



Taste of Home Cooking School

Thursday, October 13, 2016

Doors open at 4PM with a pre-show Vendor Expo
Cooking School show starts at 6:30PM

Hosted By

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Union-Sun & Journal

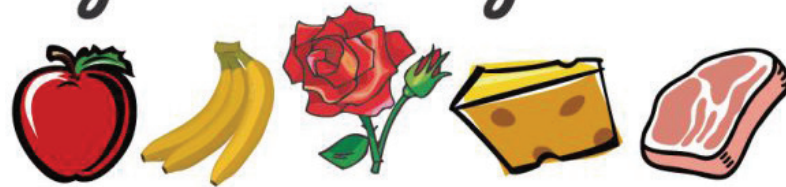


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at the Taste Of Home Cooking School Show*

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Taste of Home Cooking School

About the Taste of Home Cooking School

The Taste of Home Cooking School is America's leading cooking school program. We inspire up to 140,000 passionate home chefs each year at 200+ events across the country. Our professional culinary specialists demonstrate recipes, cooking methods, practical kitchen tips, and plating techniques in an entertaining and educational environment. At the Taste of Home Cooking School show, attendees experience two hours of exciting recipe demonstrations using seasonal ingredients that are easily found at the local grocery store. We show step-by-step how to create satisfying and flavorful dishes. All Taste of Home Cooking School attendees receive a valuable gift bag filled with money-saving coupons, product samples and a Taste of

Home Cooking School magazine. Additionally, some attendees will go home with an exciting door prize or one of the tasty dishes that will have been prepared during the show. The Taste of Home Cooking School has a storied history. It all began in 1948 with a business venture that was originally called Homemaker Schools. One busy home economist loaded up her station wagon and drove across the Midwest, stopping at small-town appliance dealerships to conduct cooking classes for dozens of "homemakers." The Cooking School was acquired by Taste of Home magazine in the 90s, and now, more than 60 years later, our nine culinary specialists conduct hundreds of shows across the country for audiences in the thousands. Our mission remains the same, though: We share best loved recipes from one home cook to another. We invite you to come join us, and "Let's Get Cooking!"

About Taste of Home

Taste of Home is a go-to resource for the holidays and any time of the year for information on food, cooking and entertaining. Each year, thousands of great home cooks from across the United States and Canada submit more than 40,000 recipes, of which 3,000 are published in Taste of Home magazines, cookbooks and online, making Taste of Home one of the largest and most successful practitioners of user-generated content. Before being published, every recipe is tested in the Taste of Home Test Kitchen to ensure that it can be prepared with affordable, everyday ingredients from regular grocery stores. Taste of Home content is available online at Tasteofhome.com; Taste of Home magazine; Simple & Delicious magazine; top-selling bookazines; newsstand specials; cookbooks and via digital download on iPad, mobile apps and Kindle; and Facebook, Twitter and Pinterest.

Meet Taste of Home Culinary Specialist Amy Zarichnak!



Originally from Pittsburgh, Pennsylvania, Amy's first food memories are of making potato candy with her grandmother, and the Steelers Super Bowl parties during the 1970's.

"I was never interested in the football, but that black and gold cake was so exciting for me," Amy explains.

While studying and living in England and Ireland during college, Amy realized that she was completely preoccupied with food. "Anything that was a slight bit different than what I grew up with fascinated me. Fries with garlic mayo? Yes, please! Curry? Absolutely! Kebabs from a take-away shop? I'll have two!" she exclaims.

Amy graduated from Penn State and followed a career into marketing that had begun in her early college years.

"The jobs I had in marketing never felt like they fit me, but I would have to go back to school to change the trajectory of my career, and I didn't

have the time or money for that. I had applied to culinary school in 2009. But I couldn't afford it. However, I got a small windfall in late 2012. I **SPRINTED** to culinary school," she says. "I was there within two months of receiving the windfall!"

