

# MARILYNN TUNKEY



## NEWSLETTER



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• Western New York's finest full service caterer •

Hello, again, and Happy Holidays! Thought a Newsletter would be fun –

Sooooo, let's see, should I start with the family update or move right into the real meat (caterers are allowed to use these phrases). My feeling is to keep it light and start by saying that my oldest son, James, wanted me to do this letter on the computer I got him this summer and still haven't learned how to use ... maybe next summer! Instead I sent it to my friend, Rose, to do on her computer! This year was my first year as a football and wrestling mom – swimming has become old hat – for my sons, that is. The really nice part about having these big guys around is that they finally fill out tuck shirts and can work in the front of the house instead of always doing the dishes ... they, Christopher and James, are going to win your hearts, too. (Yes, I pay them – they work really hard.) The last one, Michael, hasn't been tamed yet. He thinks he should serve my customers on his skate board ... I think he needs a few more years to really develop his talent.

This year was really busy. I would like to share some of these experiences with you because they have been rewarding or humorous and sometimes a little of both.

First, I'd like to share a recipe with you. It is called:

### RAINBOW TROUT WITH APPLES

4 8-to-10 oz. rainbow trout (whole with heads)

3 T. pink peppercorns

6 Ida Red apples (3 peeled, all sliced)

½ c. Calvados (apple jack brandy)

Butter

Honey

Pan fry the trout in butter over medium heat until crispy and done. Set aside heated dish and keep warm. Sauté the peeled apples in a cast iron pan, preferably, or the same pan as the fish with 3 tablespoons butter and 2 tablespoons honey until apples are tender. Stuff these slices into the trout cavity and continue to keep warm. Add 2 tablespoons of butter again to the frying pan and add the peppercorns, brandy and the unpeeled apple slices. Sauté until the apples are heated through. Pour over trout and serve.

What makes this particular recipe so interesting is that it is connected to an invitation I received from the NY Seafood Challenge to participate in their competition. Having received their notice on the late side and being tied up with several catering events, I quickly made up this recipe off of the top of my head and dashed it out, never giving it a second thought. So when they called to say I was a finalist, I was sure it was my friends playing tricks – but the woman on the other end of the line was very serious – I was a finalist – with Olympic Chefs. I'm still shaking my head – someone should stop me – we've gotten a lot of mileage

with this idea – we've even substituted grilled chicken. It is delicious! I have served it many times, since, for various affairs and always with positive results. So you know, it's the old story – if you don't see it or already know it – I'll invent it.

My next recipe has much firmer roots. It is a Salade Nicoise my mother used to make on hot summer days. I had the opportunity to share this family favorite with about one hundred and fifty people a day at Artpark while "chef in residence." I have often served this for summer buffets. Very easy to make.

### SALADE NIÇOISE

2 teas. mustard, preferably Dijon or Dusseldorf

2 T. wine vinegar – red

1½ teas. salt

1 or 2 cloves garlic, finely minced

6 T. olive oil

Freshly ground pepper

Lemon Juice

1 teas. chopped fresh thyme or ½ teas. dried thyme

2 lbs. green beans – throw out stem ends

2 green peppers

4 ribs celery, approximately

3-4 tomatoes

5 medium, red-skinned potatoes, cooked and sliced

3 cans (7 oz. ea.) Tuna – in oil

1 2-oz. can flat anchovies

10 stuffed olives

10 black olives, preferably imported Greek or Italian

2 small or 1 large red onion, if available, or substitute Bermuda onion

2 T. chopped fresh basil or 1 teas. dried basil

⅓ c. finely chopped fresh parsley

6 hard cooked eggs, quartered

1. In a mixing bowl, combine the mustard, vinegar, salt, garlic, olive oil, pepper and lemon juice to taste, and thyme. Beat with a fork until well blended and set aside.

2. Pick over the beans. Break off stem end, steam, drop in cold water, drain and set aside.

3. Remove the cores, seeds, and white membranes from the green peppers. Cut into thin rounds and set aside.

4. Trim the celery ribs and cut crosswise into thin slices. There should be about two cups of sliced celery. Set aside.

5. Slice tomatoes into quarters, set aside.

6. In a large salad bowl, make a more or less symmetrical pattern of the green beans, peppers, celery, and potatoes. Flake the tuna and add to the bowl. Arrange the anchovies on top and scatter the olives over all.

7. Peel the onions and cut into thin, almost transparent slices.

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# Cooking CLASSES

More classes!!!!... We had a great time last year... casual... just some very useable information and a little "fooding" around. Classes are held from 7:00 to 10:00 pm. A **non-refundable** fee of \$25.00 per class is required in order to register. The number of students is limited to 15 per class. Classes fill quickly, so register early.

## FREE CLASS

Planning a wedding/party/any event - you need to talk to a caterer - we aren't bad guys - come on in and listen to what we can do - how we can help you - what questions you should ask - when and how to manage your time, etc., etc.

