

## STRAWBERRIES

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Brush with 1 tbsp of cream and sprinkle with 1 tbsp of sugar. Bake for 20 minutes, until the top is golden and firm. Let cool slightly then transfer to a rack to cool, sugar side up.

Beat the cream with the vanilla and remaining 1 tablespoon sugar to soft peaks.

Cut the shortcake in half, horizontally, and transfer the bottom half to a plate. Spoon the berries and juices on top. Top with about two-thirds of the whipped cream and cover with the pastry top. Serve the remaining whipped cream alongside it.

## STRAWBERRY MARGARITA

The following recipe is adapted from "What's Good," by Peter Hoffman. In the book, he features a black pepper simple syrup, but you can use a regular one for a more classic drink. If

you want to enhance the pepperiness, coat the glass rim with a mix of sugar, salt and crushed black pepper.

Makes 2 drinks  
**10 large strawberries, hulled**  
**4 ounces blanco tequila**  
**2 ounces simple syrup, preferably black pepper simple syrup (see Note)**  
**2 ounces fresh lemon juice**

In a cocktail shaker, mash the strawberries with a spoon or muddler, but don't puree them. Pour in the tequila, simple syrup, and lime juice. Add ice and shake well. Pour into rocks glasses.

Note: Simple syrup is made by mixing equal amounts of very hot water and sugar until the sugar is dissolved. (Boil, if necessary.) Let cool before using. For black pepper syrup, add 2 tsp crushed pepper for every 1 cup of water and sugar, and strain before cooling.

## STRAWBERRY JAM

## (STORAGE)

The following recipe is adapted from Food52. The butter, says Merrill Stubbs, the website's co-founder, helps make the jam crystal clear. Makes about 1 quart

**4 cups hulled, quartered strawberries**  
**2 1/4 cups sugar**  
**Pinch of salt**  
**Juice of 1/2 lemon**  
**1 1/2 teaspoons cold, unsalted butter**

In a medium, heavy saucepan, combine the strawberries, sugar, salt, and lemon juice. Simmer over low heat, stirring frequently, until the jam is thickened and set. To test it, put a spoonful on a very cold plate; it shouldn't quickly melt out.

Off the heat, stir in the butter. Spoon the hot jam into hot, sterilized jars, leaving 1/2 inch of room at the top.

If storing in the refrigerator, let cool, then refrigerate for up to 3 weeks.

## CONDIMENTS

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**1/2 small red onion, chopped**  
**4 large cloves garlic, peeled, cut in half**  
**1-2 tablespoons cider vinegar**  
**1-2 canned chipotles in adobo, removed from sauce**  
**1 teaspoon fine salt**  
**1/2 teaspoon dried oregano**

1. Use kitchen shears to cut stems off of 2-3 ounces dried chiles. Cut chiles open

and scrape out seeds. Discard seeds and stems. Use the shears to cut the chiles into 1/2-inch pieces. You will need about 1 generous cup of chile pieces.

2. Put 2 cups extra virgin olive oil into a large saucepan. Heat over medium until warm — not hot, certainly not smoking.

3. Add 1/3 cup chopped dry roasted peanuts, 1/4 cup chopped pecans, 1-2 tablespoons sesame seeds, 1/2 of a

chopped small red onion and 4 cloves garlic to the heated oil. Cook, stirring often, until the garlic turns golden, 5-10 minutes. The garlic should not burn and the oil should not smoke.

4. Stir in chopped dried chiles. Remove from heat. Let cool to room temperature, about 45 minutes.

5. Add 1 tablespoon vinegar, 1 chipotle chile, 1 teaspoon salt and 1/2 teaspoon dried oregano.

6. Carefully transfer mixture to a blender container (work in batches if necessary). Use on/off turns to finely chop all the solids. Do not puree. Taste and adjust seasoning, adding more vinegar, chipotle and salt as desired.

7. Transfer to small covered containers. Use at room temperature. Store in the refrigerator for up to several weeks. Let stand at room temperature to allow oil to warm up before using.



Eberly Film Labs-The Daily Meal/TNS  
**Peanutty salsa macha.**

# Strawberries stand in for tomatoes

Sweet berries are perfect for a summer bruschetta

By **GRETCHEN MCKAY**  
*Pittsburgh Post-Gazette*

Is there anything more wonderful than strawberry season?

The crop has started to come in at local farms and if you're like me, the race is on to eat and preserve as many of these sweet and luscious berries as possible in the coming weeks. Ripened under sunshine and picked at the peak of freshness, local berries are a far cry from the mass-produced strawberries you find throughout the year in plastic clamshell containers

at grocery stores.

Because they're sweet, strawberries lend themselves toward dessert. Shortcake is a given, along with strawberry crisp, strawberry pie and strawberry freezer jam.

In this recipe, the berries stand in for tomatoes in a sweet and tart bruschetta appetizer.

Most bruschetta is made with toasted bread, but I like to fry the ciabatta slices in a little olive oil so they're super-crispy. You can use either fresh ricotta or shredded fresh mozzarella as the base and a tangy balsamic glaze sweetened with honey drizzled on top. (My little sister has an apiary in her backyard in Bethesda,

Maryland, so I lucked out).

