

What's Cooking at the Battenkill Kitchen

E-Newsletter

October 2009

Battenkill Kitchen Annual Meeting Set for November 18

All are welcome to attend the BKI's annual meeting on Wednesday, November 18 at the kitchen. The night will begin at 5:30 for social time with snacks and drinks. The meeting will begin at 6:00 pm. Elections for new officers will be held. Only BKI members with voting privileges may vote. All producers and members are encouraged to attend.

Welcome to Our New BKI Producers

Adirondack Pickle Lady – pickles and pickled sausages

Oats and Oils – granola and dipping oils

KD Energy – energy bars

Bald Mountain Garlic Farm - garlic roasted peanuts and salsas

Cookbook & Kitchen Item Sale

Do you have used cookbooks and kitchen implements you no longer use? Let Battenkill Kitchen, Inc help give them a new home. We plan to have a sale of these items at a future date, not yet determined. We ask for donations to be in good condition.

You can drop off items at The Battenkill Kitchen on the 1st Wednesday of each month from 5pm to 6pm. To request a more convenient time for drop off, call BKI at 854-3032. Proceeds from the sale will help support youth cooking classes.

BKI to Hire Part Time Kitchen Manager

At the last BKI board meeting, it was agreed the time has come to pursue hiring a part time manager for the kitchen. More information on the job and job description details to be shared soon.

BKI Website to Undergo Change

Work continues by Sara Kelly from Over The Moon Graphics and Design in Cambridge (www.overthemoongraphics.com) to redevelop our BKI website. Visit the website at www.battenkillkitchen.org and check out our new site in the coming months.

Seeking New BKI Board Members

The BKI is now seeking new volunteers to join the board who have an interest in fulfilling the BKI's mission. The BKI's mission is: To provide educational seminars and instruction in the areas of food preparation to local farmers and food producers; to provide area residents information and educational assistance in the creation and packaging of food products; to use the kitchen as a teaching platform to educate local school children about food; and to provide the community with a kitchen to be used for community events.

If you are interested in serving, please contact Mary Ann at manager@battenkillkitchen.org or 518-854-3032.

Upcoming Programs and Workshops

Recipe to Market and Acidified Foods Classes

April 16 and 17, 2010

The BKI will once again host the Recipe to Market and Acidified Foods classes.

Recipe to Market

Friday, April 16

9:30 a.m. to 3:00 p.m.

Location: Proudfit Hall, Route 22, Salem

Are you wondering if you're ready to bring your recipe to market? If you are considering launching a specialty food business, then this workshop is for you! This one-day seminar will provide future food entrepreneurs with knowledge of critical issues needing consideration before launching a food manufacturing business. You will leave this seminar with a good grounding in food business basics, and a road map pointing to where you need to go before launching that business

Acidified Foods

Saturday, April 17

8:30 am to 4:00 pm

Location: Battenkill Kitchen, Inc., 58 East Broadway, Salem

This is a hands-on practical training designed to provide current and future small processors with the basic elements needed to understand the main processing steps, critical control points and record keeping to safely manufacture specialty food products for the marketplace. We will provide both technical information and practical training by demonstrating the production of BBQ-type sauce and pickled vegetables.

Visit the www.battenkillkitchen.org soon for more information and registration materials. For questions, please contact Paula Schafer at pjb11@cornell.edu or 885-8995.

NYSSFPA Sponsors Workshops

Pricing Your Product and Artisan Baking

Tuesday, November 17, 2009 from 7 to 9 pm

Preceded by local foods supper

Dutchess County Farm and Home Center

2715 Rt. 2715 Rt. 44, Millbrook, NY

Choose from:

“Artisan Baking” – Presenter: Janet Picarelli, Janet’s Quality Baked Goods. Janet started her business in 2004 in a shared used kitchen. She developed unique forms of production and is now selling at six farmers markets and other venues. Her vast training and internships include the French Culinary Institute, the Culinary Institute of America, King Arthur Baking School, Baking Artisan Center and Collegetown Artisan Baking among others.

OR

“Pricing Your Product” – Presenter: David Rudofsky, Rudofsky Associates providing training in winning financial and strategic solutions to new and growing businesses. Pricing your

product is significant in planning for growth. David has worked with many food businesses. While President of this business for 20 years offering finance and strategic planning, he also teaches Managerial Accounting and Finance at Polytecnic University.

REGISTRATION: Send check for \$35 (includes supper) to “NYSSFPA, PO Box 113, Stuyvesant Falls, NY 12174” and MARK “Artisan Baking” or “Pricing Product” on the check. Contact for information: Miriam Haas, mhaas@communitymarkets.biz
Mail to: mhaas@communitymarkets.biz or call 914-923-4837.

