

This House is

COOKING!

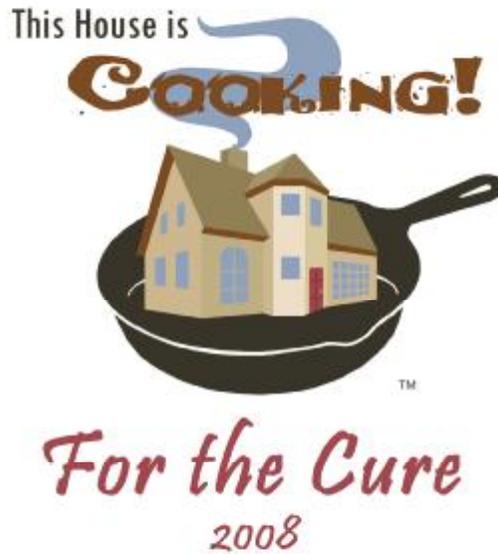


For the Cure
2008

November 1, 2008

10:30 a.m. – 1:30 p.m.

**Hope & Healing Center
1115 Union Avenue
Memphis, Tennessee**



Honoring Breast Cancer Survivors

Kathy Moore Cowan

Phyllis Mitchum

Cheryl Richmond

Rev. Marilyn Robinson

Carolyn Marie Spencer

Julie Wintker

Ernestine White



THINK PINK MENU

Appetizer

Lobster Bisque Soup

Entrée

Miso Salmon

Side Dishes

Asian Spinach

Sticky White Rice

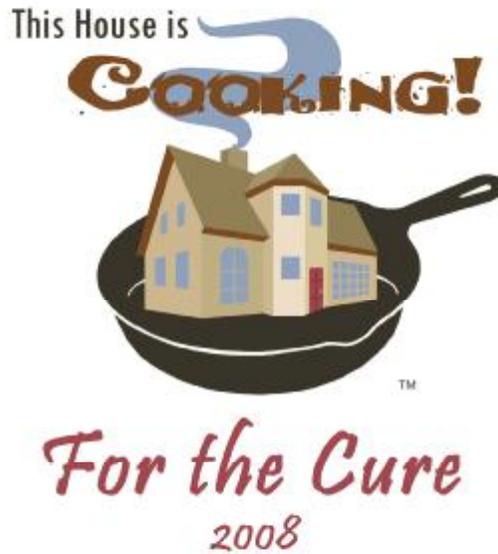
Sticky Brown Rice

Dessert

White Chocolate & Strawberry Cheesecake

Beverage

“Faux Pink” Champagne



PROGRAMME

- 10:30 a.m. PRE-SHOW INTERVIEWS
- 11:30 a.m. WELCOME
Karen Moore
Creator/Executive Producer
- 11:35 a.m. INVOCATION
Reverend Marilyn Robinson
Saint Andrew A.M.E. Church
- 11:37 a.m. SHOW TAPING!
- BON APPETIT!
- 1:20 p.m. CLOSING REMARKS



LUNCH HONOREES

KATHY MOORE COWAN

I'll never forget when I found out my younger and only sister, Kathy Moore Cowan, had breast cancer. It was on a Sunday afternoon, March 2007. We had just been seated at Paulette's restaurant in Midtown and ordered our French cuisine, after having gone to church with our mother. When the waitress came back with our food, my sister told us that she was going to have minor surgery on Friday and that we didn't have to rearrange our schedules if we couldn't come. We asked what kind of surgery and she said the doctor had found a lump. That it was cancer. Mom pushed back her plate and said she wasn't hungry. Since I feed my stress, I immediately shoved some food in my mouth.

We bombarded Kathy with questions and she answered them as thoroughly as possible. She had done her research. My sister put us at ease and made it seem like it was no big deal. I did a lot reading and prayed extra prayers that week and Friday morning, Kathy went in for the surgery, calm, cool, and collected. Once again, she put us at ease but we all knew this was a big deal.

My sister was blessed throughout the entire eight months as she went to radiology and chemotherapy. Yes, she lost her beautiful hair but she never missed work, she never missed working out with her physical trainer, she only vomited once, and she never lost her sense of humor or her faith.

By the time National Breast Cancer Awareness Month rolled around last year, Kathy had completed her last week of chemotherapy and was invited to speak at Saint Andrews African Methodist Episcopal Church. All of our family and her friends attended. She looked so beautiful with her elegant black wide brim straw hat on.

