

T OREGON Life

FOOD • COMICS/PUZZLES/TV • CLASSIFIED



The main event

A slow-cooked, exotic stew takes a starring role in a Passover gathering/D2

Buzzworthy

CHEF'S NIGHT OUT

The city's biggest buffet, the 21st annual Chef's Night Out, will offer culinary creations, wines and brews from dozens of local chefs, wineries and brewmasters at 6:30 p.m. Tuesday at the Hult Center. Oh, and leave room for dessert. This year's fundraiser for FOOD for Lane County will pay homage to restaurateur and event founder Mike West, who died Jan. 24. Tickets are \$65 in advance at www.hultcenter.org or 541-682-5000.

HAVE FAITH IN FARMERS



You can shake hands, deliver a pat on the back or give a shout-out to your favorite local grower during the 12th annual That's My Farmer, a celebration bringing together faith communities and local farms from 6 p.m. to 8:30 p.m. April 6 at First Congregational Church, 13th and Olive. The kickoff to the growing season features presentations, a slide show, live music, prizes, ice cream and a farmer-to-farmer Q&A. A suggested donation of \$5 helps provide fresh produce for low-income families.

SEASONAL FOOD



PAUL CARTER/The Register-Guard

The Farmers' Market in downtown Eugene offers colorful displays all season, including this summer scene at the Lively Organic Farm booth.

TO MARKET, TO MARKET

The season of abundant fresh fruits, vegetables and baked goods is at hand

BY CHERYL RADE
For The Register-Guard

From early spring through late autumn, farmers' markets in Lane County and the surrounding areas are in full swing, offering up everything from fresh fruits and vegetables to baked breads to handmade artisan treats. Customers have access to the choicest food and, better yet, have the opportunity to meet the people who produce it.

Lee Warnecke, manager of the Springfield Farmers' Market, says the addition of a farmers' market in

one's community is an excellent way to promote commerce, as well as a sense of kinship. "This is a community-building event that allows people to make connections by meeting neighbors and talking to farmers," he notes.

The Springfield Farmers' Market, which is a product of NEDCO (Neighborhood Economic Development Corporation), begins its fourth year on May 6 in the parking lot between the Springfield Museum and the Emerald Art Center on Main Street.

Turn to MARKET, Page D3



Local artists from Willamalane's summer concert series sometimes team up with the Springfield Farmers' Market to provide lunchtime entertainment.

WORD OF MOUTH

Blackburn & Company

Caterer goes beyond usual party fare

BY CARA ROBERTS MUREZ
For The Register-Guard

Jennifer Blackburn had worked in restaurants and property management, and also spent time as a stay-at-home mom, before deciding in 2004 that it was time to open her own business. Considering her love for cooking, she knew that's what she should do next.

Now, she has Blackburn & Company, a full-service catering business that specializes in corporate lunches, small dinners for 12 or more people and buffet-style menus for events serving up to 150 people. Blackburn & Company also offers "dish-up dinners," which are home-cooked frozen entrees and side dishes that customers can pick up and take home. She rounds out her culinary business by selling gourmet food baskets

Turn to CATERER, Page D2



BRIAN DAVIES/The Register-Guard

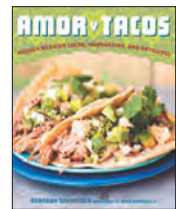
Jennifer Blackburn caters dinners and large events, and also sells frozen meals and cookie mixes.

COOKBOOKS

'Amor y Tacos' has great tips for your next fiesta

BY KIM DAVAZ
For The Register-Guard

Amor y Tacos
By Deborah Schneider
(Stewart, Tabori & Chang
\$18.95, hardcover)



If you've never thought of Tijuana, Mexico, as an eating destination, San Diego chef Deborah Schneider wants to enlighten you. She loves that border town with all its grittiness, authenticity and truly great tacos.

In "Amor y Tacos," Schneider shares her favorite foods to have with her favorite cocktails. It's a party in a book, with menus for groups of 4 to 6 up to more than 20. She recommends fish tacos for a really large group, having once made 600 of them in one hour.

