



Day	Time	Actions	Notes
Sun 2/11		Finalize Shopping List	Look through the recipe, figure out if you have all the cooking tools, and what ingredients you have on hand and what you don't have.
Mon 2/12		Go Shopping for the Food	You want to go shopping early, incase you can't find everything
Mon 2/12		Shop for wine	Tell the Sommelier at the wine store/section what you are having for dinner, and they will assist you. Don't spend more than \$20-30 if you are not a wine drinker
Mon 2/12		The Music you want to be playing while having dinner	think about the music you can play while having dinner. Jazz, Piano, are good. If you have Cable or Satellite TV, there are usually music channels, use one of them.
Mon 2/12		Candles	If you are looking to do a candle lit dinner
Mon 2/12		Buy Flowers	Buy them now so you don't have to scramble on Wed. You can put the flowers in the vase, with water, and put them in your refrigerator.
Mon 2/12		Buy Chocolates	
Mon 2/12		Buy a Card	
Mon 2/12		Gift	You did get him/her a gift, right?
Tue 2/13		Write / Sign the card	
Tue 2/13		Wrap Present	
Tue 2/13		Rent a Romantic movie	or find a pay per view
Wed 2/14	AM	Call and say Happy Valentine's day from the office, or send an email.	Phone call is better....
Wed 2/14	PM	Leave the office early	Sure you can. You leave early to play golf, see a baseball game, ...etc, don't you? You can leave early to make dinner. When you leave the office depends on how long it will take you to get home.
Wed 2/14		Empty out the dish washer	This will make clean up later easier
Wed 2/14	-180 min	Make the Desert, Pine Nut Pie	cool it, loosely covered with aluminum foil
Wed 2/14		Set Table	While Desert is baking
Wed 2/14		Table Cloth	
Wed 2/14		Candles	
Wed 2/14		Flowers	
Wed 2/14		Wine Glasses	
Wed 2/14		Music	Start playing it
Wed 2/14		Fireplace	if you like fire in the fire place, and you have a real wood fireplace, get it ready to be lit
Wed 2/14	-90 min	Make the Asparagus Dish	It can be made, then, placed in Refrigerator
Wed 2/14	45 min	Make the Main Dish	
Wed 2/14	-10 min	Prepare wine	if White, keep it chilled, if Red, leave it open on the table
Wed 2/14	0 min	Serve Dinner	
Wed 2/14		Clean Up	Don't start the dishwasher, unless you have a real quiet dish washer
Wed 2/14		Have Desert	
Wed 2/14		Open Presents by fire	
		Watch Movie	



Dish	Item
MainDish	2 lemons
Desert	All-purpose flour, 1 tbs
MainDish	Angel hair pasta, 1/2 lb.
Appetizer	Asparagus, ~ 20 stalks
MainDish	Baby spinach, 1 6 oz bag
MainDish	Capers, Salt Packed, 1 tbs
MainDish	Chicken stock, 1/2 cup
Appetizer	Chives, 1 tbs
Appetizer	Cream cheese, ~ 4 tbs
Desert	Dark brown sugar, 1cup
Appetizer	Dijon mustard, 1/2 tbs
Desert	Eggs, 2 extra-large
Appetizer	Extra Virgin olive oil, 1/4 cup
MainDish	Extra Virgin olive oil, 1/4 cup
Appetizer	Garlic, 1 Clove, crushed
Desert	Heavy cream, 1 tbs
Desert	Pie Crest, 1 (9") frozen (get 2 in case one breaks)
MainDish	Pine nuts, ¼ cup
Desert	Pine nuts, 3/4 cup
Appetizer	Prosciutto, 4 thin slices
Desert	Pure vanilla extract, 1 ½ teaspoons
Appetizer	Red wine vinegar, 1 tbs
MainDish	Sea Scallops, 1 lb. large
MainDish	Shallots, 3
Desert	Sugar, ¼ Cup
MainDish	Thyme Sprigs Leaves, 2 large
MainDish	Tool - A Zester
MainDish	Unsalted butter, 2 Tbs. (1/4 stick)
Desert	Unsalted butter, 8 tbs (1 stick)



## Asparagus Prosciutto Rolls

**Serving Size:** 4

**Prep Time:** 15 min

**Cooking Time:** 10min



### Instructions

#### Make the Vinaigrette

(can be made 1 day ahead and refrigerated)

- Combine Olive Oil, vinegar, mustard and garlic in a small bowl. Whisk well.
- Stir in chives, salt and pepper.

