

YUMMY NORTHWEST

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DELICIOUS REASONS TO CELEBRATE

Thanksgiving is not the only special day to eat in November. This issue of **Yummy** focuses on the less celebrated food days of the month.

We won't explore here how these special days came about. Some things you just accept and enjoy.

Let's begin by emphasizing November 15: National Clean Out Your Fridge Day. This useful day is also celebrated in spring, but in November we prepare for the many foods that will be stuffed into the refrigerator throughout November and December.

Do you know what's in your fridge?

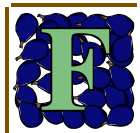
Recipes in this issue are adaptable to any leftovers, including those you might have after Thanksgiving dinner. Vegetarians can substitute tofu or tempeh when they see turkey listed as an ingredient.

With all the hectic activity of the looming holiday season, if you find you need your own space, take advantage of November 22: Start Your Own Country Day.

National Fig Week November 1-7

People have been eating figs since the dawn of time.

In a variation of a quiche created by the California Fig Advisory Board, add chopped figs, bits of turkey and cheddar cheese to a simple, basic recipe.



National Deviled Egg Day November 2

Is eating these tidbits sinful? Why are they



Oh, how you sparkle Oh, how you shine

Make that fridge a thing of cleanliness and beauty on Clean Out Your Fridge Day.

Start by throwing away questionable items. After storing everything else in a cooler, spray the inside of the fridge with a mixture of 1 tablespoon baking soda and 1 quart warm water. Let stand 10 minutes and wipe clean.

Remember to clean the gasket and, if you have one, the drip pan.

End by wiping down the outside, including the top.

To keep it running smoothly, unplug the refrigerator and locate the condenser cells (in back or underneath). Loosen dirt with a brush and vacuum.

For more toxic-free cleaning tips: Washington Toxics Coalition at www.watoxics.org or Oregon Toxics Alliance at www.oregontoxics.org.

called "deviled"? Actually, the culinary definition refers to food flavored with hot spices. The French call it *diable*, and some think it refers to the heat of hell. Well, whatever. Here's a tasty variation that uses leftovers.

Turkey Salad Stuffed Eggs

8 hard-boiled eggs
2 celery stalks
2 green onions
1/2 sweet red pepper
3/4 pound cooked turkey
3 tablespoon mayonnaise
2 tablespoon Dijon mustard
1 tablespoon cider vinegar
1 teaspoon sugar
1/4 teaspoon salt



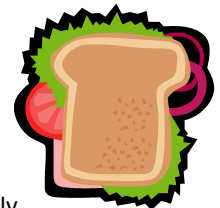
Peel boiled eggs and cut crosswise. Remove yolks and reserve for another use. Chop all filling ingredients finely; or cut celery, green onions, red pepper and turkey into 1-inch cubes and then place in food processor. Whirl with on-off pulses until finely chopped; do not over process. Scrape into medium-size bowl. Stir in mayonnaise, mustard, vinegar, sugar and salt. Spoon 1 rounded tablespoon into hollow of each egg half. Serve, or refrigerate up to 12 hours.

from www.recipesource.com

Sandwich Day November 3

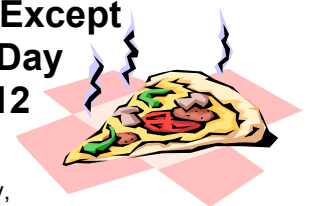
I think this day pretty much speaks for itself.

Sandwiches are definitely one of the most convenient meals going. Almost any leftovers taste good slapped between two slices of bread. Try turkey and chutney on toast.



National Pizza With Everything Except Anchovies Day November 12

Since you're not putting anchovies on your pizza today, how about a bit of turkey instead. Maybe with some barbecue sauce and pepper jack cheese.



Clean Out the Fridge Soup

All ingredients are optional – use whatever you have in your refrigerator or cupboard.

- 1 tablespoon oil or butter
- 1 onion, chopped (or leek, shallots, green onions)
- 1 clove garlic, crushed
- 2 cups cooked turkey, shredded or chopped
- 3 cups finely chopped firm vegetables (potato, sweet potato, carrot, celery, turnip, parsnip, zucchini, sweet corn)
- 1 can crushed tomatoes
- 6 cups stock
- 1 cup penne pasta
- 1 cup chopped green vegetables (broccoli, spinach, green beans, peas, canned vegetables)
- 1 cup sweet red peppers
- 1 can beans or lentils
- Salt and pepper
- Herbs (dried or fresh)
- Worcestershire sauce
- Soy sauce
- Chili sauce
- Tomato paste, juice, puree
- Creamed corn



1. Heat oil or butter in large pan, then add onion and garlic and cook until soft.
2. Add firm vegetables, as they take longest to cook.
3. Add enough stock to cover vegetables.
4. Bring stock to boil, then drop to a simmer.
5. For a tomato-based soup, add a can of undrained crushed tomatoes.
6. For a hearty soup, at this stage add pasta. (Pasta takes about 10 minutes to cook.)
7. Simmer, uncovered.
8. When vegetables are almost tender, add quick-cooking green vegetables and simmer until these are tender.
9. If you prefer a thicker, smooth soup, blend or process mixture to the desired consistency. For a thicker soup with chunks of vegetables, blend only half of the soup until smooth.
10. Return the soup to pan and adjust the consistency with a little water or extra stock, if necessary.
11. Add cooked turkey.
12. If using canned beans or lentils, drain, rinse, then add them.
13. Season soup with salt, pepper and chopped herbs to taste.
14. If soup needs a little more flavor, ingredients such as Worcestershire sauce, soy sauce, chili sauce, tomato paste, tomato puree or a can of creamed corn are great boosters.
15. Simmer until hot enough to serve.

6-12 servings

adapted from a recipe on www.recipezaar.com



Don't overdo it

According to a recent poll by the Center for a New American Dream, a nonprofit group that promotes responsible consumption, 91% of Americans feel that the holidays are over-commercialized.

Though the idea of more holidays to celebrate might seem contradictory, actually, it might be relaxing to take advantage of an unusual day.

Say it's November 13. Light the fire, serve your sweetheart or best friend some Indian pudding topped with a big dab of whipped cream and talk about silly things.

Life is too short to spend every day in serious pursuit of success or worrying about failures and things yet undone.

Relax. And celebrate.



More
special
days



National Peanut Butter Lover's Month November

Enjoy peanut butter all month! A future issue of **Yummy** will cover this topic in depth. But meanwhile, celebrate the peanut!

National Bittersweet Chocolate With Almonds Day November 7

As has been stated elsewhere, there is a special day for everyone and everything.

National Indian Pudding Day November 13

This intriguing dish, a concoction of cornmeal, milk, eggs and molasses, deserves recognition.

National Cashew Day November 23

Another nutty day.

National Parfait Day November 25

As always, if in doubt, have dessert.



About YUMMY NORTHWEST

Each monthly issue highlights an edible delight available in the Pacific Northwest.

Contact the editor

Comments, corrections, topic ideas and submissions are all most welcome.
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