

# Mom gets strategies from feeding husband, 3 sons

DETROIT (MCT) — Never be without bacon in your home.

That's one slice of advice Lucinda Scala Quinn says all cooks should heed. And she should know.

The mother of three sons has a new cookbook, "Mad Hungry — Feeding Men and Boys: Recipes, Strategies & Survival Techniques" (Artisan, \$27.95).

"You can always whip something up if you can layer it with bacon," says Quinn, who also happens to be vice president and editorial director of food and entertaining for Martha Stewart Living Omnimedia and cohosts PBS's "Everyday Food."

That's just one strategy Quinn shares in "Mad Hungry," which is packed with cooking tips, techniques and advice on making satisfying family meals. Quinn is on a mission to help other busy cooks resist the temptation of fast food and feed their broods homemade fare.

Recipes include ethnic dishes and hearty comfort foods. There are also recipes for not-so-everyday dishes such as seafood paella and oven-braised short ribs.

"I was lucky because my mom was

somebody who cooked dinner every night," says Quinn, who has four brothers. "She created an amazing foundation ... and my brothers all cook now."

Quinn says she made the same commitment when she had kids.

"I knew it was going to be hard," she says. "And then all of sudden I woke up after 20 years and it was, 'Oh my goodness, my guys like to cook and eat.' ... So this is something that can be very beneficial in people's lives."

That is why she wrote this cookbook, her third. And it's not just for feeding male mouths, even though Quinn writes that "men eat differently from women — they eat more, they eat constantly and they eat passionately."

"It's for anybody who wants to get back to the table or start home cooking," Quinn says.

Quinn stressed that the minute you have more than one male who is hungry and dependent on you, "there is an urgency there that I don't necessarily see with females. Obviously it's a gross generalization and one that only I am making," she says.

But with a husband and three sons, Quinn says, mealtime "wasn't just an urgency, it was practically an emergency. You had to have plans, you had to have strategies and you had to have stuff that they love to eat."

## ITALIAN FRIES

Serves: 6 (generously) / Preparation time: 20 minutes

Total time: 1 hour, 10 minutes

Quinn writes that her "parents taught all three of my brothers to cook and eat well, but Jim has perfected my mom's specialty — a twist on oven fries originated by our Italian relatives. Everyone goes crazy for them!"

6 or 7 Idaho potatoes, peeled and sliced into 1/3-inch-thick french fry-style strips, soaked in cold salted water

4 tablespoons olive oil, divided

1 tablespoon dried Italian herbs or some combo of dried oregano, thyme, marjoram and basil

2 cups freshly grated Romano cheese

1/4 cup fresh parsley leaves, finely chopped

4 tablespoons (1/2 stick) salted butter, cut into 6 cubes

Coarse salt and freshly ground black pepper

Preheat the oven to 400 degrees.

Drain the potatoes and pat dry with paper towel. Spread 1 tablespoon of the olive oil on each of 2 rimmed baking sheets and spread out the potatoes. Overlapping is fine.

Sprinkle the dried herbs evenly over the potatoes. Liberally spread the cheese and parsley on top. Drizzle the remaining 2 tablespoons of olive oil over the cheese. Scatter the cubed butter around the pans.

Bake until the potatoes are golden brown, rotating the pans after 30 minutes, for 45 to 50 minutes total. Use a spatula to lift the potatoes with all the crusty cheese adhered to them. Sprinkle with salt and pepper to taste. Serve hot.

369 calories (49 percent from fat ), 20 grams fat (9 grams sat. fat ), 38 grams carbohydrates, 13 grams protein, 351 mg sodium, 44 mg cholesterol, 5 grams fiber.

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