



# Milestone Thymes

Savory Treats From Our Kitchen To Yours

August, 2008

## On The Table

Hot From the Oven

Your Next Event

Main Dish

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Dear Friends,

Hope you're keeping cool this summer! At **Milestone Culinary Arts Center**, we have a lot of "cool" things going on and we hope you'll want to join in the fun! Our August cooking classes will get you ready for Fall celebrations and the holidays ahead and offer something for everyone. We promise that you'll be cooking in air-conditioned comfort!

Hope you enjoy the first edition of the Milestone Thymes newsletter. We'll be offering cooking tips, recipes, class schedules, news about our talented staff and more each month.

Cheers!

Chef Sharon Van Meter, W.M.C.S.  
Executive Director

## Hot From the Oven



**Chef Mynetta Cockerell** has been promoted to Executive Chef of Milestone Culinary Arts Center. Chef Mynetta entered the culinary world at El Centro college after receiving her very first Julia Child cookbook. In the twenty plus years since then, she has held Executive Chef positions in such restaurants as Marty's and Dream Cafe. She has been a part of the Milestone team since April 2007.

**Chef Nancy Maslonka** has been promoted to the Viking Cooking Schools Director of Culinary Education. Chef Nancy, a graduate of the International Cooking Schools at the Art Institute of Dallas, has been a part of the team for the past two years. Most recently she completed a three month apprenticeship in Arles, France. Her current projects with the Viking Cooking School include new menu concepts, and healthy meal options that still taste great. We look forward to these exciting changes!



**Lenny Watson** recently appeared in the Dallas Morning News. Click [here](#) to read his story from the Dallas Morning News website.

Congratulations to our fine Milestone staff for their well deserved accomplishments.

## Upcoming Events

### **SIZZLE!**



Join us September 11, 2008 as we celebrate the sights, cuisine, and sounds of Latin America. Watch while chefs create lively, vibrant dishes that reflect the charisma of the Latin American culture. We will also feature nationally acclaimed recording artist, Javier Mendoza. SIZZLE! is sure to be a hot and exciting evening that you don't want to miss. All of the proceeds will benefit the Dallas Junior Forum and Family Gateway. The cost is \$55 per ticket.

## **HAVE A MILESTONE EVENT!**

The holidays are just around the corner! **Milestone Culinary Arts Center** is a great place for your next celebration or special event. We can host receptions for up to 200 guests, and can seat 90 guests for dinners or luncheons featuring menus created just for you by our award-winning chefs.

Get your office cooking! **Milestone Culinary Arts Center** is perfect for team-building programs and casual get-togethers. Our professional staff can create a custom-designed culinary experience for your organization that will be rewarding, fun, and educational.

And did you know we cater? We'll bring the delicious **Milestone Culinary Arts Center** cuisine to your home or office! Just give us a call and we'll take care of everything for you from soup to nuts! Call us at 214.526.3942.

## COOKING CLASSES

Our August cooking class schedule offers something for everyone! Our Essential Series feature informative classes on Basic Knife Skills, Sauces, Pastry, and more! Your significant other will be delighted with what you cook up after attending our "Date Night" class, so gather the gang and attend one of our fun and entertaining classes! Simply click the Viking logo below or call us at 214.526.3942.



### Main Dish

### RECIPE OF THE MONTH

Here are two recipes to try this month. Both are from the kitchen of Chef Sharon Van Meter, now Executive Director of Dallas-based **Milestone Culinary Arts Center**. Both the tomato tart and the roasted berry dessert take advantage of the abundant, in-season produce available now at the Dallas Farmers Market. Enjoy!

