



NEWS RELEASE

Defense Commissary Agency

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DeCA supports Women's History Month: 'Have you ever met Betty Crocker?'

*By Kay Blakley,
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FORT LEE, Va. – Throughout history, when the subject turned to food, women played a central role. Growing food, shopping for food, storing food properly, and cooking and serving it in a delicious fashion has long been considered part of a woman's traditional "domain."

Women have even played a central role in bringing about many of the products we enjoy today. Have you ever used Ban roll-on deodorant? The deodorant itself was invented in the late 1800's and was sold under the brand name Mum. However, the roll-on delivery device, that nifty little ball that allows you to apply it perfectly to your underarms, was invented by Helen Barnett Diserens in the late 1940s.

Have you ever had the pleasure of meeting Betty Crocker? I'd be surprised if you answered yes. There never was a real person named Betty Crocker – she was merely a long-lived creation of a marketing campaign. But, there really was an Aunt Jemima. She was Nancy Green, from Chicago, Ill., who was hired by the Davis Milling Company to demonstrate their new pancake mix at the World's Fair in Chicago in 1893. The product was such a hit she was awarded a medal and proclaimed "Pancake Queen" by fair officials. She signed a lifetime contract with the pancake mix makers and toured the country promoting the product until her death in 1923.

If you are a frequent user of frozen dinners, you owe a bit of gratitude to Betty Cronin, a home economist employed by Swanson Brothers. She invented these convenient creations in the

1950s at about the same time television became widely available, so of course, that's how they became known as TV dinners.

Would you care to guess who invented the paper grocery bag? A woman, of course! Her name was Margaret Knight, and some 40 years later another woman, Lydia Deubener, jazzed it up a bit with handles.

We women are a pretty sharp bunch. So take a bow, pat yourself on the back, and see if one of our featured recipes from a few of today's well known women might need to find its way to your table and into your recipe box.

Come to Kay's Kitchen at <http://www.commissaries.com> and check out the recipes below and others for easy-to-prepare ideas to turn your next meal into a tasty, nutritious feast.

Remember, all the necessary ingredients are ready and waiting for you at your local commissary.

Michelle Obama's Apple Cobbler

8 Granny Smith apples, peeled and sliced (or a bag of frozen, peeled and sliced apples)
1 ½ to 2 cups brown sugar
1 ½ teaspoons cinnamon
1 teaspoon ground nutmeg
½ teaspoon salt
¼ cup all-purpose flour
3 sheets refrigerated pie crust
¾ stick butter, cut into small pieces
¼ stick melted

1. Place sliced apples in a large bowl.
2. In a small bowl combine brown sugar, cinnamon, nutmeg, salt and flour until well combined. Pour over sliced apples and toss until well coated.
3. Cover apple mixture and refrigerate overnight to let the spices permeate the apples.
4. Preheat oven to 325 degrees. Butter and lightly flour the bottom of a large baking dish.
5. Roll out 3 pie crusts as thin as possible. Layer the bottom of the baking dish with 1½ of the crusts, letting crust hang over sides of dish.
6. Pour apples, with accumulated juice into crust; dot evenly with small pieces of butter.
7. Cover top with remaining 1½ pie crust, folding and pinching crust together around edges. Cut steam vents in top crust; brush liberally with melted butter.
8. Place cobbler in oven, reduce temperature to 300 degrees and bake for 2 to 2 ½ hours or until crust is deep golden brown and apples are tender when pierced with a knife.
9. Serve warm with a scoop of vanilla ice cream.

Laura Bush's Cowboy Cookies

3 cups all-purpose flour
1 tablespoon baking powder
1 tablespoon baking soda
1 tablespoon cinnamon
1 teaspoon salt
1½ cups (3 sticks) butter, at room temperature
1½ cups granulated sugar
1½ cups packed light brown sugar
3 large eggs
1 tablespoon vanilla extract
3 cups semisweet chocolate chips
3 cups old fashioned rolled oats
2 cups sweetened flake coconut
2 cups chopped pecans (8 ounces)

1. Preheat oven to 350 degrees.
2. Mix flour, baking powder, baking soda, cinnamon and salt together in a medium bowl.
3. In a large (8-quart) bowl, use an electric mixer at medium speed to beat the butter until smooth and creamy, about 1 minute.
4. Gradually beat in the granulated and brown sugars until well-combined, about 2 minutes.
5. Add the eggs, one at a time, beating well after each addition. Beat in the vanilla.
6. Stir in the flour mixture just until combined; fold in the chocolate chips, oats, coconut and pecans.
7. For each cookie, drop ¼ cup dough onto ungreased baking sheet, spacing 3 inches apart.
8. Bake for 17 to 19 minutes, or until edges are lightly browned.
9. Remove cookies to a wire rack to cool.

