



Chef Mike – Executive Chef,
Southern Foods At Home

A Message From Chef Mike

Happy Valentine's Day and welcome to the February edition of *The Southern Foods At Home Kitchen!* This month's newsletter is packed with all-new articles, important tips, and of course my Valentine's "romance" recipe!

Some of this issue's highlights include features on how to

choose the best olive oil, the health benefits of rosemary, and even a piece on indoor air quality. Plus, you'll find our regular columns, trivia, and more!

I always check my email and I absolutely **love hearing from you** so if you have thoughts, comments, or feedback for me on this newsletter, my recipes, our food, or anything else, please email me at ChefMike@SouthernFoodsAtHome.com. Have a lovely Valentine's Day, try to stay warm out there, and thank you again for your business.

Southern Foods At Home "Romance" Recipe Of The Month

Pan Roasted Lamb Chops With Rosemary Balsamic Syrup & Wilted Spinach

Serves 2

First, make the balsamic rosemary syrup. In a non-reactive saucepan, combine $\frac{3}{4}$ cup of good quality balsamic vinegar and $\frac{1}{4}$ teaspoon of chopped fresh rosemary leaves.

Over moderate heat, let mixture reduce until it is syrupy (this will take approximately 8-10 minutes). Please utilize your ventilation hood, or open a window during reduction process. Finished mixture will be about $\frac{1}{4}$ cup of syrup.

Lamb Chops:

- 4 Premium lamb chops, trimmed of all visible fat
- 1 Teaspoon of finely minced garlic
- $\frac{1}{2}$ Teaspoon salt, or to taste
- $\frac{1}{4}$ Teaspoon fresh cracked pepper, or to taste
- 2 Tablespoons olive oil to coat the pan
- $\frac{1}{4}$ cup of your favorite light red wine, such as pinot noir

Season lamb chops with salt and pepper. Heat olive oil in a skillet over medium high heat until it begins to smoke. Cook lamb chops for approximately 4-5 minutes per side, to yield medium rare. Remove chops and set aside. Add chopped garlic to skillet and cook until just softened (do not brown), about a minute or so. Take pan away from heat and add the wine to deglaze. Pour sauce over lamb chops and cover with foil to keep warm.

Wilted Spinach:

- $\frac{1}{4}$ Cup finely chopped red onion
- 1 Teaspoon chopped garlic
- 1 Tablespoon olive oil
- 1 Large bag of washed and ready to use spinach leaves



In the same pan used for the lamb chops, combine the olive oil, onion, and garlic and cook over medium high heat until softened (about 3 minutes). Add spinach to the pan. Keep the spinach moving during the wilting process to prevent burning. This only takes about 2 minutes.

Final Assembly:

Plate spinach onto serving plates. Place lamb chops over the spinach. Drizzle with balsamic rosemary syrup.

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

Enjoy! Chef Mike



"He's out throwing money at problems. Can I take a message?"

Did You Know Rosemary Is Good For Your Brain?

The herb rosemary has a long history as a memory aid. Now researchers are saying rosemary contains an ingredient that fights off damage to the brain. The active ingredient in **rosemary can protect the brain from stroke and neurodegenerative conditions such as Alzheimer's**, and also from normal aging, a

collaborative group of researchers at the Burnham Institute for Medical Research say. The ingredient, carnosic acid, protects the brain cells from free radicals. The findings were originally reported in *The Journal of Neurochemistry* and *Nature Reviews Neuroscience*.



Congratulations To The Winner Of Our January Trivia Question!

Congratulations to **Karen Hicks of Rocky Mount, Virginia** for submitting the first correct answer to last month's trivia question...

What American institution opened its first location in the Soviet Union on January 31st, 1990?

- a. WalMart
- b. Kentucky Fried Chicken
- c. McDonald's
- d. Taco Bell
- e. The Gap

The correct answer was "c", **McDonald's!**

Now how about you? Care to give this month's trivia question a try?



February Trivia Challenge

In honor of Valentine's Day, here's a question I think you will love. Celine Dion's "My Heart Will Go On"

is the theme song for which 1997 blockbuster movie?

- 1. Men in Black
- 2. The Matrix
- 3. Fools Rush In
- 4. Titanic

The first correct answer emailed to me at **ChefMike@SouthernFoodsAtHome.com** wins one of our **N.Y style cheesecakes** – the perfect way to top off any meal.



Who Won Chef Mike's Recycling Idea Contest?

Here at Southern Foods At Home, we're concerned about the environment. By moving to FedEx delivery a few months ago, we've been able to dramatically reduce the amount of fuel required for our trucks. It may not seem like much of a difference in the grand scale of things, but every little bit we all do to conserve oil, lessens our dependence on foreign countries and helps to preserve our beautiful environment. That's why we decided to run our "best cooler recycling idea" contest. When your food is delivered, please think of how you can do your part to recycle your coolers too.



As promised, **here are more contest entries for you to enjoy**; some are very innovative and all are appreciated!

