



FALL FARE

By Valerie Kellogg
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Enough with the pumpkin spice. Let's reach into the back of the pantry for star anise, pickling and other middle-child spices associated with fall – here are three recipes for season-favorite recipes at Stew Leonard's, Valley Caterers and Tellers Chophouse.

STEW LEONARD'S CHICKEN CHILI

(Makes 12 servings)

"My advice is double the garlic and double the spice," says Stew Leonard, Jr., president and chief executive of Stew Leonard's of the supermarket chain's chicken chili. Leonard says that he adds roasted corn and a half-teaspoon of hot sauce to the chili, which is sold premade at the store. "Go ahead and doctor it up to make it your own personal taste," he says. "It's a flexible chile."

Ingredients

- 2 tablespoons olive oil
- 1 large onion, diced
- 1 large red bell pepper, diced
- 2 cloves garlic, minced
- 1.5 pounds ground chicken, preferably thigh meat
- 1 can (28 ounces) crushed tomatoes
- 1 tablespoon light chili powder
- 1 tablespoon sugar
- 1 teaspoon cumin
- 1 teaspoon chipotle paste
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 cup chicken broth
- 1 can (15 ounces) small white beans, rinsed and drained
- 1 can (15 ounces) pinto beans, rinsed and drained
- 1 can (15 ounces) black beans, rinsed and drained
- 1.5 cup corn kernels, fresh or frozen and thawed ¼ cup fresh chopped cilantro

Directions:

In a stockpot, heat the oil over medium-high heat. Add the onion and bell pepper and cook for 2 minutes. Add the garlic and cook for 2 minutes. Add the chicken and cook well, stirring occasionally, until the chicken is no longer pink. Add the tomatoes, chili powder, sugar, cumin, chipotle paste, salt and black pepper. Stir to mix well and cook for 10 minutes. Add the broth and bring to a simmer. Reduce the heat to low, cover, and cook for 30 minutes. Add the white beans, pinto beans, and black beans and cook for 15 minutes, or until the flavors are well blended. Stir in the corn and cilantro and cook for 2 minutes.

FALL FARE

Continued from cover



Apple cider brined Berkshire pork chop

APPLE CIDER BRINED BERKSHIRE PORK CHOP

(Serves four to six)

This autumnal recipe comes from Richard Soriano's personal kitchen. "When cooking for fall, think long and slow," says Soriano, executive chef at Tellers Chophouse in Islip. He suggests pairing the dish with crispy black pepper spaetzle, roasted spaghetti squash and horseradish mustard.

Ingredients:
6 bone-in pork chops, 4 ounces each
For brine:

6 ounces fresh seaweed
4 cups apple cider
1 tablespoon star anise
2 cups sugar
½ cups apple cider vinegar
4 cups salt
3 cups water
2 tablespoons of coconut oil

Directions:
Mix ingredients together. Simmer for approximately 30 minutes. Remove from heat. Add 4 cups ice to brine to cool it. Pour into a large enough container to fit the cooled brine and the chops. Place in chops and submerge for six hours.

To cook:
Remove the pork chops from the brine and pat dry with paper towels. Make two small cuts on the fatty side of the chop to prevent them from curling up in the skillet. Season both sides with salt and pepper. Heat coconut oil in a cast iron skillet over high heat. Sauté the pork chops until well browned, about 5- to 6 minutes per side, and internal temperature reaches 155 degrees.

Sheila Haile

SAUERBRATEN WITH GINGER SNAP GRAVY

(Serves four to six)

This Oktoberfest standby at Valley Caterers is made from a recipe brought over from Germany by co-owner Steven Dawideit's father, the original owner of the Franklin Square deli, says partner says Hank Martensen. "It's one of those hearty meals that tastes good when the weather gets cold," says Martensen. For a more tender, sour meat, do as Valley does, he says — marinate it for almost a week. He suggests serving the sauerbraten with red cabbage and potato dumplings.

Ingredients:
3 pounds beef eye round
2 large onions (cut into 1-inch pieces)
2 carrots (cut into 1-inch pieces)
3 celery stalks (cut into 1-inch pieces)
1-½ cups red wine vinegar
1-½ cups of water
3 tablespoons dark brown sugar
3 tablespoons flour
2 tablespoons vegetable oil
1 tablespoon salt
1 tablespoon black pepper
2 tablespoons pickling spice
10 ginger snap cookies

Directions:
Place beef in large pot of marinade of vinegar, onion, water, carrots, celery, salt, pepper, brown sugar and pickling

spice. Cover and refrigerate at least three days. If meat is not covered by marinade, turn meat daily. Remove meat from marinade and pat dry. Save marinade for gravy. Coat meat with flour with salt and pepper to taste. Heat vegetable oil in large pot over medium heat and brown all sides for 10- to 15 minutes. Add marinade and cover. Reduce heat to medium-low. Simmer until tender (3-½ to 4 hours). The longer the meat has been marinated, the less cooking time there will be. Remove beef. Ready to serve.

