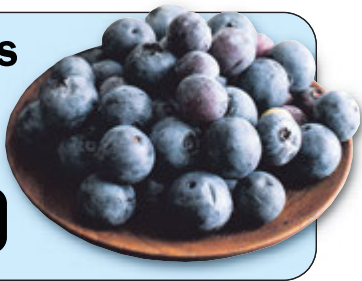


Fresh takes

Blueberries can be eaten in many ways — not just by the handful

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LIFE



Spaghetti Wednesday! Lunch and Dinner Specials

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Altoona Mirror

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The big bite

Altoona native taking on Seattle in cooking competition

BY AMANDA GABELETTO
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Altoona native Chef Michael Roddey is excited to take a bite out of Seattle. Roddey, an executive chef, lecturer and industry and educational consultant who has his own business, Gastronomic Services & Consulting, Duncansville, will face off against Seattle's Skillet Diner Executive Chef Nick Novello in a Bite of Seattle cook off.

Groupon Bite of Seattle is a food festival with entertainment and activities including a movie night and wine, craft beer and hard cider tastings that kicks off Friday and takes place through Sunday at the Seattle Center in Seattle, according to the festival website, www.biteofseattle.com. The festival also supports the charities Food Lifeline and FareStart.

"A lot of major cities will have these type of events to allow restaurants to feature what they do. And not only restaurants, but there's other gatherings and different things that are going on at the same time," Roddey said.

Roddey is scheduled to face off against

Novello at 2 p.m. Friday. Other show-downs are also scheduled during the three-day event.

The cook-off is part of The Bite Cooks! portion of the event with host Thierry Rautureau, Seattle restaurant owner and James Beard Award winner. The competition set-up is similar to the Food Network television show "Chopped," with contestants having 30 minutes to create a dish using three mystery basket ingredients. A pantry is also provided, and audience members will judge the dishes.



Roddey

Roddey knows he has "to beat the home team," but doesn't anticipate "any bitter feelings in any regard no matter how it flushes out. I'll go and do the best I can do with what we're given, and everything should turn out OK."

Novello is anticipating geoduck, a type of large clam, as a basket ingredient, and his fresh skills and work ethic to garner him the win, he said.

"Here's the deal: I'm in the kitchen every single day. I cook every single day. I am on the front lines in each of my

restaurants every single day, so truthfully I'm going to walk in there and do what I do. And that's cook really good food. With that being said, I'm not one of those 'mightier than thou' chefs. I definitely will get on your station and show you exactly why I have my job," he said.

Fun is on the menu for the competition, though.

"I look for a fun time. Win or lose, I'm excited to go. ... I always want to go up against somebody who is better than me or at least as good, so if I lose, I can go 'OK, cool, I lost to somebody who's a good opponent,'" Novello said.

Roddey said such competitions are a great way of identifying a chef's skill set and "really, you have to understand product, you have to understand utilization, so with my depth of experience that's going to allow me to tap into various skill sets that I've accumulated throughout my career in the industry to hopefully be ... more creative than my competitor and be able to bring forward some better flavor profiles and better appearance and plating techniques."

Roddey could have an edge in the friendly competition if he can tap into his

desire to prove himself.

"I love to try to continue to hone my skill set, as well as, as a consultant to prove that I can still cook and I'm not just out there at a 30,000-foot level trying to advise people, you know, I can do it from the ground level because I'm able to still execute and I still am in touch with my craft."

Both chefs have impressive resumes. Roddey, among other accomplishments, has taught in the Culinary Arts & Hospitality Education field, has served as a personal chef, provided catering for TV and movie sets such as "Con Air" and the WB's "Everwood," and prepared a 2002 Olympic dedication party, according to his website, chefroddey.com.

Novello, a southern California native, lists among his skills on the Skillet website at skilletstreetfood.com: cooking throughout British Columbia, opening a restaurant for Seattle Supersonics player Shawn Kemp, and has cooked for The Matador, Local 360, and Toulouse Petit.

Mirror Staff Writer Amanda Gabeletto is at 949-7030. Follow her on Twitter (@AmandaGabeletto) or on Facebook (Amanda Gabeletto Altoona Mirror).



Crepe Suzettes take advantage of bountiful summer berries

My childhood babysitter, Jean McClemens, fostered my hobby of picking berries in the summer time.

My brother, my sister, Jean and I would grab our picking pails and venture outside, filling our buckets to the brim.

Strawberries, black raspberries and blackberries covered our hands in pink juice as we picked and ate the delicious fruit. I loved to eat them cereal-style: in a bowl of milk, sprinkled with sugar.

