

## TAILGATE

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### LONG HOT BUFFALO SAUCE

Makes about ¼ cup

**1½ pounds long hot and jalapeno peppers, equal portions, with stems removed**  
**2 tablespoons salt**  
**4 cloves garlic**  
**¼ cup white vinegar, plus more if needed for seasoning**  
**2 tablespoons butter**

Puree peppers in a blender with the salt and garlic, starting at the lowest setting and gradually increasing to the highest speed.

Add ¼ cup of vinegar in small amounts to ensure the peppers are spinning freely.

If making ahead of time, cover and let sit at room temperature for 2-3 days (less time for warmer temperatures, more time for cooler) to ferment and develop a more complex flavor.

If serving immediately, transfer mixture to a pot and bring to a boil, then turn off heat and allow to cool to room temperature.

When wings are ready, warm sauce with about 2 tablespoons of butter and toss with wings.

— Jim Burke of Yards Brewing Co.

### DINIC'S SLOW-COOKER PULLED PORK

Makes about 20 sandwiches

**10-pound pork butt, with 1 raw pound yielding about two sandwiches**  
**1 medium onion, finely chopped**  
**1 bulb fresh garlic, finely chopped**  
**Salt and pepper, for seasoning**

**Pinch red pepper, for seasoning**  
**1 handful dry or fresh rosemary, for seasoning**  
**Dry or fresh fennel, for seasoning**  
**1 cup red wine**  
**1 cup canned tomatoes, chopped**

Rub outside of pork with salt, pepper, and a pinch of red pepper.

If using dry rosemary, rub on the outside of pork. If using fresh, stuff into the center, along with 3 to 5 cloves of finely chopped garlic. If using fennel powder, rub that on the outside. If using fennel seeds, place inside.

Heat oven to 425 degrees and brown pork in a pan in oven for 30 minutes.

Move the pan to the stove top, remove pork, and saute onions and remaining garlic in same pan until soft.

Transfer pork, onions, and garlic to slow-cooker. Add tomatoes, wine, 1 sprig of fresh rosemary if desired, and enough water to go half-way up the side of the meat.

Cook on low to medium setting until pork easily pulls apart with a fork. Internal temperature should be at least 200 degrees, and cooking should take 7 to 8 hours.

Serve on rolls with desired toppings.

— Joe Nicolosi of DiNico's

### KAFTA KEBABS

Makes four 4-ounce kebabs

**1 pound ground beef, preferably a blend of brisket and chuck**  
**½ cup sweet onion, diced large**  
**1 cup parsley, leaves and stems, roughly chopped**  
**1 tablespoon dried mint**  
**½ teaspoon black pepper, dry or freshly ground**  
**1 teaspoon whole cumin seeds, toasted and ground**  
**¾ teaspoon kosher salt, plus more for seasoning**

**Olive oil, for seasoning**

Combine onion and parsley in a food processor and pulse until consistency is fine.

Place ground beef in a bowl and break apart.

Sprinkle all seasonings evenly over meat, including the onion and parsley mixture, and mix gently. Do not overmix.

Divide into four parts and form into cylinders on metal skewers.

Let sit in refrigerator for at least four hours, preferably overnight.

When ready to grill, lightly season with salt and place very close to hot coals, rotating frequently until seared on all sides.

When ready, the meat should be firm but still bouncy to the touch.

Remove from heat and finish with a drizzling of olive oil.

Serve with hummus and pita, and with charred onions, tomatoes, and long hots, if desired.

— Nick Kennedy of Suraya

### CHICKEN TARE

Makes about 2 quarts

**2 tablespoons canola oil**  
**1 quart sake**  
**1 quart water**  
**2 quarts soy sauce**  
**0.4 quart brown sugar**  
**1 whole chicken (about 2 pounds)**  
**1 bunch scallion, chopped**  
**1 head garlic, cut in half**  
**1 cluster peeled ginger, sliced**  
**1 onion, sliced**

Put the oil in a large skillet over high heat. Give the chicken a good quick sear on all sides to brown the skin, then take the pan off the heat and put aside.

Pour the water, sake, soy sauce, and brown sugar into a small stock pot. Mix until the sugar is dissolved. Transfer the chicken to the stock pot and top off with all the vegetables.

Make sure all the vegetables are immersed in the liquid.

Bring ingredients to a boil, then reduce heat to medium-low and simmer for 2 hours. When reduced, strain sauce and let cool. Store in airtight container in the refrigerator.

— Jesse Ito of Royal Sushi & Izakaya

### BEEF NEGIMAKI

Makes 4 rolls (about 16 to 20 pieces)

**4-5 large shiitake mushrooms**  
**1 bunch scallions**  
**1 pound New York strip or sirloin steak, about 1-inch thick**  
**Salt**  
**Chicken tare, for glazing**  
**Toasted white sesame seeds**

Clean and thinly slice the shiitake mushrooms. Set aside. Clean the scallion, cut off bulbs, and set aside.

Clean the fat and tendons from the steak. Cut thinly, about ¼ of an inch thick or less, into slices that are about 1 by 3 inches.

Place plastic wrap over the slices and pound them with a meat tenderizer so they are as thin as possible. This should double the length and width. Remove plastic wrap.

