



Serving Up

OKLAHOMA



*Crowd
Pleasing
Party
Platters*

Winter 2002

Herb-Crusted Beef Rib Roast

6 to 8-pound beef rib roast (2 to 4 ribs)
small end, chine (back) bone removed
Creamy Horseradish & Chive Sauce
(see recipe below)

Seasoning

- 2 tablespoons minced fresh parsley
- 1 tablespoon dried thyme leaves, crushed
- 1 tablespoon vegetable oil
- 2 teaspoons cracked black pepper
- 4 cloves garlic, crushed

Prepare Creamy Horseradish and Chive Sauce the day before.

Heat oven to 350°F. In small bowl, combine seasoning ingredients. Press evenly into surface of beef roast.

Place roast, fat side up, in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part, not resting in fat or touching bone. Do not add water. Roast 2-1/4 to 2-1/2 hours for medium rare; 2-3/4 to 3 hours for medium doneness.

Remove roast when meat thermometer registers 135°F for medium rare; 150°F for medium doneness. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 minutes. (Temperature will continue to rise approximately 10°F to reach 145°F for medium rare; 160°F for medium.)

Carve roast. Serve with horseradish sauce.

*Total preparation & cooking time: 2-3/4 to 3-1/2 hours.
Makes 8 to 10 servings*

Creamy Horseradish and Chive Sauce

In 1-quart bowl, combine 2 cups dairy sour cream, 1/2 cup prepared horseradish, 1/3 cup milk, 2 tablespoons snipped fresh chives and 1/4 teaspoon ground white pepper. Cover and refrigerate sauce until ready to serve.

Makes approximately 2-3/4 cups sauce.

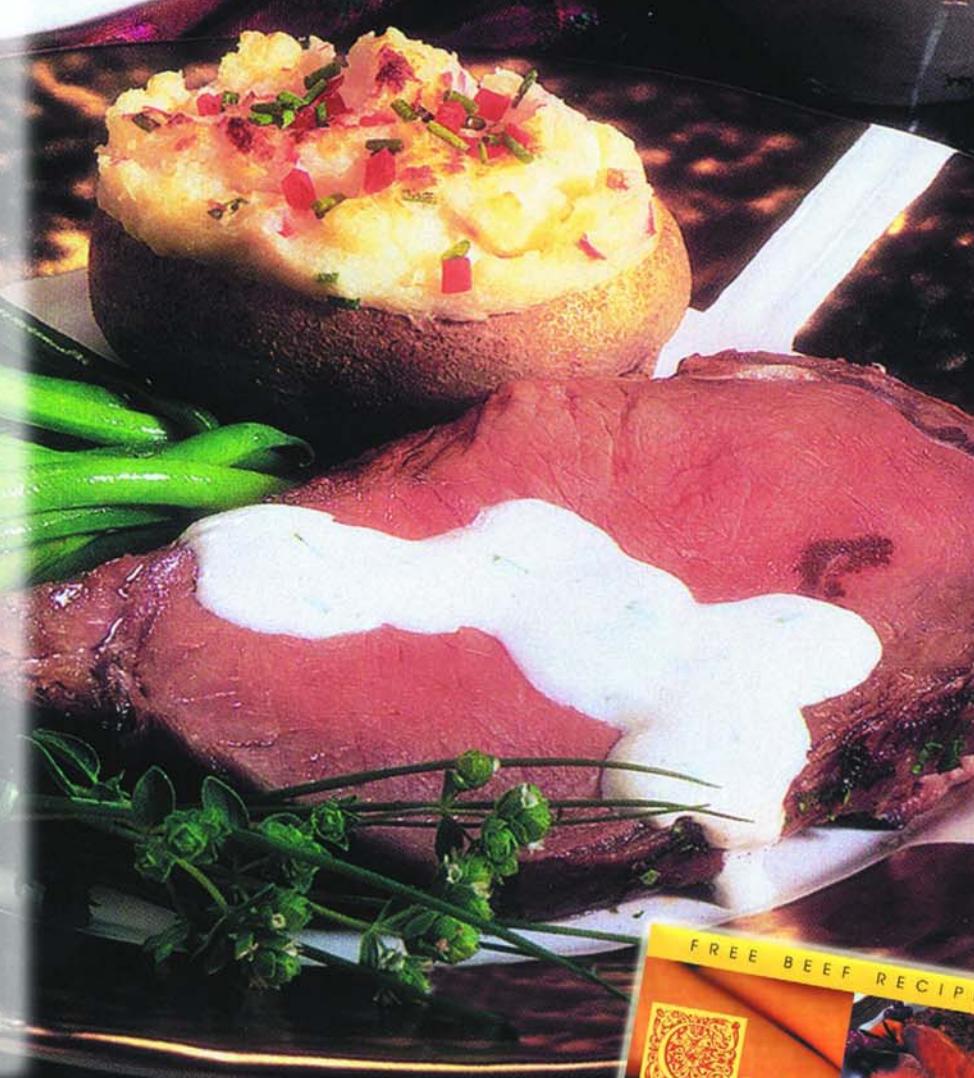


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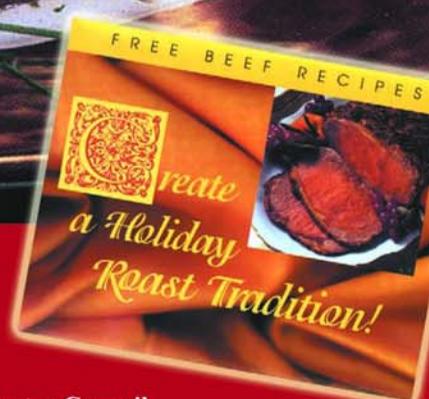


Did you know...

