

Fantastic ideas for foodies like you!

In This Issue

- Summertime Activities
- Seafood Feast (Recipe Enclosed!)

Author – Latrice Fowler



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Dear Foodie,

Summertime is fast approaching! With less than a week of school left, kids all around the country are expecting this summer to be filled with exciting adventures. So as parents, it's time to step up to the plate and become a little creative. With high gas prices, a definite issue and food prices skyrocketing we have to pool our resources while still giving our kiddos a memorable summer.

In this issue I will share with you cost effective ways to give them a summer filled with activities that will keep them busy. This summer will be filled with lots of fun for the whole family.

I also will share with you the ultimate family feast to bring to your summer table. This issue's recipe is a must do and will be sure to bring everyone running for a seat, indoors and out.

Peace, Love & Sweet Treats!
Sincerely,
Author

Fantastic Summertime Activities

The first thing I do because we're always on a budget is conduct a search for free things to do in my area. For instance, when we lived in San Antonio all the outdoor pools for the entire summer were free. The indoor pools weren't free but were very affordable, between \$1-\$3 per person.

There are so many free museums to visit and to make it fun for the kids make sure you're just as excited. They tend to feed off your vibes. Also, you can pack a picnic lunch and have a day at the Botanical Gardens in your area. Everyone has a digital camera these days and you can get some very memorable shots that will last a life time. Much better than hiring a professional photographer, and for us we always have our very own "photo shoots" every chance we get.

Don't be afraid of linking up with meetup groups and setting up play dates. You'll meet new people and your kids will also have new friends to play with. State Parks are also something you should consider. They're safe and the kids will love spending the time with you and the beautiful surroundings.

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- thegrocerygame.com – save \$\$ each week on groceries
- prophotolife.com – professional photography tips & tricks

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Fantastic Recipes

"FowlerHouse Seafood Feast"

Flavor Rub Instructions:

Mix all dry ingredients, except parsley, in a small bowl. Next, add olive oil and stir well. Once all ingredients are incorporated set aside for later use. (seafood only!) Add melted butter & parsley in another small bowl and reserve for corn, and potatoes.

Ingredients:

- 5 lb. alaskan king crab (fully cooked)
- 3 lbs. snow crab (fully cooked)
- 1 bag shrimp (frozen, fully cooked)
- 8 whole new potatoes (washed)
- 12 corn on the cob (frozen half spears)
- 3 teaspoons old bay
- 1 teaspoons accent
- 1 teaspoons paprika
- 1 teaspoons ground cayenne pepper
- 1/2 teaspoons granulated sugar
- 3 tbsp extra virgin olive oil
- 3 teaspoons salt (salt the water also)
- 1/4 cup butter (melted)
- 2 teaspoons dried parsley flakes
- 3-4 quarts water (approx. 12-16 cups)



Recipe courtesy of Raising Chefs.

Food Photography by LaShun Fowler & Food Styling by Latrice Fowler.

Table Setup: I took an old sheet and placed it in the middle of the table. I then took approximately 12 wal-mart shopping bags that I previously washed and placed them on top of the sheet.

Condiments: clarified butter | cocktail sauce | onion slices | pickle slices

Instructions: I used a 24-quart stockpot, but use what you have. Add water to the pot, making sure to salt the water. Add cleaned potatoes first and cook until you can insert a fork and they're soft all around. Add frozen corn to the same pot and cook for 20 minutes. Remove veggies and add all the seafood to the pot of boiling water. Keep in mind all the seafood is fully cook so all your doing is heating (stemming). Please not that you can heat the seafood in the microwave, just an FYI. After everything is heated through and cooked brush seafood with the reserved flavor rub. Coat the corn and potatoes with the butter and parsley mixture. Dump everything in the center of your table. Dig in and enjoy!

Serves 5-8



Fantastic Foody - Issue Two June 08
Fantastic - Summer (Part One) Summertime Feast

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Fantastic ideas for foodies like you!

