

A Half-Hour Weekly Food, Entertainment, Lifestyle Magazine TV Series

THE BEST OF WINE & FOOD

SHOW #601

HOSTED BY GEORGE HAMILTON

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### B I L L B O A R D

### S H O W T E A S E

SPEAKER: From bold Bavarian beers to festive foods from Spain and a heavenly trip to Hawaii; we will stop first in omelette heaven; in the kitchen, we will find nutty ways to crunch up your meals, add pizzazz to your pastries and punch to your home party, all coming up on The Best of Wine & Food.

### G R A P H I C, O P E N

GEORGE HAMILTON: Hello, I'm George Hamilton and welcome to The Best of Wine & Food, coming to you from the world class Boca Raton Resort & Club in Florida. The Best of Wine & Food features the finest pleasures life has to offer. We have got an exciting show coming up, so stay tuned for a television show with taste.

### T E A S E

SPEAKER: Stay tuned for omelette heaven presented by Revere, nutty ideas with Planters nuts and a new spin, a coffee dessert party, brought to you by Melitta, when we come back.

### H O S T R E C A P

GEORGE HAMILTON: You're tired, you're achy, you're miserable, you're cranky, you've just awoken, you're hungry and you don't know what to eat. Well, it is breakfast, the most important meal of the day and it doesn't have to be boring.

### S E G M E N T #1

JACKIE BALES: Today we're in The Best of Wine & Food kitchen where we're going to add some fun to a breakfast standard, the omelet. And with me today is Executive Chef Ron Radabaugh of Dakota Restaurant. And, Ron, what are we making today?

CHEF RON RADABAUGH: Today we're going to make a primavera

## A Half-Hour Weekly Food, Entertainment, Lifestyle Magazine TV Series

omelete. In the bowl here, I have put three eggs, I put in the salt and pepper and a tiny bit of milk. We are going to use fresh spring vegetables you will find in your fridge almost anytime. The beautiful thing about non-stick is that you can lower the amount of oil that you use in your cooking.

JACKIE BALES: And you don't have to use all that oil, so it is a lot healthier.

CHEF RON RADABAUGH: A lot healthier. In this pan, I took a nice salsa I got at the grocery store. This is a Revere pot, it is great, it has a strainer with these little side holes to drain off the excess.

JACKIE BALES: All right, that's amazing.

CHEF RON RADABAUGH: Flip the omelette right over.

JACKIE BALES: You know, I am always amazed at the way chefs manage to move food around, make it look so easy.

CHEF RON RADABAUGH: I like to say it is the skill, but it really is the skillet. This has a nice thick even bottom and a great non-stick finish.

JACKIE BALES: It just slides right off of there.

CHEF RON RADABAUGH: Just use a little bit of this strainer for that extra liquid. Go ahead and just put this right over the top. Grab a little bit of the garnish.

JACKIE BALES: A little sprinkle.

CHEF RON RADABAUGH: There we go, we're done.

JACKIE BALES: Great! Thanks very much, Chef Ron.

CHEF RON RADABAUGH: Thank you.

### T E A S E

SPEAKER: For complete recipes and lifestyle information, visit our website at [vstar.com](http://vstar.com).

### H O S T B R I D G E

GEORGE HAMILTON: You reach for them at a bar, you munch on them during sports and you expect them on airplanes, nuts! They're not only a great

## A Half-Hour Weekly Food, Entertainment, Lifestyle Magazine TV Series

snack food, but they're a great way to add flavor and crunch to everyday dishes.

### SEGMENT #2

JACKIE BALES: We all love nuts, from salty peanuts to almonds, cashews and pecans, nuts are healthy and delicious and they provide the perfect punch to party dishes or even a proper dinner plate. With us today is Wine & Food Executive Chef, Anthony Damiano, who is going to give us some tasty ideas about using this crunchy, hearty delicacy in salads, sandwiches, even in main courses. Thanks for being with us today, Anthony.

CHEF ANTHONY DAMIANO: Thank you, it's great to be here.

JACKIE BALES: What can you tell us about nuts?

CHEF ANTHONY DAMIANO: They're really simple, they're very nutritious. We are going to start with a salad, we are going to start the vinaigrette with the mandarin orange juice, some vinegar. We are going to whisk those together, the oil, you just want to lightly drizzle it in and just spread it right over the spinach, toss in the rings, mandarin oranges, Planters walnuts. It is just so nutritious and they have these great essential vitamins.