- ...there are seven cuts of beef that fall between the chicken breast and thigh in terms of fat and saturated fat.
- ...beef boasts an average of three times more iron than chicken.
- ...beef delivers ZIP — the Zinc, Iron & Protein your body needs to survive the holiday rush!

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Serving Up Oklahoma

This issue of *Serving Up Oklahoma* is sure to titillate your tastebuds. From enticing party platters to fine wines, from chocolate to coffee, we've got it all in the following pages.

Enjoy our Made In Oklahoma companies. Take a tour of Stone Bluff Cellars. See how Bedre Chocolates makes everyone's favorite delight. Shop with our fine candy and gourmet coffee shops.

Entertain friends, family and football fans with ease while watching your budget. But most of all, delight in a most glorious time of the year and have yourself a wonderful Oklahoma holiday season.

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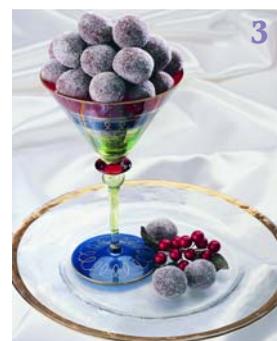
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Serving Up Oklahoma

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party flavors

'Tis the season for entertaining. Whether it's Christmas holiday festivities, New Year's Day bowl games or the Super Bowl, there's no better time to gather friends and families for fun and food. Show them how much you care with these enticing recipes featuring Made In Oklahoma ingredients. You're sure to be a winner with them all.



Ham and Asparagus Rollups

Servings: 36 * Preparation Time: 20 minutes

- 8 ounces cream cheese
- 1 tablespoon sour cream
- 1/2 teaspoon salt
- 1/2 teaspoon white pepper
- 1 teaspoon granulated garlic
- 6 slices ham
- 6 pickled asparagus spears

Allow the cream cheese to come to room temperature. Then mix with the sour cream, salt, white pepper and garlic.

Lay the ham slices on a cutting board and spread a layer of the seasoned cream cheese down the middle of each slice.

Lay an asparagus spear in the middle of the cream cheese. Now roll the ham slice around the filling so that the filling wraps around the asparagus spear.

Place on a plate. Cover with plastic wrap and refrigerate. When ready to use, place on a cutting board and cut each filled ham slice into six pieces.

* Select ham that is 4"x6". The rectangular slice handles well for rolling and stuffing.

* Use your favorite Made In Oklahoma pickled asparagus. Canned or frozen can be substituted.

* If you don't like asparagus, you can substitute strips of red or green bell pepper, cooked baby carrots, etc.



Phyllo Tarts

Servings: 48 * Oven Temperature: 375 degrees Fahrenheit
Preparation Time: 45 minutes

3 large eggs
4 tablespoons butter, melted
1/2 cup dark corn syrup
1/2 cup dark brown sugar
1 teaspoon fresh lemon juice
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
1/4 teaspoon salt
1 tablespoon molasses
1 teaspoon vanilla
16 sheets Phyllo pastry

Beat the eggs in a mixing bowl. Add the remaining ingredients. Mix well.

Read the package instructions for handling phyllo pastry. Lay out 16 sheets of phyllo and cut them into 3" squares. You should be able to cut 15 squares out of a sheet.

Pick up 4 layers with each square and gently push it into the cups of a mini-muffin pan. You should have enough to do two 24-muffin pans. Fill each of the phyllo-lined muffin cups with a tablespoon of filling.

When all the cups are filled, drop in your choice of the following: a pecan half, raisins or golden raisins, mixed dried fruit, chopped mixed nuts or a combination of these. Just a small amount of filling will do.

Bake for 15 minutes. Cool before serving.

Rum Balls

Servings: 48 * Preparation Time: 30 minutes

3 cups vanilla wafer crumbs
2 cups confectioner's sugar
1 cup pecans, finely chopped
1/4 cup cocoa
1 teaspoon rum extract
1/2 cup light corn syrup

Use a food processor or blender to crush vanilla wafers (approximately 1 box) and pecans. Place wafers, sugar, pecans and cocoa in a mixing bowl and mix thoroughly. Add the rum extract and corn syrup and mix until a firm dough ball is formed.

Pinch pieces of dough and roll with your hands to form a ball. Roll rum balls in granulated sugar and place in a covered dish. Refrigerate for two days before serving.