In This Issue

- o Fantastic 4th of July Ideas
- o Fantastic 4th Summer Yum Mini Menu

Author - Latrice Fowler



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Dear Foodie,

Happy Independence Day to you and yours from the entire Raising Chefs family! This is by far our favorite holiday and like some of you every year we like to plan different activities and menus to spice up this fantastic holiday.

This year we are so fortunate to be able to live by a very picturesque and refreshing lake. So this year is totally different for us in that aspect. We're planning to take full advantage of this luxury and picnic by the lake.

Fourth of July wouldn't be the same without some mouth-watering, slap yo mamma, fingers licking, lips smackin BBQ going on so that's definitely a must!

After which when it's time to assume the position we'll be ready to witness a spectacular fireworks show right over the lake. What a sight that'll be!

We hope that your Fantastic Fourth of July will be filled with lots of good food and fun for the entire family. Play it safe when putting on your own fireworks show and obey your counties fire safety rules!

Peace, Love & Sweet Treats!
Sincerely,
Author

Fantastic 4th of July Ideas

Movies are a sure fire way to bring in the fourth with a movie style bang. Quick tips for low-cost friendly summertime flicks.

- o Be an early bird. Prices are a little cheaper when you head to a flick before 4pm.
- o With the gas prices all out of whack. Pack your own goodie bag. The \$Store is your friend! Bags of candy for what? \$1.00! This may not be ethical but in my house it's economical!

Small towns are by far my favorite tips for the best fireworks show you will ever experience. It's a very intimate and romantic experience on some levels you just can't get in a big city. There are no large crowds or parking issues because more often than not you can lay on the hood of your car and watch the fireworks sparkle like a glittery shower. Oh, so AMAZING!

..! HAPPY FOURTH OF JULY !..

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- o nashvillewireless.com - unparalleled opportunity
- o youtube.com/mywirelessinfo - virtual grand opening

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Fantastic Recipes

Fantastic 4th Summer Yum Mini Menu

Firecracker Guacamole Dippee

4 avocados (mashed w/some chunks)
1 small yellow onions (chopped small)
2 roman tomatoes (chopped small)
4 fresh jalapeno peppers (chopped fine w/or w/o seeds)
1/4 cup cilantro (chopped fine)
salt & pepper (to taste)
juice of 1 large lemon

In a medium bowl mix all of the above ingredients together and serve with tortilla chips or your favorite chip-dipper. **SERVES 4**

Chicken Ballbeque Kabobs

2 lbs. ground chicken
1 small red bell pepper (chopped small)
1 small yellow onion (chopped small)
3/4 cup italian house salad dressing
salt & pepper (to taste)
8 wooden skewers (soaked in water)
non-stick olive oil spray

Mix chicken, veggies, dressing, salt and pepper in a medium bowl. Once incorporated spoon out enough chicken to make medium sized meatballs, and set aside. Place a sheet of foil on top of the grill racks. Spray with the non-stick olive oil. Skew 4 meatballs on one stick. Grill for 30 minutes, turning often. **MAKES 36**

Krispy-Cream Apple Cobbler Cups

6 krispy-cream donuts (cut into small cubes)
1 can apple pie filling (diced)
1/2 tsp cinnamon
1/4 light brown sugar
4 medium ramekins
non-stick butter spray

Preheat oven to 375 °F. Fold together the donuts, apples, and cinnamon. Spray non-stick butter spray inside each ramekin and sprinkle the brown sugar on the bottom and sides. Spoon in a generous amount of the cobbler for each cup. Bake for 25 to 32 minutes. Cool & Enjoy! Yum! **SERVES 4**

Kool-Aid Cocktail Coolers

1 pack topical punch flavor
1 pack grape flavor
2 - 6oz. cans dole pineapple juice
1 1/2 cups sugar (more or less depending on how you make it)
water (depending on how big your pitcher is)

In your pitcher mix together water, k/a, sugar and p/a juice. Stir well & Enjoy!

