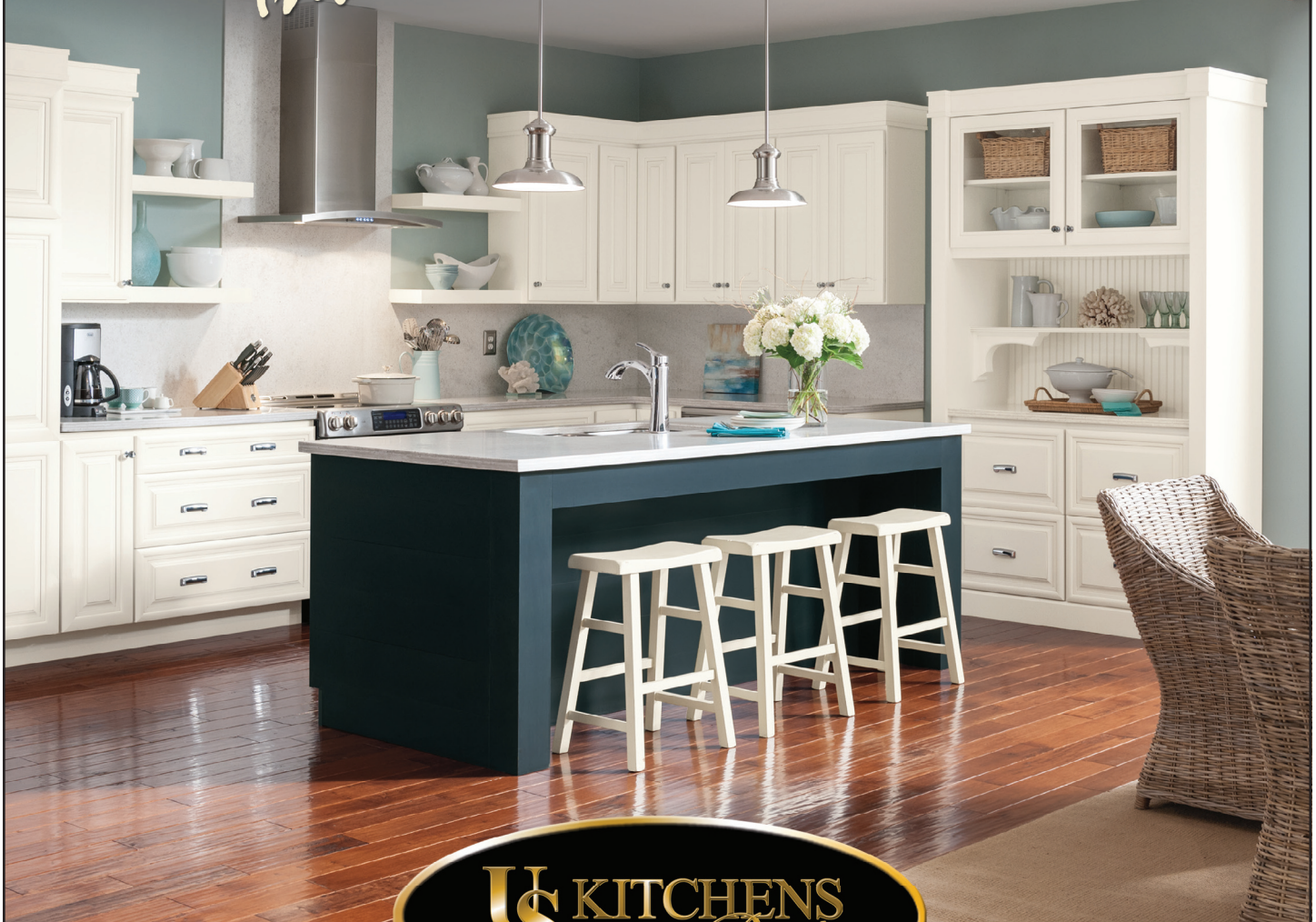


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Letter from the Editor

Dear Readers,

When I think about the winter months, particularly over the last few years, the concept of “hygge” comes to mind. Pronounced “hoo-gah,” hygge is a Danish word that, though does not have a direct translation to English, means “comforting conviviality.” The hygge notion promotes a mode of coziness and well-being, and this issue of *Elegant Lifestyles* is all about hygge.

If the short days and long nights of the season have you craving all things cozy, look to our home edit which outlines simple ways to make your space feel comforting, warm, and inviting.

Did the hectic pace of the holidays leave you craving some alone time? Curl up with a good book from our “Recommended Reads” and a hot and healthful cup of tea found in “Immuni ‘Tea’ – Boost Your Health with this Wintertime Staple.”

Our fashion feature has your winter wanderlust covered. Highlighting trending wardrobe picks from snow, to sun, to city, you’ll be prepared for whatever weather awaits. And this month’s “New Business Spotlight” on Park Avenue Consignment Boutique showcases unique finds for every fashionista.