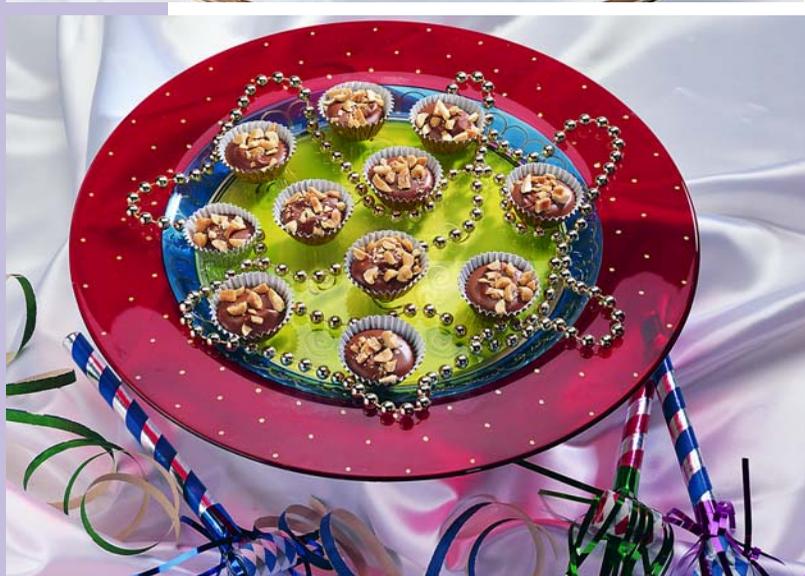
Three favorites Candy

Servings: 24 * Preparation Time: 15 minutes

1 cup milk chocolate chips
1 cup peanut butter chips
1 cup cinnamon chips
1/4 cup chopped peanuts

Melt the chips in a double boiler over simmering, but not boiling, water. Stir the chocolate mixture until smooth and spoon into foil-covered bon bon paper cups.

Sprinkle chopped peanuts on top and allow to cool. The candy will set up when it cools.



Smoky Pecan Cheese Bites

Servings: 50 * Oven Temperature: 425 degrees Fahrenheit
Preparation Time: 30 minutes

50 pecan halves
3 tablespoons butter
1 teaspoon liquid smoke
2 cups flour
1/2 teaspoon salt
1/2 teaspoon granulated garlic
1/2 teaspoon white pepper
1/2 teaspoon red pepper
2 cups cheddar cheese, shredded
1 cup butter

Melt the three tablespoons of butter in a skillet over medium heat, and add the liquid smoke. When this mixture is warm, add the pecan halves and toss or stir well to coat all the nuts. Remove from heat and set aside.

Combine the flour, salt, garlic, red and white pepper and cheddar cheese in a mixing bowl and mix thoroughly. Cut the butter into small pieces and add to the flour mixture. Using a pastry cutter or food processor, cut the butter into the flour mixture until it resembles a coarse meal. Now knead the dough with your hands until it is smooth. Turn dough out on a floured surface and roll to 1/4" thickness. Using a 1 1/2" biscuit cutter, cut circles of dough. Place the circles on a greased cookie sheet and press a pecan half on each dough circle and bake for 10 to 12 minutes or until lightly browned around the edges.

Tortellini Kabobs

Servings: 24 * Preparation Time: 20 minutes
1 package fresh cheese-filled tortellini
2 tablespoons Italian dressing
12 large pitted black olives
12 large stuffed green olives
12 cubes cheddar cheese
12 cubes Swiss cheese
24 frill picks

Cook tortellini according to package directions. Cool and place in a small bowl with the Italian dressing. Mix well to coat.

Assemble kabobs by inserting a frill pick into one tortellini followed by an olive, then a cube of cheese. Continue until all are assembled. Arrange on a tray or platter.

* These are a perfect little "pick-up" appetizer that also works great as after-school snacks.

* Choose your favorite cheese. You can substitute pickles, peppers or pickled okra for the olives, or buy a longer frill pick and use more items.

* You can also make these little kabobs with combinations of fruit and cheese.

* Place them on a tray and make your favorite Made In Oklahoma salad dressing for dipping.

DID YOU KNOW? Olive trees may live to be 1,500 years old. However, the average tree lives about 500 years.



* For a different look, cut flour tortillas into quarters and fold each to resemble an ice cream cone. Fill your tortilla cone with sausage stuffing and hold together with a toothpick. Brush lightly with oil, melted butter or spray with pan coating and bake the same time and temperature as the mushroom caps.

Sausage Stuffed Mushrooms

Servings: 35 * Oven Temperature: 350 degrees Fahrenheit
Preparation Time: 30 minutes

1 pound breakfast sausage
1 bunch green onions, diced
1 teaspoon fresh garlic, minced
2 cups shredded cheddar cheese
36 medium mushroom caps
3 tablespoons butter, melted

In a skillet, over medium heat, brown the breakfast sausage, breaking it up as you cook. When the sausage is done, drain any fat from the skillet, then add the green onions and garlic. Continue to cook for two to three minutes.

