Mike – Executive Chef,
Southern Foods At Home*

A Message From Chef Mike

Happy holidays and welcome to the December issue of *The Southern Foods At Home Kitchen!* As 2007 draws to a close, it reminds me that it's time to thank you for your ongoing business and support. I just can't express how much I appreciate you.

So now that the holidays are here, please remember to take good care of yourself. Get some rest,

don't drive too fast to get where you're going, and do whatever is necessary to stay safe. I'll see you back here next month and we'll kick 2008 off in a big way.



For now, dig in and enjoy this month's newsletter; I think you'll agree it's loaded! As always, if you have any thoughts, comments or feedback for me on this newsletter, or anything else, please email me at ChefMike@SouthernFoodsAtHome.com. Have a wonderful and safe New Year's, happy holidays, and thank you again for your business.

Southern Foods Recipe Of The Month - Pork Medallions With Apple-Raisin Chutney

You want something the whole family will love that's perfect for this time of year? Try this fun recipe tonight! **As with any recipe, you can increase or decrease ingredients or cook time to suit your own tastes.**

Serves 4

- 1 pound pork tenderloin
- salt and pepper, to taste
- 1 tablespoon olive oil

For The Chutney

- 2 apples, peeled, cored, and medium diced
- 1 tablespoon butter
- 1/4 cup red wine
- 1-2 teaspoons brown sugar, depending on sweetness of the apples
- 1/2 - 1 teaspoon lemon juice, depending on sweetness of the apples
- 1/4 cup golden raisins
- 1 teaspoon ground cinnamon

1. Trim fat from tenderloin and cut into 3/4 inch thick slices. Season all over with salt and pepper.



2. Heat a large skillet on medium-high. Add oil to pan and swirl to coat. Add medallions and cook 2-3 minutes on each side, turning once, until nicely bronzed. Remove to a clean plate.

3. For the chutney: Wipe out same pan with paper towels and put over medium heat. Melt butter in pan, add apples, and sauté for 1 minute. Add the wine, sugar, lemon juice, raisins, and cinnamon. Simmer for 2-3 minutes until apples are tender and liquid reduces to a thick sauce. Serve the chutney with the pork medallions.

Enjoy! Chef Mike

You can watch a video demonstration of me preparing this delicious recipe at www.SouthernFoodsAtHome.com!



The Secret To Memorable Holiday Meals

The holidays are here! Time for big family meals, good conversation, and reconnecting with loved ones. There's just nothing like home cooking, and **the secret to preparing memorable meals is always starting with the best ingredients.**

Southern Foods simply provides the finest beef, chicken, pork, and seafood available, so make sure you're fully stocked up. This certainly isn't the time to get caught with an empty freezer!

Three easy ways to place your order:

1. Call your personal food economist.
2. Log onto our convenient website at www.SouthernFoodsAtHome.com/reorders.
3. Call our 24 hour reorder hotline at **866-298-7865**.

Have a Merry Christmas and Bon Appetit!



Congratulations To The Winner Of Our November Trivia Question!

Congratulations to **Kim Van Borkulo** of Fayetteville, North Carolina for submitting the first correct answer to last month's trivia question...



In what now-named state is Plymouth Colony in?

- A) Virginia
- B) Massachusetts
- C) New Jersey
- D) Maryland

If you're a history buff you may remember from grade school that the answer was #2, Massachusetts. Now how about you? Care to give this month's trivia question a try?

December Trivia Challenge

Now that the holidays have arrived, here's a Christmas question for you. How many years does it take for most Christmas trees to grow to an average retail sales height of six feet?



- 1) 2-5 years
- 2) 6-9 years
- 3) 10-13 years

The first correct answer emailed to me at ChefMike@SouthernFoodsAtHome.com wins our moist and creamy Chocolate Fudge Cake, the perfect compliment to any holiday meal!

Chef Mike's Recycling Idea Contest!