She graduated from The Culinary Institute of America in 2014 and was also the editor of the student newspaper. Now, she is thrilled to be working with Taste of Home and excited to travel the country, meeting Taste of Home fans. "I love Taste of Home, it's so comforting to me because it reminds me of the rural community that I grew up in, everyone sharing recipes and cooking for each other. I can't wait to share my cooking knowledge with everyone!"

When Amy isn't on the road conducting Cooking School shows, she's home in Poughkeepsie, New York.



Prosciutto Wrapped Pork Tenderloin with Honey Poached Pears & Gorgonzola

**Taste
of Home
Cooking School**

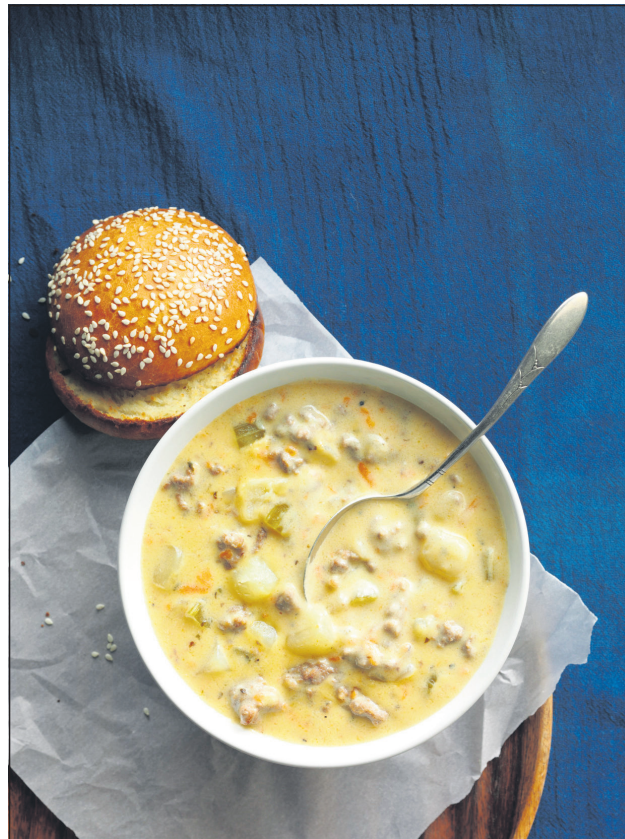
Show Day **RECIPE LINE-UP**

1. Prosciutto Wrapped Pork Tenderloin with Honey Poached Pears & Gorgonzola (National Honey Board) — Page 25
2. Chorizo and Eggs Ranchero (Eggland's Best) — Page 12
3. Cheeseburger Soup — Page 18
4. Creole Rice Cakes (Mahatma/Carolina Rice) — Page 35
5. Sausage Wonton Stars (Jones Dairy Farm) — Page 41

Intermission



Chorizo and Eggs Ranchero



Cheeseburger Soup



Creole Rice Cakes

- 6. Easy-Bake Personal Lasagna (Galbani) — Page 47
- 7. Chicken Florentine Meatballs — Page 6
- 8. Yummy Zucchini Chocolate Cake — Page 52

Recipe Showcase



Yummy Zucchini Chocolate Cake



Sausage Wonton Stars



Easy-Bake Personal Lasagna



Chicken Florentine Meatballs



FARM FRESH
**EGG-LAND'S
BEST**

Eggland's Best eggs help infuse more nutrition and flavor into homemade meals

EGGS: *At-Home Chefs Learn the Benefits of Using Eggland's Best Eggs in Their Favorite Dishes*

Cedar Knolls, N.J. - To commemorate high quality fresh ingredients at-home chefs enjoy using in the kitchen, Eggland's Best (EB) will once again partner with The Taste of Home Cooking School this spring. Participants will have the opportunity to learn new cooking techniques, and how to make delicious recipes for their

family and friends using Eggland's Best eggs.

Eggland's Best eggs are the only egg that provides more nutrition and better taste, compared to ordinary eggs: one Eggland's Best egg contains 10 times more vitamin E, five times more vitamin D, more than double the Omega 3,; and 25% less saturated fat. In addition, Eggland's Best eggs contain just 60 calories per large egg and cost only a few cents more than ordinary eggs.