#### Prepare the Asparagus and Prosciutto

- In a pot, large enough to hold the asparagus bring about  $\frac{1}{2}$  pot of water to boil.
- Break off the tough end on the Asparagus (or cut them off).
- Cook the Asparagus in boiling water for 5 ~ 8 min. Do not over cook.
- Rinse cooked asparagus under cold running water, then drain / dry on paper towel. Go onto the next step.
- Spread each slice of prosciutto with thin layer of cream cheese.
- Roll three stalks of asparagus into each slice of prosciutto.
- Cut into serving sizes
- Top with vinaigrette.

### Ingredient List

- 1/4 cup olive oil
- 1 tbs red wine vinegar
- 1/2 tbs Dijon mustard
- 1 clove of garlic, crushed
- 1 tbs minced chives
- Salt and pepper
  
- 4 thin slices of prosciutto, cut in half, length wise
- ~ 4 tbs cream cheese
- ~ 20 stalks of asparagus



## Angel Hair Pasta with Pine Nuts, Scallops, and Spinach

**SERVERS:** 2

**PREP TIME:** 30 min

**COOKING TIME:** 25 Min



### Instructions

- Rinse the scallops and dry well with paper towels.
- Season the scallops with salt and pepper.
- (PASTA) Bring a large pot of water to a boil over high heat. Salt the boiling water
- In a large, heavy fry pan over high heat, warm the olive oil until it shimmers.
- Without crowding, add the scallops and sear until nicely browned on one side, about **2 minutes**.
- Turn the scallops over and brown the other side, about **1 minute** more.
- Add the lemon zest and thyme, and cook for a **1 min**, stir often
- Using a slotted spoon, transfer the scallops to a bowl.
- Reduce heat to low, add butter and shallots to the pan.
- Sauté until softened, about **4 min**
- (PASTA) Add the pasta to pot, cook until tender but firm to the bite, **3 to 4 minutes**. (follow instructions on box)
- Add the lemon juice and stock to the pan and deglaze the pan, stirring to scrape up the browned bits from the bottom.
- Simmer until slightly thickened, **3 to 4 minutes**.
- Drain the pasta well and add it to the pan.
- Add the scallops and the juices.
- Add the capers and pine nuts.
- Toss over low heat to finish cooking the scallops and mix well, about **1 minute**.
- Add the Spinach leaves and toss gently.
- Serve Warm!

### Ingredient List

- 1 lb. large sea scallops
- 1/4 cup extra-virgin olive oil
- Grated zest of 1 lemon
- 2 large fresh thyme sprigs leaves Minced
- 2 Tbs. (1/4 stick) unsalted butter
- 2 shallots, minced
- 1/2 lb. angel hair pasta
- Juice of 1/2 lemon
- 1/2 cup chicken stock
- 1 tbs salt-packed capers, rinsed and drained
- 1/4 cup pine nuts, lightly toasted
- 1 large bunch baby spinach, stems removed



## Pine Nut Pie

**SERVERS:**

**Prep Time:** 30 min

**Cooking Time:** 60 min



### Instructions

- Combine the sugar, brown sugar, eggs, vanilla, flour, cream, and butter in a bowl, Whisk until well blended
- Fold in the pine nuts.
- Pour into the pie crust
- Baked at 350 degree for **50 minutes**

