

SECTION life@newspress.com





### Cajun Rabbit Sausage

This great find from the Jimenez Family Farm of Santa Ynez is a must-try. It is excellent when grilled, braised or sauteed, when added to sauces, stews and soups, or whatever your favorite sausage uses are. This sausage possesses excellent Cajun spices with a natural rabbit flavor that adds a unique touch to your dishes. On the Jimenez' farm, rabbits are raised without the use of hormone or antibiotic injections, and fed an allnatural diet for an extremely flavorful and clean finish. If you're looking to prepare a New Orleans-style dish in honor of the upcoming Mardi Gras celebration, try using this Cajun rabbit sausage in a homemade jambalaya as seen in today's Fix of the Week. Price is \$10.50 per pound.



## Organic Treviso

This stunning vegetable, grown by Jacob Grant of Roots Farm in Los Olivos, can make for a great presentation at the dinner table. Also referred to as "this winter flower," this

#### By MARILYN MCMAHON NEWS-PRESS STAFF WRITER

o-authors of five bestselling cookbooks, identical twins Judi and Shari Zucker are quick to give credit where it is due. "Our mother's cooking was so bad we became vegetarians at the age of 11 and started preparing meals for the family at 12," said Judi, laughing.

"We published our first cookbook when we were 17 and students at Beverly Hills High School," added Shari, which she says rhymes with Ferrari.

"How to Survive Snack Attacks . . . Naturally" (1979) sold more than 80,000 copies and since then the sisters have written "How to Eat Without Meat . . . Naturally" (1981), "Double Your Energy With Half the Effort" (1991), "Double Energy Diet" (2008) and their newly released "The Ultimate Allergy-Free Snack Cookbook" (Square One Publishers, \$16.95). Now 50 and proud of it, the twins, who could prove for helf their age live in

who could pass for half their age, live in Montecito homes not far from each other.

Judi, who has a real estate license, is married to Dr. Chris Mjelde, a dentist, and they have a daughter, Taryn, 17, and a son, Tanner, 16, both students at Santa Barbara High School.

An interior designer, Shari is the wife of Daniel Kilstofte, owner of a high tech company, and the mother of twin sons, Max and Miles, 22, who graduated from UC Irvine, and daughter, Mattea, 14, a freshman at Santa Barbara High.

"Mattea is my Costco girl — everything I didn't know I wanted," quipped Shari. During a lively interview at Shari's home, the women said they were dubbed the Double Energy Twins, a phrase they have trademarked, by their father, Irwin Zucker, a Hollywood publicist, who is still working at the age of 84.

So is their mother, Devra Z. Hill, 76, a movie critic. Their sister Lori Z, 53, is a DJ in Northern California.

'Our interest in healthy eating and nutrition began when we ran cross country and track in high school. We were winning one- and two-mile track records and realized that certain foods gave us more energy," said Shari.

Their knowledge about nutrition

# **PURE HILARITY** 'THE 39 STEPS' BRINGS THRILLS.

SPILLS AND BELLYACHES TO SANTA BARBARA

#### ENTERTAINMENT | D3

CodewordD2	Dear Abby D2	ComicsD4
Crossword D2	MoviesD3	TelevisionD5

# Allergy-free and tasty

THURSDAY, FEBRUARY 16, 2012

'Ultimate Snack Book' focuses on kid-friendly recipes



MICHAEL MORIATIS / NEWS-PRESS

Known as the Double Energy Twins, Shari, left, and Judi Zucker sample a pizza recipe from their latest book, "The Ultimate Allergy-Free Snack Cookbook."

# Quick 'n' Easy Pizza Sauce

3 tablespoons extra virgin oil 1 medium yellow onion, diced 1 clove garlic, minced 29-ounce can tomato puree 28-ounce can crushed tomatoes

1 tablespoon honey 1 tablespoon dried Italian herb seasoning 1 tablespoon dried basil 1/2 teaspoon sea salt

"The most common are dairy and wheat,

that my son Tanner is allergic to dairy and

Shari pointed out that the book includes

and I realized after we wrote the book

a page titled "Doggone Foods," which is

a list of foods that cause allergies in dogs

and cats. Included are avocados, chocolate,

"We had to fight the publisher for this,"

salt, onions/garlic and grapes, raisins and

said Shari, owner of an English pointer

on gluten-free products, Shari said,

Asked why there is a recent emphasis

"People have had symptoms of the allergy

- headaches, rashes, digestive problems

— for years but didn't realize the cause.

wheat," said Judi.

currants.

named Gucci.



red radicchio is a staple in Italy's Treviso province, heavily incorporated into their local cuisine. Possessing a pleasing bitter flavor, it is excellent when enjoyed raw in a salad and accented with a sharp acidic dressing. Mr. Grant recommends mixing it with his curly endive for a nice chicory salad, or using it with other bitter greens for a nice braising mix. Certified organic, price is \$1.50 each.