She spoke about how she prayed that God would allow her to keep her joy throughout the treatments. She spoke about going to the clinic during those weeks where she observed people whom the treatments had taken their toll. She said they looked so sad and she wanted to do something to bring them joy. She said, "So my last day," she took her off her straw hat revealing her bald head, you could see tears welling up in our eyes, and then she put on a tall Dr. Seuss hat, and through tears we all started laughing. She continued, "I went into the clinic with this hat on and when I opened the door everybody in the clinic started laughing just like you did."

Kathy had achieved her goals: to finish her treatment, to beat the cancer, not lose her joy and to bring joy to others going through it. My little sister has always been a strong woman; she definitely battled cancer with strength, dignity, faith and a sense of humor.

Nominated by Karen Moore

PHYLLIS MITCHUM

I nominate my mother Mrs. Phyllis Mitchum who is now a six year survivor of Breast Cancer. The reason being is because she's a very loving and caring mother, who was diagnosed with breast cancer when I was still in high school. At first she didn't take it too well because her mother (my grandmother) passed away as a result of lung cancer disease. Although being weak and tired from all the treatments week in and week out, she would still try to make it to all of my basketball games and track meets.

During these months and years of procedures, tests, and treatments, my mother had her up and down moments. The majority of these times my father was the one who helped her fight through all the pain and suffering. My brother and I would try cheering her up by joking about certain things just to let her know that we weren't sad, but happy that each day brought another breath of surviving. We continued to do family things just to take her mind off of it but what we didn't know was that she had her own motivation to be a survivor. I've always said to myself, "God blessed her soul so that she would be able to tell her story of survival to others who find themselves with the disease, so that they, too, would be motivated to survive."

Nominated by Brian Mitchum

CHERYL RICHMOND

November 9, 1998 - after attending a friend's wedding, my mother discovered the inevitable—a lump in her left breast. As an only child, I had to become a stronger individual to endure what life had in store for my mother. I felt like this month of November was on full speed ahead from the time she went to the physician to have the biopsy to actually having the mastectomy. To God be the glory, her test results on the lymph nodes came back as not being infected; thus no chemotherapy nor radiation. To say the least, Thanksgiving 1998 had more meaning of being thankful than any other Thanksgiving than I can remember.

My mother has become an advocate for Susan G. Komen Foundation in raising awareness about breast cancer. She has actively started teams to participate each year in the Memphis Race for the Cure for her sorority, Delta Sigma Theta, Incorporated. She has compassion in her heart to visit other breast cancer patients and be a testimony to them. Over the last ten years, she has overcome the illness and is a true survivor. She praises God everyday to have the chance to enjoy retirement, her grandchildren and life.

In celebration of ten years, she will be celebrating with family and friends in a ten-year survivor dinner held this November. She has beaten this disease and continues to live life to the fullest. My mother deserves to be chosen because she didn't let this disease get her spirits down. She kept her head up at all times and relied on God to see her through that difficult chapter in her life. My mother's book of life has many pages. These pages have made her stronger in her faith and she doesn't mind sharing her story with patients and survivors.

Nominated by Alisa Kelly

REV. MARILYNN ROBINSON

I have often been inspired by Rev. Marilyn's resilience and tenacity to fight the disease. Rev. Marilyn is such an intelligent, soft-spoken woman but I can imagine gave cancer the fight of its life. Honestly, it was hard to tell that she had been or was ill. She and her family faced the illness with the strong belief that God would see them through.

And, from what I've learned this was not the first time she had faced serious illness. But just like she survived the first bout of serious illness, she faced the cancer head-on, followed doctor's orders, prayed, asked for prayer and believed that she could survive.

Rev. Marilyn remains an advocate for cancer awareness and prevention. She frequently addresses groups of women to spread the story that it is possible to survive. Rev. Marilyn is definitely the kind of strong Black woman that we need representing our community.

Nominated by Nannette Kelly

CAROLYN MARIE SPENCER

My mother had a radical mastectomy when I was a junior in high school. I remember that day vividly when my aunt came to the school and told me they took my mother's breast because she had cancer. I was so afraid that she would die. My mother is my inspiration. My father and she divorced when I was seven and she was all I had. When they told me she had come through surgery I rushed in to see her. She told me that she prayed, "God please just let me see my kids grow up and graduate." She had three kids, Stacy, Shawn, and Samantha. Not only did she live to see them all grown but she also has seen our kids grow. She is a grandmother with 9 grandkids. She survived breast cancer 23 years ago.

