

MORSELS



Fall 2006

Magic Kitchen's Seasonal Newsletter for the Best in Home Delivered Gourmet Food

From the President's Table

Welcome to the **Fall 2006 "Morsels,"** our fourth edition of the quarterly customer newsletter. First and foremost, we want to thank you, our many customers, for making us wildly successful to date. We have grown faster than we ever expected and because of your support, we have many developments to share with you.

Can you believe it? We've only been in business less than a year and we have already outgrown our kitchen! Our rapid growth has forced us to **more than double our kitchen facilities** to keep up with our fantastic customer demand. At the same time, we wanted to put a concerted effort into making your meals even more consistent and with higher quality. Our new kitchens will allow us the space and time to prepare top-quality gourmet foods that consistently meet our high standards, making sure that our products are as delicious and nutritious as possible when they reach your table.

It's a new season, and that means a tasty **new MagicKitchen.com menu.** Be sure to check out our new menu previewed in this newsletter. But that doesn't mean that you necessarily lose a favorite dish from previous months. Some of our menu items have been carried over to this quarter, so make sure to check the web site for the latest and greatest menu listing. Over the coming months, we'll be adding even more favorites, and even taking customer requests for menu additions. So if you don't see a favorite meal from previous months on our current menu, don't despair! Just email us at info@magickitchen.com and we'll try to get it back on the menu.

We've also been listening to your feedback about the MagicKitchen web site. Over the summer, we went through a major web site redesign, including a totally **revamped and simplified shopping cart** and check-out process. Now you can check out in two simple steps! We hope that you enjoy our fresh new look and the new ease with which you can purchase our food.

Now don't be shy! We've made plenty of changes in the past few months, and as always, **we want your opinions.** Email us at info@magickitchen.com and let us know what you think. In the meantime, enjoy your autumn and all the fabulous changes the season brings.

Happy Dining,

MICHELLE TAYLER
President

GREG MILLER
CEO



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www.magickitchen.com



Fall Menu Highlights

Cooler temperatures mean it's time to dish up a bowl of something warm and hearty. Here are some highlights from our new fall menu that will comfort the mind and warm the belly:



Soups

- Broccoli, Mushroom & Zucchini Soup – We made this great soup by accident. It is a beautiful soup with a mix of flavorful California vegetables. Just try it and be convinced.
- Split Pea with Ham – Split Pea with Ham Soup is a hearty soup that is always great in the Fall. As it gets colder this soup is not too heavy and has ham added to provide great flavor.



Main Courses

- Beef Bordelaise – Lean beef chunks in a red wine gravy sauce. Very mild with great flavor. Perfect with our Horseradish Mashed Potatoes.
- Chicken Kiev – Just like it used to be made years ago. Chicken breast stuffed with cheese, butter, herbs and spices. This is one of our all time favorites!
- Stuffed Chicken Ana Luisa Style – Chicken breasts stuffed with a blend of imported cheeses in cream sauce, with delicate pieces of artichoke and ham.
- Pan-Seared Tiger Prawns – Succulent tiger prawns sautéed with lemon juice and butter, tossed with fresh herbs.
- Red Snapper with Tomato & Parmesan Cheese – This fillet is seasoned, oven-baked and packaged for your table. This fish is very mild and is one of the nicest to eat.

Side Dishes

- French Green Beans with Mushrooms and Cream Sauce – Fresh French baby green beans with mushrooms, cooked in a delicate herb cream sauce.
- Mashed Potatoes – “Just right” mashed potatoes with a hint of fresh horseradish. This is one of our best sellers!
- Parsley Buttered Carrots – Tender sliced carrots sautéed in butter with a sprinkle of fresh parsley. Still crunchy and full of flavor.





Sunflower Days

This fall we can appreciate one of America's favorite annual plants – the mighty sunflower. With its giant, golden blooms and tall stalks, the sunflower is a show-stopper in any garden. The sunflower is a star in the kitchen too.

Its seeds are a valuable source of vitamins, minerals, iron and essential amino acids, and contain almost as much protein as beef. Because of its mild taste, sunflower oil can be used both for cooking and dressings. Check out our recipe to the right for Cranberry Vinaigrette salad dressing featuring sunflower oil.

Banish the Back to School Blahs

Starting another school year is a stressful time for parents and children. Make the transition from summer to fall school and activities a little easier on everyone by trying something new for your work lunches. Here are some suggestions on new lunch ideas, along with tips on extending your dinner into a bag lunch the next day. More adventurous kids would also enjoy this:



- Put down that same old ham and cheese sandwich and pack some tasty, nutritious leftovers from the prior MagicKitchen meal in a plastic container, along with utensils and a cold pack.
- Cut up your favorite vegetables and pack in a bit of dressing for dipping. The Autumn Cranberry Vinaigrette (recipe to the right) tastes great with cut up veggies. Just pack in an airtight container and tell your child to shake it up to remix all the ingredients.
- Make up a salad from the prior evening's leftovers. Our Chicken Kiev or Tiger Prawns mixed with some of your favorite lettuce and croutons would make a great change.
- Tired of a lonely apple or orange? Try a fruit salad instead! Apples, bananas and pears are all coming into season – but maybe also try throwing in some raisins, nuts or different dried fruit like cherries or figs.
- Be adventurous with a different “bread of the week.” Rye, pumpernickel or raisin bread all offer a new twist on favorite sandwiches.
- Flavor any sandwich meat with a new spice or condiment. Try adding honey mustard to tuna, or curry to chicken with apples and walnuts.

Yes, Chef!

GREENS, GREENS, DON'T FORGET YOUR GREENS!

A little spinach controversy shouldn't keep you from shunning your salad bowl. Ask your grocer about what's new and fresh this season. We love baby greens with this salad dressing, but arugula, red leaf lettuce, or butter lettuce are all lovely choices as well.

Baby Greens Salad with Autumn Cranberry Vinaigrette

Cranberry Vinaigrette

- 1 Tbsp honey
- 1 tsp Dijon mustard
- 1 Tbsp cider vinegar
- 2 Tbsp cranberry juice
- 1/2 cup sunflower oil (or any other neutral-flavored oil)
- Salt to taste

In a bowl, whisk together honey, mustard, vinegar, cranberry juice and salt to taste. Add oil in a stream, whisking the vinaigrette until it is emulsified.

Mix together the salad:

- 2 cups baby greens
 - 1/2 cup crumbled feta cheese
 - 1/4 cup chopped toasted pecans
 - 1/4 cup dried cranberries
- Toss with the vinaigrette. Serves 4



A Little Joy to Finish a Great Meal

Top off a wonderful, wholesome dinner with a joyous dessert. Because Fall weather can mean anything from warm sunny days to nippy nights, we're offering a variety of desserts this quarter. If you can't let go of summer yet, try our creamy Panna Cotta with Raspberry Sauce (pictured here). Or if you're ready to curl up with something warm, try the belly-warming "Bada Bing!" Cherry Bread Pudding. If you like your sugar fix on the go, nothing beats a good old Chocolate Brownie, and ours are the best. Indulge yourself and your guests knowing MagicKitchen.com uses only the finest ingredients.



Easy Fundraising with MagicKitchen.com

Back-to-school means it's also time to start organizing sports and extra-curricular activities. As the cost of programs and activities rise, so does the demand for our resources, time and energy. We at MagicKitchen.com believe in giving back to our community. Let us help you develop ways to raise funds. For information on fundraising with MagicKitchen, email us at: info@MagicKitchen.com or call us at 877-51-MAGIC (877-516-2442).