For gravy:
Strain solids from remaining liquid and simmer over medium heat. Add ginger snap cookies. Simmer until thickened (about 10 minutes). Serve gravy over sliced beef.



Sauerbraten with Ginger Snap Gravy

Hank Martensen

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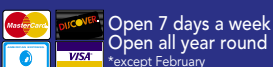
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Compiled by Maria Ebbets

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Your jewelry box may be a gold mine



By Valerie Kellogg
valerie.kellogg@newsday.com

When the price of gold hit an all-time-high of more than \$2,000 an ounce in August, a new pandemic-time side hustle opened up for some Long Islanders – selling their jewelry. “We have seen a tremendous increase in gold sellers,” says Arthur Buz, who with brother, Eddie, owns Collectors Coins and Jewelry, which has Long Island locations in Huntington, Massapequa Park, Lynbrook, Baldwin and Smithtown. “Many people are moving,” he adds, “so they are finding items in their house that they have forgotten about.”

Here is what he and other gold buyers on Long Island say to expect if you plan to dig out something to sell.

CHECK CREDENTIALS. “Always go to a jeweler that is licensed and bonded — their scales should have an inspection sticker on them from the county, this way you know the scale is calibrated and accurate,” says Emanuel Sofiev, owner of Maddy Fine Jewelers, a full-service fine jewelry store in Woodbury. Joseph Anthony, who owns Joseph Anthony’s Fine Jewelry, a full-service jewelry store in Manhasset, says that it is helpful but not required for the dealer to be a gemologist, adding that any supporting documentation such as a Gemological Institute of America certificate will help the seller.

DON’T FORGET. “The customer will need a valid driver’s license with a picture ID, and the dealer will have a valid secondhand dealers license,” says Anthony.

WHAT TO EXPECT. “The selling process is simple ... people come in the store, we weigh things in front of them and give an estimate, then we do an acid test while they wait to determine purity, and pay them accordingly,” says Sofiev. Lisa Kraese, one of the owners of Whitman Coin and Jewelry in Melville, says that any type of gold has value, and in any condition. That means that pieces can be broken and contain as little as 10 karats, she says. There is no fee for an assessment, she adds. Her gemologist-brother, David Gordon, examines the jewelry on the spot, she says. If the customer decides to sell at the

price offered, they get paid immediately, she says.

KEEP IN MIND. “Not all gold is the same,” stresses Sofiev. “The higher the karat, the more valuable it is.” He points out that the color of gold is not relevant, but the purity is. “Some buyers may pay a premium if they are buying to resell the jewelry rather than scrap it,” he says. “However, with the record-high gold prices, dealers are scraping more than ever.”

GET READY TO GOOGLE. “Each day the price is posted in the morning, and that’s the price we pay on that given day,” says Anthony.

SHOP AROUND. “It’s always good to go to a few places,” says Kraese, whose family has owned Whitman Coin and Jewelry for more than 50 years. Sofiev, a master jeweler and Gemological Institute of America graduate who opened Maddy Fine Jewelers in 1984, says that he has had new customers walk in with bags

of jewelry for which they were offered “a few hundred bucks, only to leave my store with thousands of dollars because I took the time to go through their stuff and find the valuables.”

BEFORE YOU SELL. “Some people have trouble letting go of their family heirlooms,” says Anthony. “I advise them if finances allow to retain a piece or two of their family heritage. We should always honor those who have paved the way before us.”

OTHER OPTIONS. “If you don’t want to sell and you need money, then you have an option to get a cash loan for your item,” says Jim Sarno, owner of Budget Buy and Sell in Patchogue, which has been open for more than 35 years. “We also buy and give cash loans on diamonds, silver coins and high-end watches.”

GOOD TO KNOW. “I also offer my clients the option of removing their precious gems and resetting them in new settings and using the old gold value to pay for the new pieces,” says Sofiev. Others will do the same. Sofiev, also like others, does not charge for taking out stones when purchasing a gold piece.



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IF YOUR COLLEGE STUDENT COMES HOME...



By Maria Ebbets

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If the pandemic forces your child to unexpectedly return from college, Long Island interior designers offer these seven tips for getting them (and you) settled in.

1 DECLUTTER

Decluttering is about more than improving the aesthetics of a workspace – studies have proven that it's essential to both physical and mental well-being, says Amal Kapen, owner of Amal Kapen Interiors & Decorations in Huntington. "Environments affect our mood and can easily distract us," says Kapen. She suggests starting out by decluttering the area where your child will be working and studying.