Last month I introduced our cooler recycling contest and we had so many wonderful and creative entries. Here are a few that I received:

1. The tops of the containers can be glued to inverted bottoms, then spray painted to **form little tables** that are easily transported and used as needed.
2. They can be **donated to teachers** to store classroom items, toys, or math manipulatives.
3. School teachers may want to **archive thematic units** in them.
4. The coolers make wonderful, sturdy, light-weight **shipping containers**. I packed my last cooler with canned goods, cookies, crackers, vacuum-packed meats, etc., and sent it to my grand-nephew who is a soldier in Iraq.
5. I am a hunter and the coolers make a **great place to store** my meat after cleaning my game. I can store the meat and know that it is going to stay cold and fresh until I get home to package it for the freezer. I do the same for fishing.
6. My father does part time catering. He can **pack the coolers with the food** to take to the event and also pack up when he leaves. It also makes it great if the event has food left over and the customer wants to keep the food. He

can place the food in the cooler and leave it for the customer. Then know one has to worry about giving a cooler away or trying to get the cooler returned. It is a great convenience.



7. Since I am the mother of a three sport son, I decided to use our Styrofoam coolers as **sports ball containers**. We use the small one for golf balls, medium for baseball and large ones for the basketballs and footballs. They stack wonderfully and it keeps them from rolling in the basement floor or garage. All you sports mom's might want to try it.

Next month, I'll share more really innovative "green" ideas our thoughtful customers submitted. Now how about you? **Got a great idea for reusing, donating, or recycling your coolers? Email me your creative ideas at ChefMike@SouthernFoodsAtHome.com**, subject line "Cooler Contest". There's no limit to how many ideas you can submit and the best idea as judged by me, Chef Mike, **wins a \$50 credit on their next reorder, plus I'll send you the dessert of your choice!** I'll announce the winner in a future issue of our newsletter.

Thank You, Thank You, Thank You

Thank you to our wonderful clients who referred us last month. I can't begin to express how much I appreciate your friendship and support. Special appreciation to **Rodney & Ruth Hicks** of Greenville, NC for referring Erny Hoke and **Chad & Brandy Jones** of Greenwood, SC for referring Keith and Lynn Alexander. **Thank you from the bottom of my heart.**

If you know of a friend or neighbor that could benefit from our service, please don't keep us a secret. As a token of our appreciation, for each referral that joins the Southern Foods At Home family,

you'll receive a \$100 credit and the free dessert of your choice with your next reorder! I hope you'll consider referring us not just for the \$100 reward but because you believe we provide healthier, better food. To refer a friend, you can simply go to www.SouthernFoodsAtHome.com/referrals and fill out the easy referral form. We'll take special care of your friends and even give them a complimentary French Silk Pie as a surprise gift from you! Thank you for your loyalty and support! 😊

How To Remove Melted Wax

Candles give a warm, festive glow, but when candle wax drips on your carpet, it can be difficult to remove. **Here are two ways to get the job done.** The cold way: Chill the drips with an ice cube

and scrape them off with the edge of a butter knife. The hot way: Cover the spot with a paper towel and gently run a warm iron over it. For colored candle drips, use ice.



Meredith Vieira



Denzel Washington



Tyra Banks



Brad Pitt

December Celebrity Birthdays

Tyra Banks, model, actress	Los Angeles, CA	Dec. 4, 1973
Gregg Allman, singer	Nashville, TN	Dec. 8, 1947
Bob Barker, TV personality	Darrington, WA	Dec. 12, 1923
Brad Pitt, actor	Shawnee, OK	Dec. 18, 1964
Samuel L. Jackson, actor	Washington, D.C.	Dec. 21, 1948
Ryan Seacrest, television host	Atlanta, GA	Dec. 24, 1974
Barbara Mandrell, singer	Houston, TX	Dec. 25, 1948
Denzel Washington, actor	Mount Vernon, NY	Dec. 28, 1954
Ted Danson, actor	San Diego, CA	Dec. 29, 1947
Meredith Vieira, TV journalist	Providence, RI	Dec. 30, 1951

The Perfect Holiday Gift!

Searching for that perfect Christmas gift for those special people on your list? Give the gift of Southern Foods! There's no better way to show you care. Here's a gift idea that's sure to make a lasting impression (ideal for a corporate or business gift too)!

The Perfect Holiday Gift

- 2 – 8 oz. Ribeyes
- 2 – 8 oz. New York Stripes
- 2 – 14 oz. T-Bones
- 2 – 6 oz. Filet Mignon
- 1- N.Y. Style Cheesecake
- 1 – Triple Chocolate Cheesecake

Your price is just \$199.99 and includes shipping and handling! You can even include a personalized holiday

message so the lucky recipient knows this thoughtful gift came from YOU. To order call your food economist at the number below.



