

FOOD FOR THOUGHT

Putting up, and up, and up

'Foolproof Preserving' a great resource for canners, jammers

Berry season is coming up, and that's my favorite. I love all kinds of berries — strawberries, blueberries, blackberries, raspberries. Actually, most kinds of summer fruits are on my list including cherries, peaches, apricots, and other stone fruit. And let's not forget the year-round fruit, like all that citrus.

Many of us like to "put up" our fruits, either by canning or turning them into jams, preserves, and jellies. My success has been limited to strawberry and plum jams. I once tried making orange marmalade, and it was a disaster. I could have sold it as super glue!

But a new cookbook has come to my rescue. 'Foolproof Preserving' (America's Test Kitchen, 2016; 310 pages; \$26.95 soft cover) may turn me into a successful fruit "putter-upper." And just in time, too, because I've run out of the supply of marmalade that my neighbor Larry Fogelquist made.

The book goes through the classic berry jams,



It's berry season, which means lots of fruit on hand for canning and jam making.

but it also includes a few twists like Peach Bourbon Jam, Nectarine Cardamom Preserves, and Blackberry Lemon Verbena Jam. And I can't wait to try the Blood Orange Marmalade or the Grapefruit Marmalade. And I love prickly pear cactus fruit, but I didn't know it could be made into a jelly. Yowza!

The book also has a whole section on pickles. Try the Quick Pickle Chips or the Quick Pickled Radishes. Make up a batch of South Indian Pickled Eggplant, or Pickled Ginger, or Pickled Beets. How hot can you go when you make your own Sriracha or Spicy Red Pepper Relish? Most of these look

TIP OF THE WEEK

■ Jam is made from crushed fruit, while jelly is made from fruit juice. Marmalade is typically made with citrus fruit and rind. Preserves are whole fruits suspended in jelly or syrup.

pretty darn easy, including the Bacon Jam and the Caramelized Onion Jam — great for sandwich spreads.

A few finer points

Some jams and all the jellies will require pectin to help them "set up." A few fruits, such as plums, have plenty of natural pectin, so they may require less.

The authors strongly recommend Sure-Jell for Less or No Sugar Needed Recipes. (Long name!) It

comes in a pink box and it works far better than the other types. In fact, they say do not substitute even the Sure-Jell in the yellow box.

To make a proper jam, buy yourself a candy thermometer. It will help you get an exact temperature reading. Also, don't reuse canning lids because they won't seal properly the second time. So buy a new supply.

And of course, wash everything to ensure abso-

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RECIPES OF THE WEEK

Here are two jams from 'Foolproof Preserving,' from America's Test Kitchen. Both are easy to make and store.

Fig balsamic jam

Makes two 1-cup jars

INGREDIENTS

1½ pounds fresh figs, stemmed, quartered
1 cup sugar
½ cup balsamic vinegar
½ cup water
2 tablespoons bottled lemon juice
2 teaspoons yellow mustard seeds
1½ teaspoons fresh rosemary, minced
¼ teaspoon pepper and pinch of salt

DIRECTIONS

1. Bring all ingredients to a boil in a 12-inch non-stick skillet over medium-high heat. Reduce to medium-low and simmer, stirring occasionally. After 25-30 minutes, a rubber spatula should leave a distinct trail when dragged through the pan.
2. Transfer to a food processor and process about 8 pulses until smooth. Let cool slightly.
3. Ladle into two 1-cup sterilized jars and seal with lids and rings. Refrigerate for up to 2 months. Do not store in the cupboard.

Strawberry-basil jam

Makes two 1-cup jars

INGREDIENTS

1½ pounds strawberries, hulled, cut into pieces (5 cups)
1½ cups sugar
½ cup peeled, shredded Granny Smith apple (½



apple)
1 tablespoon bottled lemon juice
¼ cup fresh minced basil

DIRECTIONS

1. Place 2 small plates in the freezer to chill. In a large saucepan, crush berries with a potato masher until broken down. Add sugar, apple and lemon juice. Bring to a boil over medium-high heat. Stir often. When sugar is completely dissolved, continue to boil and stir, adjusting heat as needed, until the jam reaches 217-220 degrees, about 15-20 minutes. Remove from heat.
2. Place 1 teaspoon jam on a chilled plate and return to the freezer for 2 minutes. Drag your finger through the jam. It should leave a distinct trail. If not, continue to boil jam for 1-2 minutes more. Test again. Skim foam from jam surface with a spoon. Stir in basil.
3. Place two 1-cup canning jars in a bowl under hot running water until heated, 1-2 minutes. Shake dry.
4. Ladle hot jam into hot jars and seal with lids and rings. Cool to room temperature. Refrigerate until set, about 12-24 hours. Can be refrigerated up to 2 months. Do not store in the cupboard.