Yield: 3 dozen Texas-size, or 6 dozen regular-size cookies

Hillary Clinton's Chocolate Chip Cookies

1½ cups all-purpose flour
1 teaspoon salt
1 teaspoon baking soda
1 cup shortening
1 cup packed brown sugar
½ cup granulated sugar
1 teaspoon vanilla extract
2 eggs
2 cups rolled oats
2 cups semisweet chocolate chips

1. Preheat oven to 350 degrees. Spray baking sheets lightly with cooking spray.
2. Combine flour, salt and baking soda in a small bowl.
3. In a medium bowl, beat together the shortening, sugars and vanilla until creamy. Add the eggs, one at a time, and continue beating until light and fluffy.

4. Beat flour mixture, a third at a time, into shortening mixture.
 5. Stir in the rolled oats and the chocolate chips.
 6. Drop batter by rounded teaspoonfuls onto baking sheets.
 7. Bake 8 to 10 minutes or until golden brown.
 8. Cool cookies on the baking sheet for 2 minutes then remove to a wire rack to cool completely.
- Yield: 3 dozen cookies

Katie Couric's Lemon Chicken

- 4 boneless, skinless chicken breasts
- All-purpose flour for dredging
- 2 tablespoons butter
- 2 tablespoons olive oil
- Juice of 2 lemons
- 3 tablespoons all-purpose flour
- 3 cups chicken broth
- Salt and white pepper to taste
- Chopped parsley and lemon slices for garnish

1. Place chicken breasts between two sheets of waxed paper and pound with a meat mallet to a uniform thickness. Lightly dredge breasts in flour, shaking off any excess.
2. Heat the butter and olive oil in a large skillet over medium-high heat until sizzling. Add the chicken breasts and sauté, turning once until cooked through and juices run clear. Remove chicken to a plate and cover to keep warm.
3. Whisk the 3 tablespoons flour into the oil and butter remaining in the skillet. Stir until smooth, cook for about 1 minute or until lightly browned.
4. Whisk in the chicken stock and lemon juice; reduce heat to a simmer.
5. Return chicken breasts to the skillet and heat through, cooking until sauce is of desired consistency. Season to taste with salt and ground white pepper.
6. Serve the chicken on a bed of basmati rice, spoon the sauce over the chicken, and garnish with chopped parsley and lemon slices.

Yield: 4 servings

Robin McGraw's (Mrs. Dr. Phil) Italian Roast Pork Loin

- 1 tablespoon no-salt lemon pepper
- 2 teaspoons fennel seeds
- 2 teaspoons dried oregano
- 2 teaspoons dried rosemary
- 1 teaspoon salt
- 1 tablespoon olive oil
- 3 cloves garlic, mashed or put through a garlic press
- 1 (2 ½ pound) pork loin, trimmed of all exterior fat

1. Preheat oven to 325 degrees.
2. Combine all spices and salt in a small bowl and set aside.

3. Combine the olive oil and garlic in a separate small bowl.
4. Rub all surfaces of the pork loin with the olive oil mixture; sprinkle with the herb mixture, pressing to help it adhere.
5. Place roast in a shallow baking dish or roasting pan.
6. Roast, uncovered until golden brown, and insert an instant-read thermometer into the thickest part of the loin. It will register 160 degrees for medium (about 65 minutes) and 170 degrees for well done (about 1 hour 15 minutes).

Rachael Ray's Caprese on a Stick

- 1 pint grape tomatoes
- 24 small leaves fresh basil
- 1 container of marinated bocconcini – bite-size mozzarella balls in olive oil with herbs.
- 1 package 6- to 8-inch skewers

1. Skewer grape tomato, basil leaf and bocconcini ball and repeat until you have 12 skewers.

Nigella Lawson's Choco-Hoto-Pots

- ¾ cup semisweet chocolate chips
- 1 stick unsalted butter
- 2 large eggs
- ¾ cup superfine sugar
- 3 tablespoons all-purpose flour
- ½ cup white chocolate chips

1. Preheat oven to 400 degrees; place baking sheet on oven rack to preheat, as well. Butter four 2/3-cup ramekins and set aside.
2. Melt the butter and semisweet chocolate together in the microwave or in a double boiler. Stir until smooth and set aside to cool slightly.
3. In a medium bowl, combine the eggs, sugar and flour.
4. Add the cooled chocolate mixture and stir until well blended. Fold in the white chocolate chips.
5. Divide mixture evenly among the ramekins and place on preheated baking sheet.
6. Bake about 20 minutes or until tops are shiny and cracked, and chocolate underneath is hot and gooey.
7. Place each ramekin on a small plate with a teaspoon and serve hot.

Yield: 4 servings

-DeCA-

***About DeCA:** The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones.*

Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings worth about \$3,300 annually for a family of four. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.