

Cook Globally, Eat Locally

The Gooseberry Patch Recipes

Welcome to the fifth edition of Glocal Meals! This time, we dip into the creations of two culinary wizards whose books have, between their covers, some of America's most loved and enjoyed recipes.

None of the recipes on these pages will tax your time or energy. Simple, tasty and fun to make, they are a delight indeed. Also included is a shopping list, to make your life easier. Have fun and happy cooking!

Recipes from *Get-Togethers With Gooseberry Patch: Food To Bring Family And Friends To The Table*, by Vickie Hutchins, Jo Ann Martin. Visit www.gooseberrypatch.com

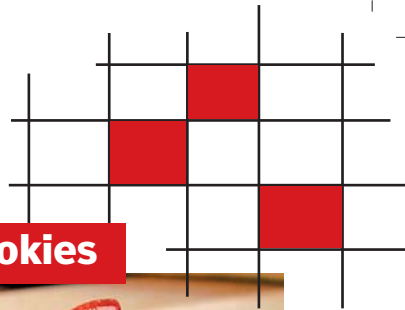
The Gooseberry Patch mail order



Vickie Hutchins, a flight attendant and legal secretary, and Jo Ann Martin, a first grade schoolteacher in USA, decided to launch a business that would allow them to work and be with their kids. They invested their personal savings into the company and travelled across the Midwest in search of the right products to sell and the right artisans to craft them.

The Gooseberry Patch mail order catalogue, *A Country Store In Your Mailbox*, is the result of Vickie and Jo Ann's hard work coupled with a business philosophy that puts forth the most time-treasured values: home, family and friendship. They started Gooseberry Patch in 1984 in Delaware, Ohio.

Their story is what the American Dream is all about. They were next-door neighbours who shared a love of collecting antiques, gardening and country decorating. Their little home business grew into an amazing empire, becoming one of the greatest success stories of our times. "We moved into our own



Checkerboard Cookies



They look like you spent all day on them!

- 1 cup butter, softened
- 1 cup sugar
- 1 egg
- 1 egg yolk
- 1 tsp vanilla extract
- 2 3/4 cup all-purpose flour
- 2 tbsp baking cocoa

Blend butter and sugar. Beat in egg, egg yolk and vanilla.

Add flour gradually, and divide this dough into 2 portions.

Beat cocoa into one portion. Form this cocoa dough into 2 balls and shape each into 2 ropes. You should have 4 ropes (2 of each colour).

Press a light dough rope and a dark dough rope together. Repeat with remaining ropes. Place one pair of ropes on top of the other, alternating light and dark doughs.

Press together to form a long roll; repeat with remaining dough.

Wrap each roll in a plastic wrap and refrigerate for 4 hours, until firm.

Slice this rope combination into 1/4 inch (1/2 cm) thick pieces. Arrange them 1 inch (2.5 cm) apart on parchment paper-lined baking sheets.

Bake at 350°F (175°C) for 8 to 10 minutes. Makes 2 dozen cookies.



building in the country and filled the shelves to the brim with kitchenware, candles, gourmet goodies, enamelware, bowls

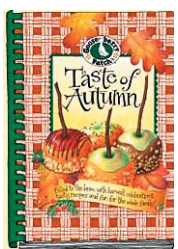
and our very own line of cookbooks, calendars and organizers!"

Today, Gooseberry Patch is a thriving mail order catalogue and cookbook company with \$20 million in sales and over 6.5 million copies of its cookbooks in print.



Ten million copies of the Gooseberry Patch catalogue are mailed all over the world from Ohio to Osaka every year.

Each uniquely illustrated catalogue features about 700 heartwarming



products, including mason jar soap pumps, handmade dolls, gift baskets, country crocks, heart-in-hand cookie cutters, and

wooden 'welcome' signs. Welcome to their world: the Gooseberry Patch, true Americana goodies.





Coconut Shrimp



An interesting mix of sweet and savoury, try these on skewers for a portable treat

1 egg
3/4 cup all-purpose flour, divided
2/3 cup beer
1 1/2 tsp baking powder
2 cups coconut, flaked
24 medium sized shrimps, peeled
3 cups oil for deep frying
Combine egg, 1/2 cup flour, beer and baking

powder in a medium bowl. Set aside.
Keep aside remaining flour and coconut in 2 separate bowls. Dredge shrimp into flour; dip into egg mixture and roll in coconut.
Arrange shrimp on a wax paper-lined baking sheet. And chill for 30 minutes.
Fry shrimp in hot oil for 2 to 3 minutes, turning once, until golden. Drain on paper towels. Serves 4.