### Heirloom Tomato Tart

Yield: 8 Servings

#### For Pepper Parmesan Crust

1 1/4 cups flour  
6 Tablespoons cold unsalted butter, cut into 1/2-inch cubes  
2 Tablespoons cold vegetable shortening  
2 Tablespoons freshly grated parmesan  
1/2 teaspoon black pepper  
1/4 teaspoon salt  
2 to 4 Tablespoons ice water

#### For Tomato Filling

3/4 lb fresh mozzarella (not unsalted), very thinly sliced  
1/2 cup pesto  
2 lb Heirloom tomatoes, sliced 3/4 inch thick

#### Pie weights

Make pastry: Blend together flour, butter, shortening, parmesan, pepper, and salt in a food processor. Pulse until mixture resembles coarse meal with some roughly pea-size lumps. Drizzle 2 tablespoons ice water over and pulse again until dough ball forms.

Gently squeeze a small handful: If it doesn't hold together without falling apart, add more water, 1 tablespoon at a time, pulsing after each addition until incorporated, continuing to test. (Do not overwork dough, or it will become tough.)

Turn out dough onto a work surface and divide into 2 portions. Roll dough into 1 ball, then pat into a disk. Chill, wrapped in plastic wrap, until firm, about 1 hour.

Preheat oven to 375 °F.

Roll out dough on a lightly floured surface into a 12-inch round and fit into a 9-inch round tart pan with a removable rim. Roll rolling pin over top of pan to trim dough flush with rim. Lightly prick tart shell all over with a fork.

Line shell with foil and fill with pie weights or rice. Bake in middle of oven 20 minutes. Carefully

remove foil and weights and bake until golden, about 15 minutes more. Cool in pan on a rack. Fill tart shell: Remove side of pan and slide shell onto a platter. Arrange one third of mozzarella in bottom of shell and drizzle with one third of pesto. Arrange one third of tomato slices, overlapping, on top of cheese. Season with salt and pepper. Repeat layering twice.  
Cooks' note:  
Tart shell can be made 1 day ahead and kept, covered, at room temperature.

## Texas Peach Crumb Cobbler

Yield: 6 servings

4 cups sliced peaches  
1/3 cup Grand Marnier liqueur  
1 teaspoon cinnamon  
1/2 cup granulated sugar  
1/2 cup all purpose flour

### CRUMB TOPPING

1 cup all purpose flour  
1/4 pound (1 stick) unsalted butter  
2 cups light brown sugar  
1 teaspoon ground cinnamon  
1 cup rolled oats (not instant)  
1/2 teaspoon unsalted butter (to grease pan)

### Directions

Preheat oven to 350 degrees.

In a large mixing bowl comb, peaches, Grand Marnier, nutmeg, granulated sugar and flour. Toss to mix and let sit for 15 minutes.

Grease glass ovenproof baking dish with butter. Spread the peach mixture evenly in the baking dish. In a food processor, combine 1 stick of butter with the brown sugar, cinnamon, flour and the oats. Mix well.

Sprinkle the oat mixture evenly over the peaches. Bake for 30-50 minutes until lightly golden. Remove from the oven and let cool slightly.

## KITCHEN SAFETY TIP



Knives are sharp! Stand back and let it drop! If you're chopping away and the knife slips, just stand back with hands up and let it drop to the counter or floor and call out if there are other cooks nearby. The chance of catching a knife in mid-air by the handle is slim to none.

## THIS AND THAT

*Items in your kitchen or pantry can useful in places besides the kitchen.*

- Did you know that olive oil is a great furniture polish? Keep some in a mister and your wooden tables will glow for weeks; and it's all natural.



- Olive oil is also a great nighttime under-eye moisturizer. Gently pat a drop under each eye and fine lines will go away in just a couple of days.
- Squirrels making you nutty? Chase them away by mixing 1 oz. Murphy's Oil Soap, 1 oz. of Tabasco, and ¼ tsp. Cayenne pepper. Pour into a 22 oz. spray bottle and fill with water.



Coming Soon:  
**Milestone Culinary Arts Center and The Viking Cooking School**  
will be launching our new website later this month.

**Milestone Culinary Arts Center and The Viking Cooking School**  
4531 McKinney Avenue  
Dallas, TX 75205  
214.526.3942

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