

*Complimentary*

# *edible* CLEVELAND®

Our Region, Our Stories, Our Food, Season by Season



Clean

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## CONTRIBUTORS



**Sarah Antonik** is a freelance set/prop/wardrobe stylist and photo producer based in Cleveland. Her passion for beauty, fashion, detail, and organization are the driving forces behind her work, and her love for the collaborative creative process of making beautiful photographs is what keeps her coming back for more. See more of her work at [SarahAntonik.com](http://SarahAntonik.com).



**Kathy Belden** is a freelance writer based in Canton who fell in love with cooking years ago when she took a cooking class in New Orleans. Kathy's written about food and travel for a small-town newspaper and co-founded a local arts magazine. Her work has recently appeared in *Fresh Cup* and *MyNorthMedia.com*.



**Laura Watilo Blake** is an internationally published, award-winning photographer and journalist specializing in soft adventure and cultural travel stories. "Food is an important part of travel for me," she says. "From preparation to partaking, food has a way of quickly revealing the customs, habits, and social norms of another country. And it's one of the best ways for travelers to connect with other cultures. We all have to eat."



**Andrew Burkle** is a Cleveland native and graduate of Ohio University who spent his most recent years in Chicago working with clients from national restaurant chains and food producers to culinary publications. He is the lead photographer at *BurkleHagen Photography* located in Asiatown near downtown Cleveland. He is a Lakewood resident and a new puppy owner. He also is a lover of everything food and *Neil deGrasse Tyson*.



**Kristian Campana** is the creator and writer of *Ohio-Festivals.net*, a blog where he has documented 250 festivals in Ohio since 2009. He resides in Oberlin with his wife, Julia, and their son, Max, who will most likely become a funnel cake junkie once he has more teeth.



**Kathy Ames Carr** began nurturing the local food movement as a toddler, hosing out flats and growing vegetables at her grandparents' farm in Wooster until she went to college. She's now a regular contributor of food news and features for *Crain's Cleveland Business* and *Cleveland Magazine*, and formerly the *Pensacola (FL) News Journal*. She indulges in dessert every day.



**Emily Ellyn** is a television chef and food author who grew up on a farm in Northeast Ohio and is best known as the *Retro Rad* chef from Food Network. When she's not busy writing or finishing her PhD in food service education, you'll see her cooking up fun at food and spirits events around the world.



**Justin Glanville** is a writer based in Cleveland's Detroit Shoreway neighborhood. He is the author of *New to Cleveland: A Guide to (Re)Discovering the City*, a former AP reporter, and a recipient of the Creative Workforce Fellowship from the Community Partnership for Arts and Culture. You can find him online at [JustinGlanville.com](http://JustinGlanville.com).



**Mary Holmes** co-founded the North Union Farmers Market in 1994 and currently is a SAGES Fellow at CWRU where she teaches about the American food system. She is co-leader of Slow Food Northern Ohio and advises the Slow Food chapter at CWRU. Mary received her BA from the University of Michigan, her MAT degree from Johns Hopkins University, and her MBA from Harvard University.



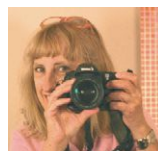
**Melissa McClelland** is a freelance food, prop, and set stylist based in Cleveland Heights. She has been a chef in Boston and Burlington, Vermont, as well as a recipe tester and developer for *Eating Well*. Her current work can be viewed at [PhotoStylistCleveland.com](http://PhotoStylistCleveland.com).



**Karin McKenna** is a photographer who has lived in lots of places and loves traveling, but always looks forward to coming home to Cleveland and all of its awesomeness. She tells the stories of Ginn Academy, Ohio's only all-male public high school, and shoots for a variety of editorial clients. Her work can be seen at [KarinMcKenna.com](http://KarinMcKenna.com).



**Rebecca McMillan** is a graphic designer and illustrator based in Ohio. She specializes in brand identity, illustration, print, and digital design. Her creative solutions are conceptually interesting and visually appealing. She enjoys letters, coffee, paper goods, and wandering art museums. View more of her work at [RebeccaMcMillanDesign.com](http://RebeccaMcMillanDesign.com).



**Anastasia Pantsios** is a writer/photographer who was already a vegetarian in the 1970s when most Clevelanders were mainlining kielbasa. She's an avid herb gardener whose favorite herb is mint. After shooting rock stars for 20 years, she photographed the *Free Times/Scene* restaurant column for nine years, finding food more cooperative than musicians.



**Lisa Sands** is a public relations professional by day and an enthusiastic home cook by night. Flanked by her husband and sous chef, Troy, and with two taste-testing dogs underfoot, Lisa enjoys challenging herself with new recipes and creating photo-worthy composed plates. Her hobbies are talking about food, making food, and eating food.



**Karen Schaefer** is a freelance journalist and independent radio producer based in Oberlin, Ohio. A veteran of WCPN and WKSU, her recent work has appeared on NPR's "Only A Game," and WBEZ-Chicago. Karen has circumnavigated Lake Erie learning about fisheries, Asian carp, and algae blooms and is currently working on a water quality series for the Burning River Foundation.



**Danielle Schroeder** spends her days making salted chocolate chip cookies at Blackbird Baking Co. The rest of the time she is curating art shows, dreaming up crazy window displays, and reading about drawing and photographing food. To be completely honest, she also takes a lot of pictures of her cats.