A recent independent study published in The Journal of Applied Poultry Research also revealed that

Eggland's Best eggs stay fresher longer than ordinary eggs.

The better taste, nutrition and freshness of Eggland's Best eggs are due to Eggland's Best's quality assurance program and proprietary hen feed, which includes an all-vegetarian hen diet of healthy grains and oils.

Eggland's Best eggs come in a number of varieties including Organic, Cage Free, Hard-Cooked Peeled and Liquid Egg Whites.

Is your inner cook craving a new recipe? Try this Savory Pumpkin Quiche.



RECIPE RECIPE **SAVORY PUMPKIN QUICHE**

Prep: 15 min. Bake: 50 min. + standing

Preheat oven to 375.

3 large Eggland's Best eggs
1 can (15 ounces) solid-pack pumpkin
1 can (5 ounces) evaporated milk
1/2 pound bacon strips, cooked and crumbled
1/2 cup sliced mushrooms
1/4 cup finely chopped onion
1/4 cup grated Parmesan cheese
1 tablespoon all-purpose flour
1 frozen deep-dish pie shell

In a large bowl, whisk eggs, pumpkin and milk until blended. Stir in bacon, mushrooms, onion and pepper. Toss cheese with flour; stir into egg mixture. Pour into pie shell.

Bake on lower oven rack 50-60 minutes or until a knife inserted near the center comes out clean. Let stand 15 minutes before cutting. **Yield:** 8 servings.



Jones Dairy Farm Hits the Road with Taste of Home This Fall

Jones Dairy Farm joins the Taste of Home Cooking School on its 2016 national fall tour to help spread the word to home cooks and food enthusiasts about the six generation family-owned business that's been making all natural Jones Sausage from the same family recipe since 1889.

Taste of Home Cooking School participants will learn the benefits of cooking with Jones Sausage, made from premium cuts of meat raised with no added hormones and all natural ingredients completely free of MSG, nitrites or nitrates, and preservatives for a farm-fresh taste. Jones Dairy Farm also has

taken the extra step to certify that all Jones Sausage is gluten-free, an important benefit to many people today.

For 127 years, Jones Dairy Farm has been committed to delivering quality products that you can feel good about eating, adding to recipes and serving your friends and family. Best known for their all natural sausage, Jones Dairy Farm also produces an extended line of products made from high quality, simple ingredients including dry aged bacon, naturally smoked ham and Canadian bacon, turkey bacon, Braunschweiger and scrapple.

Jones Dairy Farm Sau-

sage is available both fully cooked and uncooked in links, patties and a roll, in a variety of delicious flavors. From Mild to Maple, and Turkey to Chicken, Jones Dairy Farm has the sausage to suite every appetite.

If you're looking for an easy-to-make breakfast recipe or something special for breakfast for dinner that the entire family will enjoy, try this delicious Breakfast Grilled Cheese Sandwich that features Jones All Natural Pork Sausage and Naturally Smoked Canadian Bacon. This breakfast grilled cheese is packed with protein along with eggs, spinach and sharp Cheddar cheese.

RECIPE

RECIPE

BREAKFAST SAUSAGE & CANADIAN BACON GRILLED CHEESE

Serves 1

Ingredients:

- 2 teaspoons olive oil
- 2 eggs
- 2 slices hearty bread, buttered on 1 side
- 4 slices sharp cheddar cheese
- 2 Jones Dairy Farm All Natural Golden Brown Breakfast Sausage Patties, cooked
- 2 slices Jones Dairy Farm Canadian Bacon
- 1 handful baby spinach

Directions:

In small skillet heat olive oil over medium-high heat. Add eggs, break yolk and cook until set. Remove from heat and set aside.

Lay out bread; on unbuttered side add 2 slices cheese, sausage, Canadian bacon, eggs, baby spinach and remaining 2 slices cheese. Top with other slice of bread butter side out.

