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Food | Stories
Books | Stories
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BC-MCT-FOOD-BJT — food editors (1800 words)

McClatchy-Tribune News Service
Food Budget for Monday, January 11, 2010

Updated at 8:30 a.m. EDT (1230 UTC).

TOP STORIES

Enjoy Girl Scout cookies beyond dessert with these recipes

[GIRLSCOOT-COOKIE-RECIPES:NN](#)—Before you assume Girl Scout cookies are just for snacks, take a look at some grown-up recipes using the cookies. Some are healthy, some are not—but all are fun and chocked full of cookie magic.

1150 by Kathy Van Mullekom. DIVERSITY. MOVED
[TEXT](#) | [HTML](#) | [PHOTOS](#)

Civil dialogues about food can lead to understanding and change

[CONVERSATION-FOOD:LA](#)—One of the more pleasing developments of the last decade has been the long-overdue beginning of a national conversation about food—not just the arcane techniques used to prepare it and the luxurious restaurants in which it is served, but, much more important, how it is grown and produced.

The only problem is that so far it hasn't been much of a conversation. Instead, what we have are two armed camps deeply suspicious of one another shouting past each other (sound familiar?).

On the one side, the hard-line aggies seem convinced that a bunch of know-nothing urbanites want to send them back to Stone Age farming techniques. On the other side, there's a tendency by agricultural reformers to lump together all farms (or at least those that aren't purely organic, hemp-clad mom-and-pop operations) as thoughtless ravagers of the environment.

1100 by Russ Parsons. MOVED
[TEXT](#) | [HTML](#) | [PHOTO](#)

Future has arrived for pork belly, whatever it's called

[PORKBELLY:SA](#)—If you've never eaten pork belly, you might imagine an accompanying soundtrack along the lines of "Dueling Banjos" or conjure up an image of the Clampetts' dinner table, pre-Beverly Hills mansion.

But these vittles shouldn't be et only by country folks. Pork belly is an indulgently rich yet homey dish that makes you ache for more.

Increasingly, it is appearing on menus in fine dining restaurants across the nation and on our dinner tables.
900 by Niesha Lofing. MOVED
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10 ideas to help you stick to your healthy resolutions

[NTR-RESOLUTIONS-FOOD:CH](#)—How are those resolutions working out for you?

Yes, those self-improvement plans always sound easy when you make them in December. But by the second week of January, the year is stretching out in front of you like a cross-country drive with no air conditioning.

Look, health and lifestyle experts always tell us that big resolutions aren't the way to go. Real change happens in small steps. A little improvement here, a tweak there. Eventually, it adds up.

To get you started in new directions for your life as a cook and eater in 2010, we asked people with real-life experience to offer up tips for making life better, in and out of the kitchen. Try these on for size.

1000 by Kathleen Purvis. MOVED
[TEXT](#) | [HTML](#) | [ARCHIVE ILLUSTRATIONS](#)

Reclaiming family dinner: A new year brings a call for the return of meal togetherness

[FAMILYMEALS:TB](#)—So, you're taking the plunge. You've decided, dam it, you're reclaiming family dinner, making it your own, an oasis of contentment among the daily chaos. Do not underestimate the power of that utterly essential Step No. 1, the decision to just do it.

But now maybe you're scratching your head, wondering how the heck to get to Step No. 2 and beyond? Well, here's a slew of smart thinking to get you where you're dreaming: Family Dinner, the Civilized Way.

1400 by Barbara Mahany. MOVED
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OTHER RECIPES AND STORIES

The Times' top 10 recipes of 2009

[TOP10RECIPES:LA](#)—Now that we're squarely in 2010, we can look back on 2009 and the hundreds of recipes published in the Food section and call it the year of meltingly delicious caramelized onions, or the year we fell in love with quinoa all over again, or the year we discovered we could make fantastic, crisp-crust pizza at home. Let's just say it was another banner year in The Times' Test Kitchen.

300. MOVED
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Desserts we're all sweet on: Icebox cake, cheesecake restyled in '09

[ICEBOXCAKES:DE](#)—Icebox cakes nowadays are versions of old favorites. They've been devoured for decades and really are a piece of cake to make.

900 by Susan M. Selasky. MOVED

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Roast a chicken for a next-day bonus

[ROASTCHICKEN:DE](#)—If you're hoping to stretch your grocery dollars in the new year, look to foods that can pull double-duty.

One such food is roast chicken. The leftovers can be transformed into many dishes.

You can toss leftover cooked chicken in mixed-greens salads or use it to make chicken salad, in a stir-fry or in sandwiches. You can also use it in casseroles, pasta dishes and soups.

Once you learn to roast a whole chicken, you'll find that having cooked chicken on hand will be convenient in a pinch.

800 by Susan M. Selasky. [MOVED](#)

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Cooking away stress: Chopping, dicing and stirring a recipe for relaxation and comfort

[COOKING-THERAPY:TB](#)—Step away from stress and start cooking.

You'll refresh your spirit and rebound from life's little annoyances. You'll give your muscles and senses a workout, focus your mind and feed both body and soul.

1100 by Judy Hevrdejs. [MOVED](#)

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Home-style cooking helped us through a tough year

[BEST-HOMESTYLE:DE](#)—The past year was a comfy one.

With the gloomy economy, more folks nationwide turned to the comforts of home cooking as they tightened their belts and ate out less.