### Ingredient List

- $\frac{1}{4}$  Cup Sugar
- $\frac{3}{4}$  cup packed dark brown sugar
- 2 extra-large eggs, beaten
- $1 \frac{1}{2}$  teaspoons pure vanilla extract
- 1 tbs all-purpose flour
- 1 tbs heavy cream
- 8 tbs unsalted butter, melted (place in a bowl, cover with, and microwave for 10~20 sec)
- $\frac{3}{4}$  cup pine nuts
- 1 (9") frozen Pie Crest



## COEUR A LA CREME WITH RASPBERRY SAUCE



### Special Equipment

- One large (16-ounce) perforated heart-shaped, Coeur a la Crème mold
- Cheesecloth to cover the molds.

### Serving Size: 4

**Prep Time:** 60 min

**Cooking Time:** 2 ~ 3 hours (refrigeration)

- 8 ounces mascarpone cheese, softened
- 1 1/4 cups heavy cream (1 Cup, 1/4 Cup)
- 1 tsp vanilla extract
- 1 tbs fresh lemon juice
- 1 tbs Chambord or other raspberry liqueur
- 1/2 cup sifted confectioners' sugar

### For raspberry sauce

- 1 pint fresh raspberries
- 1 tbs granulated sugar
- 1 tsp fresh lemon juice

### Garnishes

- fresh raspberries and mint leaves

### INSTRUCTIONS

- Cut a piece of cheesecloth large enough to cover the dish.
- Dampen and wring out lightly and press into the perforated heart-shaped ceramic molds and set aside.
- In the bowl of an electric mixer, whip the mascarpone cheese, 1/4 cup of the cream, the vanilla, the 1 tbs lemon juice and the Chambord until thoroughly blended. Refrigerate. (this is the chilled cheese mixture)
- In a small bowl, whip the remaining 1 cup cream and the confectioners' sugar until the cream forms stiff peaks. (whipped cream)
- With a rubber spatula, fold the whipped cream into the chilled cheese mixture in three batches.
- Spoon the finished mixture into the prepared molds and fold the edges of the cheesecloth over the tops.
- Lightly tap at the bottoms of the molds on the counter to remove and air spaces between the mixture and the molds.
- Refrigerate on a tray or baking sheet a minimum of **2 to 3 hours**.

### Meanwhile, make raspberry sauce:

- In a blender or food processor, purée the raspberries, granulated sugar and 1 tsp lemon juice.
- Taste the sauce for sweetness and adjust the sugar or lemon juice as needed.
- Strain and refrigerate.

### Assemble and serve: (garnish with fresh berries and mint leaves)

- Unfold the cheesecloth and drape it over the sides of the molds.
- Place the serving plate on top of the mold, then Invert mold onto the serving plate.
- While pressing down on the corners of the cheesecloth carefully lift off the mold.
- Smooth the top with the back of a spoon and remove the cheesecloth slowly.
- Spoon raspberry sauce onto the plate around the heart