Recipe courtesy of Raising Chefs

Fantastic Foody - Issue Three July 08
Fantastic - Summer (Part Two) Fourth of July

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In This Issue

- Helping Hand Shout Out
- Summer Yum Mini Menu Series (con't)

Author - Latrice Fowler



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Fantastic Summer (Part Three) Helping Hand

Dear Foodie,

This entire newsletter is dedicated to my new friends at our local food bank. My family was in need of a little temporary assistance and the volunteers up there so graciously reach out and helped us supplement our food situation.

I wanted to share that with each of you in hopes of spreading the word about this wonderful resource in times of short-term need. So take the time to reach out to your local food bank or temporary assistance facilities to make a donation that will help families in time of temporary need. Or if you find yourself in a bit of a crunch and you're in need of a little to tie you until your situation improves, they're there! JUST CALL & ASK!

LE Food Bank - Thanks Ladies & Gentlemen for all your help, many blessings to each and every one of you and the generosity of all the donations and volunteers. We will pay it forward!

Peace, Love & Sweet Treats!
Sincerely,
Author

Recipe courtesy of Raising Chefs
Food Photography & Food Styling by Latrice Fowler

Summer Yum Mini Menu Series

Breakfast Krisp Apple Cups



Ingredients:

3 apples (skinned, cored, & sliced)
3/4 cup apple sauce
3 tbsp sugar
2 tbsp cinnamon
2 packs instant brown sugar oatmeal
1/2 cup flour
1/4 cup sugar
1/2 cup butter

Preheat oven to 350°F. In a medium-size bowl mix together apples, applesauce, sugar, cinnamon. Pour apple mixture into a 9 in. round pie plate or any baking dish you have on hand and set aside.

Next for the topping, use a small bowl to mix instant oatmeal, flour, sugar and butter. To mix the topping, pick up the mixture with your fingers, mashing in the butter and release. Repeat until all the dry ingredients are incorporated and the butter is distributed throughout. (soft crumbly dough)

Crumble topping over apple mixture and bake for 45 minutes or until golden brown.

Serves 5

Summer Yum Mini Menu Series (con't)

Fantastic Recipes

Coarse Salt Homemade Pretzel Dogs



Ingredients: 4 1/2 cups flour | 1 3/4 cup water (105°F) | 1 pack yeast (2 1/4 tsp) | 1/2 tsp sugar | 1/2 olive oil | 8 hot dogs | 3 tsp coarse salt | 8 tbsp butter (melted)

In a mixing bowl with dough hook or by hand mix flour, water, yeast, and sugar. If you're using the dough hook option mix until dough pulls away from the sides of the bowl completely. If mixing by hand incorporate all the ingredients until the dough pulls away from the sides and bottom of the bowl. Remove dough from bowl set aside. Add in olive oil evenly coating the entire bowl and place ball of dough in the center, cover with a warm damp towel for 1 hour to double in size. Once dough has risen pinch off a small amount and roll into a 25 in. rope. Wrap around hot dog, repeat for the remaining 7 dogs. Bake for 10-12 minutes or until golden brown. Brush melted butter over warm pretzel dogs, add salt and enjoy!

Serves a lot!

Roasted Chicken Grilled Cheese Panini



Ingredients: 4 cups left over chicken (chopped small) | 1 tbsp garlic seasoning | 1/4 cup cilantro | 2 tbsp dried onions | 3 tsp sherry cooking wine | 4 tbsp italian dressing | 2 tsp chicken stock | salt & pepper to taste | 1 cup cheddar cheese | 10 slices garlic bread/garlic cheese bread | butter

Using left over roasted chicken chopped into small chunks add garlic seasoning, cilantro, dried onions, sherry cooking wine, italian dressing, chicken stock, salt and pepper to a medium bowl. Mix well and set aside. Plug up your George Foreman grill or preheat grill pan on medium high. Spread butter on both sides of bread to toast. Place first slice of bread butter side down on either grill adding as much cheese as you desire. Add meat and top again with cheese before added the second slice of bread butter side up. Close George Foreman grill for 2-4 minutes or until both sides cook evenly. If using a grill pan, flip sandwich to cook on both sides until cheese melts throughout and or until golden brown.

Serves 5

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