

# Make it fast then cook it slow

## Findlay woman's 'comfort food' recipe included in cookbook

By JEANNIE WILEY WOLF

STAFF WRITER

Deirdre Foltz loves cookbooks.

Over the years, the retired special education teacher has amassed a collection of more than 200 hardback editions.

"I read them like a lot of people read novels," she said.

But none of them mean quite as much as her most recent acquisition, "Super-Fast Slow Cooking" by Gooseberry Patch, because her recipe for Pork Roast and Sauerkraut is featured on page 82.

It is the first time one of her recipes has been published.

"I was so excited," she said.

A Findlay native, Foltz was in high school when she learned to cook out of necessity. Her father died when she was 12, and her mother worked.

"I would do the evening meal ... I was the one who liked it (cooking)," she said. "It was lots of trial and error, and a brother who would let you know (if it was good or not)."

Foltz credits her grandmother, Erma McKee, with teaching her the way around a kitchen.

"She lived with our family until she passed away. That's basically where I learned," she said.

In fact, the recipe she submitted is based on one of her grandmother's recipes.

"It's a combination of my grandmother and me," said Foltz.

Foltz has several Gooseberry Patch cookbooks in her collection. The company, which was started in 1984 by two Delaware, Ohio neighbors, encourages its customers to share their family recipes.

Foltz previously submitted a recipe for Italian Steak which wasn't chosen for publication.

"I decided maybe there were too many ingredients. They seem to have shorter recipes," she said.

So she sent in the recipe for pork roast and sauerkraut instead.

According to the Gooseberry Patch Web site, the company publishes four to five hardcover cookbooks per year, along with several soft-cover cookbooks. The recipe selection process for



RANDY ROBERTS / The Courier

**DIERDRE FOLTZ** reads cookbooks the way some people read novels. The Findlay woman, who has been cooking since she was 12, has one of her recipes featured in a new Gooseberry Patch cookbook, "Super-Fast Slow Cooking."

each cookbook begins with the book theme. Editors then comb through thousands of submissions to find recipes that fit the theme.

No one is paid for a recipe submission, but each person who has a recipe published gets a free copy of that cookbook — which was just fine with Foltz. She received her copy of the cookbook in mid-July.

Foltz thinks others will enjoy her "comfort food" dish — even those people who don't like sauerkraut.

"I think they'll like this because of the brown sugar," she said.

Now that she's retired, Foltz has even more time to devote to her hobbies.

"Whenever I'm shopping, I always head for the cookbooks and the kitchen gadgets," she said. "I love kitchen gadgets. It's like a kid in a candy store, me standing looking at all the kitchen gadgets."

She and her sister, Bethny Foltz, also enjoy traveling together.

"Every place that I travel to, I try to pick up at least one cookbook that's representative of the area I'm in," she said. "And I always like to try at least one recipe out of each book that I get. That way I can justify it."

Gooseberry Patch cookbooks are available at several area gift stores and from the Gooseberry Patch Web site at [www.gooseberrypatch.com](http://www.gooseberrypatch.com).

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### Pork Roast and Sauerkraut

2-3 pound boneless pork sirloin roast  
32 ounce jar sauerkraut, drained  
¾ cup brown sugar, packed  
1 tablespoon caraway seed  
1 Red or Golden Delicious apple, cored, peeled and quartered

Place pork roast in a slow cooker. In a bowl, mix together sauerkraut, brown sugar and caraway seed. Pour sauerkraut mixture over pork roast. Place quartered apples on top. Cover and cook on low setting for 8 to 10 hours, or on high setting for 4 to 5 hours. Makes 4 to 6 servings.