Remove from heat and transfer to a mixing bowl. Refrigerate until cool, then add the shredded cheese. Mix well.

Remove the stems from the mushroom caps. In a large mixing bowl, toss the mushroom caps in the melted butter. Margarine, vegetable oil or olive oil may be substituted for butter.

Fill each mushroom cap with the sausage stuffing. Lightly pack the filling and place on a baking sheet. Bake for 10 to 12 minutes until the cheese melts and the filling browns. Serve warm.

* Your favorite Made In Oklahoma breakfast sausage will spice up this dish.

* Add a small can of diced green chilies for southwestern flavor.

* Want to easily add an extra spark of flavor to the filling? Add two tablespoons of your favorite Made In Oklahoma salsa.

Salsa Spiced Wings

Servings: 24 * Oven Temperature: 375 degrees Fahrenheit
Preparation Time: 20 minutes

- 24 chicken wing sections
- 2 teaspoons salt
- 3 tablespoons granulated garlic
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 cup salsa

Arrange chicken wings on a baking sheet. Mix dry spices together and sprinkle evenly over chicken wings. Bake for 15 minutes or until wings begin to brown.

Add the salsa to a large mixing bowl. When the wings are done, remove them from the oven. Using a pair of tongs, transfer them to the mixing bowl with the salsa. Toss the wings in the salsa and transfer to a serving platter.

* If you wish to use the "Buffalo Style," serve with carrots and celery sticks and blue cheese dressing for dipping.

* If you don't want to use blue cheese, try mixing a tablespoon of your favorite Made In Oklahoma salsa in a small container of sour cream for a mild dipping sauce.

* You also could use ranch dressing or mix up your favorite Made In Oklahoma dressing mix.

Pigs in Blankets with Spicy Honey Mustard

Servings: 40 * Oven Temperature: 375 degrees Fahrenheit
Preparation Time: 30 minutes

- 1 can refrigerated crescent roll dough
- 4 links Polish sausage
- 4 ounces spicy brown mustard
- 2 ounces honey
- 1 tablespoon sour cream

Open the roll dough and lay out four sections (two dough triangles still connected) on a floured cutting board. Roll the dough sections out to about 1/2 their original thickness.

Place a sausage on each dough section and roll the dough around it, pinching the ends to completely encase the sausage.

Brush lightly with butter or spray with pan coating and place on an ungreased cookie sheet. Bake for 10 to 12 minutes or until golden brown.

While the sausages are baking, mix the mustard, honey and sour cream in a bowl. Remove the sausages from the oven and cut in approximately 10 pieces. Insert a toothpick in each slide of pastry-wrapped sausage and serve with dipping sauce.

* For this recipe, use your favorite Made In Oklahoma Polish sausage, smoked sausage, hot link or frank.



PARTY IN THE END ZONE

With football bowls around the corner, little touches will score touchdowns with your guests. Follow these handy tips for party pleasers.

- Fill your party room with balloons and decorations matching the teams' colors. Don't forget matching plates, napkins, cups and plasticware.
- Fill your viewing rooms with as many televisions as possible. Make sure seating is arranged for the best viewpoints.
- If children will be attending, set up a separate room filled with movies, video games, toys and other entertainment.
- Have plenty of paper towels, cleaning supplies and rug cleaner available for mishaps.
- For an alternative to the usual football pools, try games that even non-football fanatics can enjoy. Pass out a handout filled with the history of football. This can easily be found on the Internet. At the bottom, insert a multiple choice contest. Give prizes – for the most correct and least correct answers – that are football-themed such as whistles, hand clackers, pom poms, etc.
- For sore losers, let your guests bat around a football pinata filled with chocolate footballs and other treats. It's sure to ease frustrations.

Grapes of Worth

An Oklahoma family follows its passion and reaps the good life.

Stone Bluff Cellars
Stone Bluff, Oklahoma



You don't have to travel to the West Coast for fine wines. Green Country now boasts several wineries in northeastern Oklahoma.

The first of those, Stone Bluff Cellars, was the vision of Bob and Sandy McBratney. In 1994, the couple purchased a picturesque acreage in the shallow loamy sand at Stone Bluff. Poor soil at best, the land was still similar to some of the world's finest grape-growing regions.

Bob had a long-standing interest in grapes, and he began to dream of a vineyard to add sustainability to the property. Bob maintained his ophthalmology practice in Tulsa, and as time would allow, he began to investigate the possibilities at the T.V. Munson Viticulture and Ecology Center in Denison, Texas. He commuted to Texas on weekends to take background courses to make the dream a reality.

Meanwhile, Sandy used her home economics degree to design and rebuild the small farmhouse that sat atop the grassy knoll amid hay meadows and ponds.

After a year, the family moved to the farm and planted the first phase of the vineyard. Son Brendan graduated with a marketing degree from Oklahoma State University and joined the family dream in 1999. He now serves as director of sales and marketing.

Bob eventually closed his medical practice in July of 2000 to devote his full time to the business. By September, the family opened its doors to grand opening festivities attended by almost 2,000 guests.

