



August 26, 2009

## Joke Of The Day

### 5 Ways To Keep A Healthy Level Of Insanity In The Workplace

1. Put decaf in the coffeemaker for 3 weeks. Once everyone has gotten over their caffeine addictions, switch to espresso.
2. When driving colleagues around insist on keeping your car windshield wipers running in all weather conditions "to keep 'em tuned up."
3. Reply to everything someone says with "that's what YOU think?"
4. While making presentations, occasionally bob your head like a Parakeet.
5. Sit in the parking lot at lunchtime pointing a hair dryer at passing cars to see if they slow down.

## Peeled Garlic - Feature Product of the Week



Fresh, pre-peeled garlic is the ultimate time saver in the kitchen. It reduces prep time, creates less waste and less clean up. Chefs will love creating new dishes with this as their staple ingredient.

### Qualities:

- Convenient and ready to use
- Spicy flavor that mellows and sweetens considerably with cooking
- Available all year round

### Cooking Suggestions:

Use as the base for nearly all savory dishes, sautéing briefly prior to adding other ingredients. Make garlic and potato cream soup. Caramelize garlic cloves by frying in olive oil till golden brown, then use the garlic or oil separately in cooking. Garlic may be applied to breads to create a variety of classic cuisines such as garlic bread, garlic toast, bruschetta, crostini and canapé. You can use pre-peeled garlic roasted in a slow cooker or in the oven. The flavor varies in intensity and aroma with the different cooking methods. It is often paired with onion, tomato, or ginger

Store peeled garlic in refrigerator for up to 2 weeks.



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I have found the ultimate gourmet addition to any BBQ. A delicious garlic spread paired with mushrooms. Everything is created on the grill, another excuse to BBQ.

## Garlic Spread and Mushroom Appetizer



### Ingredients:

- 24 garlic cloves (roughly the same amount of 2 heads of garlic - peeled)
- 1 cup of shiitake mushrooms
- 1 tsp. olive oil
- Salt
- Slices of Baguette
- ¼ tsp. green onion

### Directions:

Place garlic cloves in the center of the foil square, with shiitake mushrooms. Fold up the sides and corners of the foil to make a bowl and add olive oil. Add 1-2 dashes of salt according to your taste. Fold up the foil to make a sealed bag with the garlic cloves and mushrooms inside. Be sure to leave plenty of room, and shake the bag so that all the raw garlic pieces and mushrooms get coated with oil. Poke one or two holes in the foil to let out steam. Place the bag on the grill for 5-15 minutes. The less time you cook it, the more raw garlic flavor and health benefits you get. When they are cooked, put the roasted garlic cloves and mushrooms in a bowl and use a fork to smash the garlic to the desired consistency. Watch out, the oil makes them slippery. Toast bread slices on the grill for 2-3 minutes and put garlic mushroom mixture on top. Add green onions as a topping.

[http://www.ehow.com/how\\_5309194\\_make-garlic-spread-recipe-health.html](http://www.ehow.com/how_5309194_make-garlic-spread-recipe-health.html)

### Garlic Facts:

It is a fundamental component in many or most dishes of various regions, including eastern Asia, south Asia, Southeast Asia, the Middle East, northern Africa, southern Europe, and parts of South and Central America.



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