



SADDLE UP FOR THE JUNIOR LEAGUE'S RUN FOR THE ROSES

By Kelley Cleary Coffeen Photography by Russell Bamert

The Junior League of Las Cruces has kicked off the New Year with grand plans for their next big event to benefit the literacy needs of children in Dona Ana County. "Run for the Roses" is this year's signature fundraising event, complete with all the trimmings of the famed Kentucky Derby. Saturday April 9, 2005 at Dickerson's Event Center, guests will sip on mint juleps while dining on the best food in Las Cruces. Ladies, don your hats...men bring your wallets and play to win! All proceeds benefit the Junior League's various literacy projects for children throughout Dona Ana County. Pictured are committee members Becca Layton, Michelle Perez, Christina Hernandez, Lori Paulson, Laura Hernandez and Michelle Smith. For ticket information call the Junior League of Las Cruces, 524-4725.

SOUTHERN'S MINT JULEP

Atlanta Cooknote, Atlanta, Georgia

Serves 25-30

MINT SYRUP

2 cups sugar
4 cups mint sprigs

MINT JULEP

1 ½ ounces mint syrup per serving
2 ounces bourbon whiskey per serving
crushed ice
mint sprigs for garnish

Bring 4 cups of water and the sugar to a boil, over a medium heat. Boil for 10 minutes. Add the mint sprigs and simmer for 30 minutes. Allow mixture to cool and let stand overnight. Strain the syrup and discard the mint leaves.

To make a mint julep, measure 1½ ounces of the mint syrup and 2 ounces of the whiskey into a silver julep cup or highball glass. Fill with crushed ice. Add a straw and garnish with mint sprigs. To frost the cup, dry the outside of the cup and refrigerate at least one hour, or freeze. Remove from the freezer 30 minutes before serving.

Knock-Your-Socks-Off Hot Crab Dip

Portland's Palate, Portland, Oregon

Serves 6 to 8

½ cup dry white wine
4 ounces cream cheese, at room temperature
1 (16 ounce) can water-packed artichoke hearts, drained and finely chopped
1 cup mayonnaise
1 egg
1 lb. fresh crabmeat or 2 (8 ounce) cans crabmeat, drained and picked over well
2 ounces blue cheese, crumbled fine
Slices black olives for garnish (optional)

Preheat the oven to 350 degrees. In a saucepan over low heat, combine the white wine and cream cheese and simmer until the cheese is creamy. Remove from the heat and blend thoroughly with a wire whisk. Fold in the artichoke hearts, mayonnaise, egg, crabmeat, and the blue cheese. Pour into an 8x8 inch oven-proof baking dish and bake for 30 minutes. Garnish with black olives if desired. Serve with crackers.

MARINATED VEGETABLE SALAD WITH
DIJON DRESSING

One Magnificent Cookbook, Chicago Illinois

Serves 4

- 1 cup cauliflower florets
- 1 cup broccoli florets
- 3 ounces green beans, trimmed
- 1/3 red bell pepper, cut into strips
- 12 ounces canned hearts of palm, drained, cut into 1/2 inch diagonal slices
- 5 ounces fresh spinach, thoroughly washed, stems removed, patted dry

DRESSING

- 1/3 cup extra virgin olive oil
- 3 tablespoons red wine vinegar
- 3/4 tablespoon Dijon mustard
- 1/4 teaspoon salt
- 3/4 teaspoon freshly ground black pepper
- 1/4 teaspoon dried oregano
- 1/4 teaspoon minced garlic

In a large pot bring 1 1/2 quarts of water to a boil. Drop the cauliflower and broccoli into the boiling water. Cook 4 minutes. Remove the florets with a slotted spoon. Drain and rinse under cool water. Drain again. Return the water in the pot to a boil and add the green beans. Cook 2 minutes. Remove, drain, and rinse with cold water. Drain again. Combine the cauliflower, broccoli, green beans, bell peppers, and hearts of palm in a bowl. Put the dressing ingredients into a container with a tight-fitting lid and shake well. Pour the dressing over the vegetables and toss the mix. Refrigerate for 2 to 3 hours. Prepare a bed of spinach leaves on a serving platter. Spoon the vegetables over the spinach leaves and serve.

Resources:

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