Here’s to hoping that you have a hygge-filled season. Stay warm and see you in the spring!

Kara Sibilias, *Editor*

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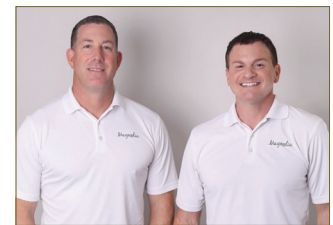


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Making Your Home Cozy For Winter

By Patricia Lombardo



The colder weather is here, and when thinking of ways to keep your home cozy for those snowy days and frigid nights, there's nothing greater than having your whole house involved. Room by room, you can welcome family and friends to feel the warmth that is so easily accessible from the inside!

Entryway/Hall

Your home's entrance, whether grand or petite, has so much potential and really takes little effort. Dress your deacon's bench, porch chairs, or rockers with fuzzy throws and pillows. Adding a fluffy rug will warm the space immediately. Maybe perch some indoor plants and add soft candle lighting. This is the perfect spot to highlight seasonal décor-everyone will feel instantly welcomed.

Kitchen

There truly is nothing like the warmth from your oven-and the deliciousness that comes from it! Whether you are roasting a chicken, creating a soup or stew, or baking a pie, the heat and love that will warm your family and guests from the inside is priceless. Feeling less of a gourmet at times? Punch up your coffee with some traditional winter flavors like gingerbread, cinnamon, cloves, and chestnut. Mulled cider is a sure way to warm up from a long, cold day. Many additions can be made to cider such as various

spices and fruit as well as wine and bourbon. And whatever you do, don't forget the hot chocolate. The delectable choices there are endless.

Looking to warm up the room with décor? Laying down a rug if you have cold floors or a drafty kitchen is always a snug solution. There are infinite designs and colors to choose from and most are machine washable, too. Adding lights to cabinets will give the room a soft glow to counter those dark nights. Your electrician can easily install or a little DIY can come in handy with battery operated puck lights. Picking up some pretty new dishtowels has a bigger impact than you think and displaying some seasonal cookbooks are sure to warm up your counter or island.

The kitchen is always the warm center of your home - for all seasons! Even if you just take a moment and enjoy a hot cup of tea.

Living Room/Den

Of course there are substantial changes one can make to these rooms like fireplace installations and painting any wall a rich, deep, and warm color to add heat and dimension. But if you're looking for a quicker and easier approach to making your living room, parlor, or den cozier - here are some tips:

Cont. on page 8

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Cont. from page 6

Start with lighting. Adding soft fairy lights, lamps or candles (think winter scents here such as clove, cinnamon, and orange) will take the room to a warm place for the dark winter days. All options are affordable and easy to find.

Throw pillows and blankets offer an intimate and soft atmosphere. Seasonal colors and fabrics such as dark reds, blues, purples, and yellows mixed with some faux fur throws (rugs too!) will cozy up any room ... even the bigger ones. Velvet drapes and furnishings can also add a beautiful luxury to the room and are widely available at reasonable prices. Blank walls? Warm tapestries and prints are a perfect addition and can be seasonal as well.

These are all ways to have your living rooms battle the duller and gray days outside.

Bedroom/Bathroom

The tub is obviously the warmest part of the bathroom as you sink your bones into a peaceful retreat. Make it cozier with scented bath bombs, aloe and eucalyptus plants, and plenty of candles or essential oil diffusers with warm scents surrounding you. Setting up a bubble bath bar displayed in frosted jars will give the room a decadent and plush feel. Don't forget to wrap yourself up in fluffy towels from your heated towel rack. These are easily available in a myriad of styles and functions. There is nothing plusher.

Teeth brushed and face washed? Time to rest for the night and climb into bed. Pamela Nardone of Hibernate Bedding in Bernardsville states, "To me there is nothing cozier and more inviting than snuggling up into a luxurious mattress with your head on a great pillow that makes you not want to get out of your bed in the morning!" Stay nice and warm by adding down comforters or quilts and flannel sheets. Nardone agrees and offers, "How about a deliciously plush topper to (enhance) that cozy feeling and an organic wool comforter to keep your body temperature regulated for a truly restful sleep?"

Now may be the time to invest in luxuriant pillows and throws with a heavier feel such as chenille, soft wool, or even cashmere. This extra layer of warmth will have you feeling toasty until the sun rises. And when the chilled-air sun does peek through your window - your personal, portable tea kettle can be bedside for a warm sip before your feet even touch the floor.

Staying cozy in the winter is easy, calming, and cheerful. And all from the comfort and solace of your own home - room by room!