JACKIE BALES: And lots of protein.

CHEF ANTHONY DAMIANO: A lot of protein.

JACKIE BALES: Okay. What is next?

CHEF ANTHONY DAMIANO: The next item we're going to do is a wrapster.

JACKIE BALES: You wrap and I will move around.

CHEF ANTHONY DAMIANO: We're just going to start with a little flour tortilla. We have got some cream cheese, we're going to soften it up a little bit, take this and lightly spread, make sure you get the edges, take some Planters sliced almonds, spread them around evenly, some spinach and sliced turkey breast. We are just going to start, you want to tuck it right there and then just roll.

JACKIE BALES: The kids would love it, right?

CHEF ANTHONY DAMIANO: Right.

JACKIE BALES: Roll it up.

## A Half-Hour Weekly Food, Entertainment, Lifestyle Magazine TV Series

CHEF ANTHONY DAMIANO: You're all done and you've got your wrapster, just slice it and you're done with that.

JACKIE BALES: You know, Tony, a lot of people think nuts are fattening.

CHEF ANTHONY DAMIANO: They're not, they're cholesterol free, they're salt free and very high in fiber, so they're really good for you, like anything else, moderation. One of the things you want to do with any of the nuts that you're going to use in a cooking process is roast the nuts first. All the natural oils, all those great HDL oils are coming out.

JACKIE BALES: How would you do that, just put it in the oven?

CHEF ANTHONY DAMIANO: Put it on a sheet pan and roast them for about five to seven minutes at about four hundred degrees, they will come right out and the flavor just intensifies. Then what we're going to do is take some mayonnaise, we've whisked a little mayonnaise and some Grey Poupon mustard. And we have a wonderful fish, which is easy and quick to prepare, less than five minutes, a little flounder. We are going to lightly coat it and just chop your nuts up a little bit after you have taken them out of the pan and then put it right onto a sheet pan, roast it for about three to five minutes and we're done.

JACKIE BALES: Thanks so much for being with us, Tony, we really appreciate it.

CHEF ANTHONY DAMIANO: It's great to be here.

JACKIE BALES: And we look forward to hearing more interesting recipes from you on future shows.

CHEF ANTHONY DAMIANO: Thank you.

### H O S T B R I D G E

GEORGE HAMILTON: Okay, we've all had this dilemma. You would like to have some family or friends over, but you don't want to do the same old thing and you don't want the trouble and expense of a huge meal. The answer, a coffee/dessert party.

### S E G M E N T #3

JACKIE BALES: A coffee/dessert party is the perfect way to get some of those entertainment IOUs out of the way. With me, today, is Judith Stocks, International Food Writer, who is going to explain to us how to prepare your coffee/dessert party. Thanks for joining us, Judith.

## A Half-Hour Weekly Food, Entertainment, Lifestyle Magazine TV Series

JUDITH STOCKS: Thanks for having me here today, Jackie.

JACKIE BALES: And what do we have here today?

JUDITH STOCKS: Oh, we have a gorgeous selection of beautiful things. As you can see, a coffee/dessert party is a great way to show off some of your really lovely things that you have, your antiques, your wedding gifts that you don't know what to do that are in your closet, things like that. And, as you can see, what we have today is we have beautiful flouted glasses and condiments, like whole nutmeg, and we have shaved chocolate, we have cinnamon sticks, we have rock candy on a stick, we have sugar cubes and we have those beautiful rainbow crystals over there, that really makes a nice addition.

JACKIE BALES: You know, the dishes and the crystal look terrific, but I got to draw your attention to the desserts, they look fabulous.

JUDITH STOCKS: And they are fabulous, too. And they came from the Great Melitta Dessert Cookbook and they were graciously made by the students at the Florida Culinary Institute in Palm Beach.

JACKIE BALES: How nice of them. You know, Melitta is known for its coffee and preparation products, I understand that these particular desserts are famous award winning desserts, which also happen to be easy to make.

JUDITH STOCKS: They are very easy to make, absolutely. And let me tell you about them, this is the Mocha Macadamia Nut Tart and over there we have the Cafe Au Lait Cheesecake and right over there we have a Chocolate Hazelnut Torte; by the way, that is a flour-less chocolate cake, it is really terrific. And right here, these beautiful things are the Cappuccino Glaces.

JACKIE BALES: Gorgeous. Well, since this is a coffee/dessert party, why don't you tell us about these different coffees you have here.

