

# Pampered Chef helps food bank stock shelves

By Sue Mason  
staff writer

When does \$1 buy \$153 in food? When does a little pampering help the hungry?

The mathematics may sound a tad skewed, and the pampering a tad elitist, but no matter — Gleaners Community Food Bank is stocking its shelves with food provided, in part, by The Pampered Chef's and its "Round Up from the Heart."

THE ILLINOIS-BASED company that sells kitchen and food preparation items at in-home shows is donating \$1 to Second Harvest, a national nonprofit food bank network, for every sales presentation between now and Dec. 31.

Customers are also being asked to "round up" their orders to the nearest dollar amount, with all money raised going to the purchase and distribution of food to the hungry through Second Harvest.

Each \$1 buys \$153 in food from Second Harvest and Pampered Chef representatives in the area have selected Gleaners as the recipient of that food. The program began Sept. 1 and Pampered Chef sales representatives have generated \$14,811 in food for the food bank.

Expectations are to triple that during October and November, said

**The Illinois-based company that sells kitchen and food preparation items at in-home shows is donating \$1 to Second Harvest, a national nonprofit food bank network.**

sales representative Barbara Knopnider of Livonia.

IN ADDITION, Pampered Chef is offering a limited edition clay cookie mold — a heart decorated with stars and stripes — available for \$8 to people who participate in "Round Up from the Heart." The mold will be broken after Dec. 31, Knopnider said.

IT SEEMS logical that a company with its foot firmly planted in the kitchen would be involved in a benefit for the nation's hungry. Pampered Chef, started by Doris Christopher in 1980, bills itself as "the kitchen store that comes to your home."

Well-known in Illinois, Pampered Chef is relatively new to Michigan.

There are 20-30 sales representatives like Knopnider in the state who market Pampered Chef's kitchen gadgets and baking items through home parties.

Prices range from as low as 75 cents for a citrus peeler to as high as \$148 for a cookware set. But its most popular item is its baking stone, Knopnider.

Party givers purchase the food for the party with the sales representative preparing it while demonstrating Pampered Chef wares.

"It's not a full meal," Knopnider said. "Generally, it's pizza, dessert, hors d'oeuvres."

Apparently, word of mouth had helped spur interest in Pampered Chef. Knopnider was introduced to the business by her sister and after having a party of her own, signed up as a sales representative.

"The first one I did I did in my home and got eight bookings for shows," she said. "The stuff is really quality products that can be used in everyday kitchen life."

OPERATING under the motto of "Turning Surplus into a Plus for the Hungry," Gleaners serves as a central food warehouse for charitable food pantries, soup kitchens and other agencies that deal with the poor. It takes its name from the word glean — the gathering of



Barb Knopnider shows how easy it is to pare apples for an apple nut ring with a Pampered Chef apple peeler, corer, slicer.

grain left in the fields by the reapers.

In its 12 years of operation, Gleaners has distributed more than 62 million pounds of food to the poor through 360 non-profit agencies in more than 60 communities in Wayne, Oakland, Macomb, Monroe, Washington and Livingston counties.

Among the local organizations

taking advantage of the food Gleaners gets through donations and purchases are the Ladies of Charity in Bloomfield Hills, Boy's Republic in Farmington Hills, Jewish Association of Retired Citizens in Southfield, Bethel Missionary Assembly of God in Livonia and Newburgh Baptist Church in Westland to name a few.

Persons interested in participating in "Round Up from the Heart" should contact Pampered Chef representatives Knopnider at 425-3557, D. Ginger Broome of Canton Township at 455-6496, Karla Thomas of Brighton at 227-2073, Cindy Bayer of Sterling Heights at 939-4576 and Kerri Hensley of Haslett at (517) 339-3027.

## Pep up old recipes with zest, extracts, flower waters

Zest, extracts, essences, and flower waters all add a new flavor treat to "pep" up tired recipes. When looking for a new or different taste, try using some of these exotic flavorings.

Zest is the colored, outermost layer of the skin of citrus fruit. There are special zest graters or use your own, being careful not to get the bitter white part or the flesh itself.

Zest is the gratings of lemons, oranges, tangerines and limes. Use with a light touch, as they are flavor intense because of the heavy oil concentration. Fold into baked items, stuffings, sauces, soups, meats or desserts after the major heating is over. Do this as not to disturb the texture of the zest. Any citrus zests can be used as a seasoning or replacement for salt. If you prefer not to make your own, zest can be purchased.