Photos courtesy of Hibernate Bedding

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Studio 7 Fine Art Gallery ~ March 3 through April 21, 2023

“Upbringing: Nourishing the Internal Expanse”

Paintings by Andrea Gianchiglia



Irish Prayer, 24 x 24 Oil



Rare Solitude, 30 x 30 Oil



Ranger, 14 x 11 Pastel

Studio 7 Fine Art Gallery in Bernardsville offers the work of many talented New Jersey artists. The gallery is 2500 square feet, on the second floor at 5 Morristown Road, in the heart of Bernardsville. In March the gallery is honored to be featuring the oil paintings of Andrea Gianchiglia.

Andrea has a passion for painting animals and is well known for her endearing pet portraits of dogs, cats and horses. Her representational style, focuses mostly on their eyes, which she feels is the window to the soul, as well as infused underlying color and brushwork. Her preferred mediums are oil paint and pastel. She loves the rich depth you can get with oil as it lends to the subtleties of detail. However, she enjoys the looseness of pastel and the ability to be bold with color.

She graduated from the University of Hartford majoring in illustration and art history. She exhibits her work throughout the country at various museums, galleries and private venues and is a member of the Society of Animal Art and the Pastel Society of America. Andrea also is an art instructor at the Visual Art Center of New Jersey, The Center for Contemporary Art and conducts her own virtual classes where she is able to reach students internationally. She has a course titled "The Art of Painting Horses" through Crafts.com, and has been a featured demonstrating artist with *PleinAir* magazine founder, Eric Rhodes. She enjoys being able to spread the love of art that teaching has allowed her to do. She gains inspiration from teaching all ages. Exposure to so many artists on a daily basis has given her the inspiration of expanding her body of work to include landscapes and still life paintings. Andrea resides in Hunterdon County, NJ with her husband and three young sons, enjoying every moment to its fullest and teaching the importance of pursuing your dream.

Artist's Statement

I have always felt a connection with Matthew Jacobsen's quote, "Behind every young child who believes in himself is a parent who believed first." Because while I was growing up I was lucky to have a supportive mother who believed in my desire to pursue the arts. Now I am a mother. When I was first pregnant, I had an obsession with painting cows. These soft, endearing animals are so strong in the face of motherhood. It's this balance of strength, kindness and generosity that is a subconscious symbol of motherhood. It's an obsessive kinship that has kept me painting them for the last several years. As much as I give to my family, emotionally and physically, it is my own soul that I have to nourish. Through my artwork I am able to create and express my inner feelings. My nourishment allows me to support and believe in all of my boy's dreams, just as my mother did for me.

"Upbringing: Nourishing the Internal Expanse" will run from March 3 through April 21, 2023. An artist reception will be on March 3, Friday Night, 6-9pm. Andrea will be available to discuss a commissioned portrait of your beloved pet. The gallery is open 10-4, Wednesday – Saturday. The gallery is located at 5 Morristown Road, Bernardsville, NJ 07924 with free parking on site. **For information, contact Kathleen Palmer, Director, at 908-963-0365.** Sign up for show announcements at www.studio7artgallery.com.



Keep on Movin', oil, 36" x 48"

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Paintings by Andrea Gianchiglia
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Immuni "Tea"

Boost Your Health with this Wintertime Staple

By Naomi Gruer

One of the oldest beverages in the world has staying power. The brew that humans have been sipping since somewhere around 2700 B.C. is the second-most consumed drink in the world behind water. That's because tea is many things—breakfast, a late afternoon pick-me-up, an after-dinner drink, social, and ceremonial. Thousands of varieties of tea have one thing in common—medicinal qualities.

Black tea leaves combined with other ingredients create strong, bold, rich flavors such as Earl Grey, Breakfast Blend, and Masala Chai. Drink black tea for increased focus and antioxidants as well as properties that may boost heart health, lower "bad" LDL cholesterol, improve gut health, lower blood sugar levels, reduce the risk of cancer, and reduce blood pressure and the risk of stroke.

Green tea's lightness and sweetness is due to the quick heating and drying of the *Camellia sinensis* plant's leaves. Containing less caffeine than black tea, green tea still improves mental alertness and owes its health benefits to a powerful compound. Epigallocatechin gallate (or EGCG) is a natural



antioxidant that reduces inflammation and the formation of free radicals, helping prevent cell damage. It may boost metabolic rates, reduce blood pressure, and protect against heart disease. Small amounts of minerals found in green tea are another reason to pour a cuppa.

Herbal tea is made from blends of dried fruits, flowers, seeds, spices, leaves, bark, roots, and herbs. Herbal teas which don't contain tea leaves are not actually tea, but the caffeine-free infusions still promote good health. **Ginger tea** treats nausea and upset stomachs. Research on ginger illustrates its ability reduce inflammation and pain, boost the immune system and combat inflammation. **Chamomile tea**, which is anti-inflammatory and anti-anxiety, is being studied to determine its ability to

lessen risk of heart disease, support the immune system, protect against some cancers, and slow age-related bone loss. The hibiscus plant's brightly colored flowers are brewed to make a tart and flavorful beverage. **Hibiscus tea** is an antioxidant that's considered antiviral, good for heart health, and beneficial in reducing bad LDL cholesterol and triglyceride levels.