NOTE: These evening workshop offerings are held in conjunction with the Better Process Control School – Acidified Foods Only also being held at the Dutchess County Farm and Home Center, November 17-18 from 8 a.m. to 5 pm. for processors and supervisors becoming certified in low and acidified canned foods. Instructors are Dr. Olga Padilla-Zakour, Director of the NYS Food Venture Center, Cornell University’s NYS Agricultural Experiment Station and Dr. Randy Worobo, Associate Prof. of Food Microbiology. Questions: Dr. Olga Padilla-Zakour, oipl@cornell.edu mail to:oipl@cornell.edu or 315-787-2288.

Follow Up from Japanese Cooking Class

For those who attended our Japanese Cooking class, here is some follow up information on where to get authentic ingredients.

Love ethnic cooking, but can’t find authentic ingredients? On a three mile stretch of Central Avenue in Albany you can buy everything from boneless duck feet to live frogs. Foodstuffs from dozens of countries are represented: Croatia, Korea, Afghanistan, India, Pakistan, Japan, Germany, Italy, Greece, Bosnia-Herzegovina, Brazil, China, Australia, and Thailand to name a few.

From Queensbury/Glens Falls, go south on the Northway and get off at exit 2W. Head toward Albany, and take a right hand turn at the Armory Garage traffic light onto Colvin. On your left, you’ll find the first of seven stores loaded with international treasures. Then you’ll be heading back toward the Northway to visit the rest of the stores. Here’s a sneak peek at what you’ll find.

Asian Market - 91 Colvin Ave, Albany Tel:458-8166. Open Tues-Fri 10am-11pm, Sat-Mon 10am-12 midnight. The first thing that caught my eye in this large, crowded-shelves store was the bucket of live frogs - I didn’t ask if they were for food or pets! Also: tanks of live crabs, lobsters, clams, whelks, snails, and periwinkles. Still swimming are catfish, tilapia and other fish. There is a case filled with pork parts from the feet up. Whole smoked ducks, dumpling and wonton skins, lots of rice, dried and bottled spices and tons of Oriental products. I spotted some Indonesian products, like sambal oelek. Large selection of Oriental dishes and cookware, even sharpening stones, and mortars and pestles. In the produce section I spotted very reasonably priced Japanese eggplant, fresh bamboo shoots, bitter melon and jackfruit.

Lee’s Market - 1170 Central Ave, Albany Tel:459-5250. Open 7 days a week 10am-10pm. Lee’s has very fresh produce: bok choy in many sizes, Asian pears, fresh daikon radish, fresh tamarind from Thailand, and even the dreaded durian! This is the place for exotic proteins: pork ears, pork bones, frozen soft shell crabs, smoked dried scallops, fresh whole ducks, boneless duck feet, rabbit, fresh or canned quail eggs, oxtails, fresh razor clams, baby squid, also mussels and oysters. Several kinds of fish swimming in a tank. A big variety of soy sauces, frozen and dried noodles, Asian vegetables, snack foods and candies, and some bulk

dried mushrooms. Several kinds of frozen dumplings, dried beans, and hot pepper/pickle mixtures from many cultures. Oriental movie rentals and medicinal items, some dishware.

Pellegrino Imports - 1197 Central Ave, Albany Tel: 459-4472 Open Mon-Fri 9am-6pm, Sat 8-4, Sun closed. Both sides of a whole aisle contain nothing but pasta; the biggest selection I've seen locally. Pellegrino's carries dried cod, rosettes, and delicious lemon and anise cookies trucked in straight from the Bronx. Gigantic selection of canned tomatoes, including many brands of San Marzano, prized by chefs in the know. Their six ounce containers of dried spices are a great value. They stock Italian flavored syrups, a big selection of vinegar and olive oil, tinned and bottled anchovies, pickled vegetables and peppers. You'll find Greek items - bottled grape leaves ready to fill and roll, Greek coffee, and kataifi, which is hard-to-find shredded filo dough. In the meat case they have homemade Italian sausages, and a full line of deli meats and cheeses. I always leave with a freshly made Italian mixed sub.

India Bazaar - 1321 Central Ave, Albany Tel:459-3108 Open 7 days a week 10am-9pm Importing fresh Indian vegetables from New York City once a week, India Bazaar has 90% Indian products and about 10 percent Pakistani goods. The first choice in the Indian markets of the area, they have a huge variety of lentils, spices, dried beans, bagged rices, many types of flour including soy, sweet corn, gram, and millet, medjool dates available loose, and ghee, which is clarified Indian butter. Their freezer case holds many kinds of Indian bread including naan, chapati, and paratha. Also, frozen Indian entrees, even frozen coconut meat. You'll see a large selection of Indian pickles, chutneys, and papadums. If you're looking to rent an authentic Bollywood flick, they have them in 7 different dialects.