Today, I enjoy visiting local orchards and farmers markets to get my fruit fix. Buying berries in season from local growers keeps your produce cost low, but your belly full of these antioxidant and fiber-rich foods.

The recipe below is my healthy



Lauren Kudlawiec
Tasty Words

Berries and Cream Crepe Suzettes

Cook time: 12 minutes
Total time: 30 minutes
Serves: 6 crepes
Total cost: \$5.78
For the filling

and affordable rendition of a family favorite using your perfect basket of berries. These tender crepes, filled with a homemade sweet yogurt cream and packed with fruit, will leave your family satisfied with a sweet summer smile.

3 cups fresh berries (slice strawberries if using)

2 ounces light cream cheese, room temperature

1/2 cup plain low fat Greek yogurt

2 tablespoons maple syrup

1/2 teaspoon cinnamon

1/2 teaspoon vanilla

For the crepes

6 eggs

3/4 cup low fat milk

1/3 cup flour

1 tablespoon sugar

In a medium mixing bowl, mix together the cream cheese, Greek yogurt, maple syrup, cinnamon and vanilla with an electric hand mixer until smooth and creamy. Set aside the sweet



cream filling while you make the crepe batter.

In another medium mixing bowl, whisk together the eggs, milk, flour and sugar until well combined. Preheat a small skillet over medium-low heat. Spray the skillet with non-stick spray and ladle 1/3 cup of the batter into the skillet. (Use a 1/3 cup dry measuring cup for an accurate and easy pour.) Turn the skillet to coat it entirely with a thin layer of batter. Cook for 1 minute or until the crepe looks dry around the edges and no runny batter remains. Gently flip with a spatula and cook for an additional 30 seconds on the second side. Remove from the pan and repeat the process with the remaining batter. You will have enough batter to make 6 crepes.

Let the crepes cool for a few minutes. Spread 2 tablespoons of the sweet cream filling on each and top

with 1/2 cup of berries. Fold the sides of the crepe in towards the center and secure with a toothpick. You can add additional syrup or powdered sugar if desired.

Approximate nutritional information per crepe: calories, 195; total fat, 7.2 grams; saturated fat: 2.8 grams; sodium, 144 milligrams; carbohydrates, 20.8 grams; fiber: 2 grams; sugar, 3.7 grams; protein, 11 grams; cholesterol, 194 milligrams.

Lauren Kudlawiec lives with her husband, Bryan, in Ebensburg and teaches at Penn Cambria High School. She took second place in "The Great American Cookbook Competition" on "Rachael Ray" this year and is currently writing her first cookbook about healthy and affordable cooking. She also demonstrates recipes on WTBJ's "Central PA Live" every Wednesday.

CHATTER

HAPPY BIRTHDAY

Singer William Bell, 75
Actor-singer Ruben Blades, 66
Drummer Stewart Copeland of The Police, 62
Dancer Michael Flatley ("Lord of the Dance"), 56
Actress Phoebe Cates, 51
Actor Will Ferrell, 47
Actor Corey Feldman, 43
Singer-guitarist Ed Kowalczyk (Live), 43
Actress Jayma Mays, 35
Actress AnnaLynne McCord ("Nip/Tuck"), 27
Actor-singer James Maslow ("Big Time Rush"), 24
Actor Mark Indelicato ("Ugly Betty"), 20



Ferrell

CELEBRITY SNIPPET

Meredith Vieira is looking to connect. "Authenticity," she said, "is the key word" for what she hopes to bring to her new daytime talk show, "The Meredith Vieira Show," which premieres in syndication Sept. 8.

Speaking of the daytime audience, she said, "They want real, and they want to connect with somebody. They feel a connective tissue (with daytime personalities) that I don't think you find other times of the day."

She'll have a house band led by Everett Bradley, a percussionist with the E Street Band.

And her set will be an exact replica of her own living room — "I want people to feel they're coming into my house" — with an easy chair actually lifted from her home.

DID YOU KNOW?

Did you know that the Hollywood star who played the most leading roles in feature films was John Wayne (1907-1979), who appeared in 153 movies? The star with the most screen credits is John Carradine (1906-1988), who has been in over 230 movies.

randomhistory.com

WORD OF THE DAY

duplicit (noun) \dú-'pli-sə-tē\ — a contradictory doubleness of thought, speech, or action, especially the belying of one's true intentions by deceptive words of action

Merriam Webster's Collegiate Dictionary

QUICK TIP

Save empty ketchup bottles, then buy a giant can of your favorite brand and you can fill about three of the plastic squeeze bottles.

Dollar Stretcher Tips