



# the SCALLION

All the news that's fit to eat

December 17, 2009

The REGENT MARKET CO-OP E-NEWS

Eat your vegetables

## RMC CLERK UNCOVERS MYSTERY OF PERSISTENT SMILING AMONG STAFF AT OTHER FOOD STORES

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Madison — Earlier this week, RMC staffer Miguel Salas was behind the meat counter struggling to pry the lid off a tub of feta cheese when a customer chided him. “You’re frowning,” she said. “You should see how happy the staff is at Trader Joe’s or Whole Foods. They smile all the time.”

So when his workday ended, he visited both stores. Strolling the aisles, he noticed vigorous smiles on workers’ faces. He saw a female check-out worker who never dropped her pleasant expression while a customer was swearing at her.

Salas struck up a conversation with her, and after her shift, they went for something to eat. It was when they were settled at the table that Salas’ suspicions were raised. She took off her hat, and Salas could not help noticing the strange elongated shape of her ears. Her voice was high and squeaky. Her feet in their quaint green booties were dangling under the table.

“I work retail too,” he said. “How can you all keep smiling like you do?”

“We’re not smiling,” she shot back in a whisper, looking furtively over her shoulder. “This is what our faces are like. We’re elves.”

“Santa laid us off. He’s outsourced all toy production to the Chinese elves,” she explained, “and he’s looking into robotic reindeer.” Her voice started to quaver.

“I used to keep the Naughty list, but his IT department does it for him on excel. There are over 100 categories of Naughty now.” Tears were streaming down her smiling face.

“People at other tables were staring,” Salas said, “but I ordered her another peppermint schnapps and let her cry it out.”

When Salas arrived at work the next morning, he spotted his co-worker Emily Locker frowning. “It was just an ordinary human frown,” he said, “but it seemed...I don’t know... really nice.”

## THIS WEEK RANDY RECOMMENDS . . .

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*Thumann's Christmas baked ham.* Boneless, all-natural, gluten-free, \$5.69/lb, averaging 6-7 pounds.

*DiSalvo's sauces, several varieties for pasta and barbecue.* This is a new high-quality local product you've been asking for. Made right here in Madison.

*RMC's nitrate-free herring, \$2.99.*

*Holiday Cheese and Sausage Trays.* Having friends in or going to a party? Make it easy on yourself and order a tray made to order by your friendly RMC staff. Choose the kinds of cheese or sausage, fruit or vegetables you prefer, arranged on 12", 16" or 18" trays. \$25-\$75. Call your order in at 233-4329. Someone on the staff will help you select what you want.

*There's still time to order your Christmas roast or turkey. Call 233-4329.*

## COOKING FROM THE SHELVES OF THE LITTLE STORE

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*We're beginning a feature this week that will bring you a timely recipe from a member. All its ingredients are available in the RMC.*

This week's recipe is from the culinary guidebook, "Eat Smart in Sicily: How to Decipher the Menu, Know the Market Foods and Embark on a Tasting Adventure," written by Joan Peterson, who is a Regent Neighborhood resident and a former board member of both the Regent Neighborhood Association and the Regent Market Co-op.

The recipe was contributed to Joan's guidebook by Conchera Capadona, whose parents, Ninfa and Vito Capadona, emigrated from Sicily to Madison, Wisconsin, and in the 1930s opened the first Italian restaurant in the Italian-American Greenbush area.

Although this old neighborhood and their original Bunky's restaurant fell victim to an urban renewal project in the 1960s, Conchera's granddaughter, Teresa Pullara-Ouabel, revived the family legacy in 2004. With her Moroccan husband, Rachid Ouabel, Teresa opened Bunky's Cafe, also in Madison, which showcases dishes that combine the flavors of Italian and Mediterranean cuisine.

### ***Ripieno per Cannoli***

Ricotta filling for cannoli.

The recipe for sweetened ricotta cheese (2 1/2 cups) fills 18 medium cannoli or 36 mini cannoli, crispy fried pastry tubes. The RMC will have a supply of cannoli pastry tubes.

- 2 cups whole-milk ricotta cheese
- 1 cup heavy cream, whipped
- 3 tablespoons sugar
- 1-1/2 teaspoons almond extract or 1 teaspoon vanilla extract
- 1/4 cup chopped semisweet chocolate or chocolate chips
- candied fruit and nuts (optional)

Mix ricotta cheese with sugar in a bowl and fold in the whipped cream. Add almond or vanilla extract, chocolate or chopped fruit and nuts, and blend well. Refrigerate for 1-3 hours to set the filling. When ready to serve, fill a pastry bag (or a plastic food storage bag with a corner cut off) with ricotta cream and squeeze it into the open ends of each pastry tube. If the shells are filled too far in advance, the cream will soften the pastry, which is best when crispy. Decorate ends with some chocolate chips, chopped nuts or candied fruit.

## **THE POWER OF SUGGESTION**

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On the white board at the exit door, you've been writing the staff suggestions for new products. Here's how the staff replies:

*Divine Milk Chocolate with Hazel Nuts:* Other Divine chocolate is in, but Barn promises to see about the one with hazel nuts when he orders next.

*Kashi Vanilla Harvest Cereal:* There are 8, count 'em, Kashi cereals squeezed onto the shelves right now. When space becomes available, John will try to get Vanilla Harvest in and will reorder it in the future if it sells.

*Dried pears or peaches:* We carry dried figs, apricots, currants, cranberries, cherries, ginger, mango, papaya, and tomatoes, but no pears or peaches! Why? They're more expensive and harder to get. But Barn will look for them. If he gets them, he'll reorder them if they sell.

*DiSalvo Pasta Sauce:* This is another fine product locally produced. We've now got DiSalvo! There are several varieties of both pasta and barbecue sauce. Look for them!

*Peppermint Oil:* Now what the heck is he/she gonna do with peppermint oil, we wondered. Hmm. Then we concluded it was peppermint extract you were after, and it's there. Look for it in the spice section.

*Kibbles and Bits:* "More Taste. More Joy." That's the Kibbles & Bits motto, and we certainly wish your dog more of both. It's in stock now. (But there are 8 different varieties. How fussy is your dog?)

*Tropicana Vitamin C with Extra Pulp:* You lovers of pulp are such a tiny minority that whenever we order extra pulp it stands in the freezer until it expires.

*Pizza Rolls:* There are probably 50 kinds on the market. Whoever wrote this suggestion will have to give us more clues. Are you a vegetarian, a carnivore, a vegan? We have so little extra space in the freezers, we'd need to know.

*Silk Very Vanilla:* We order it but the warehouse scratches it off our list, which means they don't have it, or more likely, it gets post-dated because it doesn't sell. Sorry!

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## SAVE THE DATE!

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Get out that new 2010 calendar and pencil in this important date:

### **Annual RMC Member Meeting**

Sunday, January 17,

3-6 pm

Dardanelles Restaurant

Get all the news from the Board. How's our coop doing?  
Celebrate another year of its survival with your neighbors.  
Food, fun, music, and door prizes.

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## MERRY CHRISTMAS

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The Staff and Board of the Regent Market Co-op wish a very merry Christmas to all our members. We thank you all for your loyalty and support and look forward to serving you in 2010.