

Food & Family

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Every season is the season for family and food. You can't have too much of either from my perspective. Now it is almost the holiday season when the quality of the food can greatly enrich the holiday experience.

When Shahnaz approached me to write an article for St. Louis Dentistry, I immediately knew it would be about cooking because it is a key ingredient in how my family celebrates all occasions. I was pouring through my recipes trying to decide which one would be best for this magazine and my classic apple crisp recipe fell on my lap as if volunteering for duty.

It's funny, because I have baked it so many times that the directions for the recipe are about as routine as tying my shoelaces but my cookbook (which is a hodgepodge of loose leaf papers) has been so battered by, well batter, that the sweet aroma of each

piece of paper instantly reminds me of the entire cooking experience so it serves as an experiential encyclopedia of flavors.

"Why?" you may ask when you find out that I demand "volunteers" participate in my kitchen. A life of well learned lessons has taught me that I count my children and my husband by the number

second career. I started off as a research biochemist and decided to go back to school after I had four children. It was during these times I learned that delegating can get a job close enough to done.

While cooking is just biochemistry,



Roast Beef – No Fail

For a brisket, 3 – 5 lb.
Preheat oven to 400-425.
Line roasting pan with 3 lb sliced onions.
Place roast beef on top of onions. Add 1/3 cup of water and place in oven to sear meat.
When outer layer of beef browns cover with sauce;

Sauce:

1 can of tomato sauce (flavored tom sauces make this more interesting) or you can use can of stewed tomatoes. Or you can use 2 Tb of tom paste and 1/2 cup water

2 Tb sweet paprika
1 Tb dried marjoram
1 Tb lemon juice
2 tsp caraway seed.

Just mix together and cover beef. Cover with foil or lid. Bake 300 – 325, until soft. I usually add 1/3 cup of water to the container that I mixed the sauce and swirl it around to collect the remaining sauce and add this to the bottom of the roasting pan. After the roast has been cooking for awhile and the onions are soft I spoon the onions from underneath the beef onto the top of the roast. This freezes well.

baking does involve some magic. It's the secret recipes my family has developed over hundreds of years mixed with my kitchen tools and a well calibrated eye that produces American, German and Mediterranean culinary delights.

You see in my family, secret recipes are handed down from generation to generation. Being in the Fink kitchen requires high level clearance, akin to entering the CIA. Sharing recipes is just not done. But with my husband's forbearance I've decided to 'share' with this article.

"Is she just teasing us?" is probably the question you're asking yourself right about now. And the biggest secret of this apple crisp, which I guarantee will be a hit, is that it's really really easy, especially in my kitchen because everyone participates – if you can't cook then you're going to peel apples...or walk the plank.

of their hands.

You see, I went to dental school as a



Dr. Fink at her orthodontic office

Apple Crisp

6 x 10" baking pan, any size pan or pie dish can be used.

Line baking pan with 2" depth of peeled and thinly sliced apples.

For the topping mix the following ingredients with a fork into crumbly little pieces:

- 1 cup flour
- ¾ cup sugar
- 1 tsp baking powder
- ½ tsp salt
- 1 unbeaten egg.



Sprinkle over the apples. You can multiply the above topping recipe to achieve a topping depth of 1- 1.5".

Drizzle approximately 1/3 cup melted shortening or vegetable oil over the topping. Don't have to saturate with oil, but there should be a network of coverage. The oil will form streams, don't let it pool in a few places.

Sprinkle with cinnamon. Bake 350 degrees for 30 to 40 minutes or until crisp and golden.

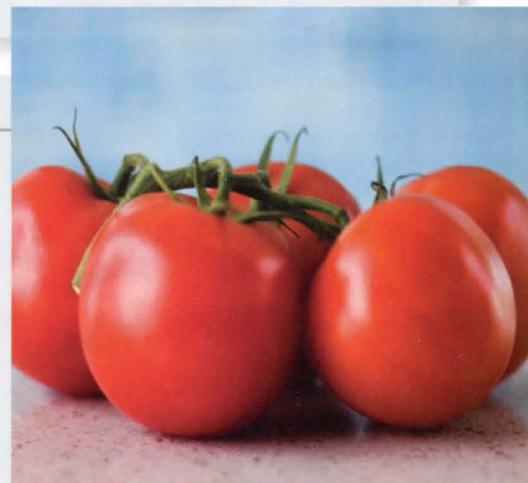
Tomato Oregano Salad

- 3 large cloves garlic
- 3 Tbsp olive oil
- 1 tsp dried oregano
- 1 Tbsp wine vinegar
- ¾ tsp salt
- 2 cups sliced fresh tomatoes
- ¼ tsp freshly ground black pepper

In a bowl press garlic cloves with the back of a spoon or fork. Rub oregano between hands to release oils and let fall into bowl. Add salt, pepper, oil and vinegar.

Stir and let sit for an hour or so.

About 20 minutes before serving, add tomatoes, stirring to coat with dressing.



and Los Angeles. I'm not sure where I will be next, so everyone better roll up their sleeves.

I wish each and every one of you and your family a joyous and satisfying holiday season.



"I couldn't eat that and still fit in my clothes!" seems a logical thought. I have a one word answer – exercise! I find that a good diet of regular activity is the other side of the proverbial coin. For me, that's swimming, pilates, cardio and weight training with a sports medicine trainer.

And now, I have so many good things in my life. I have an excuse to travel regularly to visit my grandchildren in NYC, Seattle