Quick Bites

PLEASURE POINT

Naka Sushi closes, to reopen soon on 41st

Naka Sushi, a Mid-County favorite for 25 years, is moving up the street this spring. The sushi restaurant had its last night at 851 41st Ave. on Saturday. The owners aim to reopen soon at a new location, 1200 41st Ave., in the Begonia Plaza near New Leaf Community Market, though no exact date has been announced.

Follow Naka Sushi on Facebook for details about the reopening: www.facebook.com.

SANTA CRUZ

H&H Fresh Fish, Fowl Boyz return to POPUP

H&H Fresh Fish will be back at POPUP for another dinner on Friday, April 1. The theme will be "Part II: Electric Eel Boogaloo," the follow-up to their "Wonders of the Deep" dinner held at POPUP on Feb. 19. Learn more at www.facebook.com.

Fowl Boyz also will do a dinner at POPUP. That event is 5:30 p.m., Saturday, April 2. Get details at www.facebook.com. POPUP is at 1108 Pacific Ave.

SANTA CRUZ

Mini Maker Faire food lineup announced

The Santa Cruz Mini Maker Faire will include a food court featuring everything from ancient Mediterranean dishes to gourmet hot dogs, Indonesian pulled pork to modern street food. Food vendors will include the Ate3One food truck, Cruz N Gourmet, Cutesy Cupcakes, Inzane Pops, Lucy's Hot Dogs and Zameen's Cuisine food truck. The event will also be the debut of the Spro-Kart by Great Infusions, a coffee vendor.

The event will be 10 a.m. to 6 p.m. Saturday, April 16, at Gateway School, 126 Eucalyptus Ave. The community-based learning event aims to inspire the public through do-it-yourself science, technology and art, hands-on workshops, panels and more. Half-price advance tickets are available until April 10 at makerfaresantacruz.com/tickets. The price at the gate will be \$16 for adults, \$6 for seniors and students, \$4 for kids ages 4-12 and free for kids under 4. Visit www.makerfaresantacruz.com for details.

PESCADERO

James Beard Boot Camp set for April

The California Regional Boot Camp, a partnership with Chef Action Network and the James Beard Foundation, will be held at TomKat Ranch from Monday to Wednesday, April 4-6. The boot camp is focused on policy and change, providing an opportunity for civic and politically minded chefs to become more effective leaders for food-system change. Chefs must apply to participate in the camps, which are held a few times a year at locations around the country. This will be the ninth boot camp since the program began 2012. Learn more at www.jamesbeard.org/education/bootcamp.

SANTA CRUZ

Cosmic hosts 'Art of Tasting' on Friday

Cosmic will team with Humble Sea Brewing for a tasting event focused on the process of designing and brewing — from ingredient sourcing to finished beer — during the First Friday Art Walk on Friday, April 1.

Humble Sea, which is working to open a space on the Westside, will be pouring at least four beers: Playa Grande Jalapeño, a Mexican India pale lager dry hopped with jalapeño; Maritime Medicine, a lemongrass and coriander lager; the Allie blonde ale; and kegs of new, experimental IPAs. Members of the Humble Sea Brewing team will give a brief talk about each of the beers and the proper way to taste. There will be Humble Sea art on the walls of the studio.

Cosmic is at 115 Cooper St. The event will be 5-9 p.m. Learn more on Facebook: www.facebook.com.

SANTA CRUZ

Get ready: Soif to soon offer spirits

Soif Wine Bar & Merchants is adding bar service. The downtown establishment is still working out the details of the bar menu, but wine director John Locke promises there will be "a fabulous proper martini," as well as bar offerings not typically found in town. A launch date for the bar has not been announced.

In the meantime, the wine bar has several tasting events coming up, be-



KEVIN JOHNSON — SANTA CRUZ SENTINEL

Naka Sushi owners Masao Nakagawa, left, Keiko Nakagawa and Ty McConney stand behind the counter at the Capitola sushi restaurant on Friday afternoon. The longtime eatery shut its doors Saturday, but will soon reopen at another 41st Avenue location.

ginning with a tasting with Marc Hochar of Chateau Musar in the Bekaa Valley of Lebanon, 3-5 p.m. Sunday, April 3. Cost is \$10 per person and for at least five, perhaps six, wines, including the winery's flagship Chateau Musar Rouge and Blanc. There will be a chocolate dinner with Stephen Beaumier and Katy Oursler of Mutari on Sunday, April 11, and beer dinner with Sante Adairius Rustic Ales of Capitola on Sunday, May 10.

Learn more at www.soifwine.com. Soif is at 105 Walnut Ave.