Immune Tea

(Source: Well Nourished)

Immune Tea supports the immune system, eases a sore throat, and settles an upset stomach.

Ingredients

- 2 cups boiling hot water
- 1 organic ginger tea bag or 1 cm slice of fresh ginger root, diced or grated
- ¼ teaspoon ground turmeric or 1 cm fresh piece of turmeric root, diced or grated
- 1 tablespoon raw honey to taste
- 1 lemon, juice and zest to taste
- dash cayenne or black pepper, optional
- 1 tablespoon coconut oil, optional

Instructions

1. Pour the boiling water over the ginger, turmeric, and optional coconut oil. Simmer for 5-10 minutes for a more potent brew.
2. Let it sit for a few minutes before adding zest and juice and optional pepper.
3. Add honey.

Serves: 2



Hibiscus Tea (Agua de Jamaica)

(Source: The Harvest Kitchen)



Hibiscus Tea is an antioxidant that is considered antiviral, good for heart health, and beneficial in reducing bad LDL cholesterol and triglyceride levels.

Ingredients:

- 8 cups water
- 2 tablespoons dried hibiscus flowers
- 2 cups fresh berries (mix of raspberry, blueberry, and blackberry)
- organic ginger tea bag or 1 cm slice of fresh ginger root, diced or grated
- mint leaves for garnish if desired
- sweeten with honey, if desired

Instructions:

1. Boil 4 cups of water in a medium saucepan.
 2. Remove saucepan from heat. Stir dried hibiscus flowers and berries into boiled water. Let steep for about 20 minutes.
 3. Strain tea into another saucepan or teapot (for hot tea) or a pitcher (for cold tea). Discard flowers and berries. Add remaining 4 cups of water.
 4. Garnish with mint leaves and sweeten with a drizzle of honey.
- Serves: 4

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Winter Escapes:

Fashion for Sun, Snow, and City

By Naomi Gruer

SUNCATCHERS

Fashion designers, Hollywood actresses, and the Golden Age of flying all contributed to the introduction of resort wear early in the 20th century. From Coco Chanel wearing pants at a beach resort to Elsa Schiaparelli introducing culottes to Audrey Hepburn and Katharine Hepburn wearing slacks on screen, expectations of what women wore was forever changed. Add the glamorous air travel of the 1950's and 1960's, and historic changes to fashion were embedded in society. Stores started introducing resort wear for those planning a getaway from cold weather and long nights.

Whites and brights are two trends in this year's cruise collections, and texture continues to—ahem—make a splash. Broderie Anglaise, also known as eyelet, couples whites and texture on this season's dresses, tops, and skirts. Brights show up by themselves or in fun combinations on clothes, bags, and accessories. Look for stripes, florals, and tropical motifs on midi and maxi dresses, sarongs, and sweaters. "Resort and even upcoming spring/summer is all about dressing up with bold colors and prints," says Tess Shapiro, buyer at Diamond Dream Jewelry + Apparel in Bernardsville. "We love this Ulla



Ulla Johnson Olympia
Dress In Flamingo
Diamond Dream



Park Avenue Consignment

Johnson dress that has the bold print and bubble skirt which is another trend we are seeing. This dress also comes in navy."

Textural fabrics and embellishments are showing up in everything from bathing suits and coverups to sundresses and gowns. Designers are adding shirring, ruching, and gathering along with details such as tassels and stitching in contrasting colors. Color and texture were both part of the appeal when, says Paige Charette, owner of Park Avenue Consignment in Washington, "A customer attending a cruise ship wedding purchased a sequin ombre navy and pink full-length gown." For warm-weather travel, Shapiro likes texture-rich pieces from Issey Miyake "because they are seasonless and the material can really transition from beach to dinner."



Park Avenue Consignment

SNOWBOUND

Skiwear that used to be bulky and stiff is now tailored, fitted, and stretchy. Winter sports require strategic layering – start with baselayers of thermal tops and pants, add midlayers of fine-knit sweaters or half-zip fleece pullovers, and top with outerwear from head to toe. Whether wearing overalls or ski pants, snowsuits or ski jackets, successful outerwear allows movement and provides protection from the elements. Must haves include helmets, goggles, ski socks, mittens or gloves, and a ski mask, neck gaiter, or balaclava.

While what to wear on the mountain is driven by temperature, après-ski is driven by style. Stay toasty in puffer everything! Hats, mittens, vests, and pants join a large selection of bright puffer jackets. Shapiro says, “For après-ski we love Lauren Manoogian, specifically her Capote Coat which is a closet staple. It is warm and cozy and oversized to fit over anything you are wearing.” Fair Isle styles are joined by this year’s “ski” intarsia knit hats, scarves, and sweaters as well as sherpa beanies, gloves, and zip-ups. Shapiro adds that Lauren Manoogian “also makes the best socks and hats that are warm enough on the slopes and trendy enough when walking around town.”