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Slow-cook a tender, delicious Passover stew

For the best flavor, make this dish a day ahead, refrigerate and reheat

By JIM ROMANOFF
For The Associated Press

The expansive nature of the Passover seder gathering can present a fantastic opportunity to use food to bring together the different elements that are part of each family's history.

Since Jews have spread to all parts of the world, dishes that make the traditional at Passover for many families often take on regional characteristics that can make the meal downright exotic, says Jewish cooking expert Joan Nathan, author most recently of "Quiches, Kugels and Couscous."

For instance, during her seder Nathan serves several varieties of haroset, a mixture of sweet fruits and nuts that is meant to symbolize the mortar used by Jewish slaves to build for their masters.

She always includes two versions of a traditional Eastern European haroset made of apples, walnuts, cinnamon and

wine to celebrate her and her husband's heritage. But then Nathan offers versions of the dish from other regions, such as a Venetian variation based on chestnut paste, dates, dried figs and nuts.

Nathan also always includes a course of gefilte fish, a minced fish quenelle, which she prepares from her mother-in-law's family recipe.

When it comes to the main course, Nathan plans to include an Algerian-style Beef Cheek Stew With Cilantro and Cumin that she discovered from a friend in Paris. One benefit of this exotic stew is that it is meant to be made a day ahead, then reheated. This not only improves flavor, but also frees up the host during dinner preparation.

The low and slow cooking results in an incredibly tender meat with tons of flavor. It also is a particularly versatile recipe. If you have trouble finding beef cheeks, use beef or veal shanks, beef stew meat or flanken, a cut of



MATTHEW MEAD/The Associated Press

Beef Cheek Stew With Cilantro and Cumin is an exotic dish that could be served as the main course for Passover. The low and slow cooking results in tender meat full of flavor. Use beef cheeks, shanks, stew meat or a cut called flanken.

beef from the same area as short ribs.

Beef Cheek Stew With Cilantro and Cumin

Start to finish: 2 hours 15 minutes, plus overnight in the refrigerator (15 minutes active). Serves 4.

- 5 tablespoons vegetable oil, divided
- 3 large yellow onions, chopped
- 4 cloves garlic, crushed
- 2 pounds beef cheeks, beef or veal shanks,

- 2 beef stew meat or flanken, cut into 2 pieces bay leaves
- 1 Salt and ground black pepper, to taste
- 1 tablespoon cumin
- 1 bunch fresh cilantro, chopped
- 2 cups chicken broth

In a large skillet with a cover or a large Dutch oven over medium, heat 3 tablespoons of the oil. Add the onions and garlic and saute until the onions are golden, about 10

minutes. Transfer the onions and garlic to a plate and set aside.

Add the remaining 2 tablespoons of oil to the pan and increase heat to medium-high. Add the meat and brown on all sides.

Return the onions and garlic to the pan. Stir in the bay leaves, salt, pepper, cumin and all but 2 tablespoons of the cilantro. Pour the chicken broth over the meat. Bring to a boil, cover, and simmer over low heat for 1 1/2 to 2 hours, or until the meat is very tender. Remove the pan from the

heat, let cool, then remove the meat with a slotted spoon and cut into 1-inch cubes.

Return the meat to the pan, cover and refrigerate overnight.

The next day, remove any fat that has accumulated and reheat the stew over low, adjusting the seasonings if necessary. Serve topped with the reserved fresh cilantro.

Caterer: Popular items include Thai lunch

Continued from Page D1

and unique cookie mixes.

Question: What type of food do you serve at your events?

Answer: You know, it's simple and delicious food. It's really just stuff that I like to eat, just home-style cooking, nothing fancy. It's really the kinds of things that people would make themselves, but just don't have the time to do it.

Question: What are some of the menu items you serve?

Answer: I have a variety of different types. I have a Thai lunch that is really popular. I have a Hawaiian plate lunch, enchiladas, lasagna, meatloaf. Meatloaf's really popular. It's a good comfort food.

Question: Tell me about your frozen meals.

Answer: They're called dish-up dinners and they're kind of an extension of my catering. It's dinner for your family, your friends. It's pre-made dinners for four. They're frozen. So all of the recipes have been tested and ... these freeze great. So, you just take them out when you feel like you don't want to cook.

Question: How does somebody order one from you?

