

# Tastefully Yours

News from ANTOINETTA'S

October 2009



Volume 1

## Antoinetta's is proud to announce our commitment to joining the GREEN RESTAURANT ASSOCIATION

March 31, 2009

Thank you for your interest in the Green Restaurant Association.

The Green Restaurant Association, a national 501c3 nonprofit corporation, exists to help America's 945,000 restaurants to achieve ecological sustainability in a cost-effective manner. Certified Green restaurants™ have reaped thousands of dollars in savings from implementing environmental improvements, while at the same time being featured on CNN and other national and local press. I look forward to helping your restaurant improve its environmental practices in a cost effective manner.

Sincerely,  
Michael Oshman  
Green Restaurant Association, Executive

*"I am sooooo excited to have our party at Antoinetta's!!!! I know the bride-to-be will be so excited and surprised! Looking forward to see you at our appointment."*

- Jen P.

## Keeping Your Food Safe for Your Family

### *Separate, Don't Cross-Contaminate!*

Cross-contamination is how bacteria can be spread. When handling raw meat, poultry, seafood and eggs, keep these foods and their juices away from ready-to-eat foods. Always start with a clean scene -- wash hands with warm water and soap. Wash cutting boards, dishes, countertops, and utensils with hot soapy water.

- Separate raw meat, poultry, seafood, and eggs from other foods in your grocery shopping cart, grocery bags and in your refrigerator.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood or eggs.

- as seen on [www.fightbac.org](http://www.fightbac.org)



### *Culinary Word of The Month*

#### *Au Gratin*

A French term for a dish with a browned topping of bread or cracker crumbs and/or grated cheese. Also known as gratiné.

### Inside this issue

Restaurant News.....	1
Keeping Your Food Safe.....	1
Restaurant Specials/Article.....	2
Cooking on a Grill Pan.....	2
Recipe of the Month.....	2
Reduce Your Risk of Heart Disease.....	2
Plagido's Wine a NJ favorite.....	3
Chowder Fest 2009.....	3
Website coupon.....	3
Upcoming Events.....	4

*Cooking is like love. It should be entered into with abandonment or not at all.*

*~Harriet van Horne*

### Antoinetta's Restaurant

523 Cedar Run Dock Road.

Cedar Run, New Jersey, 08092

## Restaurant Specials

The Three course dinner is back....! Sunday through Thursday from 4:00p.m. to 6:00 p.m.

## Sunday Brunch

11:00-3:00 p.m. All menu items below \$12

## Recipe of the Month

### Seasonal Berry Tarts

Seasonal berries such as Raspberries, Blueberries and Strawberries from the Farmers' Market  
¾ cup sugar  
1 ¾ cup butter  
1 egg  
1 tsp vanilla  
3 cups flour  
Pastry cream  
Orange marmalade

Mix sugar, butter, egg and vanilla together in a mixer and slowly add flour until fully incorporated. Chill and roll out in tart pan and bake at 350 degrees until golden brown. When the tart crust has cooled to room temperature, fill it with pastry cream and decoratively arrange your fruit on top. Warm equal parts water and marmalade and brush over fruit to give it a decorative sheen and preserve the fruit. **Courtesy of Chef James Maugeri**

- of Antoinetta's Restaurant



Have a recipe you would like to share send it to [info@antoinettas.com](mailto:info@antoinettas.com)

## Cooking on a Grill Pan

Because the ridges are the only direct source of heat in contact with the grill pan, food can be slow to cook through. Here are some ways to deal with that problem.