2 DESIGNATE A WORKSPACE

Distractions at home are inevitable, so establishing a physical space to enter and exit is paramount to success, says Melissa Sacco, owner of Melissa Sacco Interiors in North Bellmore. If space is limited, use a large room with natural light or a quiet attic or basement with windows, she says. Kate Singer, owner of Kate Singer Home in Huntington, recommends creating a new space. If that is impossible, redecorate the child's bedroom to mark a new beginning, letting them pick out paint and furnishings, she says. Turning a closet alcove into a private desk area by removing doors and contents is also an

option, says Singer. One simple hack: Kapen suggests creating more room by downsizing from a full or queen bed to an extra-long twin.

3 ORGANIZE YOUR SPACE

It's been proven that being well organized eases tasks and allows for more efficient work habits, says Singer, who is a fan of The Container Store as a resource to create an organized space for successful learning. Kapen suggests adding a bookcase or wall shelves to help keep students organized.

4 MAKE ROOM FOR STORAGE

"Storage is a necessary element to a productive workspace," says Kapen. She recommends a small filing cabinet on wheels with a drawer for storing important papers. A good alternative to buying additional furniture and inadvertently creating clutter is using multipurpose furniture to maximize your home office, especially if family members are sharing the space, says Sacco.

5 LIGHTING IS KEY

Lighting has been deemed the most

important aspect of any living space, says Sacco, who recommends making maximum use of natural light and windows in a room. Kapen suggests that desk, standing and wall lights be used in combination to effectively light a room. Lamp placement is key. For example, a lamp located next to where you will be reading, a table lamp on your desk, a wall light next to your bed and a standing lamp next to any lounge chairs are all helpful in reducing eye strain, adds Kapen.

6 PICK COMFORTABLE FURNITURE

"Investing in comfortable and durable outdoor lounge furniture is a good way to get in some vitamin D while studying," says Sacco. She also suggests selecting stylish and functional furniture that will save space while making a statement. Adding a comfortable chair is helpful – Amazon has reasonably priced options for under \$100," says Kapen.

7 CUSTOMIZE

"Literally and figuratively, letting our children have some freedom, space and privacy to do their own thing on their terms as much as possible might help



Tim Cree, Creepwalk Media Inc.

North Bellmore interior designer Melissa Sacco designed this space for a college student.

offset the reality that they are still at home when they would much rather be off starting their own lives," says Singer. She suggests wall decals and paint for customizing. Using paint colors to enhance the space are great options, Sacco says. "Select muted tones to help calm and brighter hues for inspiring creativity," she says.

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WHAT TO PLANT NOW FOR SPRING BLOOM...



By Maria Ebbets
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With cool temperatures and steady rainfall, the fall can be a great time to plant, say Long Island gardening experts. Plants are given the opportunity to grow roots before the ground freezes for winter, they say. And, they add, planting now also gives trees, shrubs and plants time to get used to their new "homes."



Getty Images

Pick a sunny spot for alliums.

BULBS

It's time to plant bulbs if you want daffodils, tulips, alliums and other flowers in the spring, says Mike Paziienza, owner of Bloomin Haus Nursery in Holtsville. To dig a hole, use either a bulb planter, an auger drill bit that fits into your current drill, or a miniature shovel called a trowel, he says. Dig two- to four inches down and make sure the bulbs are buried and covered by the soil, he says. Pick a sunny spot with minimal shade, he says. To ensure that your plants will continue to thrive each season, Paziienza suggests picking off the leaves only once when they have stopped flowering and are visibly coming out of the ground and turn a shade of yellow, he says. "This will ensure that the energy will go back into the bulb and retain nutrients," he says. Kristina Gabrielsen, head grower at Gabrielsen's Country Farm in Jamesport, is an advocate for planting in multiples – groups of three or more. She says she is partial to planting grape hyacinth and mini daffodils bulbs as they are both "hearty, fairly low maintenance and have minimal pest problems." If you currently have tulips in your garden, Gabrielsen advises digging the bulbs up, cutting away parts of the plant that are brown or wilted (exercising caution as to not damage the bulb), wrapping them in newspaper, placing them in a paper bag and storing them in a dry, dark place such as a garage or basement.

PERENNIALS

Perennials spend the winter months hibernating and rebloom each year in the spring, says Brittney Weiss, manager at Waterdrinker Family Farm & Garden in Manorville. One early season perennial that will be blooming in the spring is English daisy, also known as *Bellis perennis*, says Weiss. "It goes beautifully with other cool-season flowers, including pansies and ornamental kale. Hostas, coneflowers and Montauk daisies are a few perennials that Paziienza recommends planting now. Sedum and nepeta are Gabrielsen's go-to perennial choices. "Nepeta is an easy-growing plant that has repeat blooms throughout the season," says Gabrielsen.