That year, the family produced and sold 600 cases of wine. The following year, Brendan said the amount rose to approximately 1,600 cases.

Stone Bluff offers table wines and dessert wines, with Cynthiana, Vignoles and Royale as signature wines. The Cynthiana is a versatile dry red wine that hints of cherry, plum and a dash of pepper. The Vignoles is a semi-sweet white wine beaming with fragrances of apricot, peach and pear. The Royale is a rich, smooth blackberry wine unique to Stone Bluff.

Stone Bluff wines are available in Oklahoma's major wine stores as well as many restaurants such as The Coach House, Oklahoma City; Polo Grill, Tulsa; and Bodean Seafood, Tulsa.

The winery's gift shop is located at 24145 E. 191st St. S, Stone Bluff Road, Haskell, OK 74436-9506. For reservations, call (888) 275-8579 or (918) 482-5655. Also, visit the Web site at www.stonebluffcellars.com

"We're doing the expansion phase," Brendan continued. "We're always building on — expanding the crush pad, our storage facilities, our fermentation tanks. We have a lot of expansion that we haven't completed yet.

"With the economy the way it is, we're trying to walk that fine line between expending enough to sustain ourselves and not overcapitalizing ourselves. We've been fortunate to this point to sell everything that we produce."

Brendan said that as the vineyard grows, the family's winemaking expertise flourishes as well.

He said wines are always of consistent quality, but will change styles from year to year. "It's always going to change a little bit. As we are starting to mature both as winemakers and our vines as actual plants, and the vines mature from year three to year six, there's a significant difference.



The McBratney family has brought their dreams to life in Stone Bluff. From left are Glen (son-in-law); Colleen (daughter); Brendan (son); Sandy and Bob (parents); and kneeling is Morgan (son), with the family dog Duke.

Below, the serene setting of Stone Bluff Cellars attracts visitors to bask in its peacefulness, enjoy the vineyards and wines, and relax in the bed and breakfast.



“Up until now, our Cynthiana had character and body. It was just light-bodied and had real Bing-cherry character to it. It was very similar to a Pinot Noir,” Brendan said. “This year, the Cynthiana is developing into the more full-bodied red that we’ve been looking for. It’s really developing into what I would call the full bodies.

“And that’s part of the fun of a small winery, a boutique winery like this, is that it will change from year to year. We change our fermentation techniques too. We really find the one that we like best,” he added.

This year, the 7 Stone Bluff employees will start a vertical tasting collection. That’s where wines from the same grape and winery for six consecutive years are cased together. The product won’t be available until 2008.

“When you do this for six consecutive years,” Brendan continued, “You’ll notice an evolution in the wine. The wines, the winemaker and the weather will have an impact on it.”

Others have taken notice of the winery’s evolution as well. The eight wines offered at Stone Bluff have won gold, silver and bronze medals at competitions including the Los Angeles County Fair Wines of the Americas, Wine & Spirits Olympics, San Francisco International Wine Competition, Taster’s Guild Winelover’s International Competition, Riverside International Wine Competition, Oklahoma State Fair, Indy International Wine Competition and Lonestar International Wine Competition.

Yet the wines are not the only item of interest at the farm. The McBratneys operate a bed and breakfast on the peaceful property complete with stocked ponds and hiking trails.

Tours are available Tuesday through Saturday. During the growing season, field days are held for those interested in wine tasting and wine making. Plus, Sandy holds cooking demonstrations and other special events tailored for families or tour groups.

The last Saturday in September, the Green Country Wine Festival is held in the country setting. The event is chock full of wines, food, music, crafts and even a hot air balloon launch.

As the McBratney family begins to reap the fruits of their labor, they continue to look to the future. They strive to bring organic life back to the soil and invigorate the land with a natural balance that will encourage healthy vines. New grape varieties are being planted and the wine selection will continue to grow. And so too, the evolution of the family dream.



How A Grape Becomes Wine

Winemaking requires great patience for it is a lengthy process. The McBratney family crafts wine with traditional methods aided by modern technology.

After great care, supplemental irrigation, and hopefully, some good grape growing weather, the grapes are harvested.

The grapes then are processed on a crush pad, where a mechanical crusher and destemmer go to work. An Idro press uses a traditional basket style combined with modern bladder technology to gently press the grapes.

The results are transferred to a temperature- and humidity-controlled cellar where the must and juice undergo carefully controlled temperature regulation to preserve the fruit aromas and defend against unwanted phenolics. The wines begin fermentation and aging in handcrafted American Oak, stainless steel or glass containers.

A laboratory carefully measures parameters such as pH, residual sugars, volatile and titratable acidity, sulfur dioxide and alcohol as the wine matures.

Upon maturity, the McBratney family transfers the wine into a stainless Italian gravity flow filler. This provides accurate quantity delivered to each bottle, which is topped with natural cork. Capsules are applied to the bottle tops to ensure sanitary, tamper proof seals. The bottles are labeled, inspected by hand and cased.

