

# The Spoon



The Quarterly Newsletter of Moonlight Kitchens

April 2018

## **FOOD BIZ BOOT CAMP**

aka "How to Start a Small Food Business in Missoula"

Learn the ins and outs of starting your own specialty food business. Featuring professionals experienced in business planning, financing, fabrication, labeling, marketing, equipment, online sales, and, of course, the Missoula City/County Health Department.

**Five Tuesdays: April 17<sup>th</sup> - May 15<sup>th</sup>  
6:30-8:30pm at Moonlight Kitchens**

**Limit 12 \$100/student  
Pre-registration required.**

**(406) 926-2720**

[moonlightkitchens.com](http://moonlightkitchens.com)

**Note: This class fills fast- register early!**

## **You come, too!**

Moonlight Kitchens' dining area and commercial kitchens are available for private use such as food prep for rehearsal dinners, kid and adult birthday parties, anniversary dinners, reunions, graduations, retirement parties, and even just a quiet dinner for a small group. Contact: Anne @ 926-2720.

**Kitchen Hours: 24/7/365**

**Office Hours: 10-4 M-F**

**& by appointment**

**406.926.2720**

[cook@moonlightkitchens.com](mailto:cook@moonlightkitchens.com)

1951 Kensington Ave #2, Missoula

web [moonlightkitchens.com](http://moonlightkitchens.com)

FB [moonlightkitchens](https://www.facebook.com/moonlightkitchens)

## *"The Perfect Dinner"*



Join Moonlight Kitchens & Wine Guy Mike for an enchanted evening with the critical ingredients for the "Perfect Dinner" – cheese, charcuterie, fruit, bread, and thou. Add a libation of choice and life is good. Share all this with new friends, get some fresh perspective on pairings (and maybe pears ☺), and enjoy it all in an intimate atmosphere. The perfect recipe for a lively spring evening. This is going to be fun!

**Saturday, April 14, 6-9pm, \$35/guest  
Tasting Dinner at Moonlight Kitchens**

Reservations can be made online at [store.moonlightkitchens.com](http://store.moonlightkitchens.com) or by calling (406) 926-2720 during office hours (10-4 M-F).

1951 Kensington Ave. Missoula, MT 59802

(Please note: this is not a sit-down dinner, although some seating will be available)

Our non-profit partner for these dinners is:

Community Food & Agriculture Coalition (CFAC) whose mission is to support new farmers in western Montana. A portion of your reservation goes to fund their programs. Thanks!



## Fermented Foods: What are they & why should I bother?

Fermentation is the chemical breakdown of a substance by bacteria, yeasts, or other microorganisms, typically involving effervescence and the giving off of heat. One of the processes of fermentation is involved in the making of beer, wine, and liquor, in which sugars are converted to ethyl alcohol.

Fermented foods are good for your gut and digestion and can help balance the bacteria and microbes needed for optimal health. Fermented foods include things like pickles, yogurt, bread, kim chi, miso, cheese, sauerkraut, &, of course, alcohol. Here's an easy fermented produce recipe you can make in your own kitchen.



### Gingered Carrots

4 cups tightly packed grated carrots (really fresh!)

1 tablespoon peeled, grated fresh ginger

2 teaspoons sea salt or pickling salt

3 tablespoons whey (or substitute 1 more teaspoon salt)

In a large bowl mix everything together and let sit for ½ hour. Using a wood pounder of potato masher, pound the mixture for 5 minutes so the juices release. Put this into a quart canning jar and press down so the carrots are covered by juice. Add filtered water to just cover the carrots, if needed leaving 1" headroom between the veg and rim. Place a single paper towel over the jar and screw on the metal band. Set the jar in a warm place, (70-75°) for 3 days (whey) to 5 days (salt). Check the jar each day to remove any scum and keep the carrots submerged. Replace the paper towel with the metal lid and keep in the fridge for 3-4 weeks.

**From: "The Essential Book of Fermentation" by Jeff Cox – Penguin, NY**

*Moonlight Kitchens is owned by Pat & Anne Little who have lived in Missoula for nine years. The purpose of the operation is to run a triple bottom line business that provides a space for cooks to connect local food with our neighbors while supporting local farmers. Come learn from, work with, and be entertained by people who like real food! Stop in for a tour of the kitchens or our new meeting space. We're available for meetings, small events, & educational opportunities.*

### Focus on Our Chefs:

**Tiffany Perkins** is the latest manufacturer to join Moonlight Kitchens. Her company, **Plant Perks**, manufactures fermented cashew cheese. It tastes remarkably like real dairy cheese but is a completely vegan product. With an increasing demand for her "cheese" and several wholesale accounts under her belt Tiffany will be working full-time on the business starting April 1, while balancing the demands of being a new mom. We wish her "bon appétit" and good luck. Look for [Plant Perks](#) products in the specialty food department of your grocery store or ask for it! Online ordering and free delivery also coming April 1<sup>st</sup>.

### Dates to keep in mind:

Apr 1: No joke – Easter

Apr 7: Bäckerei Provencal – party in Dixon 8am-12pm. Chk FB

Apr 14: "The Perfect Dinner" 6-9pm at MK – Register now!

Apr 22: Earth Day celebration at MUD. 12-4pm (Missoula Urban Demonstration Project)

May 2: [World Naked Gardening Day](#)

May 5: Farmers Markets OPEN!

May 5: GCH Open House - River Road

May 13: Seed-saving class Mis Pub Lib

### **Moonlight Kitchens** featured in [The Montana Quarterly Magazine](#)

Check out the latest issue of the MQM, available in book stores in Montana. They focused on our Tasting Dinners and local food emphasis with lovely photos and interviews with our kitchen clients. Thanks Laura & Lido!