### Ground Pecans

This is a delicious way to add a nice unique crust to your chicken, fish or pork. I typically mix half bread crumbs and half ground pecans with finely chopped fresh thyme in a bowl. In separate bowls, add two beaten eggs in one and flour in the other. Dip your fish, chicken or pork in the flour, then in the egg, and finish by coating the outside completely with the pecan and bread crumb mixture. Place flat in a greased baking dish and drizzle the top with melted butter and chopped garlic. Place in a 400 degree oven and bake about 15 minutes per side, depending on the meat. When the outside has formed a nice crust, remove from oven and sprinkle with fresh thyme. Grown by Avila and Sons farm. Price averages \$7 per pound.

Find out when local farmers markets are held in the Culinary Calendar on page D7.

expanded as they attended health conventions with their father and heard lectures by notables like Dr. Linus Pauling.

'We realized at a young age that, as identical twins, we got a lot of attention, and we had the power to influence people to lead a healthy lifestyle," said Shari, stressing that they "don't preach. We share information."

The Zuckers continued their study of health and nutrition at UCSB, graduating in 1983 with bachelor of science degrees in ergonomics, the study of human physiology, physical education and nutrition.

Afterward, they were media specialists for General Mills to publicize the company's Nature Valley Granola products, and they taught natural foods classes to adults and children

Their newest book started out as "The Ultimate Snack Book" until their publisher, Square One, suggested they focus on allergy-free recipes, especially for children because the majority of those diagnosed with allergies are under the age of 18.

"We also knew at book signings for our other books, we were frequently asked about gluten-free recipes or recipes for other allergies," said Judi.

In the introduction to the book, they explain the difference between an allergy and food intolerance: "A food allergy

Heat the oil in a large pot over medium-low heat. Add the onion and garlic and saute 5 to 8 minutes or until the onions begin to soften. Add all of the remaining ingredients and stir well. Increase the heat to medium-high and bring the sauce to a boil. Reduce the heat to low and simmer uncovered, stirring often, for at least 30 minutes or until the sauce reaches the desired thickness. (The longer it simmers, the thicker it will get and the less acidic it will taste.) Use immediately or refrigerate in an air-tight container up to a week. Freeze up to six months. Yield: About 4 cups



OVER 100

#### FYI

Judi and Shari Zucker will sign their book "The Ultimate Allergy-Free Snack Cookbook" from 6:30 to 8 p.m. March 1 at Chaucer's Book Store, 3321 State St. in Loreto Plaza. For more information, call 682-6787.

The softcover book, which costs \$16.95, is also available at Tri-County Produce, 335 S. Milpas St.; Barnes & Noble; Amazon.com; and squareonepublishers.com.

To contact the authors, call 1-877-900-2665 or go to www.doubleenergy twins.com.

occurs when the body's immune system overreacts to a food, believing it is harmful. This response can range from minor skin irritations, like an itchy rash or stuffy nose, to more serious respiratory problems, including life-threatening anaphylaxis, which usually occur within minutes after exposure to the allergen. Signs include difficulty breathing and swallowing and swelling of the lips, tongue and throat.

"A food intolerance is similar to an allergy, but it does not involve the immune system, and symptoms like headaches, skin rashes and/or digestive issues are less severe and nonlife threatening.<sup>2</sup>

The top eight allergies are dairy, eggs, wheat, soy, peanuts, tree nuts (walnuts, pecans, etc.) fish and shellfish, according to the twins.

From a family tragedy springs new wine plot

hat the Murphy family's new Santa Maria property is shaped a lot like an isthmus smacks of serendipity.

'We were looking for a great piece of pinot noir-growing land with a little bit of soul," said vintner Matt Murphy with a distinct Southern inflection. His family's find off of East Clark Avenue in 2007, which came after a year's worth of hunting through pinot hot spots like Carneros and Lompoc's Santa Rita Hills, fit the bill for clear viticultural reasons: The plot's pervasive, sand-like soil drains extremely well and its proximity to the Pacific Ocean (the Murphy's property is the second-most western

vineyard in the Santa Maria Valley)

creates ideal maritime growing conditions.

