



ON THE MENU
◀ Pesto Pork Chops 3D
Baba Ganoush 2D



Pestos preserve summer

Fresh herbs are about to get not so fresh anymore.

Don't let them die. We found these ideas from Martha Stewart Kitchen Conundrums on her website.

You can make many delicate green herbs into flavorful pestos and freeze them in ice cube trays to add to soups or curries later.

Or you can dry them in the microwave. Spread them out in a single layer on a paper towel and place a paper towel on top. Put them in on high for one minute in 20 second intervals. They should be crisp and dry, but still green. Store airtight.

See the video and find five recipes for pesto at www.marthastewart.com. Search for "preserving herbs," and it's the first video that pops up in the results.

Happy birthday, McCormick

Every cook has a cabinet full of McCormick bottles, a collection some of us have been working on for 125 years. (Just kidding)

The company, which celebrated its 125th birthday on Sunday, is asking people to share their flavor stories.

Visit www.flavoroftogether.com, and share a memory or recipe of a McCormick flavor and the company will donate \$1 to the United Way.

There you can also read stories and find recipes.

Pink ribbon bagels to help raise money

Participating Panera Bread cafes will donate 100 percent of today's sales of its Pink Ribbon Bagels — and a portion of all its October Pink Ribbon Bagel sales — to the Regional Cancer Center Foundation.

The bagels are shaped in the form of the ribbon, and feature cherry chips, dried cherries and cranberries, vanilla, honey and brown sugar.

Customers can also donate funds by dropping change into canisters labeled "Operation Dough Nation" at store registers throughout the month.

For more information, visit www.paneracovelli.com/gopinkerie.

—from staff reports

LOAVES AND DISHES ▶ ADVENTURES OF A HOME COOK



JACK HANRAHAN/Erie Times-News

These Ground Turkey Sliders were made by Eileen Perino, of Erie.

FIGHTING WITH FOOD

Survivors overhauled diets to avoid breast cancer recurrence

By JENNIE GEISLER
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Breast cancer struck 63-year-old Eileen Perino when she was 48.

"The doctor was shocked," she said. "There was never any indication. We had to search for a history of cancer in the family."

She had a mastectomy immediately.

"I just wanted to be rid of it," she said. "As fast as possible." And then she changed everything.

"I had not been a healthy eater," she said. "I could live on pizza and ice cream, but we did research and basically cut out red meat to cut down on fat."

She and her husband, Ric Perino, increased their vegetable and

▶ Please see LOAVES, 2D



Jennie Geisler writes about her adventures as a home cook every Wednesday. You can reach her at 870-1885. Send e-mail to jennie.geisler@timesnews.com. Visit her blog at GoErie.com/blogs/loaves. Follow her on Twitter at twitter.com/ETNgeisler.

BATTLING BREAST CANCER
A TIMES-NEWS SPECIAL REPORT

WEEKLY FEATURE WHAT TO ORDER

Pimento cheese makes a return

By MICHAEL FELBERBAUM
Associated Press

Could it be that the cocktail and craft beer scenes are making the "caviar of the South" suddenly hip?

They're certainly trying. Because that caviar — better known as pimento cheese spread to the rest of us — is experiencing a renaissance of sorts around the country as trendy bars and restaurants catering to upscale drinkers have embraced the blend of cheeses and peppers as a funky accompaniment to hipster booze.

And it's showing up in all forms — dips, spreads, even fritters.

Pimento cheese dates to at least the late 1800s, when the blend of pimentos (a sweet pepper) and cheese was served at formal gatherings.

It quickly became a staple for the working man because it didn't require refrigeration.

Pimento cheese also was an important food during war times and the Great Depression.

Perre Coleman Magness, author of the new cookbook, "Pimento Cheese," admits she didn't necessarily like pimento cheese growing up in Memphis, Tenn., but her fondness blossomed as she got older, when she decided it was a truly a wonderful thing.

Q Why is there such a love-hate relationship with pimento cheese?

A Some people just have an aversion to it. That combination of three simple ingredients — tangy, sharp cheddar cheese and pimentos, which have a bite but are not hot and spicy, and creamy mayonnaise — comes together in this amazing way that can translate into other recipes.

Q What prompted the revival of pimento cheese?

A I think it's part of the resurgence in Southern cuisine. Southern chefs feel that it's OK to revisit the dishes of their childhood that maybe at one point weren't thought of as anything restaurant-worthy.

Q Are you a pimento cheese purist?

A It's a very personal taste. I think it's fascinating to see people riffing on their mothers' recipe. I'm not a big fan of pimento cheese with pickles in it.

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