# SPICE UP YOUR SPRING CLEANING

BY EMILY ELLYN | ILLUSTRATION BY REBECCA MCMILLAN

Spring is in the air, and that calls for a clean sweep of the house. If you're a serious foodie, the kitchen is a great place to start. And in my kitchen, there is one spot that always needs a good spring cleaning—my spice cabinet.

## SPRING CLEANING IN 3 EASY STEPS

Come on now, don't be shy. Your spice cabinet is nothing to be ashamed of, even if you have had some of those jars and extracts in your cupboard since you moved in. Just blame the overflow on your winter holiday cooking and then commit to a spicy clean up. But where do you start?

Ground spices and herbs are at their best the first three to four months after opening. They will, however, retain a less potent flavor for up to three years. Please note that most ingredients are marked with a "best by" date, and you should always consider the manufacturer's storing recommendations. Have no fear if you consume them past that date, they are most likely safe for consumption (unless they have been infested with weevils, which of course means toss and replace). Want to review guidelines for specific spices? Visit [EatByDate.com](http://EatByDate.com).

Once you have successfully sorted through your cabinet, it is time to organize. Type A personalities may go as far as alphabetizing their cabinets, but regardless of how extreme your organizing is, you must be sure each container is labeled with the product's name, the date it was opened, and the expected expiration date. This will alert you when it's time to do a sniff test to check their potency.

What do you do with your extra herbs and spices that aren't expired? My family and I enjoy using them to make blends to use at home or give as gifts. These blends can be packed away in clean airtight containers for use at home or in decorated and personalized jars for hostess gifts, party favors, Mother's Day gifts, or Easter basket stuffers. On the next page are my top five inspirations from this year's spring cleaning. All will yield approximately one 4-ounce jar except the American Pie Blend, which yields three 4-ounce jars. Use these blends as inspirational starting points and then let your palette take it from there. For finer blends, work the herbs and spices through a sieve or pulse in an electric coffee grinder or food mill.

1 TAKE  
INVENTORY

2 ORGANIZE

3 UPCYCLE



### AMERICAN PIE BLEND

- ½ cup cinnamon
- ¼ cup nutmeg
- ½ cup ginger
- 2 tablespoons cloves
- 2 tablespoons ground cardamom
- 1 tablespoon ground allspice

### POULTRY BLEND

- 2 tablespoons ground sage
- 1 tablespoon dried marjoram
- 1 tablespoon dried rosemary
- 1 tablespoon ground thyme
- 1 teaspoon dried savory
- 1 teaspoon garlic powder
- ½ teaspoon black pepper
- ¼ teaspoon ground cloves

### SOUTHWEST TACO BLEND

- 4 tablespoons chili powder
- 2 tablespoons ground cumin
- 1 tablespoon sea salt
- 1 tablespoon hot smoked paprika
- 2 teaspoons ground coriander
- 1 teaspoon oregano
- ½ teaspoon black pepper
- ½ teaspoon cayenne pepper
- ½ teaspoon garlic powder
- ½ teaspoon onion powder

### INFUSED SALT BLEND

- Best used as a meat rub*
- ¼ cup salt
  - 1 tablespoon sugar
  - 1 tablespoon black pepper
  - 1½ teaspoons celery salt
  - 1½ teaspoons paprika
  - 1½ teaspoons chipotle powder
  - 1½ teaspoons chili powder
  - 1 teaspoon garlic powder
  - ¼ teaspoon onion powder
  - ¼ teaspoon mustard powder

### INFUSED SUGAR BLEND

- Best used as a coffee accoutrement or finishing sugar for cakes or drinks*
- ½ cup + 1 tablespoon granulated sugar
  - 1 tablespoon dried mint leaves
  - ½ vanilla bean, split lengthwise and scraped

**Note about Infused Blends:** After about 2 weeks, the salt or sugar will be infused. If a fine blend is preferred, strain through a fine mesh sieve or grind in an electric coffee mill or food processor.

## TIPS FOR BUYING & STORING SPICES

Buy spices from a store that has a high turnover and doesn't keep them near heat or bright lights, which can cause them to degrade.

Herbs should be vibrant in color, structure, and fragrance. Avoid any trace of mold, dry stems, wilting branches, or discolored crushed leaves.

Choose whole spices, since they stay fresh longer than ground.

Buy dried herbs in small quantities and replace often, since they lose their flavor more quickly.

Store in airtight glass jars and close tightly after each use. This keeps your spices dry, which helps prevent any bacteria from growing.

Store herbs and spices in cool (below 70°), dry surroundings, away from direct light, heat, and humidity. Avoid storing above your stove or near other heat sources (dishwasher included).

Store red spices (chili powder, cayenne pepper, and paprika) in the refrigerator to prevent loss of color and flavor.

While we love to freeze almost everything, herbs and spices shouldn't be kept in the freezer. Condensation will be a problem each time the bottle comes out of the freezer and is likely to introduce unwanted moisture to the spices.

Don't shake herbs or spices out of the bottle directly into your cooking pot, as that will introduce moisture to the jar.

Be prepared for almost any recipe with Emily Ellyn's Essential Spice Rack—the must-have spices to always have in stock—online at [EdibleCleveland.com](http://EdibleCleveland.com)