JUDITH STOCKS: Okay, I would be happy to. We have five freshly brewed coffees today. You can have as many as you like, but I recommend that you have at least five.

JACKIE BALES: Okay. What kinds do you have?

JUDITH STOCKS: We have regular, we have decaf, we have flavored, French roast and a blend. And then for extra fun and excitement, you can add some of the syrups and they're delicious.

JACKIE BALES: Does it matter what kind of coffee you use? This is quite

## A Half-Hour Weekly Food, Entertainment, Lifestyle Magazine TV Series

a selection.

JUDITH STOCKS: No, but we're using Melitta today and it has been voted the best coffee in America for the last two years.

JACKIE BALES: Really, I didn't know that.

JUDITH STOCKS: Uh-huh. Our next tip is to brew your coffees ahead of time and pour them into these thermal carafes to keep them warm and they will be just like freshly perked.

JACKIE BALES: Make it ahead of time, now that makes sense, definitely. All right, looks like we're all set. We have the incredible desserts, we have the wonderful coffee, what more could we ask for?

JUDITH STOCKS: Maybe just a few of your favorite people to share it with.

JACKIE BALES: And for those of you at home who would like to prepare a coffee/dessert party of your own, the Melitta Dessert Book is the perfect place to get some great ideas. If you would like to order this book for exciting and innovative ways to entertain with coffee, stay with us until the end of the show or you can log onto our website at [vstar.com](http://vstar.com).

### T E A S E

SPEAKER: Coming up, getting a rise with your desserts from Clabber Girl, cooking Primaro Pailla (phonetic) with foods from Spain; and a taste of Paulaner's Bavarian Beer. We'll be right back on The Best of Wine & Food.

### H O S T R E C A P

GEORGE HAMILTON: In our next segment, Intermezzo, you'll get a tip from one of Wine & Food's culinary experts on how to ensure your cakes, pastries, biscuits and breads turn out not only big and beautiful but light, airy; and, oh, so delicious.

### S E G M E N T #4

JACKIE BALES: Whether you're serving a seven course meal or simply making tasty treats for family and friends, entertaining at home wouldn't be complete without the finishing touch, the crown and glory, dessert. Back with us again is Judith Stocks, International Food Writer, who is going to discuss an important ingredient for making great desserts.

## A Half-Hour Weekly Food, Entertainment, Lifestyle Magazine TV Series

JUDITH STOCKS: Thank you. The desserts that we have today is a bacon cheddar muffin, we have a gingerbread muffin and we have this wonderful looking pecan strawberry shortcake.

JACKIE BALES: Ummm! And the secret ingredient is --

JUDITH STOCKS: The secret ingredient is baking powder. Baking powder is a leavener, it's a lifter, a filler, it's similar to corn starch, but through an organic process it creates carbon dioxide which will give your desserts, your cakes, your breads and your pastries that professional light, airy texture.

JACKIE BALES: Now, obviously, baking powder is a key ingredient then and I can tell that you recommend a certain brand.

JUDITH STOCKS: I do, I recommend Clabber Girl because it is the leading brand in the business; and, most importantly, Clabber Girl is immune to climate and elevation and that guarantees consistent quality.

JACKIE BALES: Very interesting, thanks so much, Judith, for being with us.

JUDITH STOCKS: Thank you.

JACKIE BALES: And we look forward to learning more of Judith's fabulous secrets to great cooking in the future.

### T E A S E

SPEAKER: For complete recipes and lifestyle information, visit our website at [vstar.com](http://vstar.com).

### H O S T R E C A P

GEORGE HAMILTON: For centuries, Spain has been a source of inspiration in music, art, literature; and, of course, food. In our international feature, you'll see the burst of flavor your cooking will get with a lively and healthy taste of the Mediterranean.

### S E G M E N T #5

JACKIE BALES: Known as Europe's garden, Spain produces some of the world's most delicious and desired foods. In fact, the great cultures of our world sought and used Spanish olive oil for its consistency and supreme quality. Today, many centuries later, Spain remains the world's top producer and exporter of varietal olive oil, each with its own exquisite aroma and flavor suited



## A Half-Hour Weekly Food, Entertainment, Lifestyle Magazine TV Series

for every taste and dish. The cheeses from Spain are staggeringly delicious. With more than one hundred varieties, Spanish cheeses are crafted in interesting flavors, textures, shapes and sizes. Now, of all vinegars, Sherry Vinegar, produced in Spain, is called the premium vinegar and takes up to six years to create. Sherry Vinegar adds a delicious bite, zest flavor and a complex aroma to soups, salads, meats and pasta. Now, the perfect way to sample Spain's unique cuisine is through bite-sized samples offered in Tapas. With us today is Ray Leon, come on in here, Ray. Ray Leon of Meson Madrid Restaurant, and he is going to explain to us what these beautiful dishes are. What have we got today?

