



The Peppercornz Press

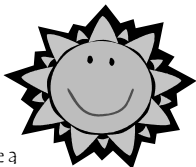
August 2007 / Vol. 8

The hot, hot days of summer are upon us. For many restaurants in this area, it generally means a slow down in business as most folks head to the Cape for the weekend or up north to their cottages in Maine and New Hampshire. Peppercornz is no different. While we have been fortunate to have a very strong summer so far, it definitely does drop off ... especially during August. One of the things we try to do is to promote something fun for our customers to make them want to come in. Last month we started our Summer Dessert Special. It was such a huge success we decided to continue it in August, and in fact, may make it a new monthly item! Last month's Strawberry Shortcakes sold like hot cakes. So, this month we decided to feature another berry that is great this time of year ... blueberries! And what better way to eat them than in a homemade blueberry sauce over homemade crepes with whipped cream!! So this month, come by the restaurant and try out our Blueberry Drenched Crepes... you'll be hoping I give you this recipe next month!! ENJOY!!



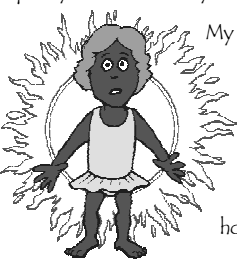
Taylor & Linda, Proprietors

Summer BURN!



It happens to me every year. You'd think I'd learn by now. I finally have a day that I can go to the beach for a few hours and I come back just a bit well done! I always think my rationale is quite sound... you know, I want to get a bit of color, so I'll just sit there without any sunscreen for just a "little" while and then I'll put it on. Unfortunately, this time I was with a good friend, Amy, (one of the hens, for those of you keeping up with the newsletters) and we hadn't seen each other in a while.

So... time kind of flew by. Next thing I knew I'd been sitting there for about 2 hours. I figured I'd better stop talking for a minute and put on some lotion. We continued to sit there for another hour or so and then headed back home. Needless to say... it became quite obvious, quite quickly, that I missed my window of opportunity for sun protection.



My ankles were swollen for days and you couldn't even THINK about touching me for much longer. That was July 3rd and I just finished peeling last week! The real kicker is that Amy was sitting to my left so I kept turning my head to talk with her. You guessed it, my neck and face had a nice streak on the right side. It was rather pitiful. At any rate... if I read the info below before I went out, maybe I would have been a bit more intelligent about things. I do hope I've learned my lesson once and for all this time!

6 Ways to Ease Sunburn

Even though many take precautions, people will suffer at least one sunburn each summer, says Dr. Dee Anna Glaser, associate professor of dermatology at the St. Louis University School of Medicine. "They forget to reapply sun-block after swimming, they miss spots or they stayed outside longer than expected. A sunburn can be a painful reminder." To ease a burn, she recommends:

- Get out of the sun immediately and stay out of direct sunlight until your skin has recovered -- typically a few weeks.
- Take aspirin or ibuprofen to lessen the pain and inflammation.
- Drink extra water to re-hydrate and replace lost fluid.
- Take a cool bath or shower to unclog pores and let them breathe as much as possible.
- Don't use bubble bath or heavy perfumed cleaners and don't scrub your skin, which will only further irritate it.
- Don't pick off peeling skin because this could result in infections.

Recipe of the Month

Strawberry Shortcake

Many of you know that Linda teaches cooking classes at Williams-Sonoma at the South Shore Plaza. This recipe was tested during her class on An All American Fourth of July. It wasn't your typical biscuit kind of shortcake but something a bit lighter. Since our first summer dessert special was a huge success, we wanted to share the recipe with you so you can have it anytime you want! Enjoy!

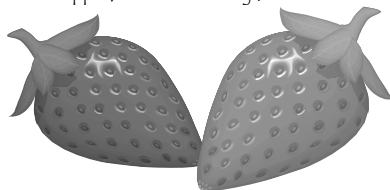
Ingredients:

For the Strawberries

3 to 4 cups sliced strawberries
Juice of 1 lemon
2 Tbs. sugar

For the Shortcakes

1 1/2 cups sifted all-purpose flour
2 tsp. baking powder
1/8 tsp. salt
8 Tbs. (1 stick) softened unsalted butter
3/4 cup sugar
Finely grated zest of 1 lemon
2 eggs, lightly beaten
1/2 tsp. vanilla extract
2/3 cup milk
1 cup chilled heavy cream,
whipped with 2 Tbs. sugar



Source: Williams-Sonoma Kitchen

Instructions:

To prepare the strawberries, in a nonreactive bowl, combine strawberries, lemon juice and sugar and stir together until well blended. Cover and refrigerate, stirring occasionally, until the strawberries are tender and have released much of their juices, at least 2 hours.

To make the shortcakes, position a rack in the center of an oven and preheat to 350°F. Grease and flour a 6-well shortcake pan (I used a muffin tin!).

Over a sheet of waxed paper, sift together the flour, baking powder and salt.

In mixer, beat butter on medium speed until smooth and creamy, 30 to 45 seconds. Reduce speed to low and gradually add sugar, beating until blended. Increase speed to medium-high and continue beating, until mixture is light and fluffy, 3 to 5 minutes. Beat in zest. Add eggs a little at a time, beating each addition until well blended before adding more, until the mixture is thick and creamy, 1 to 2 minutes. Beat in vanilla. Reduce speed to low and fold in flour mixture in three additions, alternating with milk and beginning and ending with flour, until just blended and no lumps of flour remain.

Divide batter among the wells of the prepared pan and bake until a toothpick inserted into the cakes comes out clean, 18 to 20 minutes. Transfer to a wire rack after cooling the cakes in the pan for 10 minutes. If not serving the cakes immediately, store them in an airtight container at room temperature.

To serve, slice each shortcake in half horizontally. Place the wide shortcake halves, sliced side up, on individual plates. Top each with some of the strawberries and whipped cream, then top with the other half of the cakes, cut side down. Garnish with additional strawberries and a dollop of whipped cream. Serve immediately. Serves 6.

Peppercornz
Restaurant & Catering
www.peppercornz.com

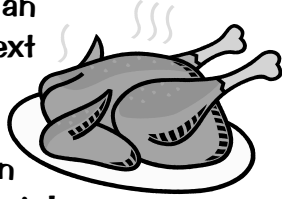
HOT AUGUST SAVINGS

\$1. OFF YOUR FIRST ORDER OF BLUEBERRY DRENCHED CREPES

Dine in/Pick Up Only
Cannot be combined with another offer
Expires 08/31/07

ARE YOU THINKING TURKEY YET?

Peppercornz is pleased and excited to announce that we will be offering **FULL THANKSGIVING DINNERS** this year. Keep an eye out in the next newsletter for more details on how and when to get your order in!



FYI... To check out back issues of the newsletter go to our website and click on 'What's New!'

Our Monthly Drawing Winner of a \$10 Peppercornz Gift Card is **Rhonda Manning of Braintree**



ALSO Regional GOLD
Winner for Lunch & Takeout

THANK YOU!

FOR ANOTHER SPECTACULAR YEAR



Dinner



Pizza



Caterer



Lunch



Takeout



ALSO Regional SILVER
Winner for Pizza & Caterer

Download our full menus on our website
www.peppercornz.com

"Red meat is not bad for you. Now blue-green meat, that's bad for you!" ~Tommy Smothers

Peppercornz

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