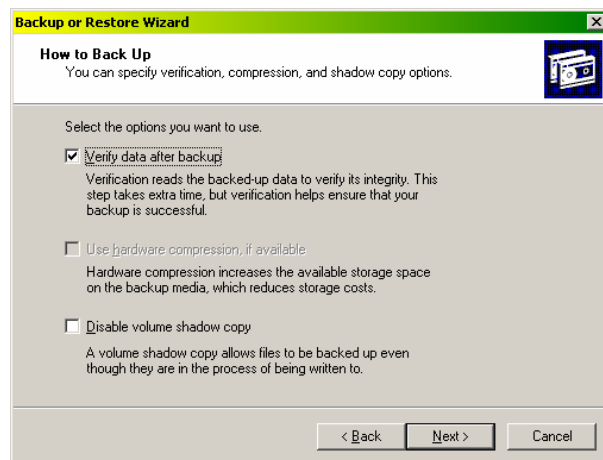
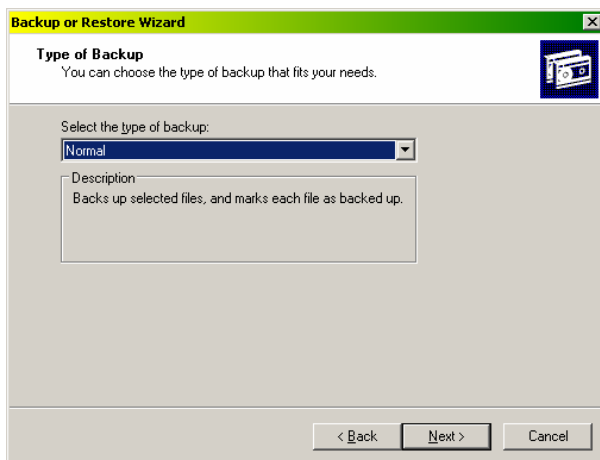
Last month, we decided to start taking backups of our [computer files\(link to last month\)](#). One of our readers asks the question, how often is frequently? Well, the answer to that is "it depends". It depends on how much time you are willing to spend to re-create the files you lost. For most of us, monthly backup is the recommended frequency.

Once you decided on how frequently you need to backup your files, you have two options to do the back ups on that schedule. You can use the **advanced options** to set up a scheduled time, or you can remind yourself to do it monthly.

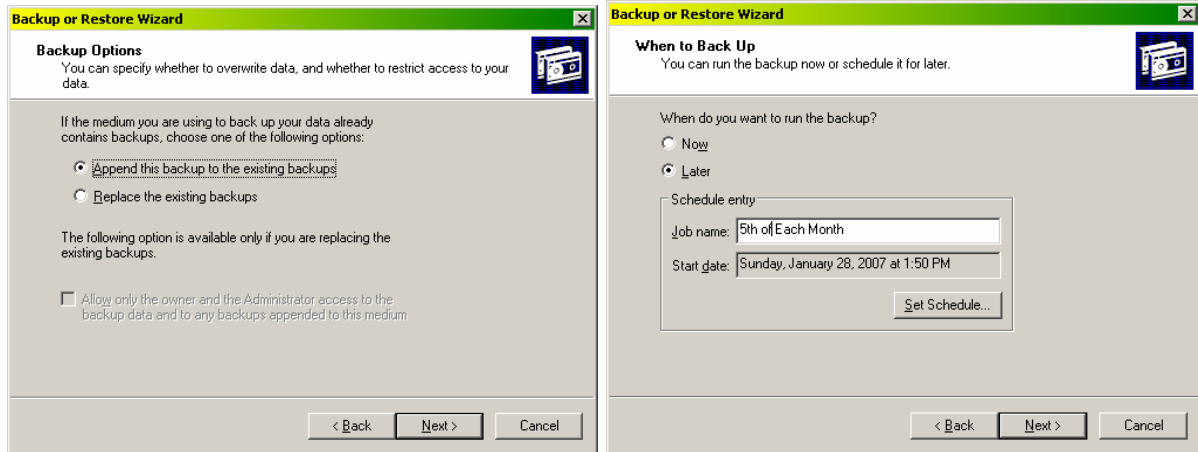
Using the Backup or Restore Wizard's **advanced option**, just click on Advanced when you are setting up your backup job.



Type of Backup, we recommend Normal. You will also be asked How to back up, select verify Data After back up.



Next question is the Backup Option. Do you want to append this back to the existing back up or replace the existing? Select append to existing backup rather than replacing, unless you are approaching a disk space limit. Next, you will schedule your backup to run at the frequency and time you decided on.



