

## Greetings from Will & Lorraine

### Riley's Whitby Bull

801 East Pine Log Road  
Aiken, South Carolina 29803  
803-641-6227

### Hours of Service:

Lunch: Wed. - Fri. 11:30am - 2:00pm

Dinner: Wed. - Sat. 5:00pm - 9:00pm

Sunday Breakfast 9:00am - 1:00pm

### 2011 Newsletter #8


Some recipes, news and food for thought! August 18, 2011


Thank you "Web Guru" George Alexander, host of the Bull's web site:

[www.rileyswhitbybull.com](http://www.rileyswhitbybull.com) 641-6227


Wow. How the Hot Summer flies. When not watering stressed out plants we've been attempting to stay cool inside reading lots of books. A real summer vacation.

Yeah! **ELK** is back. **Steve** at **Venison America** found and shipped us 10 pounds of locally raised Elk Tenderloin. It is "tender as a maiden's love" so I've heard. Sorry it took so long but there have appeared some breaks in our supply line.

 Congratulations to: Belated to our high school grads: Nephew **Zoli**, crew members **Dylan, Elizabeth, Donna & Marika** - all are off to college: newly weds **Lindsey & Carl** and **Sarah & Mark**

 Birthday Kids: **Fred Warren, Sister Jo Jo Maher, Elizabeth Smith, Nephew Zoli, Danny Alarcon, Barbara Jones, Karen Skeen, George White, Quinn Carrigan, Daryl Moore, Nephew Steven Reed, "Dad" Ray Riley, Sister Sally Jane McKenna, Nephew Jake O'Connor, Lorraine Riley, Bill Ely, Maid of Honor Lynne Nakata & John Merrick**

 Anniversary Celebrants: **Fred & Linda Warren, 18 yrs, Lee & Alice Larison 50 yrs, Will & Lorraine Riley 26 yrs, Bob & Kay Goers 45 yrs, Bill & Debbie Huggins, John & Janice Merrick, Steve & Terry Cannon**

 Heartfelt Thanks to: Nephews **Steven Reed & Dylan O'Connor** for adding to our World of Rocks Collection with precious stones from **Whitby, England** and **Loch Ness, Scotland, Tom & Sandi Brandner** my new super-duper flashing wand from Wisconsin Dells, **Sam & Sara Leightner** for toting the English Lexicon Cards, **Joan Moore** of Clinton, SC for the great photo of Will & me, **June Murf** for the loan of 3 exceptional films of local interest - Edgewood, Ellenton & Aiken, **Sherri & Larry Kelly** my Red,

White & Blue sparkly headgear, **Tom Barker** for his Ab Fab block print that now hangs in the Yellow Room, **Fred & Linda Warren** for my magic pass to the movies, Beautiful Birthday flowers from my sisters **Jo Jo, Carolyn & Sally Jane** and **Jack & Nancy Tappe, Deborah Lee** my new book, **Bill & Linda Ely** for the Whopping Big Lot of music & books and **Harvey & Joan Lacombe** for you know what.

Thanks to our **Elizabeth Smith** you may visit our **Face Book** page @ <https://www.facebook.com/pages/Rileys-Whitby-Bull/164955520244749>

□ Fabulous Parties: Thanks to **Halley Townsend & Kathie Fowler** for helping organize the **Saint Thaddeus Lunch Bunch** Luncheon: Thanks to **Caroline Teese & Marianne Scoggins** and **Tasters Guild SC Chapter "The Whole Bunch, Inc."** for the great Sprkling Wine Brunch. What fun it was pairing 6 Champagnes with St. Bernard Venison Sausage Dogs & Fries, Lump Crab Stuffed Shrimp, Chilled Buttermilk & Dill Soup and Blackberry Swirl Cheeze Cake. Just goes to show that Champagne is appropriate with all foods.

⇒ Yes my Hot Flashes got to the point where my eyes blurred. So I went to see **Jeri Barret** at **Herbal Solutions** and she handed me **EstroPause**. A Black Cohosh herbal formula that has decreased the frequency and severity of my power surges. She gave me a few samples which I have here for anyone that wants to try EstroPause. Please ask me for one as I probably won't be offering the samples with dessert. Go see **Jeri** in her bright fun store. She is a very talented herbalist.

#### "Ironic That"

One day I was thinking of **Irony** and a childhood memory did flash through my mind. One sunny summer afternoon in the early sixties **my siblings** and **I** were in the back of our Rambler American station wagon. **Mom, Sweetie**, was at the wheel. We were on NY Route 32 heading home from a day swimming at Rifton when out of nowhere a basset hound started chasing the car. Well you can see what's coming next. Yup, the dog ran right under the car. **Sweetie** pulled off the road and we got out and went back to see the dog who as the **Coroner** of **Munchkin Land** said of the **Wicked Witch** "She's not only merely dead. She's really most sincerely dead."