Wednesday, January 11th, 1989



## PHYLLO/FILO

However you say it, spell it, or use it, this class will show you that phyllo is not difficult to work with. This basic class is designed to teach handling and technique. Simple recipes for appetizers, main courses, and desserts will show you how really easy it is.

Thursday, January 12th, 1989



## CHOCOLATE, CHOCOLATE, CHOCOLATE I

Who doesn't love Chocolate? ... and there are so many ways to use chocolate. I will share some of my favorite recipes with you and talk about the basics of handling. How can the chocolate lover in you resist?

Monday, January 16th, 1989



## FISH (guest speaker)

There is nothing fishy here... but learning how, what and when to buy as well as the basics of preparation. A marvelous low cholesterol food that's always "gourmet."

Thursday, January 19th, 1989



## CHICKEN

Which comes first, the chicken or the thought... Sometimes it can be just that way. You come home, drop into the chair and all you have in the house is a chicken. We will prepare fast meals with chickens - whole, breasts, it doesn't matter. Of course, we'll show you a fast dessert, but I only know of one chocolate cake recipe with chicken fat...

Tuesday, January 23rd, 1989



## DINNER FOR TWO - NEW LESSON PLAN ... SAME IDEA

What could be more romantic than a little bread, wine and thou? Probably a fantastic little dinner to go along with them. They say that the way to a man's heart is through his stomach... it certainly is for today's working woman! Soooo, whoever it is you want to romance, this class is the ticket to some great trappings.

Wednesday, January 25th, 1989



## SALADS

These marvelous concoctions are such a feast for the eyes... especially now with all the "designer" greens on the market. We'll cover luncheon salads, fruit salads, chicken salads, and many kinds of dressing - some traditional and others not so traditional. Your favorite? It's a toss-up!

Tuesday, January 31st, 1989



## PEACHES AND SPONGE CAKE - SOME THINGS SHOULDN'T CHANGE

How did I start this business? With eleven sponge cakes, some business cards and lots of friends! I believe that if you can make a sponge cake, the dessert world is yours. In this class you will learn the basics. Then I will show you how you turn a charming cake into an exotic dessert.

P.S. Homemade custard will also be taught.

Monday, February 13th, 1989



## LOW CHOLESTEROL - THAT TASTES GOOD

Unfortunately we cannot always eat with indulgence on a day to day basis, mostly for reasons of health. This class will make those "ordinary" healthy food recipes more appealing. We will offer substitutes for high cholesterol, high fat that will not intrude on your taste quality. It will give you a chance to indulge without indulgence.

Wednesday, February 15th, 1989



### THE TURKEY DINNER RETURNS

Cook a turkey dinner in February, practice for next Thanksgiving. We'll do the whole works starting with Oyster Steu, homemade Cranberry Sauce, Stuffing, Sweet Potatoes, Mashed Potatoes, Pumpkin Pie, Sweet Potato Pie (a real treat), and Apple Pie.  
Tuesday, February 21st, 1989



### MOROCCAN COOKING

The latest rage! We're going to sit on cushions for this class ... just kidding ... Marilyn will belly dance! It really is chic to be sheik. We will prepare couscous, preserved lemons, chicken tangine, and offer suggestions for menus to serve them. Join us for the exotic.  
Thursday, February 23rd, 1989



### THE YEAST IS ABOUT TO BEGIN!

All rise! Here's the opportunity to try a basic roll recipe (the same one I use for my business - they freeze beautifully). We'll talk about types of flours and types of yeasts. We'll make you sensitive to dough - what it should do and how it should handle. Sounds knead, doesn't it?  
Monday, February 27th, 1989



### WINE

The wine we serve at every class usually gets to the students instead of the food ... this time we'll put some into both. You're familiar with Coq au Vin, or Beef Bourguignon - well, we're not teaching these ... more creativity will be offered.  
Wednesday, March 1st, 1989



### CHOCOLATE, CHOCOLATE, CHOCOLATE II

Once you've been through my first class you won't be able to resist the second one. It's just more on that heavenly flavor and what it can do to win friends and influence people.  
Thursday, March 9th, 1989



### HOT MEALS FOR COLD WINTER DAYS

How about a winter picnic, or that "playoff" tailgate party, or an in-home get-together after cross country skiing - or shoveling out after a blizzard ... something beyond the standard chili fare. Something you can store in the refrigerator for up to three days - hearty but très elegant!  
Wednesday, March 15th, 1989



### SUMMER SENSATIONS

How about something European - a loaf of bread, a marvelous paté, a jug of wine ... I also have a fabulous recipe for cold fried chicken if you want something traditionally American. Whichever way you want to go we'll even give you ideas for presentation or serving. You can join next year's picnic competition with the NEWS ...  
Tuesday, March 21st, 1989



### SIMPLE MEALS FOR WORKING PEOPLE

All you want to do is come home and put your feet up? Well, I will teach you a few ways of getting around food preparation, short of hiring a cook, so that you can do just that. I'll give you strategy for planning interesting and appetizing meals with the least time and effort.  
Thursday, March 30th, 1989



# Gift Certificate

For: \_\_\_\_\_  
In the amount of: \_\_\_\_\_  
redeemable at Marilyn Tunkey, caterer.

