



MARCH 2013 NEWSLETTER

THE IMPORTANT STUFF:

I've begun work on my next record. Tentatively there will be 12 new songs on the record to come. It will probably be a more acoustic sounding record, as opposed to a rock record.

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 month, 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 -WATCH- A-FLYL-CLIMB-UP-A-CURTAIN":

SIR LAUGHALOT

Q: What happens if you give a lawyer Viagra? (Answer below)

HOW TO EAT LIKE A ROCK STAR

I got a little ahead of myself with last month's newsletter. Now that I've gotten the recipes started I should give you a quick word or two about my approach to cooking.

Firstly, let me mention that for health reasons I avoid certain foods. I do not eat red meat. It's not for religious reasons. It's just that it's high in fat and cholesterol. Also, I don't think I need to mention some of the beef recalls we've had in the recent years. I stick to poultry, fish and shellfish. When a

recipe calls for beef or pork I substitute turkey, either ground or thigh meat. You'll see if you make any of my recipes that you'll hardly notice the difference.

Also, I almost never add salt to recipes. There's enough natural sodium in most recipes to keep them from being bland. If I use soy sauce or other salty seasonings I use them sparingly. No sense giving yourself hypertension or making your existing case worse.

Another thing I warmly recommend is starting an herb garden. It's so easy to do if you have a spot which gets full sun. There's nothing like going out to your garden with a scissors when a recipe calls for herbs. And some herbs are laughably easy to grow. My garden always includes parsley, thyme, bay, tarragon, sage, marjoram, rosemary, oregano and chives (oregano is especially easy but keep it in a separate pot because it will spread like all hell and overrun anything next to it). Why pay for store bought when you can grow your own?

Now on to this month's recipe. This is a recipe for Cioppino. For the uninitiated that's Italian Fish Soup or the Italian version of Bouillabaisse, if you will. I once paid \$24 for a single bowl of this in a restaurant. For your amusement this will cost you just about as much to make but you'll get five to six servings out of it!

2 Tbsp Olive oil
1 Green pepper; seeded and chopped
2 Medium onions, chopped
A few springs of parsley, chopped
3 Cloves garlic, minced
2 cans whole tomatoes cut up
2 8 oz. cans tomato sauce
1 1/2 cups dry white wine
3/4 tsp dried oregano
1/2 tsp dried basil
2 bay leaves
Coarsely ground black pepper, to taste
1 1/2 lb Fish*
1 pound raw shrimp, shelled and deveined
2 cans Minced clams, with juice (whole clams will work just as well)

* e.g. cod, perch, whatever is fresh and inexpensive, skin & bones removed, and cut into bite-sized pieces (frozen fish that's thawed is OK)

In large pot or dutch oven gently saute the onion, green pepper and parsley for about 10 min. Add garlic and cook about 3 minutes more. Add tomatoes, tomato sauce, wine, oregano, basil, pepper and bay leaves. Bring to boil, reduce heat and simmer covered 30-40 min. Remove bay leaves and discard. Add fish, shrimp, clams and clam juice. Simmer covered 10-15 min or until fish is done. I'd serve it with lots of garlic bread straight from a hot oven. Enjoy!

FRUGALITY 101

Want to know a simple, easy, quick way to be frugal?

My drink is tea. And, no, I'm not referring to that Lipton's rotgut that would permanently damage your small bowel. That stuff's not tea. That's industrial waste. There's a difference.

No, I'm talking about real tea. Chinese tea. I buy it in bulk from Chinese markets. The stuff is incredibly inexpensive when purchased and made this way. Get yourself a teaspoon or tea ball. A small pinch of tea leaves will make a large cup of steaming hot tea when allowed to brew several minutes.

True story: a colleague of mine who knew my beverage habits once saw a can of Chinese Jasmine tea on sale for \$2. She bought it for me. I kept the can in my office at work. For my own curiosity I taped the purchase date on the bottom of the can. Want to know how long it took me to finish it? *Two years*. That wasn't a typo. It took me two years to finish the bastard. And I can assure you that I drank the stuff all the time. That's right...my beverage bill was one dollar a *year*. You can easily spend \$3-4 on one *visit* to Starbucks.

An anecdote that shows you about tea. I once heard of someone who went on vacation to Africa. In Kenya he was taking a tour of a tea plantation. Part of the itinerary was a visit to one of the open air drying houses, where the tea leaves were hanging from the rafters, tied up in huge bundles. The aroma was to die for. After a brief description the tour guide asked if there were any questions. One man asked, "Where does this all go?" The tour guide answered, "Ah, this portion over here is earmarked for Asia. This portion over here remains in Africa. That portion over there is sent to South America and this portion here goes to Europe!"

"What about the stuff that falls on the floor?" someone asked. "Oh, that!", the tour guide replied happily. "We ship that to the United States!"

So drink tea. If you want to drink coffee at least buy it yourself and get a recipe for the expensive mocha latte that you plunk down your hard earned money for. I guarantee that the result will be just as satisfying as the coffee house brand, at a fraction of the price.

SIR LAUGHALOT

Q: What happens if you give a lawyer Viagra?

A: He gets taller.