Chopped fresh mint and shredded fresh basil add a pop of green. The end result is both bright and fresh and a perfect way to kick off a summer dinner or happy hour. Truth be told, they also make a mighty fine breakfast.

## STRAWBERRY AND CHEESE BRUSCHETTA

FOR BALSAMIC GLAZE

**1 cup balsamic vinegar**  
**1-2 teaspoons honey**

FOR BRUSCHETTA

**1 pint (2 cups) strawberries, destemmed and cut into halves or quarters,**

**depending on size**

**1 tablespoon thinly sliced fresh mint**  
**1 tablespoon thinly sliced fresh basil**  
**2 teaspoons olive oil, plus more for pan**  
**1/2 baguette or ciabatta, sliced into rounds**  
**1 cup fresh ricotta or fresh mozzarella, shredded**  
**Flaky sea salt, such as Maldon, for garnish**

Make balsamic glaze: Pour vinegar and honey into a small pot or saucepan and bring to a gentle boil over medium heat. Reduce heat to medium-low and let simmer, stirring occasionally.

Cook until the vinegar thickens and is reduced by half (about 20 minutes). It will look glossy and be thick enough to coat the back



Gretchen McKay/Pittsburgh Post-Gazette/TNS  
**Fresh strawberries drizzled with a balsamic glaze make a great topping for bruschetta.**

of a spoon. Pour in to a glass container and set aside to cool.

In a small bowl, toss strawberries with the mint, basil and 2 teaspoons olive oil. Set aside.

Add a glug of olive oil to a large frying pan set over medium-high heat. (I used cast iron). When oil is hot, add bread slices and fry until golden and crispy, then flip with tongs and cook for another minute. (You may have

to add more oil if you do this in batches.) Remove to a platter.

Spread each slice of bread with a heaping tablespoon or two of ricotta or shredded mozzarella cheese. Top with a spoonful of strawberries, then drizzle with a little balsamic glaze. Garnish with a sprinkle of flaky sea salt and serve.

Serves 4-6.

— Gretchen McKay

# 'Children should be seen and not heard': Why this misunderstood parenting aphorism deserves another chance

By **JOHN ROSEMOND**  
*Tribune News Service*

I wrote a book several years ago, "Grandma Was Right After All," in which I deconstructed the 25 most popular parenting adages of a bygone era.

They included: "You made this bed, so you and only you will lie in it," "I knew if I gave you a long enough rope, you'd hang yourself," and "You will have to stew in your own juices over this." An entire parenting philosophy was expressed through the adages in question, most of which are now extinct because the philosophy in question has gone by the wayside, to the detriment of us all.

Nearly all of these adages are misunderstood today. But surely the single most misunderstood parenting aphorism in the history of humankind is "Children should be seen and not heard."

It actually originated

in 15th century England and applied only to — gasp! — young girls, who were thought to have nothing to say worth hearing. Gradually, however, it was expanded to include young boys as well, for which we are all grateful.

"Children should be seen but not heard" was ripe for demonizing, and demonized it was by America's mental health community, which claimed that its popular use reflected a general disdain of children.

That may have been true of the Augustine clergyman who first penned it, but by the time I heard it, circa 1954, its meaning had, shall we say, evolved.

It simply meant that when in a room otherwise occupied by adults holding conversation, children were to listen (be seen) but not interrupt (be heard).

In other words, we were to know our place. It was a very civilized arrange-

ment, actually, and no one my age whom I've queried on the subject has ever expressed feeling disdainful upon hearing it. In fact, we boomers tend to rue that all too many of today's parents seem to lack the mettle to tell their children, in no uncertain terms, what their place is and to stay there. The almost inevitable result is children who, through no fault of their own, are irritating.

Have you noticed what almost invariably happens when children are allowed to participate in adult conversation? Given license to talk, they don't stop talking, which is in no one's best interest, including their own.

Today, the adage could be applied to parents who tend to overprotect and overmanage their children. These zealous folks are usually known as "helicopter parents," albeit I think "Cuisinart parents" more accurately reflects

the dance of codependency that's being performed.

The few and far between parent of 60-plus years ago — anxious, hovering, micromanaging, enabling — has become ubiquitous today, a clear refutation of Darwin's theory that only functional attributes are perpetuated. In those glory days, parents were to provide adequate supervision, but at a reasonable distance. If a mother could hear her children, they were probably too close, which explains my mother's insistence that in any weather other than a light-

ning storm or hurricane, I was to be outside, out from "underfoot" — yet another parenting word that has fallen out of usage.

By the way, "underfoot" was synonymous with "annoying," and I knew it — and I am today a better person for knowing it. I trust that my friends agree.

Visit family psychologist John Rosemond's website at [johnrosemond.com](http://johnrosemond.com); readers may send him email at [questions@rosemond.com](mailto:questions@rosemond.com); due to the volume of mail, not every question will be answered.



Dreamstime/TNS

"Children should be seen but not heard" simply meant that when in a room otherwise occupied by adults holding conversation, children were to listen (be seen) but not interrupt (be heard), says family psychologist John Rosemond.



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