GRASS

"Cooler temperatures and warm soil make the fall the ideal time to start a new lawn," says Dominick D'Orazio of Niagara Irrigation in Farmingville. He suggests performing a soil test to maximize the growth of seed. When purchasing seed, opt for one that matches your location – sun or shade, he says. Leveling out the area to remove debris is the first step in preparing the soil, says D'Orazio. He recommends using a spreader to apply seed and lawn food. Lastly, he suggests covering the seed with a thin layer of soil, giving it a light rake and keeping it moist but not soggy.

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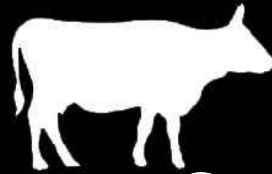
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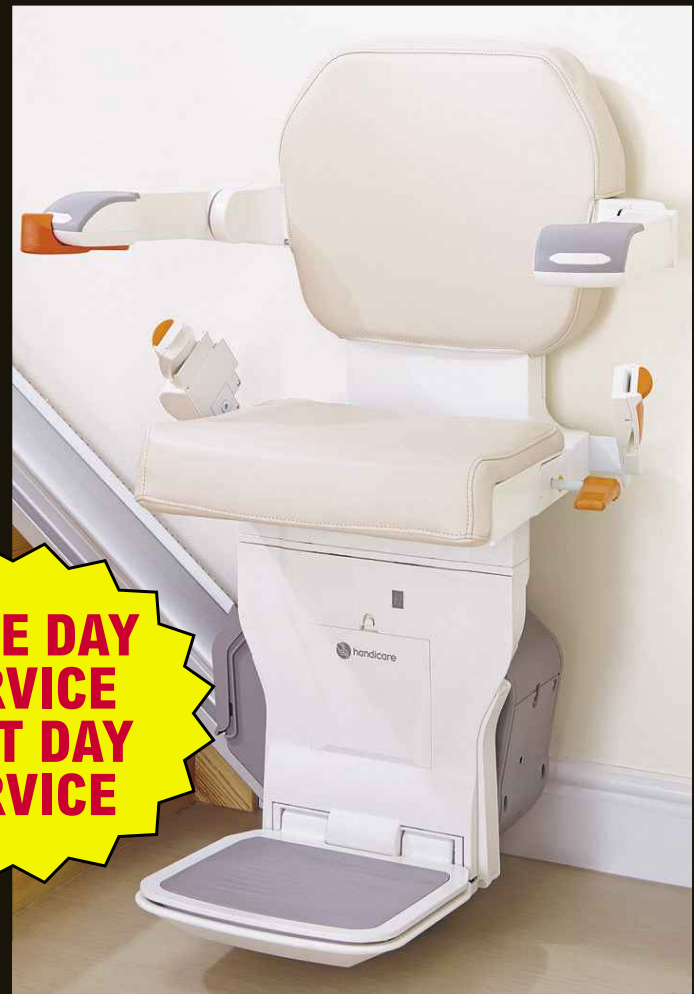
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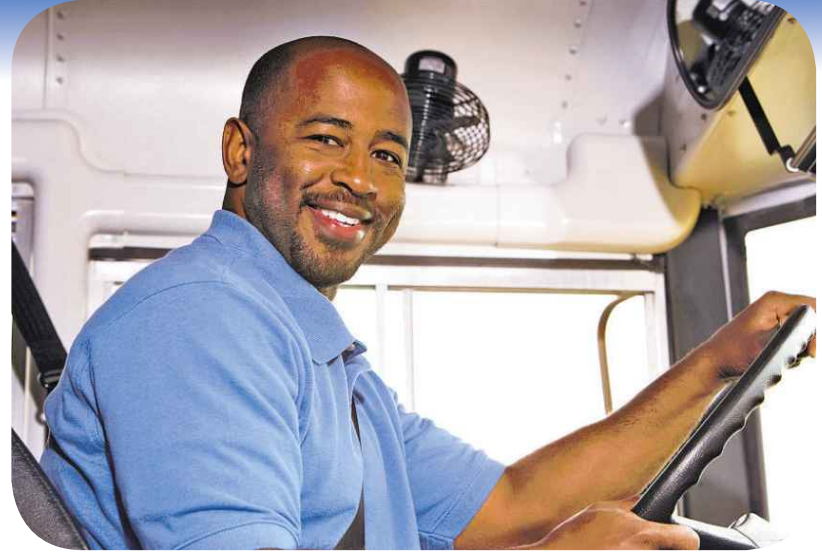


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