

Apples

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Mancuso said his favorite squash recipe is butternut squash with baby spinach.

Peel and clean the squash, and cut it in cubes. Toss it with oil, a large diced onion, salt and pepper.

Roast the veggies on parchment paper. While the squash is steaming, after being removed from the oven, top the squash with baby spinach and dried cranberries, he said.

"It is a wonderful dish that can be eaten hot or cold," Mancuso said.

Delicata squash is one of winter's best kept secrets, Mancuso said.

The delicata is a good squash, though it is less known. It is long and round and has a thin skin that does not have to be peeled. It is delicious as well as colorful. Delicata blends perfectly with brussels sprouts and baby carrots.

To make this dish, quarter the squash then scoop the seeds and slice it into 1/4-inch pieces. Toss the squash slices with halved brussels sprouts, baby carrots and oil. Roast the veggies on parchment paper for a caramelized sweet and delicious vegetable dish, Mancuso said.

Another favorite is spa-

ghetti squash that produces strands of the vegetable after it is roasted, he said. Toss the combed squash after it is removed from the shell with caramelized garlic and olive oil for a delicious side dish, he said.

All recipes are at www.wegmans.com.

Write us with your questions

Have you ever wondered what aioli is? Did you ever see bain-marie in a recipe and not know what to do? Have you ever wanted to blanch vegetables but didn't know how?

Did you have no one to ask?

We know chefs, bakers, wine and other experts who may be able to answer those questions.

If you have a question you would like answered, e-mail Susan Weiner, food editor, at sweiner@app.com or write Susan Weiner, Asbury Park Press, 3601 Highway 66, Neptune, NJ 07754.

We look forward to hearing from you.

Margaret F. Bonafide:
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Tasty treats for your afternoon tea

COUNTRY-BY-THE-SEA TEA ROOM'S BEST-EVER SCOTTISH SHORTBREAD

4 cups flour
1 cup rice flour
1 cup sugar
Extra sugar for topping
1 pound butter

Knead all ingredients together, and divide dough into two sections. Roll sections out on cookie sheets to your desired thickness, crimp edges with a fork, and bake at 250 degrees for approximately 50 minutes, checking every 15 minutes to avoid burning.

Remove from oven, cut into squares, sprinkle with sugar, and serve with your favorite tea.

THE VICTORIAN TEA ROOM'S FAMOUS OPEN-FACED OLIVE TAPENADE SANDWICH

Variety of pitted olives
Mayonnaise or ranch dressing
Black bread, thin-sliced white bread or favorite bread
Sliced pear or apple

Place your favorite pitted olives in a blender, (the Victorian Tea Room uses a mixture of Greek, Italian and green varieties), and blend to your desired consistency.

Remove from blender, and mix with a base of your choosing to hold everything together, for ex-

ample ranch or another type of dressing, mayonnaise, etc., to desired consistency.

Make toast using black bread, thin-sliced white bread, 12-grain, gluten-free or another bread of your choosing, and cut into squares or use a cookie cutter to cut into shapes.

Spread olive tapenade on toast with a slice of fresh pear or apple on top (to complement the saltiness of the olives) and enjoy with your favorite tea.

THE VICTORIAN TEA ROOM'S NO-CRUST RICOTTA CHEESECAKE SQUARES

1 dozen extra large eggs
1 1/2 cups sugar
1 tablespoon vanilla
3 pounds ricotta cheese

Preheat oven to 350 degrees.

Mix eggs in a blender, and fold in the sugar and vanilla. Whisk in the ricotta cheese until fully blended.

Spray a 9-by-13-inch pan, pour in the batter, and bake until the top is golden.

Let cool, and then place plastic wrap over the pan and store it in the refrigerator at least overnight (it gets better each day).

Cut into squares, and serve with your favorite tea.

Tea

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"It's so lovely to escape for a little while, and enjoy a cup of tea," said Spring Lake resident Kathy Briscoe as she enjoyed a pot with friends. "It's such a calm oasis amidst all the hustle and bustle."

"We're not in a hurry here," McDowell confirmed. "It's all about relaxing, and tea is a perfect forum for that, particularly in this day and age. Our customers seem so happy to have the opportunity to sit down for a while and escape from the craziness of life — and we're so glad to be a part of that therapeutic process, even for a short time."

Tea lovers needn't be restricted to the confines of a tea shop to enjoy its calming benefits, as the enjoyment of tea time is easily transferable.

"You can create your own tea ritual anytime, anywhere," Wehr said. "A collection of teas that include black, green, white and oolong are a great start. Black tea and herbal teas containing spices are great options in cold weather, while lighter, cooler options such as mint tea work well in the summer, though really anything you like can work at anytime."

McDowell offers some easy tips for brewing great tea at home.

"The best tea is made with water that's fresh, cold and distilled," she re-

commended. "Except for black and some herbal teas, water for most other types should be heated to a level short of the 212-degree boiling point to preserve the tea's delicate nature. For example, oolong tea should be heated to 185 to 200 degrees, green tea to 165 to 185, and white tea to 160 to 175.