Cooking with shrimp

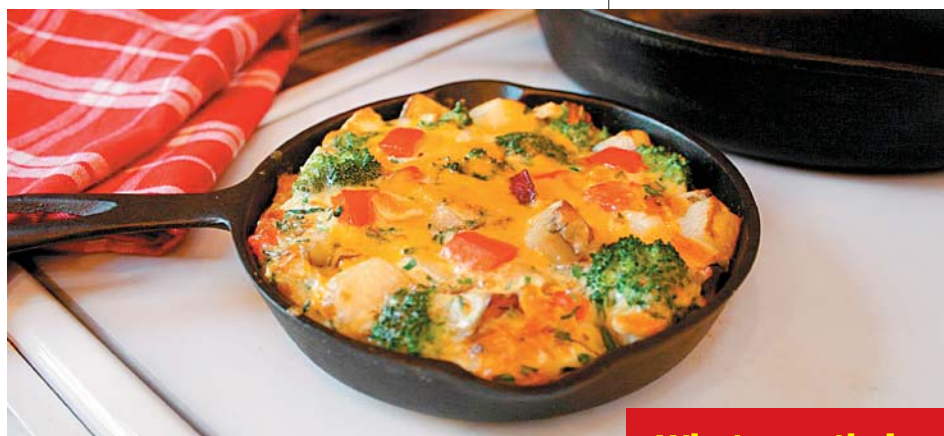


This quote from Jeff Smith, one of my favourite television chefs, says it all: "Do not overcook this dish. Most seafoods should be simply threatened with heat and then celebrated with joy. It is best to buy them frozen, instead of thawed, and then defrost them under cold running water. Unless the shrimp is being served in a hot sauce or curry, you can keep the shell on for superior cooking." De-veining (removing the vein of the shrimp), seems to be an issue that divides seafood lovers. The thought for the day, though, is: 'De-vein at will'.

Fresh-Picked Frittata

These are easy to personalise. Let everyone pick their veggies and bake in oven-safe custard dishes until centre is set!

1 cup redskin potatoes, diced
1/2 cup onion, diced
2 tsp olive oil
1 cup mushrooms, sliced
1 cup broccoli flowerets
1/2 cup red pepper, chopped
1/3 cup water
1 1/2 cup Cheddar cheese, divided
8 eggs, beaten
1/2 cup mayonnaise
1/2 tsp dried oregano
1/2 tsp dried basil
1 tbsp Italian salad dressing mix



Sauté potatoes, onion and oil over medium heat till golden. Add mushrooms, broccoli, pepper and water. Cover and cook till potatoes are tender. Uncover and cook until liquid evaporates. Spoon vegetables into a lightly greased 9.5 inch (24 cm) round baking pan, and top with half the cheese. Whisk together remaining ingredients, except cheese, pouring them evenly. Sprinkle the remaining cheese over this. Bake at 375°F (190°C) for 40 minutes, or until a knife tip inserted in the centre comes out clean. Let stand for 5 minutes. Makes 6 servings.

To request a catalogue, write to: Gooseberry Patch Company
600 London Road, Delaware, OH 43015
Ph: 001.740.369.1554 Fax: 001.740.363.7225
Or fill up the form at:
www1.gooseberrypatch.com/gooseberry/dropnote.nsf/f.request.catalog

— Compiled by Monica Bhide

What else does Gooseberry Patch sell?



Ø **Gorgeous quilts, warm woolly throws to very gentle ones with buttercups and bluebells.**
Ø **Cute wall hangings and night lights for children's rooms. My favourite is their night light shaped like a frog!**

Ø **The food section, featuring drinks, mixes (like their Apple crisp mix), syrups and jams.**

What exactly is a frittata?

A frittata is an Italian omelette. It is unique in that it is open faced (not filled and flipped, like regular French omelettes). You can add your own vegetables and seasonings to the omelette. There are no right or wrong ingredients for this. This makes for a hearty brunch or a lovely dinner. Be sure to choose the right pan, since it needs to go into the oven to finish cooking!

Frittatas to try: Top with asparagus and goat cheese; a combination of potatoes and cooked chicken; or mushrooms and red onions. The choices are endless.