

# What's Cookin'? MARCH 2007



**"WE FEED THE BEARS!"**

UNC DINING SERVICES IS COMMITTED TO PROVIDING QUALITY FOOD AND SERVICE IN A PROFESSIONAL MANNER TO THE UNC CAMPUS COMMUNITY AND GUESTS. WE SUPPORT THE MISSION OF THE UNIVERSITY BY PROMOTING NUTRITIONAL AWARENESS AND MEETING DIVERSE CULINARY NEEDS WHILE EMPHASIZING VALUE FOR ALL CUSTOMERS.

## March is National Nutrition Month!

Most of us know that eating plenty of vegetables and fruit is essential for lifelong health. But did you know that many fruits and vegetables can help our health in specific ways?

**Bananas** protect the heart, quiet a cough, strengthen bones, control blood pressure & block diarrhea.

**Cantaloupe** saves eyesight, controls blood pressure, lowers cholesterol, combats cancer & supports the immune system.

**Onions** reduce the risk of heart attack, combat cancer, kill bacteria, lower cholesterol & fight fungus.

**Carrots** save eyesight, protect the heart, prevent constipation, combat cancer & promote weight loss.

*Watch for more info on healthy foods in coming months!*

## MARK YOUR CALENDARS!

### DAYLIGHT SAVINGS TIME BEGINS

It came early this year! Don't forget to set your clocks forward 1 hour on Sunday, March 11th.

### SPRING BREAK IS COMING UP!

Last meal served will be lunch Friday, March 16th. First meal served after Spring Break will be breakfast Monday, March 26th.

### PREVIEW/JUNIOR DAYS THIS MONTH

Friday, March 2nd, Friday, March 9th, Friday, March 30th  
Open House on Saturday, March 10th

### TASTE OF HOME

Wednesdays, March 28th and April 4th during lunch & dinner at TK & Holmes and lunch @ the UC

### COMING NEXT MONTH . . .

Passover starts at sundown on Tuesday, April 3rd.  
Easter is Sunday, April 8th. Dining Rooms must continue to have fish available on Fridays until Easter.  
Customer Appreciation Week is April 23rd-27th

## IF A LONG DRESS IS EVENING WEAR, WHAT IS A SUIT OF ARMOR?

*(Answer on back of newsletter)*

## Did you know?

You can view your paycheck from the computer in the kitchen area at your unit. If you have questions, ask your supervisor.

Oops! You caught our errors last month! Thank you to Teresa Sugi, who noticed that we misspelled Derek Rice's "Chili Enfuego" for the TK Chili Cook-Off. Also, thank you to Jenny Larson, who noticed "production" was misspelled in the *We Want Your Input!* Section last month. Let us know if you catch us on anything else in the March newsletter!

## NO-NAME NEWSLETTER NO LONGER

Thank you to all of you who submitted name ideas for our monthly newsletter! We had some fantastic names to choose from and our newsletter is now called **What's Cookin'?**

Our Runners-Up were:

**The Dish**

**The Scoop**

**Something to Chew On**

**Bear-a-licious Cuisine**

**Glutton Gazette**

**Gummy Growling News**

**Growling Bear News**

**Panini Press**

**The Chow Hound**

**Cookie Sheet**



## March Birthdays!

Judy Werner	March 3rd
Donn Kuntz	March 4th
Dianne Hays	March 7th
David Roth	March 20th
Debbie Baker	March 24th
Justin Korth	March 30th



Did we miss your birthday? Do you have comments, questions or ideas? Feel free to call the Dining Services Office at 351-2652 or email [diningservices@unco.edu](mailto:diningservices@unco.edu)

# Caramelized Onion and Chevre Cheesecake with Toasted Walnut Crust

Created by Executive Chef Aran Essig, CEC, CCA

Yield: 8 servings

This month's featured recipe is one by our very own Executive Chef Aran Essig. His recipe was chosen by the National Onion Association for their 2007/2008 marketing efforts. Congratulations Chef Essig!! Way to go!!

## INGREDIENTS WEIGHTS/MEASURES

Light Rye Bread: 1 slice	Chevre Cheese: ½ pound
Walnuts: 3 ounces	Eggs: 3
Butter: 2 ounces	Garlic: 2 cloves
Mild Yellow Onion: 12 ounces	Thyme: 2 sprigs
Vegetable Oil: 2 ounces	Salt: to taste
Cream Cheese: 1 pound	White Pepper: to taste

## METHOD

Remove crust from the rye bread and dry in a 200°F oven. Crumble into breadcrumbs. Toast walnuts in a 325°F oven for about 20 minutes. After walnuts have cooled, chop finely and toss with breadcrumbs. Butter a 9-inch springform pan and coat the inside with the crumb mixture.

Peel and thinly slice onions. Heat oil in a sauté pan. Cook onions over medium heat stirring constantly until the onions turn a rich caramel brown color. Allow onions to cool. In a mixing bowl, combine the cream cheese and chevre cheese together until smooth. Do not overwhip the cheese or the cake will crack. Add one egg at a time, stirring each egg into the cheese mixture until thoroughly incorporated. Add the next egg and repeat until all eggs are thoroughly mixed into the cheese.

Mince the garlic and thyme and stir into the cheese mixture. Season with salt and pepper. Pour cheesecake mixture into the prepared pan and arrange the onions on top. Bake approximately 75 minutes in a 310°F oven. When cooled slightly, remove the sides of the pan and cut the cake into portions. Serve warm.



Welcome!

We would like to welcome **Leslie Rodriguez** and **Fabiola Rios** as new employees at TK. We are very happy to have you as part of our Dining Services team!

Also, congrats to **Debbie Gutierrez** who recently took a new position as the Lead Cook at the UC!



Happy St. Patrick's Day  
& Have a Great  
Spring Break!

## Thanks!

Thanks to all of you who filled out surveys regarding the Cook's Luncheon. 30 surveys were received back and 70% were in favor of an Informal Luncheon with games & activities versus a Formal Luncheon. Thanks also for all the great ideas for training you would like to see. This Luncheon will be Wednesday, May 16th .

Answer to joke from front of newsletter: Silverware!

# CAPTAIN GRAVITY'S SAFETY TIP OF THE MONTH

## KNIFE SAFETY SKILLS

Courtesy of Pinnacle Assurance & Chef Aran Essig

### Chopping, Slicing, Dicing, or Peeling

**1)** Keep your fingertips out of harm's way by curling your fingers under on the hand that's holding what you're cutting. This puts your knuckles not your fingers, nearest the knife.

**2)** Angle the blade away from you when slicing or peeling so it won't cut you if it slips

**3)** If you get distracted or interrupted while using a knife, stop what you're doing until you can focus on the task at hand.

**4)** Never leave knives in a sink or where someone may grab them unknowingly.

**5)** Never catch a falling knife.

**6)** Always use a sharp knife. Dull knives are dangerous.

**7)** Always use the correct knife for the job.

### Proper Care of the Knife

**1)** Make sure the blade lands on a relatively soft surface such as wood or plastic, not on a surface such as metal or ceramic.

**2)** Knives should be washed by hand and dried immediately. Do not immerse wooden-handled knives in water for any time.

**3)** Stained or rusty carbon steel blades can be cleaned with a piece of wet cork & scouring powder, or a mildly abrasive scouring pad.

**4)** Acidic foods shouldn't remain on the blade after use as they can cause discoloration. Clean knives as soon as any job is completed.

**5)** Knives should be stored in a drawer cleaned and dried, not stacked, for both safety and proper edge care.

**6)** To avoid cross contamination, knives should always be cleaned before they are used for another product.

**7)** Never put knives through the dish machine.