Answer: They can order it on the website. I have a weekly mailing list. People can go to the website and click to be a part of the weekly menu. And then, via e-mail or phone call, they make their order and I can deliver it or they can

THE DETAILS

Contact: (541) 607-9282; blackburnandco.comcast.net; www.blackburnandcompany.com

Prices: Catering menu ranges from \$8.75 to \$13 per person, depending on the menu; dish-up dinners are \$20 to \$27 for a main dish serving four adults, \$15 for soup and \$10 for a side dish. Cookie mixes are \$12.

pick it up.

Question: What are some of the dinner options?

Answer: My top sellers are Macaroni and Cheese and BBQ Pulled Pork. I almost always have those on the menu. But right now, I'll just tell you what I have. I have African Peanut Chicken Stew, Very Veggie Enchiladas, Pork Verde Stew, Zucchini Chimichangas, Chicken Stroganoff, the pulled pork, Clam Chowder, Chicken in Wild Mushroom Sauce and Cheese Manicotti.

Question: What other goodies do you offer?

Answer: There are so many things you can do with food. It's endless. I started doing gourmet food baskets. I don't do gift baskets with soap and candles and things like that. They're all food related. And then my mom and I developed a line of gourmet cookie mixes.

Question: What type of cookie mixes do you have?

Answer: We started to dabble in cookies just because I wanted to have my own line of cookies for the catering business. It absolutely took on a life of its own. We were originally going to sell

them in coffee shops.

They were so unique that we felt that the mix was the best way to sell them. Each cookie is kind of twist on a favorite. The white chocolate macadamia nut cookie has crushed up Lemonheads. And the ginger-snap cookie has crushed up green apple Jolly Ranchers.

Question: Are all your cookies so unique?

Answer: With the exception of the sugar cookies. The sugar cookie is my grandmother's recipe and that's just near and dear to my heart. Well, it's unique, too, because it doesn't have the typical granulated sugar. It's made with sweetened condensed milk, so it's inter-

esting. They're light and fluffy versus a typical chewy sugar cookie. So the mixes, you add the wet ingredients, but they come with the instructions and the parchment paper and all the dry ingredients that you need.

Nominations: Do you know of a restaurant, chef, nightspot or server you'd like to see featured in Word of Mouth? E-mail your nomination to mj@registerguard.com. Include your name, telephone number and address.

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SUBWAY

WHAT'S COOKING AT COOK'S, POTS & TABLETOPS

Spring into our kitchens with these delicious Spring menus offered at **Cook's, Pots & Tabletops!**

Wed. Apr. 6 6-9 p.m.
A VENETIAN PASSOVER WITH LISA CALVEI:
Venice is a magical place for food, history and a crossroad of multiple cultures and is heavily influenced by centuries of trade and a profound relationship to the sea. Join Lisa Calvei in this exciting class that will explore several traditional dishes prepared by Venetian Jews at Passover and a cuisine that is enjoyed throughout the Veneto. Menu includes Whipped Salt Cod "in Gondola"; Marinated Olives; Scacchi, a Vegetarian Passover Pie; Snapper and Braised Artichokes and fresh Peas; Hazelnut and Fig Haroset and a Torta de Riso with Recioto: Yum.

Tue. Apr. 12 6-9 p.m.
TOTAL DOMINATION OF FOOD AND BEER:
Ninkasi Brewmaster returns to offer a menu based on his latest creation, Ninkasi's Spring Reign Ale. Jamie will pair his delicious beers with a seasonal menu of Chicken Satay with peanut sauce; Asian-Style Salad with Sesame Reign Dressing; Pomegranate Chicken; Pork Loin Stuffed with Prunes and Dates and Oats Oatmeal Stout Float!

Thurs. & Fri. Apr. 14 & 15 6-9 p.m.
2 CLASSES: COOKING WITH JOHN ASH:
2008 IACP Teacher of the Year, Culinary Institute Instructor, James Beard Cookbook Award Winner and multi-talented Chef in two special classes to highlight flavors of the season. Enjoy a Sustainable Seafood Menu: featuring Shrimp, Halibut, Crab and Trout. Or On the Grill: Just in time for upcoming Spring and Summer Grilling. No matter which class you choose, you can't go wrong with Chef John Ash! Always a hit at CPT!

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