A few boys came over and walked to the dog. One turned to **Mommy** pointed to one of his friends and said "Boy, Lady, his brother's gonna be real mad at you." He then picked the dog up by his collar and said " Now that'll teach you to chase cars **Gaylord**." Ironic that.;-)

#### "Funny Quote"

"It's hard to kiss the lips that chew you're ass all day long." so said **Vince Gill's** father.

#### "Going Green"

Okay. These days "**Going Green**" is a buzz phrase. Let's see. When we renovated **The Bull** we planned to be "Green".

All of the water fixtures are low consumption. Left over ice & water in pitchers are used to water the garden. We hang our laundry and for inclement days the dryer is gas.

All vegetable scraps, spent coffee grounds, dried and crushed egg & shrimp shells find their way to the compost pile which means surprise squash and tomatoes pop-up all over the place.

Meat trimmings are cooked to become "Puppy Food" for **Fred & Linda's** dog, **Spyder**. All cans are crushed and sold as scrap. The tabs go to the Ronald McDonald House. We grow and dry our own herbs and some vegetables. Very few pre-prepped foods are used as most of our yummy cookin' is from scratch.

The **Hobart** dish machine is high temp **NOT** chemically sanitized. We serve on china and glass not landfill filling disposables.

### **Recipes of the Day:**

**1. Maui Pineapple, Mint and Ginger Smoothie** Yield: 1 serving  
from Chef Vikram Garg SpaHalkulani - Waikiki Beach, Hawaii, USA

1/4 each Maui pineapple

1/2 inch piece fresh peeled Ginger

5 each fresh mint leaves

4 Oz Ice cubes

1 Oz Agave nectar (or sugar)

We adjusted this recipe for a #10 can of pineapple and made it into a Rum drink

#10 can pineapple & juice

2 - 2 1/2 Tbls fresh ginger

small bunch fresh chopped mint

sugar to taste

PROCEED:

Combine ingredients in a blender, blend until smooth

For each serving in a goblet

1/2 cup ice

1-1 1/2 shot

top off with pineapple, ginger, mint puree and stir

**2. Grammy Hulda's Chili Sauce** Yield: a Big Batch

25 tomatoes, blanched, peeled & seeded (concasse)

13 onions

3 red & 3 green peppers

4 Cups white vinegar

2 1/2 Cups suger

1/2 Tbls cloves

1 Tbls cinnamon

2 Tbls salt

cayenne to taste

PROCEED:

Grind tomatoes, onions & peppers. Mix with remaining ingredients. Put into a large non-corrosive sauce pan. Bring to a boil and reduce to simmer - SLOW - simmer til reduces and is sweet/ sour, stirring often. 4 to 6 hours (we went 6). Cool, seal and store in refrigerator. Is very stable and will keep. You may raise the pot off the burner with a

wire rack or wrap three bricks with foil, place the bricks around the burner and place the pot on them.

**3. Cincinnati Style Chili** Yield 6 - 8 servings

2 # ground chuck (not lean)

1 Cup onions, chopped

6 ounce can tomato paste

1 tsp cinnamon

1 tsp pepper

½ tsp cayenne

1 tsp cumin

1 tsp allspice

2 Tbls Worcestershire sauce

1 Tbls salt

1 Tbls vinegar

1 Bay Leaf

PROCEED:

Brown the beef with onion. Add tomato paste, cinnamon, pepper, cayenne, cumin, allspice, Worcestershire, salt, vinegar, Bay leaf and 3 Cups water.

Bring the mixture to a boil. Reduce heat and simmer 1 hour, stirring occasionally.

Add 1 Cup water, simmer 2 hours more, stirring occasionally.

Discard the Bay leaf. Serve on hot dogs. This is great picnic sauce.

**4. Crispy Baked Kale** Yield: 4 snacks Preheat oven to 350F.

4 giant handfuls of kale, torn into bite-sized pieces and tough stems removed

1-2 tablespoons olive oil

sea salt or kosher salt

PROCEED:

Place the kale leaves into a salad spinner and spin all of the water out of the kale.

Dump the water and repeat one or two times more just to make sure that the kale is extra dizzy and dry. Use a towel to blot any extra water on the leaves.

\*This is most important. Any moisture and the kale will steam not crisp.

Place the kale on a parchment paper lined baking sheet.

Drizzle olive oil over the kale leaves and use your hands to toss and coat the leaves.

Bake in the oven for 12-20 minutes until leaves are crisp. Take a peek at the 12 minute

mark - the timing all depends on how much olive oil you use. Just use a spatula or

tongs to touch the leaves, if they are paper-thin crackly, the kale is done. If the leaves

are still a bit soft, leave them in for another 2 minutes. Do not let the leaves turn brown

(they'll be burnt and bitter) Remove from oven, sprinkle with salt and serve.

I sometimes mix the salt with Creole or Cajun season.

**That's all for 2011 Newsletter #8**

**Talk to you next time.**

**Peace & Love from Riley's Whitby Bull "Misfits' Haven"**