

# BETTER THAN TAKEOUT!

## Easy Spicy Thai Noodles

By Rochael Teynor

Stock up your pantry with a few Asian staples for a quick and easy dinner!

In a medium saucepan, blend the following ingredients:

- 1 tsp. peanut oil
- 2 T. chopped, fresh ginger
- 4 cloves garlic, minced
- 1/2 c. creamy peanut butter
- 1/4 c. rice vinegar
- 1/4 c. low sodium soy sauce
- 3 T. hoisin sauce
- 1 1/4 c. low sodium chicken broth
- 1/2 t. chili paste or 6 drops of hot chili oil
- 3-4 scallions, sliced



Optional: cubed, cooked chicken, slices of red, green, orange, or yellow peppers for color and added flavor water chestnuts and unsalted peanuts

Cook over low heat until bubbly and sauce begins to thicken. Pour over cooked angel hair pasta or your favorite noodle! Serves 4 - 6.

First published June 2008 at [www.divinecaroline.com](http://www.divinecaroline.com)

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# Colorado Wine Country in the Grand Valley

By Rochael Teynor

When it comes to domestic wine, we often think of California and Washington as producers of some of the best. Grand Junction, Colorado is fast becoming one of the country's premier regions for winemaking. During a recent visit to Grand Junction, I had the pleasure of tasting wine at several local vineyards including **Graystone Winery, Carlson Vineyards, Two Rivers Winery, and Grande River Vineyards.**



At Carlson Vineyards, winemakers Mary and Parker Carlson offer a taste of their Peach wine served warm with mulling spices (warm peach cobbler in a mug) – perfect for an autumn evening. Another favorite – and the winner of several awards – is their **Laughing Cat Riesling**, which is produced from 100% Colorado-grown Riesling grapes. With subtle

notes of apple, apricot, and pear, it is a semi-sweet wine that is a perfect complement to light fare featuring prosciutto or ham, chicken, seafood, cheese and fresh fruit. Carlson Vineyards is open year-round for tours, tasting, and retail sales, 10:00 a.m. to 6:00 p.m., except Thanksgiving, Christmas, and New Year's Day. For more information, call 970-464-5554 or go to [www.carlsonvineyards.com](http://www.carlsonvineyards.com).

Founded in 2001, **Graystone Winery** is one of Colorado newest vineyards. This intimate boutique winery produces Lipizzan Port II and III - Pinot Gris Port with blackberry and cherry notes, respectively, as well as a White Port. Located in Clifton, Colorado, a short drive from Grand Junction, Graystone's charming tasting room and gift shop are open daily, 10:00 am - 6:00 pm, Sunday 11:00 am - 6:00 pm. More information is available by calling 970-434-8610 and at [www.graystonewine.com](http://www.graystonewine.com).



Owners Stephen and Naomi Smith opened **Grande River Vineyards** winery in 1990. With the stunning Bookcliffs rising above the vineyard, it is the ideal setting for this award-winning vineyard. Grande River grows all of the grapes for their wine and supplies fruit to many other Colorado wineries as well as wineries in several states. Merlot, cabernet sauvignon and syrah – three prominent red grape varieties – together make up about half of Colorado's grape production. After sampling their Cabernet Sauvignon, Viognier, and Meritage Red, it was hard to choose a favorite! Grande River Vineyards' tasting room is open from 9:00 a.m. to 5:00 p.m. daily. For more information call 970-464-5867 or go to [www.grandriverwines.com](http://www.grandriverwines.com).



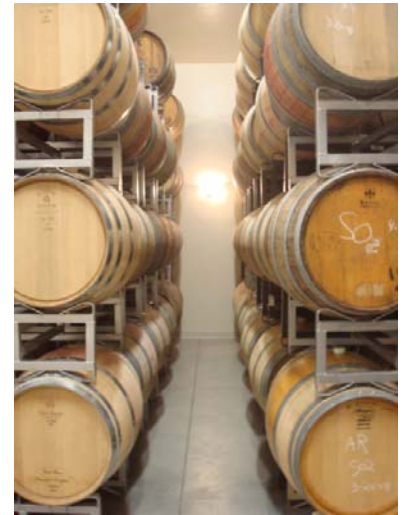
A true destination winery, **Two Rivers Winery**, located just beyond the Colorado National Monument offers tours, daily wine tasting, and accommodations at the beautifully appointed Chateau – fast becoming a destination for weddings and events.

Two Rivers Winery produces just 12,000 cases a year using the five varieties of grapes they produce: Chardonnay, Merlot, Riesling, Port, and Cabernet Sauvignon. Owners Bob and Billie Witham maintain a pristine operation, complete with a comfortable reception area and floor-to-ceiling fresco murals in the winery and French country décor in the Chateau. For more information call 970-255-1471 or go to [www.tworiverswinery.com](http://www.tworiverswinery.com).

Two Rivers' Cabernet Sauvignon, one of the more complex and full-bodied Cabs I tasted on my vineyard tour, has a smoky finish and luscious blackberry notes – the perfect accompaniment to beef dishes and robust cheeses.