My mother is a fighter, she went on to get her nursing degree while raising three kids and her courage inspired me to go to college, graduate school, and earn my doctorate. I am a pastor of a 13,000 member congregation that grew in only seven years. It's my mother's courage and faith that inspired me to do all that I have done in my life. I'm glad mama survived to see all the things that God has done in my life. I would love if she could have this honor of being on your show with this dinner in tribute to cancer survivors. She also worked with Dr. Cowan for a short time as a nurse. Thank you for what you are doing for the cancer survivors. They are all truly my heroes.

Nominated by Dr. Stacy L. Spencer

ERNESTINE WHITE

I am nominating my grandmother, Ernestine "Polly" White, who we affectionately call Granny. She has devoted her life to her children, grandchildren, great grandchildren and other family members. My grandmother is a strong woman who has made many sacrifices. Her battle with cancer is only a small fraction of a rich, full life that has been inspirational to our entire family.

At one point in her life, she was the caregiver for her husband, her mother-in-law, and her mother (all of whom had serious medical conditions ranging from heart disease to diabetes to bone cancer), while at the same time raising her teenaged niece and nephew (whose parents had passed away years before). She cared for all these family members in her home and also held a full-time job. She never complained, and her spirits were always high.

When I had my daughter, Jasmine, Granny agreed to care for her while I worked. They became constant companions. When we moved away from the city, Granny insisted that Jasmine come back to spend the summer. . . every summer. . . for the whole summer with her. When we moved back to the city after 8 years, Granny immediately wanted to know when she was going to have "her baby". Jasmine goes there every other weekend. My friends used to say, "Just wait until she gets to be a teenager. She'll get over that." My daughter is now 16, and she is still "Granny's baby." If her friends invite her somewhere, she always checks the calendar, and if it is "Granny's weekend", they are usually out of luck.

Over the years, Granny has lost her mother and a sister to bone cancer and a brother and a sister to lung cancer, and she supported her daughter through a battle with endometrial cancer. Granny always said that cancer runs in our family, but it was still a shock when she announced, at age 81, that she had found a lump. The lump was cancer, and it did require surgery. Months later, the cancer returned, and she had to begin chemotherapy. Mercifully, she had very little nausea, but she did lose her hair, and it did make her very weak. Granny took it all in stride. She was never too sick or too tired to enjoy time with Jasmine. As her strength allowed, she insisted on continuing to cook for the family and even picked up my cousin from school when she could.

For Breast Cancer Awareness Month she was anxious to sport her matching pink breast cancer awareness cap and t-shirt. God continues to bless us, and Granny

had her last treatment a couple of weeks ago. Her strength is slowly returning. People may think that the risk of breast cancer is eliminated after a certain age, but Granny is proof that breast cancer can strike at any age. As women age, we must guard against being lulled into a false sense of security regarding breast cancer. Maybe Granny's story will help encourage women, especially older women, to continue to get checked.

Nominated by Kristi White

JULIE WINTKER

I met Julie Wintker when I worked at Dress for Success Memphis. She was a volunteer with the organization. When I left to put more emphasis on the organization I founded in 2004 – Women of Style, Spirit and Success Inc., Julie committed to working with us as well and has been with us as a volunteer for almost a year.

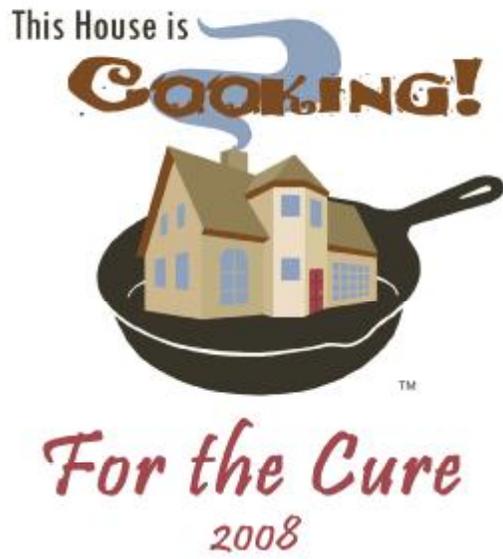
One day during a meeting, Julie casually remarked in a very typical Julia-matter-of-fact-kind-of-way that she was a breast cancer survivor. Knowing Julia, as I've come to know Julia, I know that humor was an invaluable part of her treatment.

One of my favorite comedienne was Richard Pryor. Even before he got to his place on stage, I was laughing. It was if my tickle bone went into a warm-up exercise before he got started. Julia has that same effect on people. When she walks into the room, the mood instantly elevates. You can just look at her face and see the workings of something funny being conjured up in her brain. I have honestly gotten to the place where I sit back in meetings and wait for what she has to say, knowing that no matter what the issue – she'll find a way to interject humor and provoke laughter.