### For beef and pork:

- Steaks should be relatively thin and preferably boneless
- Chops should be thin, about 1/2"
- Burgers should be slightly flat

### For chicken:

- Avoid bone-in pieces
- Pound breasts or thighs to make them even and thin. Butterfly boneless breasts

### For vegetables:

- Cut vegetables so they lie flat
- Thick vegetables like Portobello mushrooms will cook faster if sliced

As seen in *How to Break an Egg 1,453 Kitchen Tips, Food Fixes, Emergency Substitutions, and Handy Techniques*

## Reduce Your Risk of Heart Disease\*

Heart disease risk factors are often related, so a change in just one area can positively impact others. Keep your heart beating at a healthy pace by following these eight steps:

- 1. Improve your cholesterol levels.** The higher your blood cholesterol level, the higher your risk for heart disease. Follow a diet low in saturated fat to reduce your cholesterol levels.
- 2. Quit smoking.** Smokers are twice as likely to suffer heart attacks as non-smokers and they are more likely to die as a result. Smoking also increases your risk of having a stroke.
- 3. Control high blood pressure.** High blood pressure, also called hypertension, is the number one heart disease risk factor in the United States today.
- 4. Exercise.** People who don't exercise have an increased risk of heart disease compared with people who do even moderate amounts of physical activity.
- 5. Keep diabetes under control.** Diabetes can lead to many health problems, including heart attacks. Manage diabetes under the care of a physician.
- 6. Maintain a healthy weight.** Excess weight causes additional strain on your heart, and it increases blood pressure and cholesterol levels.
- 7. Limit alcohol consumption.** Keep consumption down to one drink per day for women and two drinks a day for men.
- 8. Manage your stress level.**

Stress and anger management techniques will reduce your stress level and, therefore, your risk for developing heart disease.

As seen on [prevention.com](http://prevention.com)

\* This article is for reference only, not a medical recommendation

## CHOWDERFEST WEEKEND

This family fun festival features live music, activities and unlimited Chowder tasting with the opportunity for each ticket holder to vote for their favorite red and white chowder. The event is nestled in Beach Haven surrounded by beautiful views of the bay and plenty of year end discounted shopping. It has become a tradition for family and friends to gather together to say good bye to summer and welcome in the fall. The first Saturday in October for the fabulous Merchant Mart where hundreds of vendors offer the best deals of the season and Sunday for the Chowder Cook Off.

### *Want more info...*

<http://www.visitlbiregion.com/visitors/chowderfest/>

## Website Coupon

Make a reservation between 9:00p.m. and 9:30p.m. for any Saturday in October & November and receive a (\$20.00) Gift Certificate for every two entrée's ordered.

**Must bring a copy of this advertisement**

### **Location:**

Antoinetta's Restaurant  
523 Cedar run Dock road  
Cedar Run, New Jersey 08092  
609-978-9785 Ph

**Gift Certificate must be used between February 15, 2010 and April 3, 2010**

## Antoinetta's is proud to

### Welcome **Plagido's Winery!**

As longtime vineyard owners and farmers, we decided to share our passion for "old world vino" with the masses. On August 1st, 2007 **Plagido's** opened for business.

Come visit **Plagido's** Tuscan theme tasting room and try our plethora of Estate Bottled Wines. **Tasting Room and Gift Shop hours are from noon-5pm and we are open all week long!** Also available by appointment.

**Plagido's Winery** prides our self with not only being a family owned business that treats our customers like family but also, by doing things right. All grapes that are used in our wines are Estate Grown. We plant, trim, pick and nurture our grapes. A must try is our Plagido's Choice that is made with a seedless table grape. The variety is Marquis and it is truly unique. Our wines are fermented on premise in Hammonton, NJ in either stainless steel or oak. Swing by and you will think that you were transported to a different place and time, where wine was an art form and when wine enthusiasts were educated by frequenting the source!

**Upcoming  
Events**

Long Beach Island  
CHOWDER FEST 2009  
Sunday October 4, 2009

10:00a.m-  
3:00p.m.

10/4/2009

Vote for the #1 Manhattan  
Chowder “  
ANTOINETTA’S  
RESTAURANT

Antoinetta’s will be closed  
Thanksgiving Day and re-  
opening Friday November  
27, 2009

3<sup>rd</sup> Thursday of every  
Month LBI Italian Cultural  
Club dinner

**October 2009**

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

**November 2009**

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

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**We’re on the web!**

**Visit us at:**

**[www.Antoinettas.com](http://www.Antoinettas.com)**

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