<u>Food Economist</u>	<u>Phone Number</u>	<u>Email Address</u>
Margie Bandiero	877-222-2013	mbandiero@southernfoodsathome.com
Judy Bornstein	877-222-2014	jbornstein@southernfoodsathome.com
Rosemerry Franks	866-451-5817	rfranks@southernfoodsathome.com
Beverly Henley	877-599-0074	bhenley@southernfoodsathome.com
Lacey Leonard	877-222-2033	lleonard@southernfoodsathome.com
Judy Lowdermilk	888-242-9821	jlowdermilk@southernfoodsathome.com
Laura Shelton	877-222-2026	lselton@southernfoodsathome.com
Marie Shelton	877-222-2029	mshelton@southernfoodsathome.com
Janice Tanksley	877-222-2021	jtanksley@southernfoodsathome.com
Lisa Williams	877-222-2028	lwilliams@southernfoodsathome.com

Welcome To New Clients!

Here are some of our new clients who became members of my Southern Foods At Home family this past month. I'd like to welcome you and wish you all the best:

Keith & Lynn Alexander, David & Lori Burch, Michael & Ladonna J. Edwards, Patricia Gardner, Earl Greeson & Pricilla Lowe, Leslie & Sharon Hailstalk, Kelley & Joanne Jones, Ronnie & Kimberly Jones, Tracy & Sharon Pedigo, Linwood & Sylvia Price, Wayne & Renee Robinson, Barry Edwards & Danielle Fulk, David & Paige Evans, Matthew Gabriele, Sterling & Kellie Griggs, Howard Meeker Jr., Francis & Judy Pflug, Richard & Alicia Bechtold, Alex Bodnar & Kathy Bennington-Bodnar, JB & Amy Bond, III, Daniel & Paige Campbell, Matthew Gabriele, Bobby Goodwin, Sterling & Kellie Griggs, Shane & Renita Holt, Michael & Kimberly Madren, Clark & Wendy Marion, Jr., Jason & Karen Meier, Paul Normandeau, Amy Price, Tom & Kristi Pritchett, Jr., Kathy Wrenn.

Good Luck To A Wonderful Friend!

After ten years with Southern Foods, **Jean Hall**, one of our wonderful food economists has decided to retire. Jean plans to spend more time with her grandchildren and she's looking forward to traveling with her husband, Harold. On behalf of everyone at Southern Foods, thank you Jean, for your years of dedication and service. Enjoy your retirement and don't forget to send us a postcard from your travels! If you'd like to drop Jean a note with well wishes, she would love to here from you! Please address it to Southern

Foods at Home,
3669 North Peachtree Rd,
Chamblee, GA 30043
Attn: Jean Hall.



Christmas Dinner Made Easy!

Cooking and entertaining for the holidays? We'll make your Christmas feast easy for you and brilliant for your guests with our **Christmas Dinner Banquet package**. It easily serves ten hungry guests.



You get:

- 4 - Appetizers (egg rolls, party assortment, spanikopita, assorted quiche)
- 1- Shrimp, peeled and de-veined 2 lbs
- 1 - Turkey 20-22 lbs
- 1- Prime Rib 5 lb
- 2- Peas with pearl onions
- 2- Potatoes, baby bakers
- 3 - Green beans, 16 oz
- 2 - Mashed butternut squash 20 oz.
- 3 - Garlic bread
- 1- Pumpkin cream layer pie

- 1- Tiramisu Cake
- 1 - Cream cheese cake
- 1 - Frozen strawberries
- 1 - Macadamia nut cookies

Everything is delivered right to your door for only \$359, shipping included. Only 200 of these special packages are available. To order, call your food economist right away to ensure delivery before Christmas!

Mark Your Calendar

Hanukkah

Dec. 5 – 12

Jews all over the world celebrate the festival of lights.



Christmas

Dec. 25

Christian festival commemorating the birth of Jesus of Nazareth.



New Year's Eve

Dec. 31

The last evening of the Gregorian calendar year, traditionally a night for merrymaking.



◆ Chef Mike's Recycling Idea Contest!

Holiday Meals

◆ The Secret To Memorable

◆ Southern Foods Recipe Of The Month
- Pork Medallions With Apple-Raisin Chutney

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The Newsletter For Better Living

at home Since 1954

Southern Foods ★

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