Julia never talks about the fear she must have faced or the pain she must have endured. I'm not sure if her wonderful spirit and outlook on life is a result of having looked death in the face and survived, or if her survival is in part due to her wonderful spirit and outlook on life. I just know the joy she brings to the people around her and I am happy that God chose to share her with the world a little longer.

I am nominating Julia for this honor because of the wonderful way in which she lifts the spirits of others and works to make their lives better.

Nominated by Marva Ballard



RECIPES

“FAUX PINK” CHAMPAGNE Makes 4 servings

Ingredients

- 1 ½ cups Sparkling apple cider -- chilled
- 1 ½ cups Sparkling cherry-flavored Mineral water -- chilled
- 1 cup Cranberry juice cocktail – chilled

Directions

Combine & pour into 4 glasses. Serve immediately.

LOBSTER BISQUE SOUP Makes 20 servings

Ingredients

- 4 (1½ pound) lobsters
- 1½ cups tomato paste
- 1½ cups coarsely chopped onion
- 1½ cups coarsely chopped celery, including leaves
- 1½ cups coarsely chopped carrot
- 1 sprig thyme
- 3 sprigs flat-leaf parsley, plus extra, for garnish
- ½ teaspoon saffron
- 6 cups heavy cream
- 1 cup cream sherry
- 2 tablespoons freshly ground black pepper
- ¼ cup cornstarch

Directions

Fill large stockpot with water and bring to a boil. There should be enough water to cover lobsters completely when immersed. Place live lobsters in boiling water head first to minimize splashing. When water re-boils, turn down the heat, and simmer for 20 minutes. Do not overcook lobsters. Remove lobsters from the pot using tongs; save all the water in stockpot as this is now a flavorful stock to be re-used.

Place 10 cups of stock in a clean stockpot and put on low heat. Clean claws and tails of lobsters and reserve meat, legs, and swimmerets. After lobsters are cleaned, place shells in stockpot with 10 cups of stock. Cut bodies in quarters and place in stockpot, making sure to include all roe and tomalley in pot. Add 1 cup tomato paste and simmer on low heat for 1 ½ hours, stirring occasionally. Be careful not to have heat so high as to burn stock. Pour entire contents of pot through sieve into clean stockpot; this should now be 8 cups of glorious red stock.

Place onions, celery, carrots, thyme, parsley and saffron in a large sauté pan, add 4 cups stock from original stock pot and put on high heat for 30 minutes, stirring every 5 minutes. Add 1/2 cup tomato paste and black pepper. Turn down heat and simmer 30 minutes, stirring every 5 minutes. Press entire contents of sauté pan through sieve into stockpot of 8 cups previously made stock.

To finish Bisque, put pot on medium heat. Add heavy cream slowly, using whisk to blend. Add sherry. Simmer on low heat for 20 minutes; bisque will thicken slightly. Mix cornstarch with 1/4 cup water and slowly add to bisque with whisk. Simmer on low heat for another 20 minutes.

If you prefer your bisque to be thicker, you may add more cornstarch, or perhaps, flour, but have found the bisque thickens nicely over low heat, and additional cornstarch or flour takes away from the wonderful flavor.

Place pieces of previous cleaned lobster meat in bowl and add 1 cup of bisque. Garnish with legs and swimmerets around the bowl and one parsley leaf in center, if desired.

MISO SALMON

Makes 4 servings

Ingredients

- 2 (1½ pound) salmon fillets
- 1 tbsp sesame oil
- 6 cloves garlic; minced
- 1 cup den-miso (soybean) paste
- 1/2 cup water (reserve ¼ cup for later)
- 1/4 cup sake
- ¼ soy sauce
- 1/2 cup brown sugar
- 3 tablespoons grated fresh ginger

Directions

In a small bowl, stir together the miso paste, ¼ cup water, sake, brown sugar. Set aside.

In a large skillet, add sesame oil and minced garlic and sauté garlic until golden brown. Add miso paste mixture to the skillet and heat until bubbly.

While miso paste is heating up, thoroughly wash salmon fillets and pat dry on a paper towels. Once the miso paste has begun to bubble, add salmon fillets to the pan, skin side down. Cook for 5 minutes making sure to spread the top of the salmon with the miso paste.

Flip the salmon over and cook for a remaining 7 minutes; continuously checking the salmon to ensure the texture doesn't get tough.

Remove salmon from skillet and plate. Add fresh ginger to pan and cook for 3 minutes. Drizzle mixture on top of each salmon fillet. Serve immediately.