EXTRACTS AND essences are derived from aromatic plant oils, from natural or nonplant ingredients and synthetics combined in a laboratory.



Lois Thieleke

home economist, Cooperative Extension Service

Pure extracts are made by distilling these essential oils and dissolving them in alcohol or a diluted alcohol base. Unlike extracts, flavorings are neither alcohol based nor derived from plants. In place of pure extracts, scientists have developed imitation and artificial flavorings.

Imitation flavorings contain all or some non-natural ingredients. For example an artificial butterscotch may contain natural or synthetic flavors but do not have a natural counterpart they are attempting to reproduce. Flavors such as maple or banana cannot be extracted by distillation.

EXTRACTS AND essences import

flavor without adding solids or excess liquids to a recipe. Add vanilla, almond, lemon and peppermint extracts or butter and rum flavorings to cakes, puddings, ice creams, custards, cookies and candies. In general, one teaspoon of extract is enough to flavor one pint or one pound of food.

Pure extracts give a truer, more concentrated flavor than the imitation or artificial flavorings.

Extracts and essences are highly volatile, they dissipate rapidly in the atmosphere, even more rapidly in the presence of heat. As a result, they should be added to cool or cooling mixtures for maximum effect. Extracts lose potency when exposed

to light and heat. If they are stored in a cool, dark place, they will keep indefinitely.

Vanilla extract is prepared from vanilla beans in an alcohol solution. For optimum vanilla flavor, add when foods are cooling. Imitation vanilla flavors are synthetic flavors. They should not be used in products that are to be frozen since "off" flavors will develop.

## Entree combines chicken, vegetables

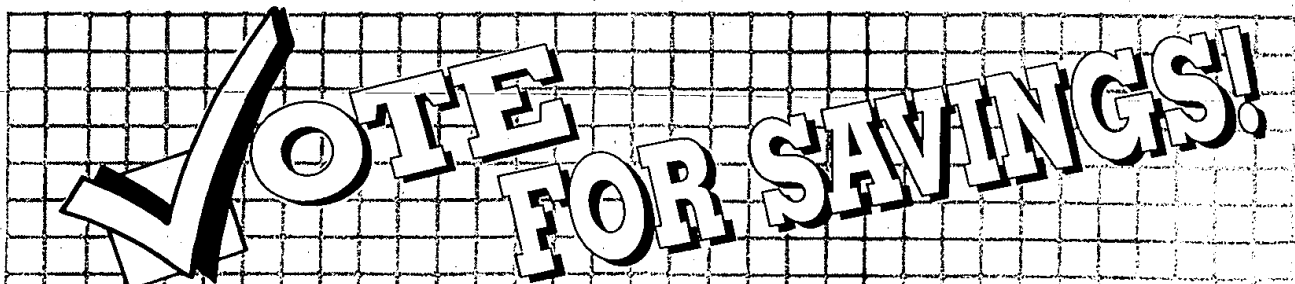
AP — Country Herbed Chicken is made with fresh vegetables, wine and seasonings. The chicken can be served with hot cooked red potatoes, if desired.

### COUNTRY HERBED CHICKEN

2 tablespoons vegetable oil  
One 2½- to 3-pound broiler-fryer chicken, cut up  
Two 10½-ounce cans condensed cream-of-chicken-mushroom or cream-of-chicken soup

½ cup dry white wine  
2 tablespoons chopped fresh parsley  
¼ teaspoon dried thyme leaves, crushed  
¼ teaspoon dried rosemary leaves, crushed  
½ pound whole baby carrots  
8 small whole white onions  
Hot cooked red potatoes (optional)  
In 4-quart Dutch oven over medium-high heat, in hot oil, cook chicken 10 minutes or until browned on all sides. Remove chicken; set aside.

Spoon off fat. Add soup, wine, parsley, thyme and rosemary. Return chicken to Dutch oven. Heat to boiling. Reduce heat to low. Cover, simmer 15 minutes. Add carrots and onions. Simmer 20 minutes or until chicken is tender and juices run clear. Serve with potatoes if desired. Makes 4 servings.  
Note: Sliced carrots can be substituted for the whole baby carrots and quartered cooking onions can be substituted for the whole white onions.



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