But sentiment was a factor here, too. When Hurricane Katrina slammed to the Gulf Coast on Aug. 29, 2005, it wrought widespread devastation. Most of us know the story of New Orleans' tragedy well; images of leveled levees and the decimation that followed dominated the national media for weeks, and rightfully so.

But the waste on neighboring states, Mississippi especially, was no less distressing. The Murphys know that well, since their family compound - a 14-acre property on Henderson Point in the city of Pass Christian which stretched, in the shape of an isthmus, straight out to the Gulf's shores — was demolished.

"It was home to us," said Murphy of the land that's been in his family for generations, and which hosted dozens of his relatives during summer months, mainly, for years. "And it'll never be the same.

Please see SNACK on D8

That family plot was dubbed Presqu'ile by Murphy's grandfather, "who loved to throw French words at everybody," Murphy quipped. The word (pronounced "press-keel") translates to "almost an island.

A year later, during the wine grape harvest of 2006, Matt found himself working at Bien Nacido Vineyard in Santa Barbara wine country. He'd spent previous vintages in Napa, learning the business of growing grapes and selling wine This was the year he'd get to know an increasingly renowned region called Santa Maria.

The 2006 harvest also brought to Bien Nacido Dieter Cronje, who'd been trying his hand at winemaking for four years in his native South Africa and developed a zeal for pinot noir

"I love to make it because it's tough to make," he said with a southern accent of a totally different kind. To stretch his wings, "it was either Burgundy or the United States for me, and since I knew my lack of French would make Burgundy tough, I came to the States," Cronje said with a laugh. The weather helped set his sights on Central California instead of Oregon.

Please see SAGLIE on D6



Gabe Saglie





STEVE MALONE / NEWS-PRESS

Then students at UCSB, Judi and Shari Zucker were photographed in 1983 while working in the kitchen of their Isla Vista apartment.

# Allergy-free recipes tough to create

#### **SNACK**

Continued from Page D1

So many times, medical experts are looking for a cure and not the cause. They put a Band-Aid on the problem by prescribing pills or some other treatment." Coming up with the allergy-free

Coming up with the allergy-free recipes proved to be more difficult than they anticipated.

"It took us  $2^{1/2}$  years to make and taste the recipes because they had to be tasty as well as healthy. We didn't want things that tasted like cardboard," Shari said.

"It was the most challenging of all our books but in a good way. It forced us out of our comfort zone," said Judi. "We were used to baking with wheat flour and walnuts or pecans. We had to tweak our favorite recipe for peanut butter cookies by using sunflower seeds

#### **TUNE IN**

Judi and Shari Zucker will be guests on today's "Table Talk" show, which airs from 9 to 10 a.m. on News-Press Radio, KZSB AM 1290.

instead of the nuts."

They learned to make pizza crust with brown rice flour instead of wheat flour.

"Tapioca flour works, too," added Shari.

The twins rave about the Carob Fudge Brownies. "Judi and I are determined to bring couph hack instead of

to bring carob back instead of chocolate, which has caffeine and lots of sugar. Carob has protein, fiber and aids digestion," said Shari.

There are more than 100 "kidfriendly" recipes with names like

# PERFECT PIZZA CRUST

2<sup>1</sup>⁄<sub>4</sub> teaspoons active dry yeast (<sup>1</sup>⁄<sub>4</sub> ounce packet) 1<sup>1</sup>⁄<sub>2</sub> cups warm (not hot) water 1 teaspoon honey 2 tablespoons olive oil

1½ teaspoons dried Italian seasoning blend 1 teaspoon sea salt 2 cups brown rice flour 1½ cups tapioca flour