ASIAN SPINACH Makes 4 servings

Ingredients

- 1 ¼ lb fresh spinach
- 2 tbsp sesame oil
- 3 cloves of minced garlic
- 3 tbsp low sodium soy sauce
- Pepper to taste

Directions

Clean the spinach and remove any tough stems. Shake off excess water and place in a bowl. Set aside.

In a 12-inch heavy skillet heat oil over moderately high heat, add minced garlic and sauté until light brown.

Add fresh spinach stirring, until heated through, about 5 minutes. Add soy sauce and pepper and cook for 2 to 3 more minutes. Serve immediately.

STICKY WHITE RICE Makes 4 servings

STICKY BROWN RICE

Ingredients

- 2 cups short-grained white rice (Calrose Premium White Rice)
- 2 1/2 cups cold water
- 2 tablespoons toasted sesame seeds (for garnish, not necessary)

Directions

Measure the rice and place it in a fine-holed colander or strainer. Rinse the rice under cold running water until the water runs clear. Drain well, and transfer to a heavy saucepan.

Add 2 ½ cups fresh cold water. Cover and soak for 30 minutes before turning on heat. (If you are under a time constraint soaking the rice granules are not necessary.) Bring rice to a boil, reduce heat to low, cover and cook until water is absorbed and rice is just tender, about 20 minutes.

WHITE CHOCOLATE & STRAWBERRY CHEESECAKE

Makes 12 to 14 Servings

Ingredients

Crust

- 1 9-ounce package chocolate wafer cookies, broken into pieces
- 1/2 cup (1 stick) unsalted butter, melted

Filling

- 1 pound good-quality white chocolate (such as Lindt or Baker's), finely chopped
- 4 8-ounce packages strawberry cream cheese, room temperature
- 1 cup sugar
- 1/4 teaspoon salt
- 4 large eggs
- 1 cup fat free sour cream
- 1/2 cup light whipping cream
- 2 tablespoons vanilla extract

Topping

- 3 1-pint baskets strawberries, hulled, halved
- 1/2 cup apricot preserves
- 2 tablespoons brandy

Directions

Bake this at least one day ahead.

For crust:

Position rack in center of oven; preheat to 325°F. Butter 10-inch-diameter springform pan. Wrap outside of pan with foil. Finely grind cookies in processor. Add melted butter; process until crumbs are moist. Press crumbs onto bottom and 2 inches up sides of pan. Bake until set, about 15 minutes. Cool on rack. Maintain oven temperature.

For filling:

Stir white chocolate in top of double boiler set over barely simmering water until melted and smooth. Remove from over water. Cool to lukewarm, stirring occasionally.

Using electric mixer, beat cream cheese in large bowl until fluffy, about 3 minutes. Gradually add sugar, then salt; beat until smooth. Add eggs 1 at a time, beating well after each addition. Add sour cream, whipping cream and vanilla; beat until well blended. Stir in the white chocolate. Beat and additional two minutes

Bake cake until top begins to brown but center still moves slightly when pan is gently shaken, about 1 hour 20 minutes. Open oven door slightly; turn off oven. Leave cake

in oven 30 minutes. Chill cake uncovered overnight. (Can be made 2 days ahead. Cover; keep refrigerated.)

Run small knife between pan sides and cake. Release pan sides. Starting at outer edge of top of cake, arrange strawberry halves in slightly overlapping concentric circles, covering top completely. Stir preserves and brandy in heavy small saucepan over medium heat until mixture boils. Strain preserves. Brush glaze generously over strawberries, allowing some glaze to drip between berries. (Can be made 4 hours ahead. Chill.)

Using electric mixer, beat cream cheese in large bowl until fluffy, about 3 minutes. Gradually add sugar, then salt; beat until smooth. Add eggs 1 at a time, beating well after each addition. Add sour cream, whipping cream and vanilla; beat until well blended.



About This House is Cooking!

This House is Cooking! is a television show which creatively combines the culinary arts and real estate. The show was created and produced by actress, singer, director and realtor, Karen Moore. Karen's daughter, actress, dance choreographer, and casting associate, Aryen Moore-Alston, is the host and chef of the show.

The show debuted Saturday, July 26, 2008 on ABC-24 WPTY and since then has aired monthly on CW-30 WLMT. In each episode, Aryen is inspired by the featured "home for sale" to prepare some scrumptious dishes in its fabulous kitchen. You can see the pilot at www.thishouseiscooking.com. Look for future episodes there as well.

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