

Two savory and sweet dishes just in time for the holidays

By Susie Iventosch



Winter Wild Rice

Photos Susie Iventosch

We didn't have enough room to include these two wonderful recipes from Celine Sherwood in our last issue, but they are really delicious and would make great side dishes for the holidays. I made the savory and sweet version of the Smashed Carrots, and absolutely loved them. But, in my husband's culinary world, there appears to be a law against mixing

sweet and savory, so I also made a third version eliminating all of the sugar, spice and orange zest and adding caramelized shallots and a tablespoon of soy sauce. I kept the dill weed in the savory-savory version, and added a sprinkling of red pepper flakes. In all of the versions, crème fraiche adds a lovely creamy character to the dish.

'Three's Company Parody' ignites Rheem Theatre's new alliance with Classic TV nonprofit

Submitted by Derek Zemrak



Image provided

The Rheem Theatre and the Classic TV Preservation Society nonprofit are aligning to bring live theatre productions and events to the Rheem Theatre, beginning with "A Three's Company Christmas Parody," set for Dec. 8 and 9.

"We're thrilled to team with The Classic TV Preservation Society," says producer/co-director Derek Zemrak. Adds CTVPS founder Herbie J Pilato, "It's an honor to work with such a prestigious establishment as the Rheem Theatre, while also being granted the opportunity to combine classic TV and live theatre in such a unique way."

Zemrak and Pilato envision an eclectic list of classic TV events and productions for the Rheem Theatre, including special screenings of classic TV shows, personal appearances by classic TV celebrities, and more. "Classic TV has never been more popular than it is today," says Zemrak, "and to be able to connect with the CTVPS and celebrate it all in a positive way is exciting."

For starters, Zemrak adds, "Most baby boomers remember the classic television show 'Three's Company' and I thought it would be fun to bring it to the stage." The evening will include a video presentation on the late 1970s, and a live stage performance complete with '70s and '80s TV commercials. After the production, audience members can join the cast for

a meet and greet, holiday cookies, and eggnog.

"Three's Company" was a sitcom that aired for eight seasons on ABC, from March 15, 1977 to Sept. 18, 1984. Based on the British sitcom "Man About the House," the story revolves around three single roommates: Janet Wood, Chrissy Snow, and Jack Tripper, who live together in a Santa Monica, California apartment complex owned by Stanley and Helen Roper.

The Bay Area/Lamorinda cast includes: Janet (Suzie Mele), Chrissy (Nicole Berzins), Jack (Derek Zemrak), Mrs. Roper (Patti Leidecker) and Mr. Roper (Lance Mack). The play is co-directed by Reed Summers-Pirkle and Zemrak.

Tickets are \$25 for this laugh-out-loud evening and can be purchased online at www.lamorindatheatre.com or at the Rheem Theatre box office. While the 6 p.m. show on Saturday, Dec. 8 is sold out, at press time tickets were still available for the 8 p.m. Dec. 8 show and the 2 p.m. matinee on Sunday, Dec. 9. Attendees are encouraged to bring a canned food item for the Contra Costa Food Bank. Proceeds for the evening will be donated to the CTVPS and the Moraga Community Foundation, both 501(c)(3) nonprofit organizations.

For more information, visit: www.classictvpreserve.org and www.moragacommunityfoundation.org.

WINTER WILD RICE

(Full recipe serves 12 as a side dish. Half recipe serves 6)

Celine's Notes:

The key to making this dish is to keep stirring each new ingredient you add to the pot, until it is time to move on to the next step. Also it's important to toast the rice by sautéing it before adding the liquid.

Susie's Notes:

Celine told me that her mom thinks there are not enough vegetables in this dish. It actually calls for a lot of veggies, but I accidentally cut the recipe in half for the rice and broth, but kept the same amount of veggies and it was fantastic, so maybe her mom is on to something! Also, I used dried apricots as the fruit, pecans and blanched almonds, and a blend of fresh spinach and arugula for the greens.

INGREDIENTS

- 1 large shallot (thinly sliced)
- 1 large carrot (diced)
- 2 celery sticks (diced)
- 4 tablespoon grape seed oil or butter
- 3 cups wild rice medley
- 8 oz. mushrooms, any variety is fine (sliced)
- 3 cups chicken broth
- 2 tablespoon Osem chicken style consomme soup and seasoning mix, or poultry seasoning
- 1 cup golden raisins, or dried fruit of choice (dried currants, blueberries, and/or apricots work well)
- 5 oz. bag spinach leaves

*Optional vegetables can be added in, like broccoli, zucchini, bell peppers, peas, asparagus, etc. Just be sure veggies are chopped to the same size as the carrots and celery to allow for even cooking. Slivered almonds, pecan halves, chopped walnuts, or hazelnuts, can be added in during step 9. I recommend 1 cup of nuts.