Lauren Manoogian
Carpenter Hat in Willow
Diamond Dream

Lauren Manoogian
Capote Coat in Rock
Diamond Dream

Lauren Manoogian
Tall Socks in Timber
Diamond Dream

JET SET

Travel last summer from the United States to Europe was up 20% from 2019 levels, according to CNBC's report from travel experts and United Airlines. The report predicts an even greater increase this year. Whether you're tacking on tours after a work trip, meeting your college student who's abroad, going on an anniversary adventure, or exploring a new city, what to wear will depend on where you're going.

Consider a city's weather, sights, and streets. It's common sense to carry an umbrella in London, pack a warm coat for Iceland, and cover shoulders in the Vatican, but will you be touring Gaudi's architecture in Barcelona, riding bikes in Copenhagen, or climbing the steps of the Duomo in Florence? Start by picking pieces that do "double duty." Shapiro recommends, "The Marni blazers from this season are perfect for double duty in a city. They can be worn casually with jeans and a t-shirt, styled over a dress or worn with a wide leg pant for dinner." She continues, "The Issey Miyake Basics Skirt is the perfect example of something that can be worn with a t-shirt and sneakers during the day and a sweater and heels for dinner. We love packing smart and having those pieces that you can wear different ways is key."



Marni Stretch Wool Fresco
Check Blazer in Flamingo
Diamond Dream

Issey Miyake Pleats Please
Basics Skirt in Grey
Diamond Dream

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Park Avenue Consignment

JET SET, cont.

Paige Charette of Park Avenue Consignment recommends travelling with clothes that are comfortable on the plane and pack easily.

“You want to take them out of the suitcase and give them a shake.” She gives examples such as slip dresses, a loose dress with a cowl neck, blazers, evening coverups, and lightweight, cropped jackets. Charette sees a trend towards styles from Y2K because “everything’s recycled and the quality is amazing.” She comments, “Women don’t want everything bodycon right now,” which is playing a part in the popularity of Y2K and vintage pieces from the 50’s and 60’s. Shapiro says, “Issey Miyake Pleats Please is also the best for packing. It rolls up so small and doesn’t wrinkle.”

Just the Ticket: *Tips for Travel*

Fly in Style and comfort by wearing a cotton tee with straight-legged pants or jeans that have some stretch. Layer the look with a blazer, shacket, sherpa top or cardigan, and don booties, loafers, or sneakers for easy off/on.

Pack Lightly and efficiently by paring down your purse. Keep phone, wallet, and essentials handy in a crossbody bag. A tote or backpack is the place to store extras such as an umbrella, cardigan, and re-usable water bottle.

Take the Path Less Travelled without worry. Charette says, “When travelling, wear CZ’s and keep your other jewelry at home.” Conversely, Shapiro states, “We recommend that our clients travel with whatever they are comfortable with. Hotels all have safes in the room and the front desk usually has more secure areas to hold really special items.” She adds, “There are a lot of pieces that can go easily from day to night.”



Everything old is new again at Park Avenue Consignment Boutique in Washington, New Jersey. This fabulous and fashionable shop has much to offer with a unique selection of women's trends, no matter the festivity.

Owner Paige Charette explains, "The boutique offers consignment items for women from dresses, pants, suits, jackets, coats, shoes, jewelry, handbags, and more. The items are in prêt-à-porter condition and some (are) new with tags. We offer reasonable prices for mid to high end items and we also offer layaways for wanted treasures."

Charette chose quaint downtown Washington for her boutique's location because she "wanted to bring the town a mod, fun boutique for women to shop." She also notes, "With my own passion for consignment shopping - and formally a consignor myself - I wanted to create something different



downtown for those who love consignment shopping and the thrill of the hunt!" And with over 200 consignors, the boutique will be relocating just a few doors down in the spring to a larger location.

This amazing boutique also offers a one-on-one customer service. Charette states, "I like to get to know the customer and what brought them to the boutique that day. Many times, a woman is looking for something special, where I do personal shopping for her. If a new consignment arrives and I see an item that fits the style of one of my clients, I reach out to them as soon as possible."

The boutique hours are Wednesday-Saturday, 12-5pm with the option to make an appointment outside of these hours, if needed.

More information on this lovely consignment shop can be found at parkavecb.com.



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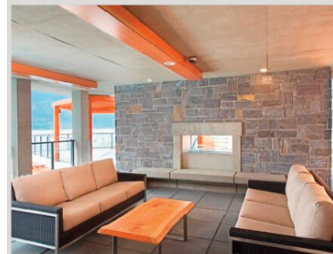
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Recommended Reads

By Patricia Lombardo

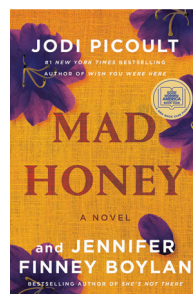


Winter is here and no other time is better than now to light the fire, pour a hot cup of tea, enjoy some silence, and cozy up with a great book. Read ahead for the latest titles to enjoy either as a quiet read or as a discussion in your next book club.