Are the screaming kids driving you out of your mind during holiday breaks? Maybe it's time for a family time-out. Oklahoma Ag in the Classroom provides some answers that you can enjoy with your children. These solutions are sure to entertain, develop and bring families together.



Roots & Growth

Recipes and Ideas for Family Holiday Activities

Water Color Butterflies

paper coffee filters
watercolor paints
paint brushes
markers
glue
glitter
clothespins
colored paper
scissors
water

1. To color the filters, dab on watercolor paint with a brush and draw on designs with the markers. The watercolors will bleed together. When using markers, sprinkle the filter lightly with water to make the ink blend together. For a shimmering effect, add glitter-and-glue designs.
2. Once the filter is dry, pinch it in the middle like a bow tie. Clasp with a clothespin, and fan out each side of the filter to resemble a butterfly's wings.
3. Cut two strips of construction paper, approximately the size of match sticks, and glue them onto the clothespin to form a pair of antennae.

Snow Ice Cream

fresh, clean snow
2 teaspoons vanilla
2 tablespoons sugar
1/2 cup milk
small styrofoam cups

1. Put sugar and vanilla in cups.
2. Pack snow in on top of the sugar and vanilla, leaving enough room for the milk.
3. Pour in milk, and mix it all together.

Bug Juice

(Serves 10)
2 10-ounce packages frozen strawberries, defrosted
1 6-ounce can lemonade, concentrated, thawed
1 quart ginger ale
2 cups raisins
6 gummy worms
blender
punch bowl

1. Mix the strawberries and lemonade concentrate in a blender until smooth and thick. Gradually add ginger ale.
2. Transfer the mixture to a punch bowl. Stir in any remaining ginger ale and the raisins. Place the gummy worms on the rim of the bowl for a swampy effect.

Bubble Solution

4 cups sugar
4 quarts water
2 cups dishwashing liquid

1. Dissolve the sugar into the water until it dissolves.
2. Add the dishwashing liquid and stir again.
3. Divide the solution (four quarts) into several shallow tubs or buckets.
4. Provide slotted spoons, canning rings, plastic lids with centers cut out or flyswatters for blowing bubbles.

Play Dough

1 cup flour
1 tablespoon oil
1 cup water
1/4 cup salt
a few drops peppermint flavoring
food coloring

- 2 teaspoons cream of tartar
1. Cook all ingredients over medium heat until the mixture pulls away from the side of the pan and reaches the consistency of playdough.
 2. Knead until cool.
 3. Store in an air tight container.

Oklahoma Dirt Shirt

bucket
water
red dirt
white cotton T-shirt
long wooden stick

1. Fill a bucket half full with water. Add enough red dirt so the water is gritty and muddy looking.
2. Place a white cotton T-shirt in the bucket. If desired, tie knots in the shirt or tightly secure random sections with rubber bands for a tie-dye effect.
3. Use a long wooden stick to stir the shirt in the muddy water until the shirt has attained the desired color.
4. Hang the shirt in the sun to dry. When the shirt is dry, rinse it in cold water to remove excess mud, then wash it in cold water in the washing machine and dry hot to set the color.

Kitchen Safety for Kids:

Always wash your hands • Read the entire recipe before you start • Set out all the ingredients and utensils in front of you before you start • Only have an adult light the oven or stove • Turn handles of pots and pans so they don't stick out beyond the stove • Keep potholders handy • Wear an apron to keep your clothing clean • Always help clean up!

For more family ideas, visit the Oklahoma Ag in The Classroom Web site at www.agclassroom.org/ok



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Parties for Pennies



Food Stylist: Sara Branscum

1. Decide on your budget first, and then decide on how many guest to invite. Estimate that each guest will cost \$5 to \$10. Stick to your budget.
2. Expect guests to take two of everything.
3. Hosting several smaller parties over a period of time will often cost less than one large party.
4. Throw a winter picnic at a lower cost than a glamorous dinner party. Your guests will enjoy the casual attire after too many fussy parties. Spread blankets and pillows. Serve food on easy-clean paper plates with plasticware. Play summer music. You might even bring the outdoor furniture indoors.
5. Farmers markets provide fresh products at reasonable costs. You often can find pies and breads as well. And, many vendors will haggle on the price of perishable items. For a list of farmers markets in Oklahoma. visit www.madeinoklahoma.net.
6. Save at the grocery store by buying canned or frozen vegetables.
7. Ask guests to bring the drinks.
8. Soup, pasta and rice dishes can add bulk to a meal while cutting out more expensive food products.
9. Don't stress. Your guests will enjoy your party much more with a simpler meal and your good company.
10. If a recipe takes a long time to read or shop for, opt for something simpler.
11. If you have a computer whiz in the family, have that person create your invitations.
12. Host a party from 8 to 11 p.m. Guests will already have eaten, and it never hurts to state a closing time.
13. Buy in bulk at discount stores as much as possible.
14. Search garage sales, thrift stores and flea markets throughout the year. Baskets, plates and tins can be filled with homemade goodies for inexpensive gifts for guests. If you own a paper shredder, you can even make your own filler.
15. Sweeten up ordinary desserts in party fashion. Dollop puddings, ice cream or custards in fancy dishes. Sprinkle with nuts, chocolate chips or coconut shavings.
16. Garnish good ice cream with inexpensive cookies.
17. Top sorbet with a sprig of fresh mint.
18. Scoop vanilla or strawberry ice cream in a cup and pour orange juice around the top. Freeze until firm.
19. Bake cookies ahead. Shape the cookies slightly smaller than normal. Freeze in airtight containers. Simple treats such as sugar or butter cookies are inexpensive.
20. Planning a child's birthday party? Check for seasonal discounts. A bowling alley often charges less during off-peak summer hours.
21. Ask a librarian to entertain children with stories.
22. A school art teacher might be willing to earn extra dough by leading art projects.
23. Search for paper goods in the clearance bin at discount stores. Avoid pricier, fad characters.
24. Children will enjoy generic juice as much as branded varieties.
25. Purchase plain, frosted cakes and decorate with your own toys, candles and candy.
26. Fill goodie bags with discount candy.

