



Open Tuesday - Saturday 10am - 6pm

create.



eat.



repeat.



www.WhiskKitchenShop.com

WELCOME SPRING!

WHERE HAVE YOU BEEN?



MARCH 2014



VIOLET OVERBOIL RING AND THE BANANA LEAF

SEALS TIGHTLY ON ALL SMOOTH RIM STAINLESS STEEL, GLASS, PLASTIC, AND CERAMIC CONTAINERS. PERFECT FOR CASSEROLES!

10" X 14"

CREATES AN AIRTIGHT SEAL, SAFE AT HIGH TEMP, PREVENTS SPILLS, MICROWAVE SAFE

ANTI SPILL SHIELD PREVENTS FOOD OR LIQUID FROM BOILING OVER. FITS A VARIETY OF POT SIZES AND OPENING ALLOWS YOU TO STIR YOUR FOOD WITHOUT WORRYING ABOUT SPILLS



4 Day Only Sale
Stock Up!



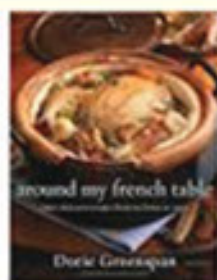
Purchase two Earth & Vine products and get the 3rd at 50% off. Must be of equal or lesser value.

Begins Tuesday, March 25 -
March 29th

WHISK - Hours

Tuesday - Saturday 10:00am-6:00pm

SPECIAL OF THE MONTH
PURCHASE TWO KATI TEA MUGS AND
RECEIVE A FREE TIN OF TEA FORTE TEA



WHISK'S COOKBOOK CLUBS NEXT MEETING
IS MARCH 24TH FROM 6:30-8:00PM

THIS MONTH'S COOKBOOK FOR MEMBERS
IS AVAILABLE AT WHISK.

THE CLUB IS CURRENTLY FULL, BUT YOU
CAN BE PUT ON A WAITING LIST IF YOU ARE
INTERESTED.



CHICAGO RIVER ON ST. PATTY'S DAY

This picture was taken the morning we arrived in the "windy city".

The International Housewares Show was fabulous! We picked up several new lines and expanded on others. New items will be at whisk by April 22.

Come check them out!



PHOTO CONTEST WINNER

CONGRATULATIONS TO CRAIG LEONARD who was the first person to correctly name last month's skyline photo, which was Chicago.

Amazing Housewares and Kitchen Show in Chicago

McCormick Place was abuzz with thousands of exhibitors and buyers checking out all the latest gadgets and gizmos. My husband and I had a great time meeting the designers behind the products. I must say I was a bit out of shape the first day at McCormick Place, trying to navigate 60,000 sq. ft. of space. Never wear heels...flats/sneakers only! Kenny took me to Nike on Saturday evening to buy something without a 3" heel!

Part of the fun of going to Chicago is the night life. We ate at The Webber Grill, Grand Luxe Café, Gene & Georgetti, Elephant and Castle Pub (great Irish Breakfast), and Pops for Champagne to name a few! Can't wait for next year.

Wait till you see what we ordered. Many new and exciting products that will be sitting on the shelves at whisk within the next few weeks.



DRY BEANS VS CANNED by Katie Once a Month Mom

DRY BEANS

Advantages:

- Less money
- In control of ALL ingredients
- Long soak unlocks all the nutrients/health benefits
- Less packaging waste
- Avoid BPA in cans
- Option to "toss in a bit more" in many recipes

Disadvantages: More work (SLIGHTLY) and must pre-plan



RECIPE OF THE MONTH BACON JACK & JALAPENO QUESADILLAS

Ingredients

- Guacamole:
 - 1 ripe Hass avocado, halved, seeded and peeled
 - 1 small tomato, diced
 - 2 scallions, finely chopped
 - 1 tablespoon fresh lime juice
 - 1 to 2 tablespoons chopped cilantro leaves
 - 1 jalapeno, seeded and minced
 - 1 small garlic clove, minced
 - Salt, to taste
- Quesadillas:
 - 4 strips turkey bacon (about 3 ounces)
 - 6 scallions, (white and green parts) thinly sliced
 - 1 jalapeno, seeded and minced
 - 1 garlic clove, minced
 - 1/4 teaspoon ground cumin
 - 1/4 teaspoon ground coriander
 - 3 (8-inch) multi-grain tortillas
 - 3/4 cup shredded reduced-fat Monterey jack cheese
 - 1/4 cup reduced-fat sour cream, optional
 - Cilantro, for garnish