RAY LEON: Well, Jackie, what we have brought here today is a sampling of Tapas that you might experience if you were visiting a Tapas bar or restaurant in Spain. For example, we start off with the Serrano ham and the Monchero (phonetic) cheese, which are famous in Spain, along with these stuffed olives. In the foreground there, we have shrimp in garlic sauce, also, with some olive oil. And, over here, to the left, we have Pietro Maroonos (phonetic), if you go to Spain, you can ask for that, which are marinated cubes of pork and very, very tasty. And, finally, what we have brought is Paiella Vienciana (phonetic), which is a very famous dish from Spain and it has an array of lobster, clams, muscles, scallops, shrimp, chicken and sausage on a bed of saffron rice.

JACKIE BALES: Real classic, that is one of my favorites.

RAY LEON: And all of these can be prepared at home.

JACKIE BALES: So you can do the same thing that they do in the Tapas restaurants, the idea that I love so much, having little samples of foods for everybody to try.

RAY LEON: It is a wonderful tradition in Spain for many, many years and it's very social and people can sample what they like and as much of what they like of their favorite Tapas.

JACKIE BALES: Perfect party. Thanks for joining us, Ray, we really appreciate it.

RAY LEON: Thanks for having us.

JACKIE BALES: Now, if you would like to learn about these recipes and other fabulous foods from Spain, stay tuned because at the end of the show, we will explain how you get can get these tasty Tapas tips and other information from the Foods From Spain Association.

H O S T B R I D G E

## A Half-Hour Weekly Food, Entertainment, Lifestyle Magazine TV Series

GEORGE HAMILTON: Although they were men of the cloth, the Paulaner Monks were a thirsty lot. Back in 1634, they founded a brewery in Germany; and, today, more than three hundred sixty years later, their tradition carries on.

### SEGMENT #6

JACKIE BALES: In Bavaria, beer making is an art form to some, nearly a religion to others. Now, Paulaner has nearly four centuries of beer making experience and joining us today to talk about the Paulaner family of beers is our resident expert, Seth Herman. Hi!

SETH HERMAN: Hi, Jackie! In Germany and most parts of Europe, beer is treated much like wine, to complement the palate. Today, we're going to start off with the Paulaner Hefe-Weizen. It is low in calories, refreshing.

JACKIE BALES: What would you eat with this?

SETH HERMAN: A roast pork shank, dumplings. Its companion is the Paulaner Dunkel-Weizen, it has caramelized barley and it is garnished with an orange. Paulaner Oktoberfest Marzen, because of its popularity, is brewed year-round. It is Germany's number one Oktoberfest. It is enjoyed with more of your hot and spicier foods and it is traditionally served in a one liter stein. We also have the Thomasbrau, which is our non-alcoholic. The grand finale is the Paulaner Salvator, the world's first and most authentic double bock. During Lent, monks were allowed two liters a day of our liquid bread.

JACKIE BALES: Terrific!

SETH HERMAN: It goes with nice, hearty foods even a chocolate moose or black forest cake.

JACKIE BALES: I know our viewers will appreciate the chance to try some of these at home and also when we're out to dinner. It would be great!

SETH HERMAN: It's been an honor.

### TEASE

SPEAKER: It's the number one travel destination in the world, it's beautiful, it's romantic, it's Hawaii, when we return, on The Best of Wine & Food.

### HOST RECAP

GEORGE HAMILTON: It's the number one travel destination with nearly

## A Half-Hour Weekly Food, Entertainment, Lifestyle Magazine TV Series

seven million visitors annually, Hawaii offers travelers sights, sounds and Polynesian pleasures found no where else on earth.