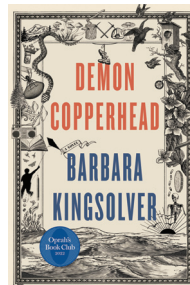
Fiction

Needing a break from everyday life is vital. Turning pages from one of these engaging reads will have you drift into a world worth escaping to.

From acclaimed authors (and first-time co-authors) Jodi Picoult and Jennifer Finney Boylan comes *Mad Honey*. *The Washington Post* praises this *Good Morning America Book Club* Pick as “alternatingly heart-pounding and heartbreaking.”

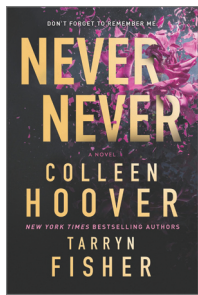


The collaboration between two bestselling authors seamlessly weaves together Olivia and Lily’s journeys, creating a provocative exploration of the strength that love and acceptance require.” See why this book of new beginnings gone wrong will have you captivated.



Barbara Kingsolver brings us *Demon Copperhead*. A *New York Times* “Ten Best Books of 2022” and an Oprah’s Book Club Selection, this contemporary reimagined *David Copperfield*, set in the mountains of southern Appalachia, is about a boy named Damon Fields (nicknamed Demon Copperhead) who through strife and struggle and nothing to sustain himself with but his wit - proves his determination to survive.

And another gripping collaboration is about to come your way - this time from Colleen Hoover

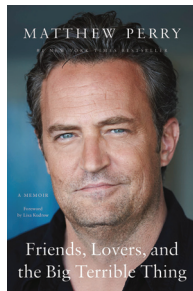


and Tarryn Fisher. *Never Never* is a clutching novel about foundation and friendship, first love, and the sudden loss and emptiness of memories vanished. Noted as “heart-stopping and utterly captivating” by *USA Today*. And to think this is just volume one of a twisting series that gives you the promise of future works of thrilling literature. Available February 28th.

Non-Fiction

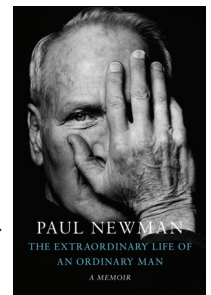
Guilty pleasure, anyone? Nothing is more satisfying than a good autobiography from the glitz and glamour of Hollywood to the prestige and glory of the United Kingdom.

First up is the well-received *Friends, Lovers, and the Big Terrible Thing* by Matthew Perry. The *New York Times* touts, “Candid, darkly funny ... Perry writes gratefully and glowingly ... fans will find poignant nuggets in its pages.” Besides,



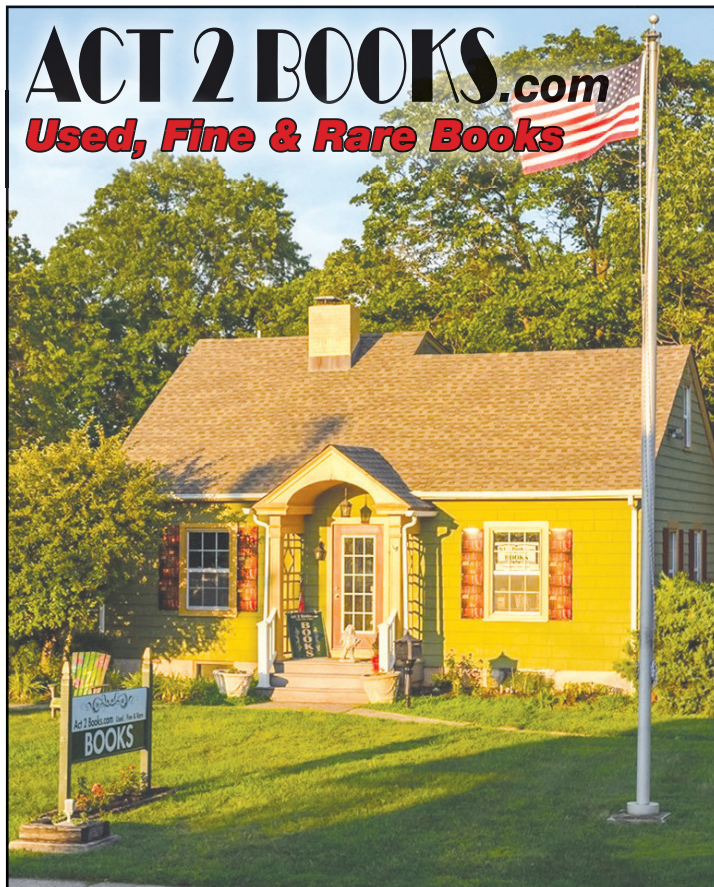
everyone always likes to see a “Friend” shine through in the end.

