



Let's Eat!

Fall 2003

Gearing Up For The Holidays!

Ted Can Cook Too! LLC

Personal Chef Services
Let Chef Ted turn YOUR
kitchen into the best
restaurant in town!
732-239-3014



Milestone Birthday?
Let the Chef handle
the details!

Chef Ted Kanterman



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Personal Chef Service
Private Dinner Parties
Interactive Dinner Parties
In-Home Cooking Classes

Party-Food-Party...



It's that time of year again, where families and friends get together and enjoy the holiday season!

Many people entertain in their homes, and some meet at various venues in their local areas, but there is a common theme—Food & Fun!

This year why not maximize your enjoyment of these festive occasions by letting Chef Ted design the menu and facilitate the party! Why agonize over shopping the ingredients, spending all day preparing in your kitchen, and then serving? When do YOU get to have fun? When you let the Chef handle it all!

With your input, the Chef will design the style of dinner best suited to you needs (sit-down, buffet, interactive) and the complete menu. He will bring all the ingredients, & utensils and prepare everything in your kitchen! *(Ever wonder where and by whom your food was prepared when you "cater in"?)*

Now you can enjoy your own party as a guest! Contact Chef Ted today to

reserve your date! 732-239-3014



Herbs and Spices

There are literally dozens and dozens of herbs and spices available to us for use in our cooking, but the vast majority of us use only salt and pepper!

There are two main reasons that we should use more of these types of ingredients when we cook, *taste and health*.

If you've ever gone to an "upscale" restaurant and had a dish that really "blew your socks off" with taste, chances are the chef used a combination of herbs and spices that were unfamiliar to you.

(Just a mention of the difference between an herb and a spice: an herb is really the leaves of a plant, while a spice is the seed.)

Also, as herbs are considered by many to be "nature's medicine chest" (they are the basis for most drugs on the market), there are many health benefits as well.

One herb that I have first-hand knowledge of, having these properties, is Oregano. Here are some facts about this magnificent herb:

- Oregano's use as a medicine dates to the physicians of ancient Greece who dispensed it for a wide range of conditions including aching muscles, chronic cough, infections and venomous bites. In fact, its name is Grecian in origin and means "joy of the mountains".

- In its place of origin, the Mediterranean,

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Chef Ted's Quinoa & Wild Rice Cutlets

Treat Yourself!

How about Dinner and a Massage?

Imagine...you and your significant other enjoying a relaxing one hour massage, given by Swimming River Body Work, while Chef Ted prepares your gourmet dinner right in your own home!

Call 732-239-3014 to schedule!

Chef's Tips

To clean stains from aluminum pots, try boiling rhubarb in the pan until the stain disappears.

When you boil cauliflower, add a piece of white bread to eliminate the odor. Another method is to replace the water after it has cooked for 5 - 7 minutes.

After zesting and juicing an orange, lemon or lime, grind the remains in your garbage disposal for their refreshing scent.

For easy cleanup, fill your blender container with warm water, add a few drops of liquid detergent, and blend 30 seconds; rinse well.

Delicious cutlets made with long grain and wild rice, quinoa, carrots, red bell pepper and cashews! (*Quinoa is a very tasty, high protein grain, especially important for vegetarian diets!*) Can be served hot or cold with your choice of accompaniment.

1 pkg. Long grain & wild rice w/herbs
1 cup quinoa, - RINSE!
2 cups vegetable stock—for quinoa
1 med. Red bell pepper—small dice
1 med. Carrot—small dice
4 lg. Eggs—lightly beaten
1/2 cup cashews—rough chop
1/2 cup scallions—sliced
1/2 cup Bisquick (or soy flour) — or more to get good mix
Olive oil
Pam spray



Chef Ted's Quinoa & Wild Rice Cutlets

Prepare rice according to package directions. Let cool slightly. Prepare quinoa according to package directions using vegetable stock for liquid. Let cool slightly. Sauté carrots in olive oil for about 3 minutes. Add pepper and continue cooking for another 3 minutes. Let cool slightly. Mix rice, quinoa, and other ingredients in a large bowl. You might have to add more Bisquick to make a good consistency to form patties. Don't make it too dry. For consistent size, use an ice cream scoop to drop mixture onto a hot non-stick skillet, coated with Pam. Brown on both sides. These are great hot or cold with your choice of accompaniment - apple sauce, chutney. Can also make a sandwich on a bun with lettuce and tomato. Enjoy!

Herbs & Spices (Continued from page 1)

oregano is not merely an herb; it is used primarily as a food. In the Middle East, villagers collect wild oregano from the mountain slopes. They dry it and crush the entire plant, including the uncountable oil rich seeds, into a powder. They prepare a dish of flat bread covered with a thick layer of oregano plus olive oil and eat it every day, when it is available. Not merely a pizza and spaghetti spice, oregano is used in the Mediterranean to cure disease. For centuries the people of the Mediterranean ameliorated digestive disturbances, constipation, diarrhea, parasitic infections, cough, headaches, menstrual irregularities and bacterial and viral infections with oregano.

Modern herbalists use oregano for chronic infections, asthma, cough, bronchial congestion and joint pain. They recommend it as a general stimulant for improving energy, vitality and digestion. A favored prescription is for the elimination of intestinal gas (helps control the greenhouse effect!).

Oregano is perhaps the most powerful herbal anti fungal agent known. Its effectiveness is enhanced by its safety, since it is entirely non-toxic. This is of crucial importance with disseminated fungal infections, such as Candida, since large doses may be necessary to establish a cure. Furthermore, fungal resistance to oregano is exceptionally rare. Oregano is such a potent anti fungal agent that it is capable of destroying even resistant fungal forms such as the mutated fungi which result from antibiotic therapy.

Oregano is also an excellent antibacterial agent. Its volatile oils are highly active against the majority of pathogenic bacteria, including staph, strep, and E. coli. In addition, oregano is a rich source of a variety of vitamins and minerals and is especially rich in vitamin C. It contains large amounts of chlorophyll, itself a natural antiseptic.

With the cold and flu season approaching, you may want to consider purchasing some Oregano to have on hand. In fact, go to a reputable store and ask about the benefits of Oregano, and prepare to be amazed!