Heat Panini maker or griddle to medium heat. Cook sandwich until hot and cheese is melted.

Discover the versatility of honey in sweet and savory recipes

The holidays are quickly approaching and it's time to start thinking about entertaining with friends and family. Treat your guests to a new and exciting spread that will really impress their taste buds. How you may ask? By turning to an all-natural ingredient that is delightful in both sweet and savory recipes and will be your secret weapon to make all your dishes truly shine - Honey!

For centuries, honey has been a breakfast sta-

ple, but it is now being revered as one of the most versatile ingredients on the market today. Honey not only holds its own as an ingredient, but it also provides functionality to dishes - complementing and enhancing the flavors of a variety of ingredients. It pairs nicely with the tangy richness of certain cheeses, because it balances the bitterness in certain foods. Next time you have guests over, reach in your cupboard and add a touch

of golden sweetness to a delicious cheese board. Let your guests experiment with various cheese and honey pairings to truly appreciate the nuances of balancing unexpected flavors.

Additionally, honey modifies salty perception and works well with cured products, like prosciutto and bacon. Try adding honey to a fun appetizer that showcases the classic pairing of sweet and salty, like a juicy pear wrapped

with prosciutto and blue cheese and drizzled with honey. The combination of these two flavor profiles will have your friends and family begging you to host every get together.

But you don't have to search for brand new recipes if you already have a cherished recipe that you and your family love. Honey can easily be substituted for a granulated sweetener in your favorite dishes, and because it's slightly sweeter than sugar, you can achieve the same level of sweetness with less volume. For sauces, marinades and dressings, honey for up to half the granulated sweetener called for in the recipe. The same is true when baking, and in addition, for each cup of honey used, reduce any added liquid by one-fourth

cup, add one-half teaspoon of baking soda and reduce the oven temperature by 25 degrees Fahrenheit.

From soup to nuts, and everything you can bake, broil, grill, blend or churn in between, honey's got you covered. It may be the most versatile ingredient in your pantry, and don't forget these easy cooking tips when cooking with honey:

- When storing honey at home, it is best to keep it in an airtight container at room temperature. If your honey begins to crystallize, don't throw it out - just gently warm it and stir periodically until crystals dissolve.

- When cooking and baking with honey, it can easily be removed from the measuring spoon by spraying the utensil with non-stick spray before adding honey.

- Select mild honeys, such as clover, when cooking or baking with other delicate flavors. Select a darker colored honey to accompany a stronger partnering flavor, such as peanut butter, bananas, and strong cheeses.

This holiday season, wow your guests with a recipe that incorporates multiple flavor components. This Butternut Squash and Pomegranate Crostini with Whipped Feta and Honey is the perfect example of honey's versatility. The sweetness of the honey works well with the distinct flavors of the pomegranate and feta, creating a perfectly balanced dish. This appetizer has so many delicious flavors that it is sure to become a recipe your guests' will request at every gathering.



RECIPE RECIPE

BUTTERNUT SQUASH AND POMEGRANATE CROSTINI WITH WHIPPED FETA AND HONEY

Ingredients:

Olive oil cooking spray
1 - baguette, sliced diagonally 1/4-inch thick (about 24 pieces)
1 pound - butternut squash, cubed (1/2-inch cubes)
8 ounces - feta cheese, crumbled
1/4 cup - whipped cream cheese
1/4 teaspoon - ground black pepper
Arils from 1 pomegranate
1/4 cup - fresh mint leaves, chopped
honey, for drizzling

Directions:

Preheat oven to 350 degrees F. Lightly spray two rimmed baking pans with cooking spray. Place baguette slices on one prepared pan; lightly spray with cooking spray. Place squash on other prepared

pan; lightly spray with cooking spray. Transfer both pans to oven; bake bread 8 to 10 minutes or until crisp (turning once), and squash 20 to 25 minutes or until golden brown and tender (stirring once). Allow bread and squash to cool before assembling crostini.