According to the Colorado Wine Industry Development Board, Colorado vineyards are planting:

- Merlot, 19.3%
- Cabernet Sauvignon, 18.6%
- Syrah, 15.4%
- Chardonnay, 11.3%
- Riesling, 8.5%
- Cabernet Franc, 7.1%
- Viognier, 2.9%
- Gewürtztraminer, 2.4%
- Sauvignon Blanc, 2.4%
- Pinot Noir, 2.3%
- Other, 10%



Known for its fruit producing mild climate and rich soil, new vineyards are being planted everywhere in the Grand Valley. Warm summer days and cool nights throughout the growing season provide ideal conditions for producing vines with maturity and balance.

**Rochael Teynor, Food & Entertainment Editor** Rochael is located in Missoula, MT and in addition to her role as Food and Entertainment Editor at WE Magazine for Women, she is the Founder of Living to Write, [www.livingtowrite.com](http://www.livingtowrite.com). Rochael has published dozens of articles on topics relating to travel, food and wine, women's issues, business, parenting, and has recently launched a blog entitled "For Love and Money" ([http://rochael.typepad.com/for\\_love\\_and\\_money/](http://rochael.typepad.com/for_love_and_money/)).



When she's not writing, Rochael enjoys travel, reading, artisanal cooking, studying – and sampling - wines of the world, social entrepreneurship, sustainable living, business and social networking, and movies

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# Tradition With A Twist

By Rochael Teynor

Autumn is beginning to show its colors, store displays for Back to School Specials have been replaced with the colors of fall. The holidays will arrive before we know it, so it's not too early to start thinking about some great dishes to share with family and friends! Here is a tried and true menu for a delicious, stress-free holiday!

- Maple Roasted Turkey
- Bejeweled Cranberries
- Garlic Mashed Potatoes
- Sweet Potatoes with Apple Butter
- Roasted Green Beans
- Burnt Sugar Pumpkin Pie

**Suggested Wines:** Serve a medium-bodied Viognier from Washington state, **Cayuse Cailloux Viognier 2006 (\$45)**; a spicy Gewürtztraminer such as one of **Navarro Vineyards** signature wines, the **2006 Gewürtztraminer, Estate Bottled (\$19)**, or a fruity Sauvignon Blanc, try **St. Supery 2007 from Napa Valley (\$21)**.

Start with bowls of spicy nuts, breadsticks, and a combination of hard and soft cheeses.

**Maple Roasted Turkey** - There are myriad recipes for turkey available, but one of my favorites will dazzle the taste buds of those around your table and it's simple to prepare. Order a fresh 12 – 15 pound organic turkey two to three weeks in advance and plan to pick it up the day before Thanksgiving.

**You will need:**

- One 12 – 15 pound turkey, fresh (or thawed well in advance) (Serves 10 – 12)
- Two granny smith apples, cut in half
- Two large yellow onions, peeled and quartered
- Fresh sage
- Fresh thyme
- Salt
- Freshly ground pepper
- 1 cup of Maple Syrup – the real deal!
- 4 cups of apple cider or orange juice
- ½ cup of melted butter

About four hours before you plan to eat, rinse and pat the turkey dry, removing the giblets to set aside for gravy later on. Preheat oven to 400 degrees. Stuff the turkey with the apples, onions, and a handful of fresh sage and thyme. Tie the legs together with kitchen string.

Place the turkey on a rack in a roasting pan. In a medium bowl, combine the maple syrup, cider (or orange juice) and melted butter. Reserve about 2 cups of the mixture for basting while the turkey is roasting.

Pour the maple syrup mixture over the turkey and season with salt and pepper.

Roast, uncovered for 30 minutes, then decrease oven temperature to 350 degrees. Plan on about 15 minutes per pound, until your meat thermometer reads 160 to 165 degrees in the thickest part of the breast without touching the bone. Baste every 30 minutes.

**Note:** The turkey will roast to a deep golden brown using maple syrup. Once it has reached that beautiful color, cover it with foil for the remainder of the roasting time.

Let the turkey rest in the pan, covered with foil, for 15 – 20 minutes before carving.

## Bejeweled Cranberries

An elegant, but easy side for your holiday table.

**You'll need:**

- 1 12 ounce bag of fresh cranberries
- 1 orange, peeled and chopped
- 1 apple, peeled and chopped
- 1 pomegranate, ruby seeds only
- 1 ½ cups of sugar
- 1 tsp. cinnamon
- ¼ tsp. ground cloves

**Optional add-ins:**

- chopped, candied ginger
- chopped pecans
- dried cherries

Combine the cranberries, orange, apple, pomegranate seeds, cinnamon, cloves and sugar in a medium saucepan. Bring to a boil over medium-high heat, reduce heat and simmer, partially covered for 30-45 minutes. You'll hear the cranberries start to pop!

Cranberries can be prepared up to 4 days in advance. They will also thicken a bit as they cool. Serves 6 +

Serve chilled or warm. Makes a great spread for leftover turkey sandwiches!