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Scatter the onion rings over all. Sprinkle with basil and parsley. Garnish with hard cooked eggs and tomatoes.

8. Toss the salad with the dressing after the garnished bowl has been presented to guests for their enjoyment. Serve with a crusty loaf of French or Italian bread.

So there you have it, delicious summer fare. My friend, Rose, says her child wouldn't go near this with the anchovies and onions! Fortunately, this is a free country – you can leave them out!

I have all of you to thank for my many successes this year. Your appreciation of my food and repeat business has brought me a lot of attention from the media. I've had the opportunity to make several appearances on AM Buffalo – the first time my knees were shaking and I couldn't remember a thing. Cindy and Brian sure earn their money – they protect me from the starving camera crew!! *Business First* of Buffalo ran an article on gourmet caterers that included a wonderful accolade from Hal Leader, owner of Printing Prep. He said, "Marilynn made Printing Prep look good at the grand opening. And she made me look good at the company picnic." Thanks, Hal! Of course, Printing Prep sets my type!

The Niagara Gazette did an exclusive on my company including some marvelous pictures of my crew at work. Their mommies were thrilled – we had a great time.

And speaking of staff, along with my three monsters, we've added some great new people. Elizabeth Harwood comes to my kitchen by way of the yellow pages ... she has a natural talent for cheffing, and, as if that is not enough, is doing graduate work at the same time. But, she insists, this is the last job she looks for in the telephone book.

Lorraine Pasternak has made the catering business her career. As many of you know, she was loved by one and all at the Hyatt. But, we have her now and she is our new operations manager. Of course, she has had to make a few adjustments ... after only a few short months here, she is sure that we are the one caterer that everyone calls when no one else can do the job ...



Lorraine Pasternak

and that we really do make everything from scratch. Give us an empty room – some butter, milk and sugar ... She'll give you great service and hopefully give me some time to dream up even more ingenious ways to keep us the best!

We all lost one great person this year – Bert Greene. Buffalo was his last appearance and I'm sure all of you who attended his lecture will never forget him. His book *Greene on Grains* has been completed and Susan Fox, owner of Elmwood Books, is carrying it in her shop. While I was teaching at Artpark this summer, I kept thinking about how much he loved being there and I hoped that he could know that his lemon mousse was being taught in his honor.

I'm not planning to top Bert with someone else this year – we're going to do classes with some wonderful local color instead. Tony Songin promised he would come and teach the advanced

chocolate class ... the rest of my guests will be surprises. So, what's going to be new this year? Well, I've purchased stools – they aren't painted yet, but we're working on them ... white, of course. So, now we have pencils, paper, and seating ... next year maybe an overhead mirror. I can't get everything at once – you won't have anything to look forward to or you'll think I'm growing too fast and don't need your business – which, by the way, isn't true (remember, my big guys are going off to college, and they drink two gallons of milk a day).

Those of you who call me "the butter queen" will eat your words when you take the LOW Cholesterol class. I've also given up teaching you guys the basics in a separate class ... unless it sounds fancy and complicated, you won't sign up ... so now, each class has some little hints on the basics. I was really fortunate to go see Jacques Pepin this fall, and I loved watching him sneak in those little basics like how to properly hard boil an egg – I keep practicing and haven't gotten it perfect yet. I do plan for all of you to have fun again this year and that's the most important part when winter can be so dreary. I'm anticipating a whole new bevy of hecklers ... so do come join our classes.

Finally, I wanted to share with you a very special gift I received from Displaced Homemakers this Spring and Fall. I traveled to NYC to receive a plaque that I was awarded that read "Entrepreneur of the Year"/N.Y. State Dept. of Labor, for being one of 10 women who in the 10 years that the program has been running has shown "courage and determination to succeed." Some of you remember a Wizard of Oz party I did a long time ago. But I really felt like I went to Oz to accept this award instead of New York City. It was through the encouragement and help from Displaced Homemakers that I found the wherewithal to start my catering business eight years ago. I am very proud to accept this award from an organization that helps women to become all they are capable of.

For those of you who signed up for my mailing list and don't want to know how my family is doing or don't have any desire to cook, what about telling you about the great catering service we provide. Oh, O.K., I guess you could say we are established – we certainly are reliable – always on time. Let's see, we supply the food (we're prejudiced, but we like to think that the menus, although not pretentious, are unusual and plentiful – and, like Jacques Pepin, don't believe in killing the baby vegetables). We do the other stuff, too. Like what? Well, we'll supply chintz tablecloths for your wedding, a theme idea for your company party, transportation for the out-of-town guests, sound systems for your next meeting, the most efficient and courteous staff on two legs, and we've even been known to sew on a button or two. SERVICE, SERVICE, SERVICE.

There you have it. It was a very good year and I look forward to serving you again this coming year.

Love,

A handwritten signature in cursive script, appearing to read "Marilynn".

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