



First Course

A RINSE WILL DO

Cold tap water is as effective at removing pesticide residue on produce as soap or commercial cleansers, according to scientists at the Connecticut Agricultural Experiment Station. The key is to rub the fruit or vegetable while rinsing it under running water for at least 30 seconds.

— *Disney FamilyFun*



MEAL IN MINUTES

Philadelphia Cooking Creme is a dollop-able, easy-to-blend cream that cooks can use to spice up the weekday meal routine. It's made for chicken, but we used it in Italian sausage with pasta to

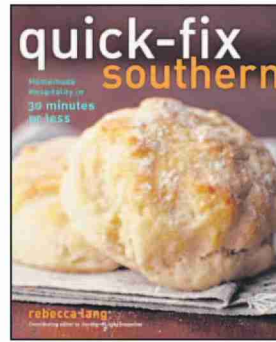
great results. Philadelphia Cooking Creme is available in four varieties: Italian Cheese & Herb, Savory Garlic, Original and Santa Fe. Suggested retail for a 10-ounce tub is \$2.99.



DUTCH OVEN CLASS

Gary House, founder of Central California Dutch Oven Adventures and the host of www.Cooking-Outdoors.com, will teach a two-session Dutch oven cooking class next month through Modesto Junior College Continuing Education. "You will be preparing breads, delicious desserts and a main dish, outside in a Dutch oven without electricity," he said. House also will focus on the buying and care of a Dutch oven. The class will be offered from 5:30 to 8:30 p.m. April 1 and April 8 in the MJC Lifelong Learning Center, 1219 N. Carpenter Road. Cost is \$45, with a \$10 materials fee due to the instructor at the first class. To register,

call MJC at 575-6063 or visit www.mjc4life.org.



SPEEDY SOUTHERN

When thinking of Southern-style cooking, you might think hours and hours must be spent in the kitchen to enjoy a homemade meal. But "Quick-Fix Southern: Homemade Hospitality in 30 Minutes or Less," by Rebecca Lang (Andrews McMeel Publishing, \$16.99), tells us otherwise. Inspired by her grandmothers of the South, Lang gives us the best recipes of Southern-style cooking that require little time. And even if you're a novice, no need to worry. Right in the first chapter, Lang includes all the things you need to know before you get started, along with some helpful tips along the way.