And we proved that you can cut back on spending without cutting back on taste. We gave value cuts of meat bold flavors and shared ways to get more meals out of one chicken. And we encountered a few surprises along the way.

2050 by Susan M. Selasky. [MOVED](#)

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NUTRITION, FOOD SAFETY

One bountiful year: Join a community produce group and reap the bounty

[NTR-CSABOX:SA](#)—From arugula sprouts to zebra beans, we tasted our way through the alphabet and around the world without ever leaving town.

This was our year of eating locally (and not just corn and tomatoes). Besides many healthy meals, we got a new appreciation for our region's agricultural diversity and an education in global cuisine, neatly packaged into weekly lessons from a nearby organic farm.

In 2009, we made a conscious commitment to eat locally produced fruit and vegetables every day.

1000 by Debbie Arrington in Sacramento, Calif. [MOVED](#)

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Sugar-sweetened soft drinks: The taste may differ, but don't kid yourself they're healthier

[NTR-SOFTDRINKS:LA](#)—Given all the panic in the streets about high-fructose corn syrup, it's no surprise that beverage companies are making hay out of vintage formulations that use sugar from cane or beets in their beverages instead of the syrup. Many fans say the beverages taste better with sucrose—hence the following enjoyed by Mexican Coke.

350 by Rosie Mestel. [MOVED](#)

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To kick off a healthier you, try raw food

[NTR-RAWFOOD:RA](#)—After holiday gluttony, many of us resolve to lose weight in the New Year.

Christie Kellogg wants to suggest a new approach to eating for permanent weight loss: raw food.

Kellogg, 41, a Raleigh, N.C., dental hygienist, teaches raw food cooking classes. A raw food diet focuses on eating vegetables, fruits, nuts, seeds and sprouted greens in their natural state. In other words, no cooked foods, or "dead" food, as raw foodists call them.

550 by Andrea Weigl. [MOVED](#)

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TRENDS, NEW PRODUCTS

Clara jumps from YouTube to cookbook

[CLARA-COOKBOOK:TB](#)—Is it any surprise that YouTube sensation Clara Cannucciari—her cooking videos have been a hit since debuting earlier this year — now has a cookbook?

Of course not. But the fact that she's 93 might raise your eyebrows. Her series of videos, "Great Depression Cooking With Clara," has attracted millions of views looking for no-nonsense tutorials from a grandma who knows her way around a kitchen. The tales she shares along the way are a kick too.

The cookbook, "Clara's Kitchen" (St. Martin's Press, \$21.99), showcases her recession-friendly recipes culled from her Depression-era youth.

400 by Renee Enna. [MOVED](#)

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[OVEGLOVE-REVIEW:DE](#)—The Ove Glove: Does it work?

200 by Kristen Jordan Shamus. [MOVED](#)

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250 by Kathleen Purvis. [MOVED](#)

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[SHELF:TB](#)—Shelf life: Party popcorn; chocolate coffee; popular meals lightened.

250 by Fauzia Arain. [MOVED](#)

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[TIDBITS:MS](#)—Tidbits: Extra flavor.

350 by Al Sicherman. [MOVED](#)

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WINE & BEER

[WBS-WINE:MI](#)—Underappreciated pleasures of port.

500 by Fred Tasker. [MOVED](#)

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[WBS-UNCORKED:TB](#)—Pinot noir smackdown: Oregon vs. California.

850 by Bill Daley. MOVED

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[WBS-WINE-WEEK:LA](#)—Wine of the Week: Dolin Vermouth de Chambéry Blanc.

200 by S. Irene Virbila. MOVED

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FIXTURES

[CORNER:MI](#)—Cook's Corner: Cuban-style roast pork is a South Florida essential.

1150 by Linda Cicero. MOVED

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Fast food: Cabbage, sausage meet in the skillet

[FASTFOOD:TB](#)—If your cabbage consumption is limited to a creamy deli coleslaw or the occasional helping of tangy sauerkraut, now's a good time to give the humble vegetable another chance.

350 by Judy Hevrdejs. MOVED

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[QUICKFIX:MCT](#)—Honey-mustard and hot pepper turkey with a crunch.

500 by Linda Gassenheimer. MOVED

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[TECHNIQUES:MI](#)—In the right recipe, you'll love anchovies.

600 by Carole Kotkin. MOVED

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NOT MOVING

[COCINA:MI](#)—New column from culinary historian with Spanish flavor. DIVERSITY. PHOTOS. (Moves approximately every third week.)

[EDGYVEGGIE:MI](#)—The Edgy Veggie. Ellen Kanner. (Column moves occasionally.)

[NTR-EATFORLIFE:KC](#)—NOT MOVING. (Moving every other week.)

[VEGCHEF:FL](#)—Vegetarian Today. Steve Petusevsky. NOT MOVING until February.

STAND-ALONE GRAPHIC

HEALTHY LIVING, a color, 2 col. x 3.5 graphic on food and nutrition, moves every Monday. The filename will use the precede LIVING-.

MCT Food Editor: Karen Denny, 202-383-6157, kdenny@mctinfoservices.com

MCT Photo Service: 202-383-6099, photo@mctinfoservices.com

MCT Graphics: 202-383-6064, graphics@mctinfoservices.com

MCT Special Sections: 202-383-6151, mct-onepages@mctinfoservices.com

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