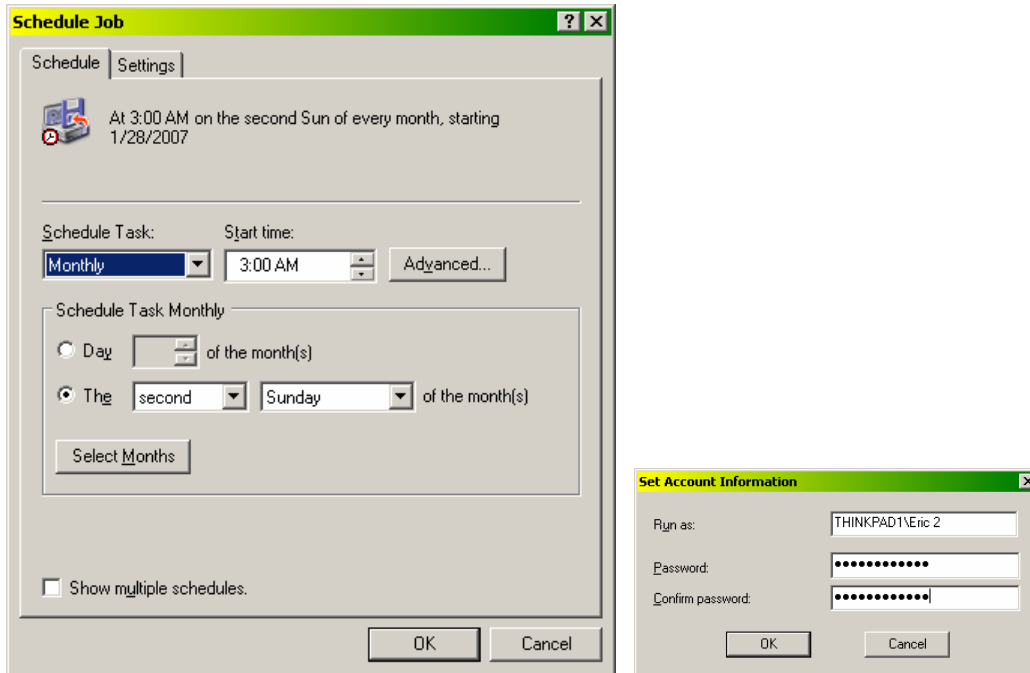
Click on the Set Schedule button and the Schedule Job wizard comes up. These are our recommended settings.

Schedule Task: Select Monthly.

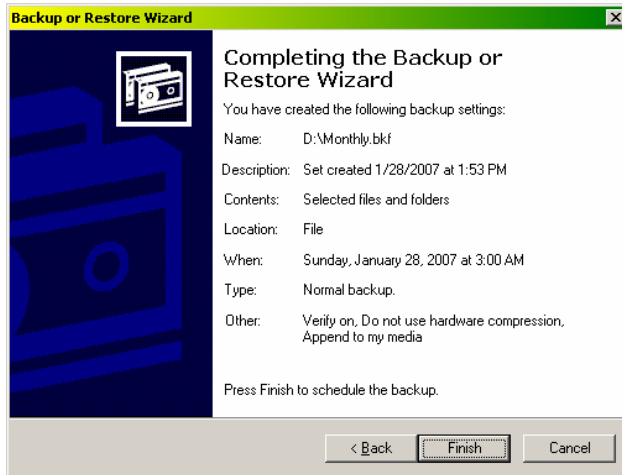
Start Time: set it at 3am when we are sleeping

Schedule Task Monthly: The Second Sunday of the month.