And from an adored and talented actor comes this newly, posthumously published memoir *The Extraordinary Life of an Ordinary Man: A Memoir* by Paul Newman. This literary portrait reveals an American icon from his traumatic childhood to his extensive, successful career and philanthropies. *Vanity Fair* states, “The book is an extraordinary glimpse into the psyche of one of Hollywood’s greatest icons—in large part because Newman was so unfiltered on subjects ranging from his complicated relationship with his looks and fame, his perceived failures as a father and husband to his first wife, and his fiery passion for Joanne Woodward. You’ll be hard-pressed to find another star willing to share half as much.”



Spare by Prince Harry, Duke of Sussex, has definitely become one of the most anticipated books of late. Harry reveals his own story with brutal honesty and self-examination through love, ultimate loss, fear, and utter grief ... with some humorous and

Cont. on page 26



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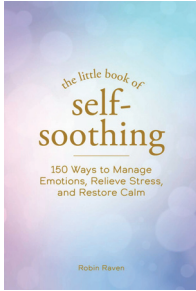
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Cont. from page 25

boyhood stories along the way. *The Washington Post* review notes, "Like Harry, the book is good-natured, rancorous, humorous, self-righteous, self-deprecating, long-winded. And every so often, bewildering."

Self-Care

If you want to read outside of storytelling – self-help guidance, organization, and new recipes can be something you're interested in, to change it up a bit.



Looking to set some new year resolutions or guide yourself into deeper self-care? Try *The Little Book of Self-Soothing* by accomplished author and journalist Robin Raven. This guide will show you how to maintain your emotions, calm your triggers, and find your peace no matter where you are, using hands-on and proven actions.

And from treasured chef Ina Garten comes *Go-To Dinners: A Barefoot Contessa Cookbook*. This *New York Times* bestselling author has given us thirteen cookbooks and this latest looks to be a true gift with instruction on how to cook uncomplicated yet simply delectable dinners. Ones you'll make time and time again.



No matter the pages turned (or device scrolled) you'll find yourself swept away with these recommendations.

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Corned Beef and Cabbage Spring Rolls with Stout Glazed Pearl Onions

Here is a tasty appetizer to make with your St. Pat's leftovers. Serve with a good mustard and the sauces included.



Spring Rolls

Ingredients

- 2 cups coarsely chopped cooked cabbage
- 2 cup (packed) coarsely chopped cooked corned beef
- ½ cup coarsely chopped cooked onions and or carrots
- Salt and Pepper
- 6 Spring roll wrappers

Stout Caramelized Pearl Onions

Ingredients

- 8oz pearl onions, fresh or frozen (not jarred cocktail onions)
- 1 TB balsamic vinegar
- 1 TB stout syrup
- 2 TB sugar
- 1 TB butter
- 1 T olive oil
- 1/2 T salt
- 3 TB water

Stout Syrup

Ingredients

- 1 cup stout reduced to ½ cup
- 1/2 cup light brown sugar

Horseradish Cream

Ingredients

- 1/2 cup Sour cream
- 2 TB fresh or prepared horseradish (drained)
- 2 TB Mayonnaise
- 1 T Dijon Mustard
- 1 TB chopped chives
- Salt and pepper to taste

Corned Beef, cont.

Instructions

Whisk the ingredients for the horseradish cream sauce together and refrigerate. Can be done a day or two in advance.

Pour the stout into a sauce pan and reduce by ½ in volume. Add the sugar and reduce again in ½, and keep reducing until it coats the back of a spoon. Remove from heat, transfer to a small container and refrigerate.

Place the onions in a sauté pan over medium heat along with the butter and oil. After a few minutes add the vinegar, 1 tb of the stout syrup, sugar, salt, and water. Mix and cover with a lid and lower the burner to med-low. Check in 10 min to be sure there is still some liquid in the pan. Add a small amount of water if necessary and continue to cook. Check the onions with a tooth pick or paring knife for doneness. When tender, remove lid and reduce glaze if necessary, then chill.

Slice the corned beef thin and chop the vegetables coarsely, separating the leaves of cabbage. Season and fill placing about some in center of wrapper and shape into a log. Dip your fingers in water and lightly brush top, left, and right corners of wrapper. Roll bottom corner up and over filling, then tuck under filling. Both sides should be as close to sealed as possible; use a little water to pinch and patch if needed. Deep fry in 350 degree oil, or pan/air fry/bake until golden brown.

Lamb Shanks Braised in Stout and Onions with Whiskey Glazed Root Vegetables and Horseradish Red Potato Mash

This meal will transport you to an Irish pub comforting you, as the stout adds a richness to gravy and complements the lamb.