Meanwhile, place feta, cream cheese and pepper in bowl of food processor fitted with knife blade attachment. Process 3 to 5 minutes or until very smooth; scraping down sides of bowl occasionally.

To serve, spread each piece of toasted bread with 2 teaspoons whipped feta. Divide roasted squash and pomegranate arils over feta. Sprinkle with mint and drizzle with honey; serve immediately.

For more information, visit www.honey.com.

**Fall 2016 Taste of Home Cooking School
Door Prize List**



EGGLAND'S BEST

- Eggland's Best Tote, iPad Holder, Eggbert (stuffed egg), Eggland's Best whisk and spatula

NATIONAL HONEY BOARD

- White serving dish, recipe booklet, National Honey Board spatula

JONES DAIRY FARM

- A Celebration of Great Taste — Jones Dairy Farm Cookbook

GALBANI

- Cutting Board, OXO Grater, cheese knife

TASTE OF HOME

- Taste of Seasons Summer Box
- Cookbooks
 - *Everyday Slow Cooker & One Dish Recipes*
 - *Simple & Delicious Cookbook*
 - *Skillet Sensations*
 - *Most Requested Recipes 2016*
 - *Chocolate Delights*





Local DOOR PRIZE LIST

Waterstreet Landing

\$25 Gift Certificate

Grandma D's Pizzeria

*Gift Certificate for 1/2 Cheese and
1 Topping Tray with 20 Wings (\$26.99 value)*

Cheri Amour

\$20 Gift Certificate

Village Bake Shoppe

\$20 Gift Certificate

DiCamillo Bakery

\$20 Gift Certificate

Marino's Subs

\$25 Gift Certificate

End of the Road Boutique

Handmade Earrings (\$25 value)

Partylite

Niagara Honeymoon Sweets

T. Grana

**TICKETS
STILL AVAILABLE**

\$15 General Admission

\$50 VIP Admission

VIP ticket includes: catered buffet at 5PM,
Taste of Home Cookbook,
meet and greet with culinary
specialist and preferred seating

See all the wonderful
participating vendors

Niagara Produce

George's Appliance and Television

Niagara County Cancer Services Program

Niagara Honeymoon Sweets

Grandma D's Pizzeria

Avon

Tupperware

Partylite

Thirty One

Scentsy

Tastefully Simple

Catch-all

Galani/Sorrento Cheese

**GREAT
HOLIDAY
SHOPPING
IDEAS**

VISIT OUR BOOTH AT THE TASTE OF HOME COOKING SCHOOL ON THURSDAY OCTOBER 13TH 2016

Learn more about...

BREAST CANCER



THE MYTH:

Breast cancer always comes in the form of a lump.

THE TRUTH:

There is NO EVIDENCE to support this myth.

A lump may indicate breast cancer (or one of many benign breast conditions such as a cyst), but women should also be on the alert for other changes that may be signs of breast cancer.

FINDING CANCER EARLY CAN SAVE YOUR LIFE!

***DO NOT* USE THESE EXCUSES FOR SKIPPING YOUR MAMMOGRAM**

- No insurance
- It will be painful
- Too busy
- No family history of breast cancer
- It will cost too much
- Do not feel any breast lumps

THE REALITY:

Signs of breast cancer include:

- Swelling
- Skin irritation
- Dimpling
- Breast retraction
- Breast size and shape change
- Breast Redness or darkening
- Scaliness
- Thickening of the nipple or breast skin
- Discharge other than breast milk

IF YOU'RE AN *UNINSURED* WOMAN AGE 40-64, THE CANCER SERVICES PROGRAM OF NIAGARA COUNTY CAN HELP YOU!

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Mammograms available at locations across Niagara County.

Niagara County

Cancer Services Program

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A service of Niagara Falls Memorial Medical Center
Funded by the New York State Department of Health

*Information taken from the American Cancer Society's Facts and Figures 2015, Susan G. Komen, National Cancer Institute, Breastcancer.org, Health Magazine and Breast Cancer Cure.

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