Dissolve the yeast in a cup or small bowl with  $\frac{1}{2}$  cup of the water and the honey. The mixture should bubble up and foam within a minute or so. If it doesn't, the yeast is not good. Discard it and start over with fresh yeast. Transfer the dissolved yeast to a large mixing bowl along with the remaining warm water, the oil, the Italian seasoning blend and salt. Stir well with a wooden spoon. Add 1 cup of the brown rice flour to the bowl and stir well. Continue to stir while adding the remaining brown rice flour and tapioca flour. When the dough becomes too stiff to stir and starts pulling away from the sides of the bowl, it's time to knead. Turn the dough (it will be sticky) onto a clean surface that has been sprinkled with rice flour. Knead the dough for 4 or 5 minutes while continuing to sprinkle with flour, until it is smooth and no longer sticky. Place the dough in a large, well-oiled bowl, then turn it over so the top is coated with oil — coating the dough will keep it from drying out. (You can use the same bowl you used to mix the ingredients, and you don't have to clean it first). Cover the bowl with a clean damp dish towel or plastic wrap. Place in a warm spot for about 30 minutes or until the dough doubles in bulk. Preheat the oven to 400 degrees. Lightly oil a baking sheet and set aside. Punch down the risen dough, fold it over a few times, then let rest a minute. Divide the dough into four equal pieces and shape into balls. Place each ball between sheets of waxed paper and roll out to 10-inch circles about 1/8-inch thick. Pinch the edges with your fingers to create a slightly raised border. Place the rounds on the prepared baking sheet and bake for 8 to 10 minutes. Remove from the oven, add the desired toppings, then return to the oven for an additional 15 to 20 minutes or until the bottom of the crust is browned. You can also pre-bake the crusts for 15 to 20 minutes, freeze them and finish baking (with toppings) at a later time. Just be sure to cool the crusts completely. Then wrap each crust in plastic wrap, place in a freezer-quality storage bag and freeze up to two months. Yield: 4 thin crusts (8-inch rounds)

#### Change it up . . .

For added crunch, sprinkle the oiled baking sheet with a handful of cornmeal before adding the dough. The cornmeal will bake into the bottom of the crusts, just like those in a pizzeria!

"Figgle-Giggle Squares," "Mrs. Marple's Maple Meltaways," "Killer Kale Crisps," "Mummy's Yummy Hummus" and "Purple Pudding." "We wanted to come up with

names that kids would like," said Judi.

Besides the recipes, there are guidelines for setting up an allergen-free kitchen, which should include items such as fresh fruits and vegetables, brown rice flour and oat flour, sesame seed butter, potatoes and corn and legumes (pinto beans, lentils, etc.).

All the ingredients are easily available locally at the farmers markets, Tri-County Produce, Lazy Acres, Whole Foods and Vons, according to the twins, who end their book with a list of resources for those living with food allergies.

Included are organizations, helpful websites and brand name products.

"The safest way to ensure that you and your family are eating allergy-free food is to make it yourself, and it can be fun, too," said Judi.

"The biggest problem today in America is obesity, and it starts with the child," said Shari. "Healthy food like this is the best preventive medicine. That's what we're all about. It works."

email: mmcmahon@newspress.com



This recipe is a no-bake, sugar-free flavorful treat.

# DOUBLE-ENERGY CRUNCH BARS

1 cup dry roasted sunflower
seeds
1/2 cup toasted sesame seeds
1/2 cup raisins
<sup>1</sup> / <sub>2</sub> cup unsweetened shredded
coconut

3/4 cup brown rice syrup 3/4 cup toasted sunflower seed butter

1/4 cup agave nectar 1 teaspoon vanilla 4 cups crisped brown rice cereal

Lightly oil a 16-by-11 baking sheet/pan and set aside. Place the sunflower seeds, sesame seeds, raisins and coconut in a large bowl and mix well. Heat the brown rice syrup in a large pot over medium-low heat for about 20 seconds. Add the sunflower seed butter and agave. Continue to heat while gently stirring for 30 seconds or until the mixture is hot, smooth and creamy. Remove from the heat. Stir the vanilla into the hot mixture, then add the crispy rice cereal and seed/dried fruit mixture. Stir well with a large wooden spoon or spatula until all of the ingredients are well coated. Empty the mixture onto the prepared baking pan and spread out evenly with a spatula. With oiled hands, firmly pat down the mixture to ½-inch thickness. Place the pan in the refrigerator about an hour or until the mixture is firm. With a sharp knife, cut the mixture into 2-inch squares. Layer the squares in an airtight container (separate each layer with a sheet of waxed paper) and refrigerate up to a week or freeze up to two months.

Yield: 35 bars (2-inch squares)

#### Change it up . . .

Instead of (or in addition to) raisins, try other dried unsulfured fruit like pineapple, mango, blueberries, cranberries and apples.

MICHAEL MORIATIS / NEWS-PRESS PHOTOS Fresh corn kernels add delicious sweetness and just the right crunch to this refreshing salsa.

# FESTIVE FIESTA SALSA

1 cup cooked corn kernels 1 large tomato, seeded and diced 2 scallions, finely diced 2 tablespoons chopped fresh cilantro ¼ cup lime juice 1 small clove garlic, minced 1 teaspoon sea salt

Place all of the ingredients in a medium bowl and mix well. Cover and marinate in the refrigerator at least 1 hour. Serve chilled. Store in the refrigerator up to a week. Yield: About 2 cups

. .

