

# Glen's Place

Information and Inspiration | A Monthly Newsletter from Glen's Place

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## A Note from Glen

Thanks for your overwhelming response to my first newsletter in March. I am flattered by your comments.

If you take a few minutes to explore Glen's Place, you will find that it is much more than a food and wine site. By clicking on the Photos link from any page on [www.glensplace.com](http://www.glensplace.com), you can explore a variety of places through the lens of my camera. Why not begin with the beautiful Central California Coast? The elephant seal colony at Piedras Blancas is a spectacular site. If you can't visit yourself, you must at least view the photos. You may also enjoy the photos of San Simeon, the home of Hearst Castle, and the Ragged Point Photos. These locations are in the same area as the elephant seal colony.

## Quotable Quotes

Nothing is worse than active ignorance. ~Johann Wolfgang von Goethe

A fanatic is one who can't change his mind and won't change the subject. ~Sir Winston Churchill

## Fun Facts and Trivia

A Blue Whale's tongue is about the size and weight of a full grown African Elephant, and its' heart is compared to the size of a Volkswagen Beetle!

## April Fool's Day

The origin of April Fool's Day, or All Fool's Day as it is sometimes called, is uncertain. The current thinking is, however, that it is related to the change in France in 1582 to the Gregorian calendar. Previously, April 1 was New Year's Day. The new calendar moved New Year's Day to January 1.

In those days, communication was not so great. (They didn't have cell phones or internet!) Some people didn't hear of the change until years later. Other more rebellious people refused to acknowledge the change and continued to celebrate on April 1. These people were labeled as "fools" by the general populace. They were subject to ridicule and sent on "fool errands," sent invitations to nonexistent parties, and had other practical jokes played on them. This harassment evolved over time and a custom of prank-playing continues on the first day of April. So, no matter where you happen to be in the world on April 1, don't be surprised if someone attempts to send you on a "fool's errand," looking for things that don't exist. Maybe someone will even tell you that your shoelace is untied!

## Earth Day is April 22



The first Earth Day was celebrated on April 22, 1970. Since then millions of people around the world have been creating their own ways to celebrate Earth. It's a good time for each of us to observe the beauty and vitality of nature and to renew our commitment to saving our living planet. Here are 5 ways that you can contribute:

- ✓ recycle everything that you can
- ✓ use environmentally friendly cleaning products
- ✓ change your light bulbs to compact fluorescents
- ✓ keep a lid on the heat; don't crank up the cold
- ✓ educate yourself; pass on the knowledge

## Tips and Techniques

Many recipes, for a variety of reasons, call for pounding a cut of meat to a certain thickness. Sometimes pounding evens out an oddly shaped cut so it cooks more evenly. Other times, pounding is used to create more surface area for stuffing. Some meats are pounded to tenderize them.

I have found that one of the easiest ways to pound meat is to use a resealable freezer bag. Place a little water in the bag to keep the meat from sticking. Place the meat in the bag and pound gently with the smooth side of a meat mallet. Remember, delicate cuts should be pounded gently or they will lose their texture and become mushy.

### Kitchen Tips

When trying to cut thin slices or strips of raw meat, it is easier if you put the meat into the freezer for 30 minutes to an hour before cutting to help firm up the meat, or if the meat was frozen, slice it before it is completely thawed.

Keep peeled and minced garlic fresh by placing it in a small jar and pouring just enough olive oil over it to cover the garlic, and then place it in the refrigerator. It will keep its fresh flavor for about a week.

## Brain Teaser

If Susan is 10, Arabella is 20, and Jim and Neal are both 5, but Richard is 10, how much is Jennifer by the same system? (Answer at bottom of next column)

## The Wine Corner



Pinot Noir is one of the oldest grape varieties to be cultivated for the purpose of making wine. It is also one of the most difficult to grow. Its forerunner and modest inspiration hails from red Burgundy, one of France's most prized wines. Today, Pinot Noir is planted in regions around the world, including California and Oregon. Americans are finally discovering Pinot Noir. (Did you see the movie Sideways?) Amazing versions have become increasingly available, so there is no reason not to join the Pinot party.

The most appealing quality of Pinot Noir may be its soft, velvety texture. When right, it is like liquid silk, gently caressing the palate! Have you developed a passion for Pinot?

## Recipe of the Month

One of our favorite and quite possibly the most used recipe in the Glen's Place collection is the Perfect Roast Chicken. It is so easy, so delicious, and the kitchen smells so good while the chicken is roasting. This is one that you can put in the oven and forget it for an hour or so. I am sure you will enjoy it as much as we do..

### Perfect Roast Chicken

3 pound chicken  
2 thin skinned lemons  
3 large garlic cloves, minced  
1 tablespoon kosher salt  
1 cup water



Preheat oven to 400 degrees. Remove giblets and excess fat from the chicken's cavity.

Roll lemons to soften them. Pierce each lemon with a skewer in about 20 places.

Using a mortar and pestle, or a small bowl, mash garlic with salt. When you have a nice, odorous paste, smear half of it in chicken's cavity, and then put the lemons in the cavity. If you wish, you can truss the chicken.

Rub rest of garlic paste on the outside of the chicken. Place chicken on rack in roasting pan. Pour water into bottom of pan.

Bake chicken for 1 hour or until the drumstick just begins to move in socket. Do not baste the chicken.

When ready to serve, remove lemons from chicken's cavity and discard. (They're not very pretty!) Serve pan juices if you wish.

## A Final Word

You can email me at [glendal@glensplace.com](mailto:glendal@glensplace.com) if you have comments or suggestions regarding this newsletter. You can also contact me from [www.glensplace.com](http://www.glensplace.com). I look forward to hearing from you. Missed the March Newsletter? Go to [www.newsletter.glensplace.com](http://www.newsletter.glensplace.com).

Until next month, remember.....Never test the depth of the water with both feet!

**Answer to Brain Teaser:** Jennifer is fifteen, in a system that awards five years for each syllable in the name.