Directions

Guacamole: Coarsely mash the avocado in a large bowl. Add the tomato, scallions, lime juice, cilantro, jalapeno, and garlic until blended. Cover and chill until ready to serve.

Preheat oven to 450 degrees F. Spray a large baking sheet with cooking spray.

Lightly spray a medium nonstick skillet with cooking spray and set over medium-high heat. Add the bacon and cook, turning occasionally, until browned, 3 to 4 minutes. Transfer the bacon to paper towels to drain. Crumble and set aside.

To the same skillet, add the scallions, jalapeno, garlic, cumin, and coriander. Cook, stirring often, over medium heat, until the scallions are soft, 2 to 3 minutes. Remove from the heat.

Place the tortillas on the baking sheet; sprinkle 1/3 of the cheese, 1/3 of the scallion mixture, and 1/3 of the bacon over half of each tortilla. Fold the unfilled half of each tortilla over the filling. Lightly spray the quesadillas with cooking spray. Bake until lightly browned and crisp, 8 to 10 minutes.

Cut each quesadilla into 4 wedges and serve with the guacamole and sour cream, if using. Garnish with cilantro.

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Nutritional analysis per serving: 3 wedges with 1/4 cup guacamole and 1 tablespoon sour cream
Calories 320; Total Fat 18 g; (Sat Fat 6 g, Mono Fat 6 g, Poly Fat 2 g); Protein 18 g; Carb 26 g; Fiber 7 g; Cholesterol 32 mg; Sodium 630 mg
Food Network Kitchens created this lightened-up



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CANNED BEANS

Advantages:

- Quick and easy!
- Most sources, other than the traditional foods paradigm, say canned beans are just fine nutritionally (unlike most canned foods, like vegetables)

Disadvantages:

- Higher cost
- Conservative sources say manufacturers' method of cooking makes them less nutritious, both in proteins and nutrients
- Might have added preservatives/salt
- More waste (cans)
- Exposure to BPA in cans

Whether you choose canned beans, dry beans, or a blend of both depending on your time, energy and preparation foresight, beans are a frugal and nourishing choice.

My Choice

I default to dry beans almost 100% of the time these days. Using them can be simple, especially if you cook large batches and freeze the extras for those days that you haven't pre-planned a meal.

DESIGNER BAKING CUPS ON SALE

Just in time for Easter... Paper Eskimo Baking Cups...Purchase 2 get 3rd Free

Small and cute...perfect for assorted desserts such as cheesecake and fruit. Can be used for ice cream and sherbet as well.



Place the tortillas on the baking sheet; sprinkle 1/3 of the cheese, 1/3 of the scallion mixture, and 1/3 of the bacon over half of each tortilla. Fold the unfilled half of each tortilla over the filling. Lightly spray the quesadillas with cooking spray. Bake until lightly browned and crisp, 8 to 10 minutes.

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 Food Network Kitchens created this lightened-up recipe from a user submission.

TOTAL TIME 40 MIN
PREP TIME 20 MIN
COOK TIME 20 MIN



Kerrie's Favorite Product



STEM GEM - STRAWBERRY HULLER

by chef'n \$7.99

Easy to use push button with stainless claw. Dishwasher safe.

WORTH ADDING TO YOUR COLLECTION



SALSAS AND TACOS

10 MUST HAVE PANTRY ITEMS

1. EVOO, VINEGARS, CONDEMENTS
2. GARLIC
3. STOCK/BROTH
4. SPAGHETTI SAUCE
5. DRY PASTA
6. DRY BEANS
7. RICE
8. CANNED TUNA
9. PEANUT BUTTER
10. CANNED TOMATOES