Change it up . . .

For added color and crunch, add ¼ cup chopped bell pepper (any color).

If your kids like a little "heat," try adding a seeded, coarsely chopped jalapeno chile.

# Hey Mister: Feed me something

#### By MARY FOSTER ASSOCIATED PRESS

NEW ORLEANS — For hours before a parade of glittering floats rolls down stately St. Charles Avenue, Carnival watchers are hard at work. Ice chests filled with food and drink soon give way to fired-up grills in the Mardi Gras equivalent to the world's biggest tailgate party.

While boozing it up and flashing flesh get the headlines, the food cooked up or hauled to the parade routes is as much a part of Fat Tuesday as begging for beads and toasting the make-believe royalty with a cold one.

As the Carnival season wraps up with four days of almost nonstop parades, for residents — many of whom will give up their favorites for Lent — it's a great reason to take their food to the streets where the fun is measured in the consumption of everything from gumbo to hot dogs to fried chicken, topped off with king cake and washed down with beer.

"Well, maybe a bloody mary for breakfast, but that or beer for sure," said Barbara Spangenberg, a New Orleans native whose family has been staking out a spot along the parade route for generations.

"It's like a military operation — getting your spot, getting your food and ice chests there, making sure you have chairs and ladders," she said. "And a lot of food, because people eat all day long."

The streets are closed to traffic before the parades, but building crowds make driving in the area all but impossible long before that.

For Mardi Gras, the last day of Carnival, many begin arriving at the parade route just after midnight when the streetcars are shut down. By dawn, the wide median where the streetcars usually roll has become a village of tents, canopies and tarps to shelter chairs, cots, ice chests, tables and grills as celebrants settle in for a long day.

Soon the tantalizing scents of grilled meat, simmering gumbo and spicy jambalaya drift up and down the street. People drink beer from cans and fancy beverages from Mardi Gras cups — the large plastic glasses that are prize catches from floats. King cakes with purple, green and gold icing sweat in their plastic wrappers, while kids lick sticky fingers before asking for another slice.

"I start off with a batch of sausages," said Dewayne Swanson, 46, who has been cooking at Mardi Gras for more than 20 years. "I do crawfish sausage, deer sausage and boudin. Once they start sizzling I have complete strangers coming up asking for some."

By the time Swanson's guests finish up the spicy sausages and he switches to pork chops and chicken on the grill, and gets the red beans and jambalaya on to heat, Zulu, one of the two major parades on Tuesday is rolling by.

"I hand them up some food, and they hand me down some coconuts," Swanson said with a laugh, referring to the decorated coconuts that are prized throws from Zulu.

Joann Lammons, a New Orleans native, and her husband Richard now travel in from Houston for Mardi Gras, packing their car with the huge quantities of food they count on to feed the people who stop by the place they set up for parades.

"We start cooking and freezing it well in advance," Joann Lammons said. "We have food for the parades from Saturday on."

The Lammons will be offering friends and family

**Revelers throw** beads from the balcony of the Royal Sonesta Hotel onto crowds on Bourbon **Street during Mardi Gras Day festivities** in the French Quarter on Mardi Gras day in New **Orleans. For hours** before a parade of glittering floats rolls down stately St. Charles Avenue, **Carnival watchers** are hard at work.



"I tell people in Houston who don't really get what it's all about that it's just like a huge tailgate party," Lammons said. "People show up and have a drink with you, or something to eat. You might not have seen them since last Mardi Gras, but you know you'll always see them then."

By the time Joe Scheuermann and his family show up at the Mardi Gras spot they've staked out for close to 50 years, they will have fed over 200 people at the Endymion and Thoth parades on the weekend before



ASSOCIATED PRESS

Fat Tuesday.

"We start cooking about 7:30 Friday morning and finish about 10:30 that night," said Scheuermann, who chose his house for its proximity to the weekend parades. "And on top of that everyone brings food. Then people just come and go all day during the parades."

Mardi Gras day seems almost quiet after the big weekend.

"My son gets to the route about 3 a.m. We get there later with the ice chests and food," he said. "We end up cooking from Friday through Tuesday, but it's worth it. I believe if you grow up in New Orleans you should enjoy it."







Got Gophers? HYDREX has the solution!

Safe for schools, hospitals, parks, pets & children. Uses pressurized carbon monoxide. SAME DAY SERVICE!

Call Hydrex Now! 805 687-6644 O'Connor Family 51 Years!