Lamb

Ingredients

- 4 Lamb shanks
- 2 TB olive oil
- 3 large onions
- 4 garlic cloves
- 4 sprigs fresh thyme
- 2 sprigs fresh rosemary
- 3 TB tomato paste
- 2 cups Stout
- 4 cups chicken stock
- 2 T sugar
- 1 TB butter



Lamb Shanks, cont.

Glazed Vegetables

Ingredients

4 large carrots
3 whole turnips
6 TB butter
1/2 T salt plus to taste
1/2 Cup Irish Whiskey
1/3 Cup brown sugar
Fresh black pepper to taste
3 sprigs thyme

Red Potato Mash

Ingredients

5-6 large red potatoes close in size 2.5-3lbs
6 TB butter
1/2 cup milk
2-4 TB fresh horseradish
1/4 cup chopped chives
Salt and pepper to taste

Instructions

Preheat oven to 350f. Then generously season the lamb shanks with salt and pepper. Heat a large Dutch oven on medium high heat and add the oil. Brown the shanks on all sides and don't over crowd the pot. Do one or two at a time. Reserve to a plate. Lower the heat to medium and add the onions and butter and cook for 5 min, then add the garlic. Cook until the onions start to caramelize and get a bit brown and the sweetness starts to come out. Add the thyme, rosemary and the tomato paste. Stir in the paste and cook for another minute. When you get a nice fond on the bottom of the pot add the stout and deglaze, then add the stock, sugar, and return the shanks to the pot. The stock should cover the shanks about 1/2 way. If you need to add some water or stock. Place a piece of parchment over the meat, put the lid on and place in the oven for 2 hours. Check the meat with a fork and be sure its nice and tender. Remove from oven and remove shanks from pot along with the herb stems. Use a hand mixer to blend the gravy smooth. This will thicken the sauce, but you may need to reduce it on the stove top to intensify the flavor and thicken it further, at which point you can adjust the salt and pepper to taste. Return the shanks to the pot and pot and cover off the heat.

Peel and chop your carrots and turnips into equal sized pieces. Melt butter in a large pan over medium-high heat and add the vegetables and season with salt and pepper and add the thyme whole. Mix or toss them or 6-7 minutes until they start to release water and slightly brown. Reduce heat to med-low, add the whiskey, and cook until nearly evaporated. Add the brown sugar and cook until the vegetable are nearly done, then raise the heat till it reduces to a shiny glaze.

As the lamb braised in the oven, cut a 1/4" deep slit around the largest circumference of the potatoes and place them on a baking sheet bake in the oven until they are fork tender about 1hr depending on their size. Warm the milk in a sauce pan with the grated horse radish. Remove the potatoes from the oven and cut in half along the line you made. Place flesh side down in a ricer and rice into a medium pot. Remove each 1/2 potato skin as you go. Add the milk/horseradish the butter cubes, chives, salt and pepper and mix with a rubber spatula over low heat on the stove. Do not whip or over mix or they will become gummy. This method of roasting then mashing the potatoes accentuates the flavor.

Irish Coffee Soda Bread Pudding

Irish whisky and coffee flavor this soda bread and rich custard baked into a delicious pudding, topped with crème anglaise and soft whipped cream.



Bread Pudding

Ingredients

1 small loaf of soda bread about 1lb sliced 1/4" thick
7 eggs plus 2 yolks
1 1/2 cups brown sugar
1 cup cold coffee
1 cup milk
1 cup cream
1/4 T salt
1 TB butter
1 cup golden raisins
3 TB Irish whiskey
1 T vanilla extract
powdered sugar and cinnamon for dusting

Instructions

Place the raisins into a small bowl and mix with 1 TB whiskey. Let stand 20 min. Combine the milk and cream in a saucepan over low heat add the vanilla and whiskey. In a large bowl whisk the eggs, yolks, sugar, and salt. Just when the milk/cream starts to simmer remove from the heat and let rest for 1 min. Slowly add the mixture to the eggs while whisking briskly. Butter a baking dish, pour 1 cup of cream into it and scatter the boozy raisins throughout. Dip each slice of bread into the warm custard 1 at a time, and shingle them in layers in the dish, then pour the rest of the custard over the bread. Place the dish on a baking tray and into a 350 degree oven for approximately 30 minutes. The custard should be just set when removed and then top it with 2 coats of powdered sugar and place under the broiler for 30 seconds to just brown the top golden.

Combine the milk, cream, vanilla, and whiskey in a sauce pan, bring to a simmer, and remove from heat. Whisk eggs, yolks and sugar in a medium bowl, whisk in the hot cream mixture, then return it to the sauce pan. Stir constantly over low heat until it thickens and coats the back of a spoon. Remove from heat and strain into a bowl and chill covered. Use to top servings of the bread pudding along with whipped cream and cinnamon.

Crème Anglaise

Ingredients

1 cup milk
1 cup cream
4 egg yolks
2 eggs
1/3 cup sugar
Pinch of salt
1/2 T vanilla extract
1 TB Irish whiskey

Jinnie May

Abstracts

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