Kashmir Market - 1531A Central Ave, Albany Tel:452-5544 Open Mon-Weds 11am-7pm, Closed Thursdays, Fri-Sat 11am-8pm, Sun noon-6pm This sparkling clean store is owned by a very nice man named Miram Aloby who comes from Kabul, Afghanistan and goes to New York City every week to restock. Kashmir Market has the most eclectic selection of all the stores I visited. Ironically, it's also one of the smallest stores, so if you'd be overwhelmed by too much choice, this is a good place to start. Mr. Aloby stocks sour cherry preserves from Bulgaria, German yellow peppers stuffed with sauerkraut, juices from Pakistan, Greek olive oil, English teas, many Indian products, Croatian dessert and soup mixes, soups and coffees from Bosnia-Herzegovina, Belgian hazelnut spreads, canned Australian beef goulash, and coffee beans from Brazil. Bollywood flicks for sale or rent, and a small selection of Indian clothing. The shelves contain a full line of spices, nuts, and dried beans, and this is where I buy my turmeric.

Kim's Oriental - 1649 Central Ave, Albany. Tel: 869-9981. Open Mon-Tues 10am-8pm, Weds-Sat 10am-9pm, Sun 10am-6pm. Korean owned, this was the original Asian market in Albany. Kim's carries a full line of soy sauces, teas, soup mixes, canned vegetables, rices, beans and flours, Oriental snacks and candies. Some fresh produce and a freezer section. Here you'll find kimchi, the beloved spicy cabbage dish of Korea. In the back are interesting kitchen gadgets and even large steel woks. Butane station cookers, usually available for under \$20. They have kiddie chopsticks, as well as cute origami kits, teapot sets and small Oriental dishware, which I collect. Korean items and newspapers, foodstuffs from China, Japan, Viet Nam, Thailand and beyond. Bagged dried spices. This is where I buy daikon pickles and dried mint for my Greek recipes.

And the newest and largest of the asian ethnic markets has just opened!

Asian Supermarket Corporation - 1245 Central Ave, Albany Tel: 438-8868 Open Mon-Sat 9am-10:30pm, Sun 9am-10pm. If you are looking for the one stop shop for all things Asian, this may be the place. Just expect long lines, limited parking, and an overwhelming selection

to choose from. The number of items to choose from is vast but do not expect the personal assistance and customer service of some the small stores.

Even if you're not a foodie, you'll have a great time! And if you love to cook, you'll come back inspired to make new dishes.

Battenkill Kitchen, Inc. Membership

Thanks to the support from you and others, the Battenkill Kitchen, Inc. was been renovated and is open for business. We are using the kitchen as a teaching platform for a variety of classes. Farmers, individuals, businesses and community organizations are welcome to use the commercially equipped kitchen to do processing of products for individual use, events or retail sale. With your commitment, our kitchen and our community can prosper and grow.

Please consider joining (or renewing) at one of these membership levels:

\$100.00 Level

Executive Chef

- Receive a BKI newsletter and placed on our e-mail list, keeping you posted on upcoming events/activities.
- Voting privileges at the annual meeting.
- Receive a 10% discount on rental of the kitchen and all classes offered by Battenkill Kitchen, Inc.
- Annual "Gift of the Bounty" – a selected item from one of our many BKI producers.

\$75.00 Level

Chef de Cuisine

- Receive a BKI newsletter and placed on our e-mail list, keeping you posted on upcoming events/activities.
- Voting privileges at the annual meeting.
- Receive a 10% discount on rental of the kitchen and all classes offered by Battenkill Kitchen, Inc.

\$50.00 Level

Pastry Chef

- Receive a BKI newsletter and placed on our e-mail list, keeping you posted on upcoming events/activities.
- Voting privileges at the annual meeting.
- Receive a 10% discount on all classes offered by Battenkill Kitchen, Inc.

\$25.00 Level

Sous Chef

- Receive a BKI newsletter and placed on our e-mail list, keeping you posted on upcoming events/activities.
- Entitled to voting privileges at the annual meeting.

\$10.00 Level

Chef de Partie

- Receive a BKI newsletter and placed on our e-mail list, keeping you posted on upcoming events/activities.

Make checks payable and send to Battenkill Kitchen, Inc.
PO Box 784, Salem, NY 12865

Battenkill Kitchen, Inc. is a 501(c) (3) not-for-profit corporation chartered by New York State.
Donations are fully tax-deductible
www.battenkillkitchen.org