Made in OKLAHOMA

Profile

Bedre Chocolates

Ada

The Norwegian word for “better” is “bedre.” And, that’s just what Bedre Chocolates strives for — “Gourmet quality with a difference.”

Founded in 1986 by Oklahoma oilman Pete Cantrell, the Pontotoc County based company was purchased by the Chickasaw Nation in 2000.

Bedre is just one of the many business ventures in the \$100 million Chickasaw Enterprises’ annual budget. When the tribe formed a goal to become self sufficient, the Chickasaw Nation focused on diversifying its assets. That way, a slump in one business sector wouldn’t severely damage the tribal budget. When Bedre was purchased, the chocolate company became another branch in the many-segmented enterprise that ranges from health care to banking to radio ownership and more.

That diversity carries into the company’s product line. Virtually any product — from nuts to pretzels, to potato chips and sandwich cookies — is coated in chocolate. And if that wasn’t enough flavor, there’s caramel, butterscotch, toffee, mint and strawberry bark.

Bedre prides itself on its uniqueness in the marketplace. The difference in Bedre’s chocolates is in the manufacturing process. Small batches are made to keep the products fresh and at peak flavor. Nuts are fresh roasted. Furthermore, they use the finest chocolates and blend them in copper kettles to achieve a buttery smoothness and a shiny finish. Most companies add paraffin or additives to make the chocolates heat resistant. However, Bedre prefers to buck the trend for a “melt-in-your-mouth” product with no unpleasant after-taste.

Their cylindrical packaging is vacuum sealed to keep moisture out. This type of packaging keeps the product fresher than regular boxed or bagged candies. Gift baskets, boxed items and tins are either sealed or wrapped in plastic to avoid moisture.

The majority of Bedre’s worldwide sales are mail order and corporate gift baskets and tins. Bedre specializes in private-label candy, having 200 wholesale accounts. For example, Bedre Chocolates manufactures products sold in upscale department stores under the store brand. Molded products are another niche market, and those chocolates can be made with custom designs or company logos.

The current manufacturing facility is located in an old elementary school east of Ada. However, Bedre has focused on expansion in 2002 under the new leadership of General

Manager Jerry Couch. A small retail store in Ada opened earlier in the year. A Web site now sells candy on the Internet.

But the largest expansion came with the purchase of 10 acres near the intersection of Interstate 35 and Airport Road in Pauls Valley. Bedre has built a \$2 million manufacturing facility complete with a retail store. The 17,000-square foot plant has a glassed-in viewing gallery to allow visitors to see the products being made. The retail store serves gourmet coffee and tea, and is designed to attract tourists along the interstate.

The new facility will increase the company’s production capacity four times the 100,000 lbs. it now makes annually. New equipment in the Pauls Valley plant will allow the company to produce a high volume of candy bars, something not possible in its current location. The high-tech equipment would allow the plant to produce 1,000 lbs. of chocolate covered potato chips in one day.

Plans are to employ between 25 and 30 employees in a single eight-hour shift. If demand is high, three shifts would be employed.

It’s a good thing that Bedre is increasing its capacity. National candy sales were up 11% in 2001 as Americans sought comfort in chocolate after the deadly attacks on New York and Washington, D.C. Bedre performed even better with a 10 to 20 percent increase in sales this past year.

There’s no time like the present to sample Bedre’s “better” chocolates. Bedre takes orders by phone, mail, fax or e-mail. Two-day shipping is available to maintain the product’s freshness.



Sweeten up your life with Bedre Chocolates. The company can be reached at 4204 E. Arlington, Ada, OK 74820; by phone at (580) 436-0025 or (800) 367-5390; by fax at (580) 436-1963; and on the Internet at www.bedrechocolates.com.



A story as rich as the history of coffee is sure to have some tall tales. The most widely accepted origin of coffee comes from around 800 A.D. Kaldi, an Ethiopian goat herder, noticed that his flock became hyperactive after grazing on the cherry-red berries from a shrub. He decided to try the berries for himself and experienced the same effect.