## Roasted Green Beans

This is an easy recipe with lots of flavor!



### You Will Need:

2 pounds fresh green beans, washed and dried  
1 medium onion, peeled and sliced into 1/8" slices  
Olive oil  
Kosher or sea salt  
Fresh ground pepper

Preheat oven to 375 degrees. Place green beans and onions on foil lined baking sheet. Drizzle with olive oil, sprinkle with salt and pepper. Roast for 30 minutes. Serve!

**Note:** I often add a tablespoon of minced garlic however, if you're serving another dish with garlic in the same meal, it may be a bit overpowering.

## Garlic Mashed Potatoes

These are a family favorite!



### You Will Need:

3 pounds Yukon Gold potatoes, washed and quartered  
2 T. minced garlic  
1 cup buttermilk  
¼ cup butter  
1 t. salt  
Freshly ground pepper

In large saucepan, place prepared potatoes in enough cold water to cover. Bring to a boil and continue boiling for 15 – 20 minutes, until potatoes are fork-tender. Drain.

Return potatoes to pot and add remaining ingredients. Mash with potato masher until desired consistency. I usually make these a day ahead and pop them in an oven-safe serving dish. When I'm ready to serve them, I top with a mixture of 1 cup bread crumbs and ¼ cup of melted butter and bake in a 350 degree oven for 45 minutes to an hour, until topping is golden brown. They turn out nice and fluffy with a crispy topping!

## Sweet Potatoes with Apple Butter

This recipe is adapted from Food and Wine magazine, November 2007.

### You Will Need:

3 to 4 pounds sweet potatoes (Serves 6 +)  
¼ cup butter, softened  
½ cup apple butter  
1 cup chopped pecans  
1 t. salt



Wash and dry sweet potatoes and pierce sweet potatoes several times with a fork. Place sweet potatoes on a rimmed baking sheet lined with foil (easy clean-up!). Bake for 90 minutes in 1 350 degree oven, until very tender. Peel sweet potatoes (they should slip out of their skins fairly easily) and place in a large bowl. Mash with a potato masher until smooth, then stir in apple butter, butter, pecans and salt.

If you like toasted marshmallows on top, make sure you've placed the sweet potato mixture in an oven-safe serving dish. Top with mini-marshmallows and return to the oven, turn the oven to Broil for a few minutes until the marshmallows puff and turn golden brown. Be sure to watch carefully so they don't burn! You can make a day ahead: just place in a 350 degree oven 45 minutes before you plan to eat.

## Burnt Sugar Pumpkin Pie

This recipe is a delicious twist on traditional pumpkin pie with a nutty, caramelized crunch.

For the dough, you will need:

1  $\frac{3}{4}$  cup all-purpose flour  
 $\frac{1}{2}$  cup cold, unsalted butter  
 $\frac{1}{4}$  cup cold, vegetable shortening  
 $\frac{1}{2}$  t. cinnamon  
Pinch of salt  
3 T. ice water

In a food processor, pulse flour, butter, shortening, and salt until dough resembles coarse meal. Add ice water and pulse until dough forms a ball. On a lightly floured surface, pat the dough into a flattened ball, place in plastic wrap or bag and refrigerate for 1 hour (don't skip this step, or the dough will not roll out very well!)

Roll out dough to an 11 inch round, about  $\frac{1}{4}$  " thick. Transfer to a 9 inch pie plate and crimp the edges. Refrigerate while you prepare the filling.

### For the filling, you will need:

$\frac{1}{3}$  cup granulated sugar  
1 cup light corn syrup  
 $\frac{1}{2}$  cup firmly packed dark brown sugar  
2 T. unsalted butter  
3 large eggs  
2 t. vanilla extract  
Pinch of salt  
1 cup canned pumpkin puree  
 $\frac{1}{2}$  t. ground ginger  
 $\frac{1}{4}$  t. ground nutmeg  
 $\frac{1}{4}$  t. ground cinnamon  
1 cup chopped pecans  
1 cup of heavy cream, whipped with 1 tsp vanilla and 1 tsp. sugar for serving

In a heavy saucepan over medium-low heat, cook the granulated sugar until medium-dark brown, moving constantly to prevent burning. Reduce heat and stir in corn syrup, brown sugar and butter. Cook for another minute or two to combine. Set aside to cool.

Preheat oven to 350 degrees.

In a large bowl, combine eggs, vanilla, and salt. Add the cooled sugar-syrup mixture in a slow, steady stream, stirring to combine. In another bowl, combine pumpkin, ginger, nutmeg, and cinnamon. Add all but  $\frac{1}{2}$  cup of the egg-sugar mixture.

Pour the filling into the chilled shell and sprinkle with chopped pecans. Spoon the remaining  $\frac{1}{2}$  cup of egg-sugar mixture over the nuts. Bake pie on center rack until filling is set and crust is light golden brown, about 45 minutes. Let pie cool and serve with whipped cream.

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