



FEBRUARY 2013 NEWSLETTER

THE IMPORTANT STUFF:

The album is out!! On February 15, 2013 my third album, "Chronicles and Vanity", was officially released! It is now available for sale online. There are many places where you can buy it, including CD Baby (<http://www.cdbaby.com/cd/garrettsawyer>) and Amazon (http://www.amazon.com/Chronicles-And-Vanity-Garrett-Sawyer/dp/B00AZEMA4U/ref=sr_1_1?ie=UTF8&qid=1361657776&sr=8-1&keywords=Garrett+Sawyer).

I put out a press release just before the release of the album. Read it here:

<http://www.onlineprnews.com/news/337476-1360123320-folkrock-singersongwriter-garrett-sawyer-releasing-new-album.html>

I hope you enjoy this month's newsletter. If you know someone who might want my FREE track at <http://www.garrettsawyer.net> OR if you know someone who might like this month's recipes OR you know someone who might enjoy a word or two about frugality OR you know someone who could use a good laugh please forward them my email!

And if you have any comments, questions, etc. about my newsletters, don't hesitate to write me at garrettsawyer@cox.net. And don't worry about damaging my fragile little ego, either. If you see something you don't like, let 'er rip!

Until next time, have a good one!

Garrett Sawyer
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THE "NOT-SO-IMPORTANT-STUFF-THAT-CAN-WAIT-UNTIL-YOU-HAVE-NOTHING-BETTER-TO-DO-THAN-DROPKICK-YOUR-GERBIL":

SIR LAUGHALOT

Q: What do you get if you cross an amnesiac, an agnostic and a dyslexic? (Answer below)

HOW TO EAT LIKE A ROCK STAR

I'm going to start off by giving you *two* recipes. The first one is for a terrific soup stock and the second is a fabulous soup to make with the stock.

Soup stock has got to be one of the easiest recipes to follow on the planet. The directions couldn't be simpler: take ingredients, add to a large pot, cover with water, boil and simmer. There! I just described the whole process to you.

This recipe is for chicken broth. I make this by the vat full. Get yourself a very large soup pot, if you haven't got one already. This pot is going to become one of your best friends (in the kitchen, at least).

When it comes to where to get the chicken bones for this recipe there's more than one way to go. The fact is, you can get them directly from the meat department of your local supermarket. Simply talk to the butcher and explain that you want chicken back and neck portions for stock. If they don't have them they can easily order them. Offer to buy more than one package when they come in and you just might convince the butcher to order them for you. They keep forever in the freezer (never worry about freezer burn with chicken parts that have been frozen for stock) and they're quite inexpensive.

Alternately, you can easily accumulate them yourself. If you know how to carve up a whole chicken then you practically have everything you need right there. Save the carcass and all the leftover scraps and freeze them in a plastic bag until ready to use. Even if you buy a whole chicken that's been already cut up there's often parts leftover that you can freeze. Accumulate them in the same way.

And if you ever forgot about a couple of chicken parts that you froze for later use that developed enough freezer burn to get a suntan don't throw them away! They still make a terrific stock.

You see, that's the beauty of stock. You can take all the old vegetables and other things that you would ordinarily throw away and instead make a wonderful broth out of them. Nifty, eh?

This recipe is adapted from Jane Brody's Good Food Cookbook (<http://www.janebrody.net/books.html>).

CHICKEN STOCK

- 2 pounds chicken parts/scraps
- 1 large onion, peeled and sliced
- 1 large garlic clove, peeled and sliced
- 2 ribs celery, cut into chunks
- 2 carrots, peeled and cut into chunks
- 1 bay leaf
- 2 springs fresh parsley or 1 tablespoon dried parsley
- 1 teaspoon tarragon
- 1/2 teaspoon thyme
- 1/2 teaspoon dillweed

Place all of the ingredients into a pot and cover with water. Bring to a boil. Reduce the heat to low and simmer for 1-2 hours (the longer the better, trust me).

Allow to cool and strain through a fine strainer or cheesecloth. Discard the solids. Refrigerate the stock overnight. The fat will rise to the surface and solidify. Remove the solid fat.

You can now use the stock or store it for later use. What I do is freeze the stock in ice cube trays (which I whimsically refer to as "chicken cubes"). They'll store indefinitely this way and you can defrost only as much as you need.

This second recipe is adapted from Dom DeLuise's adorable book, "Eat this, it'll make you feel better!" (<http://www.domdeluise.com/cookbooks.html>). It's a collection of his mother's Italian recipes together with collected recipes from his celebrity friends. I could live off of this soup....and I speak from experience. A heaping bowl of this stuff plus a hunk of garlic bread makes a terrific meal. And the leftovers are even better. Just heat up a bowl of this stuff if you're in a hurry and you've got a terrific dinner in minutes.

Most people aren't familiar with escarole. It's a broad leaved version of endive with a somewhat sharp taste. Don't worry about the sharpness. It mellows out nicely when simmered.

ESCAROLE SOUP

- 2 tablespoons olive oil
- 2 garlic cloves, minced
- 2 Italian sausage, cases removed and cut into small pieces
- 1 onion, sliced
- 2 carrots, peeled and sliced
- 1 potato, diced
- 2 cups chicken broth (or more, to taste)
- 2 heads escarole, washed thoroughly and coarsely chopped

In a soup pot heat the olive oil over medium high heat. Brown the garlic and sausage for two minutes, stirring well. Turn the heat up high and add the onion, carrot and potato. Stir well for one more minute. Add the chicken broth and mix well to combine. Add the escarole and mix well (don't be alarmed if the broth doesn't cover the escarole because the escarole will reduce very nicely quite quickly). Bring to a boil. Turn the heat to low, cover and simmer for 1 hour, stirring once or twice. Serve and sprinkle liberally with grated Parmesan or Romano cheese.

FRUGALITY 101

Let's start at the beginning. What is frugality? Well, my dictionary defines it as, "a tendency to avoid unnecessary spending; avoidance of waste; thrift: *Riches are gotten with industry and kept by frugality* (Thomas Hobbes)"

That's a good definition but it's only a definition. What people like are the nuts and bolts, i.e. how do you DO it? IMHO, there's never been a better answer than Benjamin Franklin's classic, *Poor Richard's Almanac*.

Now, I'd be willing to bet that, even though everyone has *heard* of the almanac, most have never laid eyes on it, much less read it. Even the name puts you off....*Almanac*. Sounds like something you could kill somebody with in a dark alley ("Hey, back off or I'll hit you with the Almanac!!").

Actually, it's a bit of a misnomer. In Franklin's day Almanac meant pamphlet. He used to print one every year. Each one had a few pithy sayings in it. What we now call the Almanac can be affectionately thought of as "Poor Richard's Greatest Hits". Franklin collected all the best sayings and ditties that he had printed in his career and published them in a single small book. It only has several dozen pages in large type. You could read the whole thing in an hour. Living it, however, will take a lifetime.

And how does Franklin define frugality? In one of the best one-liners in the book he captures it perfectly as follows: "Buy what thou hast no need of and ere long thou shalt sell thy necessaries."

SIR LAUGHALOT

Q: What do you get if you cross an insomniac, an agnostic and a dyslexic?

A: You get someone who lies awake at night worrying, wondering whether or not there really is a dog.