### SEGMENT #7

JACKIE BALES: Aloha! We're on Oahu, the third largest island of the eight Hawaii islands, home of world famous Waikiki and Honolulu, Hawaii's capital. It is easy to see why Hawaii continues to be the world's favorite travel destination. Many surveys and travel connoisseurs place Hawaii at or near the top of the world's vacation list as the most romantic destination and the best place for a wedding or honeymoon. Let's head for one of Hawaii's simplest attractions and purest pleasures, the beach. With more than one hundred miles of coastline and nearly three hundred beaches, Hawaii's signature attraction is covered with sands unlike anywhere else on the planet. With year-round bath-like temperatures of nearly eighty degrees, Hawaii's beaches are remarkable, but any image of paradise wouldn't be complete without lush gardens and fabulous flowers. Hawaii's perfect climate produces the most unique flora and fauna in the world. Sculpted by time and weather, hikers and campers enjoy diverse terrain. Hawaii has an incredibly rich culture and much of the island's history is captured in wonderful museums and attractions. Honolulu is the 11th largest city in the United States. It's exotic blend of early cultures combined with contemporary society produces one of the most thrilling travel, vacation and entertainment experiences in the world. With twenty-five courses etched into Oahu's exquisite mountainous terrain, golf is more than a challenge, it's an attraction with some of the world's most demanding and visually dramatic courses. The opportunities offered by the water are extraordinary, from canoeing and kayaking, to water-skiing and wind surfing. Hawaii has world class waves and waves mean surfing. There are more than sixteen hundred surfing sites throughout the islands, but world champion surfers gather on Oahu's North Shore during the winter months when waves can reach twenty-five feet.

### HOST BRIDGE

GEORGE HAMILTON: As you can see, Hawaii is truly a paradise, but it's also a feast for the soul, the senses and the stomach.

### SEGMENT #7

JACKIE BALES: Hawaiian society is steep in mythology and traditions that can be traced back thousands of years. Today, there are shows which reveal the mystery and pageantry of early Polynesian life. The first Polynesians were restless mariners who migrated to Hawaii's eight islands nearly five thousand years ago in canoes called outriggers made from wood and coconut fiber. In the mid-1800s, laborers and their families began arriving to support the sugar and pineapple industries laying the foundation for the fascinating mix of cultures that make up modern Hawaii. In Hawaii, a new culture has emerged

## A Half-Hour Weekly Food, Entertainment, Lifestyle Magazine TV Series

known as Pan-Asian or more notably Hawaiian Regional Cuisine.

CHEF RON RADABAUGH: This is our tequila shrimp and firecracker rice. I have got some butter that I make, tequila, about fifteen different herbs and spices altogether, squeeze of lime juice and it is finished with a really good tequila, that's my favorite dish.

JACKIE BALES: An example of Hawaii's regional cuisine can be found at the Sheraton Moana Surfrider prepared by Executive Soos Chef Richard Lancaster.

CHEF RICHARD LANCASTER: This is going to be the roast Onaga. You are going to use braised baby bok choy. This goes under the Onaga. We leave the skin on because it is such a beautiful fish, the Onaga. Smooth some mustard on there and some herb bread crumbs and then we finish with salamander and some mushrooms and then that's the finished dish.

JACKIE BALES: Mixing local ingredients and traditions, Hawaii Regional cuisine features light sauces, an abundance of fresh fruit and vegetables, and Island fish and meats in unique combinations. The Halekulani Hotel's the state's only five diamond restaurant, La Mex.

CHEF YVES GARNIER: Three layers of phyllo dough, fresh tomato and fresh basil leaves. And then right on top of the basil, we will add the filet. We're going to add seven layers of phyllo dough right on and have a little bit of tomatoes, then altogether you roll, six minutes, very hot oven.

JACKIE BALES: Blending ingredients of both east and west, this new wave of cooking weaves together a variety of flavors including the home provinces of many of the international chefs on the cutting edge of this new cuisine. From roadside eateries to ethnic restaurants, a genuine sampling of true local foods must include pig, poi and coconuts. Move over Hong Kong, the new shopping capital of the Pacific is Hawaii. A world class destination with world class shopping, Hawaii offers classic and contemporary choices or more traditional cultural offerings. It's easy to see why Hawaii is one of the world's leading travel destinations.

SPEAKER: For complete recipes and lifestyle information, visit our website at [vstar.com](http://vstar.com).

### HOST CLOSE

GEORGE HAMILTON: We hope our international edition of Best of Wine & Food has satisfied your senses, pleased your palate and given you food for thought. Until next time, may your cup be full, your plate hearty and your life rich

A Half-Hour Weekly Food, Entertainment, Lifestyle Magazine TV Series

with the delights of the Best of Wine & Food.

C R E D I T S