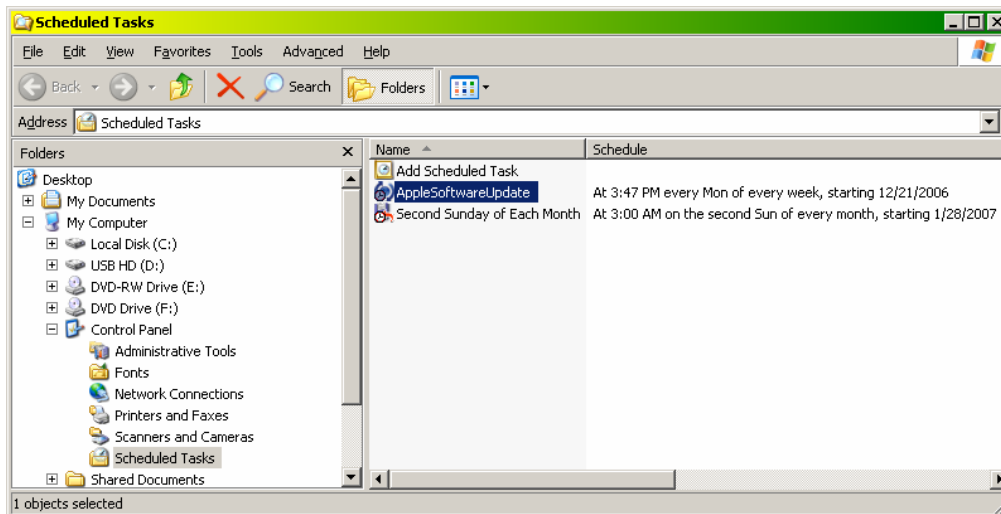
Press OK, and you will be asked to supply an ID and PW, use the ID / PW you use to log into the computer.



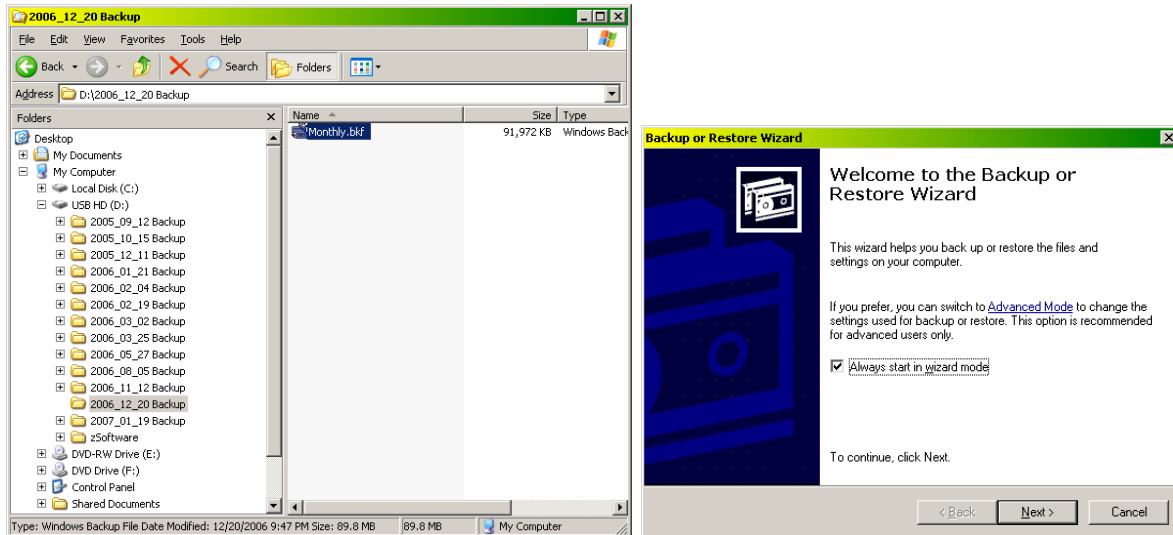
Press OK, you will see the confirmation Screen. Press FINISH, to complete the scheduling of your backup. You have successfully setup your computer to do backups, leaving more time for you to have fun!.



