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**Gersky's
Catering**

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Mercadante's
Deli

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Hail to the Chef!

July 2009

July 4th is coming and it's time to celebrate!

This year marks the 233rd birthday of our nation and the official adoption of the Declaration of Independence by the Second Continental Congress. And speaking of the Declaration of Independence, July 4th is the anniversary of the deaths of two of its signers, and the only ones to become president, John Adams and Thomas Jefferson (1826), as well as the death of president James Monroe (1831). The fourth of July is also the birthday of our 30th president Calvin Coolidge (1872), and Ulysses S. Grant III (1881), grandson of our 18th president.



So whether you're planning a presidential gala or a backyard barbeque this 4th, let Gersky's help with the festivities (though you'll have to find your fireworks elsewhere).

Happy reading and eating! - The Gersky's Staff

Holiday Profile

Bastille Day

The United States is not the only country with a national holiday this month; July 14th is Bastille Day in France. Bastille Day, or Fête Nationale, commemorates the 1790 Fête de la Fédération that was held on the one-year anniversary of the storming of the Bastille in Paris, marking the start of the French Revolution.

In France, Bastille Day is celebrated much like our own Independence Day, with festivals, parades, fireworks, and of course food. Traditional dishes served on Bastille Day are those made with fresh, local ingredients that are available at markets and from the farmers themselves, as the French were a hearty group at the time, making meals out of whatever fresh goods and produce that they could get.



Now I know what you're thinking, there are no movies celebrating this French national holiday. Au contraire mon frere, please direct your attention to the 1964 Audrey

Hepburn/William Holden classic, *Paris - When It Sizzles*.

Viva la France.

All About... Barbeque

Barbeque — not to be confused with grilling — refers to the slow process of cooking using indirect heat and/or smoke, and is one of the most popular cooking styles across the United States. But not all barbeque is created equal. The U.S. is the home of countless regional recipes and techniques for creating such mouth-watering cuisine.



St. Louis-style barbeque is generally all about pork, including shoulder, sausages, and of course, St. Louis-style ribs. 250 miles to the west, Kansas City is known as the "world's barbeque capital." Kansas City-style barbeque is characterized by its use of different meats, including pork, beef, chicken, and turkey, as well as a liberal dosing of sweet and tangy barbeque sauce. Memphis-style barbecue is also known for its sauce. However, unlike Kansas City - where they prefer a thick, sweet sauce - Memphis-style barbeque sauces are thinner and are tomato- and vinegar-based.

Like America herself, the realm of barbeque is a melting pot. But no matter what your tastes are, there are enough restaurants out there devoted to this uniquely American cooking to satisfy even the most discerning barbeque aficionado.

"How To..." Grilling Dessert

Just when you thought it was safe to turn off the grill or let those last few coals die out, your dessert is just begging to be cooked right there over an open flame.

Here is a video from world-renowned chef Bobby Flay and the Food Network to show you what you've been missing.

Click below to see the whole video



Recipe of the Month Homemade Barbeque Sauce

Ingredients:

- 1 medium onion, chopped
- 1/3 cup celery, chopped
- 2 cloves garlic, minced
- 2 tablespoons vegetable oil
- 3/4 cup ketchup
- 1/2 cup of your favorite beer
- 1/4 cup apple cider vinegar
- 1 tablespoon Worcestershire sauce



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Hail to the Chef!

1 tablespoon paprika
1/2 teaspoon cayenne pepper

To Make:

Sauté onion and celery in oil over medium heat until tender, about 5 minutes. Stir in garlic, paprika and cayenne, and sauté for about 1 minute. Add beer, vinegar, Worcestershire, and ketchup. Reduce heat and simmer uncovered for 30 minutes, stirring occasionally. Makes 1 1/2 cups.

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