

Thoughtful Food

A decade of delicious delights: Susie's top recipes from her vast repertoire

By Susie Iventosch



Photo Susie Iventosch

It is nearly impossible for me to believe that five years have gone by since we celebrated the Lamorinda Weekly's fifth birthday, much less 10 years since the paper was founded! And, I have been writing the food column for the past nine years already, which has been such a pleasure and a great way to keep my own kitchen humming.

When our editor, Peggy Spear, asked for my favorite recipes from the food column, I thought it would be an easy task and started pouring over all of the old newspapers, including some 230 recipes. This was an enjoyable journey through time, and even though it was a bit of a challenge to narrow it down to 10 recipes, I decided to pick those I've made over and over again, year after year. Several of these recipes come from our treasured local chefs and restaurateurs, which

makes them even more special. Also, it was great fun to reread the favorite holiday recipes from our mayors over the years. I think we'll have reinstate that again for 2017.

It was interesting to see what types of things our community liked to cook back then versus today. For me, personally, not much has changed, since I have no family members with gluten or dairy issues. We have always loved to cook with lots of fresh vegetables and whole foods, and I still like to cook many of the same types of dishes. Mediterranean cuisine, which encompasses so many countries, is still my favorite kind of food. But, I will say that, universally, "gluten-free" has become more and more popular and is the one thing that I encounter all of the time, whether it's from readers requesting alternatives, special diets for guests we

entertain at home, foods stocked on the grocery shelves, or options on restaurant menus. Fortunately today, it is much easier with all-purpose gluten-free baking flour readily available, instead of the combinations of different flours and meals that cooks needed to keep on hand for gluten-free options in the past.

One very exciting evolution over the past 10 years, is a greater interest in cooking at home and making meals from scratch. I'm not sure if the Food Network or "Julie & Julia" is to thank, or just a more profound awareness of healthy eating. In addition, nearly every town has a farmers market, which is a great way to eat produce fresh from the farm, and besides, it's a fun, weekly social gathering as well!

Here's wishing the Lamorinda Weekly a very Happy 10th Birthday and many more to come! Now, let's eat some goodies!



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July 9, 2008

Salsas, A Healthy and Delicious Alternative
Recipe: Tinrin Chew's Mango-Avocado Salsa
www.lamorindaweekly.com/archive/issue0209/pdf/Salsas-A-Healthy-and-Delicious-Alternative.pdf

May 13, 2009

A Window to the World in Lafayette
Recipe: Polenta alla Contadina
www.lamorindaweekly.com/archive/issue0305/RECIPE-Polenta-alla-Contadina.html

January 5, 2011

Crab and more Crab!
Recipe: Crab Cakes Dianna
www.lamorindaweekly.com/archive/issue0422/Crab-and-More-Crab.html

January 19, 2011

Chili and Wings – Game On!
Recipes: White Bean Chicken Chili and Baked Buffalo-Style Hot Wings
www.lamorindaweekly.com/archive/issue0423/Chili-and-Wings-Game-On.html

June 8, 2011

Put the Lime in the Coconut...
Recipe: Coconut Lime Cupcakes
www.lamorindaweekly.com/archive/issue0507/Put-the-Lime-in-the-Coconut.html

February 13, 2013

Turkish Meatballs, Courtesy of Kabab-Burger
Recipe: Turkish style meatballs in tomato sauce
www.lamorindaweekly.com/archive/issue0625/Turkish-Meatballs-Courtesy-of-Kabab-Burger.html

August 14, 2013

New Italian Restaurant Owners Share a Traditional Family Favorite: Eggplant Parmesan!
Recipe: Melanzane Napoli
www.lamorindaweekly.com/archive/issue0712/New-Italian-Restaurant-Owners-Share-a-Traditional-Family-Favorite-Eggplant-Parmesan.html

September 24, 2013

Olive Festival Coming Soon!
Recipe: Kalamata Olive-Stuffed Ravioli
www.lamorindaweekly.com/archive/issue0715/Kalamata-Olive-Stuffed-Ravioli.html

January 15, 2014

Chicken from the Village
Recipe: Baked Chicken Breast with Goat Cheese and Tarragon-Watercress Vinaigrette
www.lamorindaweekly.com/archive/issue0723/Chicken-from-the-Village.html

December 3, 2014

Spicing Up Your Condiment Selection
Recipe: Holiday Red Onion Jam
www.lamorindaweekly.com/archive/issue0820/Holiday-Red-Onion-Jam.html

August 10, 2016

Mocha and Kahlua Cheesecake is an Entertainer's Delight
Recipe: Mocha Cheesecake
www.lamorindaweekly.com/archive/issue1012/Mocha-Cheesecake.html



Susie can be reached at suziventosch@gmail.com. This recipe can be found on our website: www.lamorindaweekly.com. If you would like to share your favorite recipe with Susie please contact her by email or call our office at (925) 377-0977.

Cooking Term of the Week

Amuse-bouche: a small, bite-sized appetizer, not ordered by the guest, but rather offered compliments of the house at some restaurants. It is of French origin and literally means "(it) entertains (the) mouth."

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