SANTA CRUZ

Kids can go to culinary camp April 4-8

Chef Lauren Hoover-West will lead a hands-on culinary camp to teach kids, ages 10 to 16, to make all three meals of the day, snacks, beverages and dessert that are all delicious and nutritious using alternatives to wheat, dairy and white sugar. A healthy lunch will be included daily. The camp is 11 a.m. to 2 p.m. Monday to Friday, April 4-8. Cost is \$249. The camp will be at the New Leaf Community Market community classroom, 1101 Fair Ave. Pre-registration is required. Go to www.newleaf.com/events.

SANTA CRUZ

Chaminade bar takes on Caribbean flavors

Explore the flavors and music of the Caribbean at Chaminade Resort & Spa for its Caribbean Nights Rum Tasting event 6-9 p.m., Saturday, April 9, at Linwood's Bar & Grill.

Discover the flavors of Appleton Estate Jamaican Rum with a select tasting menu of five signature cocktails crafted by Linwood's mixologists combined with jerk chicken wings, Jamaican patties and authentic callaloo, a popular Caribbean dish that originated in West Africa and is widely served in different variants throughout the region.

Enjoy hand-rolled cigars, live music and rum. Price is \$55 (all inclusive) per person. Must be 21 years of age or older to attend. Reservations are limited. Visit www.chaminade.com/upcoming_events or call 831-475-5600 for more.

SANTA CRUZ

Winery hosts Pho 831

Pho 831, a new pop-up restaurant, will be at MJA Vineyards on the Westside for dinner Saturday, April 2. The winery's tasting room will be open noon to 8 p.m. Dinner begins at 5 p.m. and goes until 8 p.m. — or until the pho runs out. Pho, a Vietnamese noodle soup, will be served with beef or vegan broth, rice noodles, veggies and a medley of spices including ginger, star anise and lemon grass (\$12-14). There also will be spring rolls (\$7).

MJA is at 328 Ingalls St. Learn more at www.facebook.com/events/1139531326079425.

SANTA CRUZ

Construction begins at downtown beer spot

Work is underway on the Pour House, a new tap room at 110 Cooper St. The tap house received a city

fennel and feta on grilled baguette; wild mushroom, onion and Gruyere tartlet.

The first course will be asparagus with quail egg, pickled onion, caper, olive oil and shaved Parmesan.

The second course is a choice of braised beef short ribs with potato gratin, cipollini onion confit and charred broccoli rabe; rice flake-crust king salmon fillet with spiced citrus ginger reduction, baby bok choy and Israeli couscous; or pappardelle, fava bean, fresh peas, roasted piquillo peppers and caramelized onions with Parmesan and basil.

Dessert is buttermilk shortcake, macerated strawberries, strawberry sorbet, crème Fraiche and candied mint.

The dinner is 5:30-10 p.m. Tickets are \$195 per person, with hosted wine and beer. Tables of 10 are \$2,400. Visit www.sccb.org or call 831-465-1989. Proceeds benefit Hospice of Santa Cruz County, Jacob's Heart Children's Cancer Support Services, Katz Cancer Resource Center, UC Santa Cruz Biomedical Sciences, Teen Kitchen Project and WomenCARE Cancer Advocacy.

SANTA CRUZ

Library to screen food film in Spanish, English

In celebration of National Farmworker Awareness Week and Cesar Chavez Day, the Watsonville Public Library will show the documentary "Food Chains" in Spanish and in English, followed by a short discussion with Ildi Carlisle-Cummins, program director for Cal Ag Roots at the California Institute for Rural Studies. This free event will be 6-8 p.m. Thursday, March 31, at the Main Branch, 275 Main St., Suite 100.

APTOS

Tickets on sale for cancer benefit dinner

The Santa Cruz Cancer Benefit Group will hold its 21st annual Spring Forward Against Cancer Black Tie Event at the Sesnon House at Cabrillo College on Saturday, April 30. The James Bond-themed event, "Shaken, not Stirred" seeks to bring together the Santa Cruz community for local organizations that provide support and assistance to cancer patients and their families.

Attendees will be treated to a four-course dinner featuring fresh, locally produced specialties all created by students in the Cabrillo College Culinary Arts and Wine Programs. Passed hors d'oeuvres include potato "chips" with Arctic char tartar, crispy spiced shallot; charred prawns,

Quick Bites, compiled by Jennifer Squires, is your weekly helping of Santa Cruz County restaurant and food news. Send items to sentinelfood@gmail.com. Want local food and wine news as it happens? Follow the Sentinel's food crew on Twitter, @santacruzfood; on Instagram (@santacruzfood); or on Facebook (Santa Cruz Food).