

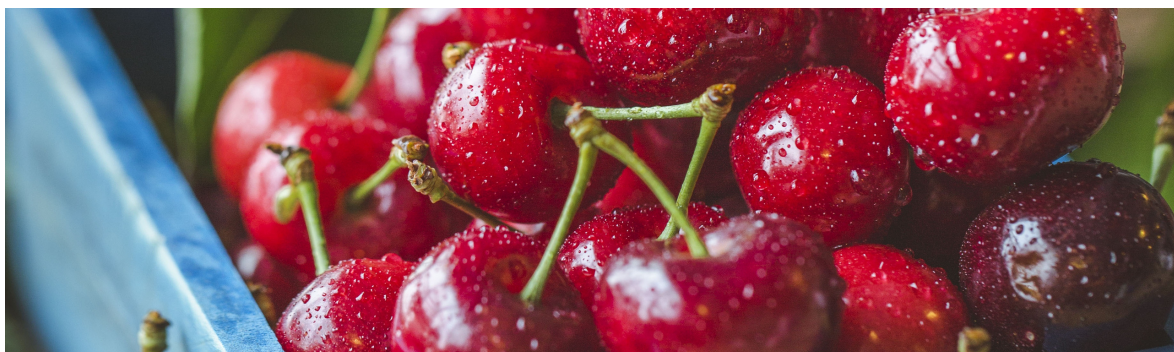
February 2021

Issue 1

Volume 1

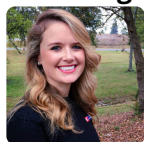
CHAT AROUND THE TABLE

Brought to you by:
The Stanly County
Extension Master Food
Volunteers



WE LOVE HAVING YOU HERE!!!

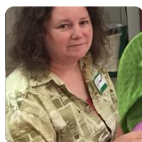
Hayley Cowell
Family & Consumer
Sciences Agent



Kayla Shomaker
EMFV



Kelly Jarrett
EMFV



Welcome to our brand new e-newsletter!
We are so happy to have you here!!

Although small in number, your Stanly County Extension Master Food Volunteers are mighty in our knowledge of food... and who doesn't love getting all the information on some tasty treats?!

This newsletter is more than just recipes though; we plan to provide you with knowledge and new skills to increase your confidence in the kitchen.

Please share with us as you use these tips or reach out with suggestions to FCS Agent Hayley Cowell at hayley_cowell@ncsu.edu

SEASONING OF THE MONTH

Cardamon is ground from the seed found in the fruit of a perennial plant found in the region of Southern India. It has a mild-ginger flavor that pairs well with cumin and coriander.

Commonly used for curries and stews in Asia and Africa, it can also be found in Scandinavian cookies and pastries. This spice is good with beans, squash, pork, cooked cereals, and even in eggnog.

Dressing for fruit salad

1/2 cup yogurt

1-2 teaspoons honey

1/8 teaspoon cardamon

2 teaspoons finely shredded coconut(I used 1 t. of honey and found the coconut mostly textural and easily omitted)



COOKING TIP

If you use store bought pancake mix that just calls for water, try using room temperature club soda. Don't over mix the batter and let it sit 5-10 minutes before cooking. When the batter bubbles, the club soda will have done it's work and you're ready to cook the pancakes.

For extra flavor add a dash of cinnamon and a 1/4 tsp of vanilla.

COOKING TERMS

- **Herbs** - the term herb usually refers to leaves of plants that grow in a warm climate
- **Spices** - true spices are defined as part of aromatic plants such as bark, roots, buds, flowers, fruits, and seeds that are grown in the tropics; and some are sweet, some are spicy and some are hot.
- **Seeds** - seeds used in cooking may sometimes be classified separately because they come from plants cultivated in both tropical and temperate regions.

UPCOMING...

Spring Issue: will be released Monday April, 12th

This will have a Mother's Day & Easter Theme

All I can say is that it will be EGGCELLENT!!!

RECIPE MADE WITH LOVE

CHERRY BUBBLE BREAKFAST BAKE

1- 21 oz. cherry pie filling
2 t. almond extract
2- 16.3 oz. cans refrigerated biscuits, cut in half
then cut into thirds
¼ c. sliced almonds
½ c. powdered sugar
1 T. milk

Preheat oven to 350° and coat a 9 x 13 baking dish with cooking spray.

In a large bowl, combine cherry pie filling and almond extract; mix well. Add biscuits and toss until evenly coated. Place mixture in a baking dish and sprinkle with almonds. Bake 40-45 minutes or until dough is cook in center and brown. Let cool slightly.

In a small bowl, whisk powdered sugar and milk until smooth. Drizzle over top and serve warm.

Serves 8