1. You can use these coolers to insulate warm foods when you take dishes to Sunday dinners. You can also use them for storage boxes to store things in a storage building, etc. **Cynthia Hurley**
2. I will use the coolers to protect plants in the flower bed from freezing during the winter. I plan to turn the cooler over the plants and hold it in place with large hooks pushed into the ground and into the side of the cooler. **Alicia and Gerald Purifoy**
3. Cut the sides to make flat panels. Use to line the interior walls and top of a dog house (or other pet's home). This provides warm insulation against the winter winds and cold for pets that stay outside. **Pam Willoughby**
4. I have for several years used the coolers for storing my Christmas decorations. They work great, are sturdy, light weight, store and stack easily. I mark them as to the contents, making it easy for my husband to know what goes where when decorating time comes each year. **Phyllis Lawson**

OK without further delay, the **WINNER of the \$50 reorder credit and dessert** is (drum roll please!): **Shirley Kuiper of West Columbia, SC**, who uses her coolers as light weight shipping containers. Most recently Shirley sent her grand nephew in Iraq some much appreciated provisions from home in her coolers. Thank you to everyone who sent in an entry!

Indoor Air Quality Alert!

Does someone in your family suffer from allergies, asthma, dry mouth, snoring, coughing or sneezing? More than 25 million Americans do. Did you know that culprit could be the air in your home?

According to the EPA, **indoor air pollution is one of the greatest risks to public health**. When you consider that Americans typically spend up to 90% of our time indoors, it's a very important health concern. In fact, the EPA says the air in your home may be up to 100 times more polluted than outdoor air!

The Carico Nutri-Tech air filtration system can make the air you breathe 99.97% cleaner, removing mold, bacteria, smoke,

odors, viruses, dust, allergens, pet dander, and more. If you'd like more information on how you can get fresh, clean, air in your home, watch our online video at <http://caricovideos.com/air.htm> or call **866-571-4921** and ask for **Connie**. Of course, you can also email me too at **ChefMike@SouthernFoodsAtHome.com**. Here's to better breathing!



Grape Juice: The New Red Wine?

Concord grape juice stimulates an arterial relaxation effect similar to red wine, laboratory research has found. The results were presented at the WineHealth 2007 conference in Bordeaux, France. In fact, the **grape juice produced a prolonged relaxation effect** that red wine has not been cited as stimulating.



Researchers say the grape juice stimulates the production of nitric oxide, which is known to be important in maintaining flexible blood vessels and supporting healthy blood pressure. The effect of the grape juice lasted for up to six hours, significantly longer than red wine. So if you're looking for an alternative to red wine, this may be the answer.

Giving Your Valentine Something Sweet? Dark Chocolate Is Best!

While nutritionists have long touted the health benefits of chocolate, registered dietician Jean Stork specifies that dark chocolate, made with **70 percent cocoa or more, delivers the maximum amount of antioxidants.** For variety and even greater nutritional value, try chocolate with nuts, but avoid the extra calories of cream or caramel fillings.



It's Cold Outside. I'm Hungry. What's For Dinner?

Don't let old man winter get you down. Boost your spirits with our delicious (and nutritious) gourmet food. There simply is no finer cuisine available! When the family comes home cold and hungry, what better way to rejuvenate them than with our restaurant-quality fare? Of course, our food is free from hormones, fillers, steroids and other additives commonly found in lower quality food, so you can feel good that you're giving your family the best. If it's time to restock, please contact your personal food economist today.



Three Easy Ways To Place Your Order:

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

You Ought To Be In Pictures!

Here's a shot of our wonderful food economist team!

Standing left to right: Debbie Nordstrom, Judy Lowdermilk, Marie Shelton, Katina Sensing, Janice Tanksley, Beverley Henley.

Seated left to right: Connie Catalano, Lacey Leonard, Margie Bandiero, Laura Shelton.



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:

David & Lori Burch, Mike & Cindy Carter, Michael & Lisa Eudy, Mark & Tiffany Hamilton, Charles Johnson, Ronnie & Kimberly Jones, Steven & Andra Jones, Shannon Renzulli, Charles & Jackie Sorrell, Eric & Paula Steele

The Southern Foods At Home Spotlight!

Who's in the spotlight this month? Just our wonderful clients who referred us last month, that's who. A heartfelt thank you to:



- **John Glenn** of Spring Hope for referring Ginger Weston
- **Kevin & Andrea Hunter** of Salemburg for referring Lyndall and Jennifer Honeycutt
- **Robert Elks** of Washington for referring Ross and Michell Smith
- **Gordon S. Sellars** of Greensboro for referring Bernice and Lisa Bridgers.

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 Choose The Right Olive Oil

Many people are switching from regular vegetable oil to olive oil for their salads and cooking. **The phenols in olive oil reduce the danger of blood clots, which could cause a heart attack or stroke.**

There are several types of olive oil including **extra virgin, virgin, pure, and extra light. So which one is best?** Researchers reporting in the American Journal of Clinical Nutrition have found that **extra virgin olive oil** has a far higher phenol content than other forms and is the healthier choice.



People who ate extra-virgin olive oil, had lower levels of clot-promoting substances in their blood than those who ate non-virgin olive oil. When you shop, look for a brand that reads "extra-virgin" on the label. It's the only type that's entirely unrefined.

Mark Your Calendar

Valentine's Day

Feb. 14

Traditional day to send cards, gifts, and flowers to express love.



Presidents Day

Feb. 18

Observes the birthdays of George Washington (Feb. 22) and Abraham Lincoln (Feb. 12).



Leap Year Day

Feb. 29

A day that is added to our calendar to keep more in accord with the seasons. A day is added every four years, except in century years.



Idea Contest?

◆ Who Won Chef Mike's Recycling

◆ Indoor Air Quality Alert

- Pan Roasted Lamb Chops

◆ Southern Foods Recipe Of The Month

Inside this month's issue:

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