



January, it's another New Year! A lot of us make New Year resolutions such as eating better, exercise more, spend more time with family, be more environment friendly, etc.

How about having more time for fun?

One way to gain more time for fun is to spend less time looking for miss placed items. Have you ever said to your self, "I know I have it, I just need to find it"?

If you follow these three simple steps, you will be able to reduce clutter and spend less time looking for things, and have more time for fun.

You can also use the extra time you gained by preparing a good family meal. Nothing warms the body like a bowl of tasty soup in the winter month. If you like seafood, try this Cioppino, you will love it!

Happy and Safe New Year!



More Time for Fun, by organizing your things

Have you ever said to yourself, "I know I have it, I just need to find it"? How about you couldn't find something you needed, and went out and bought another one, than, found the old one? We spend countless minutes looking for things we know we have but can't find, wasting time and money.

These are extra time and money we could have used for fun.

Let's take a minute to analyze why we have to look for things in the first place. The most common reasons are we 1. Don't remember where we put it or 2. Someone else didn't return it to its original location. Follow three simple rules, and you will be on your way to a more organized life style, and have more time for fun.

First and foremost, do a house cleaning. Go through your house, room by room, closet by closet, drawer by drawer, look at each item. Assign one category to each item.

1. Regular Use - thing used almost daily like car keys, purses, cell phones, shoes, etc.
2. Occasional Use - things like tools, shoe polish, slower cooker, etc.
3. Seasonal: Items like holiday decorations, winter / summer cloth, golf clubs, etc.
4. Donate / Trash - out-of-date cloth, old trophies, gifts you will never use, old decorations you don't use anymore, old TVs, broken toys, etc.

When you go through this exercise, **be brutally honest**. The goal here is to REDUCE the number of items you have. Get ride of the Donate / Trash items! Give them to Goodwill, sell on ebay, or trash them. You don't use them, you won't miss them. Everything you "need" should be in categories 1,2 and 3. **When you buy new items to replace an old one, get ride of the old one**. This is the very important so you can keep your home clutter free.

The second step is to find a place for items in categories 1, 2 and 3. Seasonal Items, if these things are valuable to you, spend the time and money to put them in sturdy boxes, and place them neatly on shelves. Make sure you mark the boxes on the outside also. You don't need to spend hundreds of dollars on fancy shelves, you can use cement blocks and wood plank to make shelves for your garage.

Occasional and regular use items' home needs to be easily accessible and easy to use. For example, you can have a wall of keys. All the keys for the household, goes on that wall. Your wallet / purse **ALWAYS leave it at the same spot**.

Once you found a place for everything, tell everyone in your household where each item is. Then, tell everyone what benefits they can enjoy (not having to look for things) if everyone put things back to where they got it from. This rule needs to be re-enforced regularly until it becomes a habit for everyone.

To reduce time spent on looking for things or money wasted buying things you can't find, you just need to adapt the three simple rules.

1. Donate or trash the old item if you bought a new one.
2. Have a home for each of your needed items.
3. Always, always put things back to where you got them from.

In a short period of time, these will become time and money saving habits.

Remember, these are life style changes that require commitment. If you are determined to have a more organized life, you will! Good Luck!



Cioppino

Source: William Sonoma

Serving Size: 4

Prep Time: ~ 30 min

Cooking Time: ~ 40 min



NOTE:

The origin of this famous San Francisco specialty is open to speculation. Most locals believe it is related to the Italian cacciucco, a fish stew of Livorno, and to the fish stews of the Friuli region, which are made with red wine. Serve with grilled coarse country bread rubbed with garlic.

Instructions

- In a large stockpot or saucepan over **medium heat**, warm the olive oil.
- Add the onion and sauté, stirring occasionally, until translucent, **about 5 minutes**.
- Add the celery, garlic, bay leaves, thyme, fennel seeds and red pepper flakes and cook until the celery is soft, **about 5 minutes more**.
- Add the fish stock, tomatoes, wine and tomato puree and **simmer** for about **10 minutes** to blend the flavors.
- Season the stock with salt and pepper.
- Add the clams along with the crab to the pot.
- Cover and simmer briskly until the clams start to open, **about 5 minutes**.
- In the mean time, warn serving bowls.
- Add the mussels (discard any that do not close to the touch), shrimp and scallops and continue to cook until the mussels open, the shrimp turn pink and the scallops are opaque throughout, **3 to 5 minutes**.
- Ladle the cioppino into warmed bowls, dividing the shellfish as evenly as possible and **discarding any mussels that did not open**.
- Sprinkle with the parsley, Serve immediately with crusty bread

Ingredient List

1. 1/2 cup olive oil
 2. 2 cups chopped yellow onion
 3. 1/3 cup chopped celery
 4. 2 Tbs. minced garlic
 5. 1 small bay leaves
 6. 1 fresh thyme sprigs (use it whole)
 7. 1 tsp. ground fennel seeds
 8. 1 tsp. red pepper flakes
 9. 3 ½ cups fish stock (~28oz)
 10. 2 cups chopped canned plum tomatoes, with their juices (~16 oz)
- 1 cup dry red wine
Use a Pinot Noir. Remember, only cook with wine that you would drink.
11. 5 Tbs. thick tomato puree (~2.5 oz)
 12. Salt and black pepper, to taste
 13. 12 clams, well scrubbed
 14. 1 crab or lobster, **cooked**, cracked and sectioned into 2 to 3-inch pieces
 15. 12 mussels, well scrubbed and debearded
 16. 12 shrimp, peeled and deveined
 17. 12 sea scallops, tough muscles removed
 18. 2 Tbs. chopped fresh flat-leaf parsley

Serve with

- Crusty Bread
- Red wine that goes well with tomato sauces and sea food. Ask you local wine person.