Line four of the slices over waxed paper so you have created a small square of beef. They should slightly overlap. Make sure they are lined up with the edge of the paper. Put plastic wrap over them again and give them one more good pounding. The square should be about 6 by 6 inches. Remove the plastic wrap.

In the middle of the beef, line up shiitake mushrooms slices and one whole scallion. You will have to cut the scallion to the size of the roll.

Once the ingredients are neatly lined inside, begin rolling from the edge of the waxed paper. Make sure the beef is

tightly rolled so it does not fall apart on the grill. You can also leave them wrapped in the waxed paper and place them in an airtight container for easy transport. Repeat rolling process with the remaining beef until you have four rolls.

When ready to grill, lightly season each negimaki roll with salt and brush with the tare sauce, then place them on the grill. This will help prevent them from sticking.

Roll them around about every 2 minutes on the grill while constantly applying the tare sauce with a brush. Cook for 6 to 9 minutes, depending

on how hot the grill is. If the meat keeps unraveling, use a toothpick to hold it together.

Once done, let rest for a couple of minutes, then slice each roll into 4-5 pieces and sprinkle with toasted white sesame seeds.

— Jesse Ito of Royal Sushi & Izakaya

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## YODEL

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According to the back cover of the CD case, the songs are too numerous to list, but are "of all sorts and sounds, mingled with yodeling patterns the likes of which you have never heard before," according to master yodeler Kerry Christensen.

Knowing my interest in and appreciation for yodeling, and my desire to become more rigorous with my exercise regimen, my children thought this would be the perfect souvenir to delight me with upon returning from a trip they took with friends this summer.

They were right. It is fun to listen to and though I have yet to use it during my walks around town, I plan to. After all, the CD cover promotes the music and the yodeling as being "good for your heart."

It also comes with a warning, however. Because the music is so delightful, Christensen cautions that the listener may never want to stop.

"Please make sure you turn around and head back home at sometime while listening to this CD!" he urges his listen-

ers.

And while most of my energies are geared toward food preservation these days, as the temperature has dropped and the fruit and vegetables are being harvested, I thought I'd try to step up my pantry preparation pace by listening to the CD.

The peaches delivered to our doorstep last month were canned to the beat of Christensen's happy yodeling banter.

He set a brisk clip for my helpful assistant (my daughter Janey-Rae) and me to peel and slice our peaches as we set about our goal of getting them all canned before the light faded on the last day of a September weekend.

We filled the canning kettle as we sang along when we could to his vast repertoire ranging from "The Battle Hymn of the Republic," to country favorites like "Wabash Cannonball" and well-known folk songs, such as "This Land Is Your Land."

Some seemed to me odd tunes to yodel to and the master yodeler employed a technique new to me in which he used hums or sounds that were not created by his epiglottis (the flap in your throat

that covers your windpipe while swallowing) to imitate a yodel-like noise: "Up, up, doodle di up de yay, diddle de up dum!"

The wide ranging combination of sounds and music he employed somehow made the work more bearable. Snow White was right when she advised her animal helpers in the Disney song "Whistle While You Work" from the movie that bears her name: "It won't take long when there's a song to help you set the pace."

The music did make the work seem lighter, especially with a snappy yodel woven throughout each melody.

Listening to the master yolder was fun — sometimes even funny. It helped break the monotony and maybe even made us move a bit more quickly as we serenaded each other while canning all the peaches in our path over two days time.

And all thanks to my thoughtful children who knew how to put a smile on their mamma's face. Little did they know their gift would help me persevere through the final phase of gardening for another year.

Next on to salsa making ... with a "Little Ol' Lady Who!"

## WALNUTS

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• English Walnuts — (*Juglans regia*) deciduous trees. Native to southwest Asia, southeast Europe. To 60 feet high, with equal spread; fast-growing, especially when young. Smooth, gray bark on trunk and heavy, horizontal or upward-angled branches. Leaves with 5-7 leaflets, rarely more, 3 to 6 inches long. The tree is hardy to -5F, but certain varieties are injured by late or early frost.

English walnut should not be used as a landscape tree

on small lots because it is out of leaf a long time, messy when in leaf, attracts aphids, messy when in fruit (husks can stain). It needs deep watering and many people are allergic to its wind-borne pollen. To develop top-quality nuts, regular watering must occur.

All walnuts are a great addition to the diet as the oil is rich in Omega fats. These are great for the heart and libido and energy in general. Many people make walnuts an ingredient in granola, trail mix, cookies, recipes, or just eat them raw or roasted.

I especially like the black walnuts in banana bread as it complements the flavor.

### Banana Bread

**½ cup butter**  
**1 cup sugar**  
**1 egg, well beaten**  
**1 ½ cup flour**  
**¼ tsp salt**  
**1 tsp soda dissolved in 1 Tbsp sour cream**  
**2 bananas mashed with a silver fork**  
**optional to add chopped walnuts**  
**optional to add vanilla**

Mix well, bake in a loaf pan at 350F for 45 minutes (glass pan 325F). Black walnuts are especially good in this recipe.

### GARDEN CHORES

- Winterize lawnmowers before storage.
- Enjoy fall colors.
- Preserve fall flavors such as grapes and apples.
- Plant fall lawn.

If you have garden questions or comments, please write, [greengardencolumn@yahoo.com](mailto:greengardencolumn@yahoo.com) Thanks for reading!

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