"Also, to avoid bitterness, herbal tea should be steeped for 5 to 7 minutes; green, black and oolong varieties should be steeped for no more than 3 to 5 minutes, and white tea should be steeped for only 2 to 3 minutes."

In terms of the peaceful setting you create for your tea time, Wehr recommends using "anything that makes you happy, whether it's formal china and lace or your grandmother's broken tea cup and doilies from the supermarket. A sandwich of thinly-sliced smoked salmon with capers and cream cheese or salmon mousse can be a great accompaniment, as can something as simple and elegant as a piece of pound cake cut out with a cookie cutter.

The Victorian Tea Room at 5 Abbott Ave. in Ocean Grove (located within the Lillagaard Bed and Breakfast) is open from 12:30 to 4 p.m. by reservation only and can be reached at 732-614-7219 or by visiting www.lillagaard.com. Country-by-the-Sea Tea Room at 515 Sylvania Ave. in Avon is open for lunch from 11:30 a.m. to 4 p.m. Wednesdays through Saturdays and can be reached at 732-776-6671.

Wine

FROM PAGE D1

are getting a little more adventurous, says Doug Shafer of Shafer Vineyards, the Napa Valley producer of the highly regarded Hillside Select cabernet sauvignon. "People are feeling a little more confident," he said.

One trend from 2010 that Shafer expects to see continue in 2011 is restaurants teaming with wineries to sell wines under their own names. That trend got a boost from the recession, with premium grapes and wine becoming cheaper and more available.

Consumers used to getting good values in wines likely will continue that hunt. "There can be some really good finds out there," Shafer says.

Some consumers are

going to be looking to imports for values, exploring the well-priced varietals of Argentina, Chile, Portugal, the Rhone in France, and Spain. "As the economy continues to rebound (we hope!) consumers will be looking for flavor and value, and these countries are providing them," says Karen Page and Andrew Dornenburg, award-winning authors of "What to Drink with What You Eat," now also available as an iPhone app.

Dornenburg and Page expect riesling — "Which we've long termed the single most food-friendly white wine." — to become more popular, along with similar wines such as Oregon pinot gris, Argentinian torrontes and Spanish albarino.

And there will be more bubbly, including new varieties such as sparkling cabernet sauvignon, sparkling malbec and sparkling torrontes.

In 2010, wine drinkers found bargains on Internet sites such as wine.woot.com and Lot 18, where wine is sold at a discount with usually a limited number of bottles available. This was another recession-fueled marketing shift; smaller wineries found traditional distribution channels narrowing as consumer spending dropped.

Paul Mabray of the Napa-based wine consulting firm VinTank expects that trend to continue, but he also expects wineries to start selling discounted wines via their own websites to regular customers.

"It's better than ever to be a member of a winery's email list," he says.

Even when it comes to selling regular priced wines, direct marketing to online consumers is becoming more prominent among wineries, says Mabray. "Consumer direct

has always been a conversation piece. Everyone believes in it, but no one really spends the resources. But when they have no other channel, they've all shifted to, 'How do we do consumer direct?' Wine clubs, telemarketing and e-commerce are all huge."

Another byproduct of the narrowed distribution channels, says Schuler, has been more sales out of tasting rooms and more effort by vintners to go out and meet their customers in their own towns.

"The labels got out there on the road themselves, were pouring a lot of wine, making direct contact with customers, trying to keep product moving."

That includes using social media to identify and keep in touch with customers. "That's an interesting dynamic, when a brand can directly connect with the customers without a bunch of middle people," he says.

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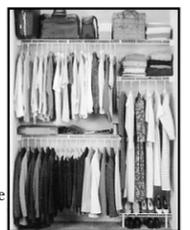
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RHINOPLASTY, THE REVISED EDITION

Nose-reshaping surgery (rhinoplasty) brings patient expectation and surgical expertise together. Because the nose is the most defining facial characteristic, even the slightest alteration improves a patient's appearance. As surgeons combine their mastery of technique and artistry in this surgery, they must also take into account factors such as patient expectations, breathing function and ethnic influences. Thus, it should come as no surprise that between 5 and 15 percent of rhinoplasty patients express a desire for revision surgery to fine-tune the results. The reasons most often cited for undergoing a second rhinoplasty include improved breathing ability, improving the straightness of the middle third of the nose, and the desire for better symmetry, especially at the tip.

You may be a good candidate for rhinoplasty if your nose makes you self conscious or unhappy. Other

candidates may be unhappy with how their nose has aged. Even slight changes to the shape of the nose can have a dramatic effect on appearance and can change how people interact with you. To schedule a consultation for rhinoplasty, please call SEA SHORE PLASTIC AND HAND SURGERY CENTER. Our goal is to provide our patients with the highest level of integrity, commitment and skill to help them look their best.

P.S. Rhinoplasty is one of the most popular plastic surgery procedures performed in the United States.

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