A monk passing by scolded Kaldi for partaking of the "devil's fruit." Soon the monks discovered that eating the berries helped them stay awake for their prayers.



Turks were the first to develop a coffee drink. Ottoman Turks introduced coffee to Constantinople, and the world's first coffee shop opened there in 1475. Turkish law actually made it legal for a woman to divorce her husband if he did not provide her with a daily quota of coffee.



Transportation of the coffee plant out of Moslem nations was forbidden, and the spread of coffee started illegally. Wherever the Islam religion spread, the coffee plant followed.



It's believed that coffee was spread to America when Captain John Smith founded the colony of Jamestown in 1607.



The Boston Tea Party turned patriots into avid coffee drinkers. By 1940, the United States imported 70% of the world's coffee crop.



Coffee is one of the few crops that small farmers in third-world countries can profitably export.

The finest coffees are available right here in Oklahoma. Shop for these blends for your next cup of joe.

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Fax - (918) 682-4851

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Tulsa, OK 74152-0751
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Gourmet Coffee Varieties

Don't Know Beans About Coffee?



Of course, every java junkie knows their way around the coffee shop, but what about the rest of us? Here's a simplified version of the most common coffee varieties.

A **cappuccino** is unique in that it uses both steamed and foamed milk. The layered drink has equal parts of steamed milk, coffee and foamed milk. The milder **latte** has approximately three times more milk than a cappuccino, topped with a short head of foam.

An **espresso** can actually mean four different things: 1) a brewing method, 2) a blend of beans, 3) a beverage, and 4) the color of a dark roast. The espresso drink differs from **coffee** in the extraction process. Coffee is ground and hot water is run through the loose grinds. Espresso is ground much finer. Then the grinds are tightly packed before the hot water is applied. This results in more flavor and less caffeine. Espresso is brewed one cup at a time within seconds instead of coffee that takes minutes.

Peanutty Delicious!



PEANUT VARIETIES

Runners are the dominant peanut variety in the United States. They have an attractive, uniform kernel size and account for more than half the peanuts used for peanut butter. Runners are grown mainly in Georgia, Alabama, Florida, Texas and Oklahoma.

Virginians have the largest kernel and make up most of the peanuts that are roasted and processed in-the-shell. The larger kernels are sold as snack peanuts when shelled. These are grown primarily in Virginia and North Carolina.

Spanish peanuts have a smaller kernel with a reddish-brown skin. These are used for candy, snack nuts and peanut butter. Their higher oil content is beneficial when crushing for oil. Oklahoma and Texas leads the field in production of Spanish peanuts.

Valencias have three or more small kernels to a pod and are covered in a bright-red skin. This sweet variety is usually roasted and sold in-the-shell or used as boiled peanuts. New Mexico produces the most of this variety.

NO SMALL PEANUTS ...

- One serving of peanuts is a good source of protein, Vitamin E, niacin, folate, phosphorus and magnesium. Peanuts are naturally cholesterol-free and low in saturated fat.
- Peanuts are really legumes.
- Peanut shells can be found in kitty litter, wallboard, fireplace logs, paper, animal feed and as fuel for power plants.
- Two peanut farmers have been elected president of the United States: Thomas Jefferson and Jimmy Carter.
- One acre of peanuts will make 30,000 peanut butter sandwiches.



PEANUT ALLERGIES

Approximately one-half of one percent of Americans has a peanut allergy. While children usually outgrow most food allergies, a peanut allergy is usually life-long.

Symptoms can include hives, swelling of the throat, breathing difficulty and vomiting. If you suspect you or a family member has a peanut allergy, consult a board-certified allergist.

The only certain way to prevent a reaction is to avoid peanuts. Allergy sufferers must read labels and ask chefs about the ingredients and preparation before eating. Sufferers should carry self-injectable epinephrine in case of reaction, and consult a doctor if one occurs.

The peanut industry is working diligently to eliminate allergies. The proteins in peanuts responsible for reactions have been identified, and researchers are working to eliminate these proteins from peanuts. Hopefully, those who have avoided peanuts due to allergies will be able to enjoy one of America's favorite snacks in the future.

Sources include

www.peanutbutterlovers.com and
www.aboutpeanuts.com.



NEW HOLIDAY TRADITIONS



The Other White Meat.



Peppered Rack of Pork

3-4 pound pork rib roast with at least six ribs
Chine bone cracked
1/4 c. pepper-blend seasoning

Heat oven to 375°F. Trim rib bones of roast of all extra meat (This is "Frenching"; you can do it yourself or ask the butcher to do it for you.) Coat roast on all surfaces with peppered seasoning. Place roast, bones up, in shallow roasting pan. Roast for 1-1 1/2 hours, until internal temperature (measured with a meat thermometer) reads 150° - 155° F. Remove roast from oven; let rest until temperature reaches 160° F-about 10 minutes. Cut between rib bones to serve. Serves 6.


The Other White Meat.

May all your Christmases be white with "Pork. The Other White Meat."

Merry Christmas from Oklahoma's pork producers
and the

OKLAHOMA  COUNCIL

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