Winter Wile Rice Photo Celine Sherwood

DIRECTIONS

1. In a heavy lidded pot, warm grape seed oil over high heat until hot (or butter until melted)
2. Add in shallots, carrots, celery, and any optional vegetables, cook until shallots are translucent.
3. Add in rice, and toss to coat in oil. Keep tossing and toasting the rice until it releases its aroma (about 1-2 minutes).
4. Add in mushrooms. Stir until the mushrooms start to release their water.
5. Add in chicken broth, and seasoning, and stir until seasoning is well dissolved.
6. Bring to boil and continually stir for 5 minutes.
7. Lower the heat to a simmer, cover and let cook for 30 minutes.
8. Uncover pot and stir contents.
9. Turn heat up to medium, and stir in raisins or dried fruit of choice, and nuts (if you are using them) cook uncovered for 10 minutes, stirring occasionally.
10. Lower heat to simmer, and cook until done (about 20 minutes)
11. Turn off heat, stir in spinach until wilted, and serve!

SMASHED CARROTS

Celine's Notes:

A savory and sweet version of this dish can be made. Ingredient substitutions for the sweet version are noted in the ingredient list. This dish can be made ahead of time, and reheated in either a microwave or in an oven. This is a dish I happened upon by accident. Back when my husband Shon and I first had kids, I made my own baby food, and one day made way too much carrot purée. I didn't have any stock on hand, so making a soup was out of the question. I did have brown sugar and raisins however. This recipe has evolved over time, and because I don't like to break out the blender, it is reserved for special birthday requests or major holidays. When it does come out, it's gone in minutes!

Susie's Notes:

I used a small food processor to purée the carrots in batches, since we don't have an immersion blender and it worked just fine.

INGREDIENTS

- 2 lb. bag of baby carrots
- 4 cups water
- 1 cinnamon stick
- 4 tablespoons butter
- 3/4 teaspoon ground ginger
- 3/4 teaspoon all-spice
- 3/4 teaspoon ground cinnamon
- 1/4 teaspoon dried orange peel, or zest of 1 orange
- 4 tablespoons maple syrup (for sweet version, substitute 3T brown sugar, and 1T orange marmalade)
- 2 tablespoons creme fraiche for savory version only (I don't recommend substituting sour cream, or anything else as it gives the dish a very heavy/paste-like mouth feel)
- 1 tablespoon brown sugar for savory version
- 1 tablespoon honey for sweet version
- 1/3 cup dried currants (I don't recommend substituting the currants for a different dried fruit as it'll make the dish too chunky.
- 1 teaspoon fresh dill (for savory version only).

DIRECTIONS

1. In a heavy bottomed stainless steel pot (you're going to be using an immersion blender, so use a pot capable of withstanding heavy duty use), bring water to boil.
2. Add in carrots and cinnamon stick.
3. Boil for 15 minutes/until fork is easily inserted into a carrot.
4. Remove cinnamon stick and discard.
5. Drain pot of water into a cup (you'll need it for later), leaving carrots in pot.
6. Put pot over low heat.
7. Add in butter, ginger, all-spice, ground cinnamon, orange peel or zest, maple syrup (or brown sugar and orange marmalade) to pot. Mix until butter is melted.
8. Take pot off of heat, and blend carrots using an immersion blender, adding in small amounts of reserved water if the mixture becomes too dry.
9. Blend until smooth.
10. For savory version - add in creme fraiche, and fold into the mashed carrots.
11. Scoop into serving bowl.
12. For savory version - sprinkle top with brown sugar. For sweet version - drizzle with honey.
13. For savory version - top with dried currants and dill. For sweet version - top with dried currants.



Smashed Carrots Photo Susie Iventosch

Lafayette Kindergarten and TK registration dates

Registration for Lafayette students entering TK and Kindergarten for the 2019-20 school year will take place Jan. 14 and 15. Additional information can be found at www.lafsd.org.

In addition, an informational presentation, "A Roadmap to Kindergarten," will be held at the Burton Valley Elementary multi-purpose room at 561 Merriewood Drive from 6 to 7 p.m. Jan. 20 for all interested parents. This presentation is for parents only.

Kindergarten/TK registration times (Jan. 14 and 15):

Burton Valley Elementary: 9 to 11 a.m. and 1 to 3 p.m. 561 Merriewood Drive, Lafayette (925) 927-3550

Happy Valley Elementary: 9 to 11 a.m. 3855 Happy Valley Road, Lafayette (925) 927-3560

Lafayette Elementary: 9 to 11 a.m. 950 Moraga Road, Lafayette (925) 927-3570

Springhill Elementary: 9 to 11 a.m. 3301 Springhill Road, Lafayette (925) 927-3580

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