



Want the skinny on Pepper?

Some people refuse to eat anything with pepper in it. Others simply don't like it. But I am one who LOVES good quality COARSE ground black pepper and I put it in *EVERYTHING*. It is always the first ingredient into every pan I put on the stove.

For years I bought Cain's Salad Grind in the 8.75 oz size at my local grocer. Then it became harder and harder to find. When I could no longer buy it I invested in an expensive \$30 pepper mill from a high dollar kitchen store. Only to find it was not constant in the size of grind. Some pieces were large and hard, others the size of dust. Yes, it had an adjustable grinder but it didn't matter it was NOT what I was use to. And yes, I did purchase different peppercorns from different locations to give it an honest try. You can also purchase Ceylon (the good cinnamon) in bulk.

What's the difference in grinds?

Tellicherry Ground Black Pepper is ground fresh at [The Spice House](#) weekly. This is the freshest most robust ground pepper I have found.

Notice the larger the # the smaller the grind

What they call Extra Coarse or **16/20** mesh is what I refer to as **FINE GRIND**. I use it when I want a smaller size and texture.

The **10/16** mesh is what I call **Coarse Grind**. I use this size on meats, fish and chicken to give a more robust flavor and texture.

Large Cracked is a **6/10** mesh and, in my opinion, it requires a pepper mill.

Thank you to Beth Tully, founder of **Cocoa Dolce**, the finest artisan chocolates on the planet for turning me on to this amazing product.



Learn about the truth in labeling by reading **Michael Pollan's** work. He points out that most Americans today are outsourcing the preparation of their meals to corporations. It turns out corporations don't cook very well. The cost of letting them try is far too high when it comes to our health and the health of our families and communities. Unless people are willing to take back some of the work of cooking, the food chain is likely to remain too long, too opaque, and too destructive. Getting back in the kitchen and buying locally is a good start.

Cocoa who knew? Dr. Oz says sprinkle some on your butternut squash.
Don't add sugar the squash is naturally sweet.