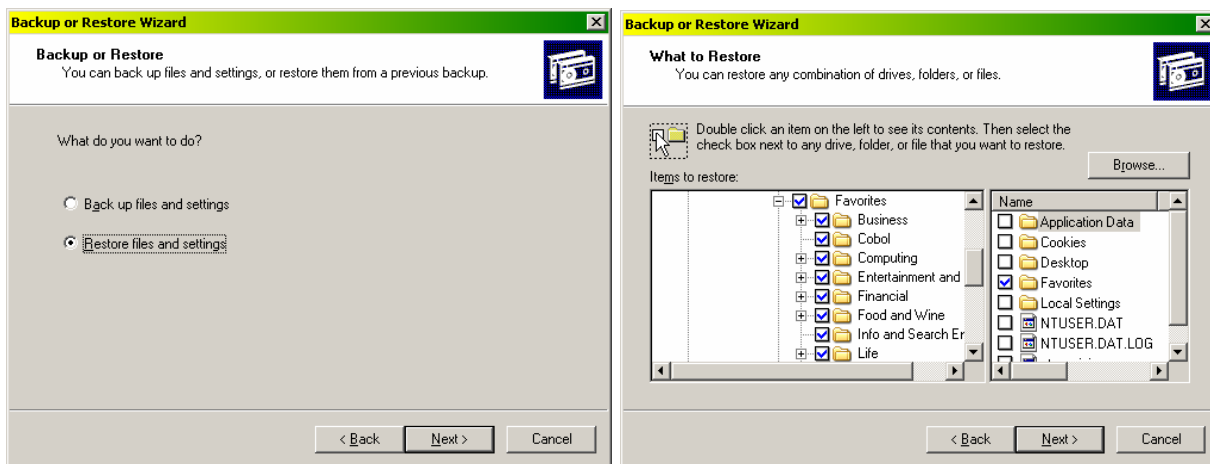
Let say a few months down the road you wanted to make a change to the time the backup is executed? You can modify by editing the schedule. In Control Panel, there is the scheduled Tasks link; you can see the Second Sunday of Each Month backup job scheduled. Double click to modify as needed.



Now that you have the files backup up, how, do you restore them when you need them? First, find your backup files using Windows Explorer. Double click on the backup file, in this case, Monthly.bkf, and the Backup Restore Wizard will appear.



Select Restore files and Settings, and Press NEXT. You are then asked to select the files you want to restore.



Select the files, then, press NEXT. There will be a series of screens showing the progress of the restore, and eventually (depending on how many files you are restoring), the Restore Completed screen will come up.

Using this simple back up and restore, the files are all place back into their original file folders where they were backed up from. Next month, we will look at how to utilize Calendar programs to simplify our lives.



## Composing Memory Jogging pictures (2007-02)

Last month, we talked about the 3 basic principles to taking good pictures. This month, we are going to discuss how to compose everyday shots to make them interesting.

1. By **COMPOSING A PICUTER**, we mean to “pose” your subject(s) in the picture. You don’t have to take the picture straight on, not even necessary for them to look at the camera. Remember, you are trying to capture the moment; the more natural the human behavior, the better it is to convey the mood of the moment.

Look at the three examples below. Does the first picture convey the girls are having a fun time (and about to enjoy their rather large cookies)? The middle picture, does it show kids enjoying each other’s company? The third, does it tell you the young lady is enjoying her book on a sunny day in the park? Those are the feelings at the moment I wanted to capture to jog my memories of those special moments.



2. Once you have decided on your subject, **GET CLOSE** to it! Backgrounds in pictures, distracts from the main subject, so get close (and low if necessary) to your subject, it will give your subject the attention it deserves. Most digital cameras these days have zoom capabilities, lets use it! The key is to fill the picture with your subject as much as possible.

3. Use the **RULE OF THE THIRDS**. Simply stated, place your subject slightly to the right/left of the vertical center, and above/below the horizontal center.

Let’s look at some examples of what Get Close and Rule of Thirds are about. The first picture, taken with the zoom capability, captures a sail boat at dock. The main portion of the subject (the hull) is at the bottom right. The second picture is close to the subject, but has enough background to place the subject at a location. The third and fourth picture, are both meant to convey brother and sister playing (not fighting) together. The last one, take lying on my stomach, is much better than having them look up at the camera.



Now that you have taken all those nice pictures, wouldn’t it be nice to share them? Next Month, we will share our knowledge on how to store and share your digital photos.