

# Brighton Food Co-op Newsletter

## September 2018

Hi Members!

The first month of a later “report for duty” time couldn’t have been better! The truck arrived at about 1:30 and I arrived shortly thereafter with the Ann Arbor order. Everyone was out the door by 4:30. Gone are the days of 5-8 hour distributions! (Fingers crossed!) So for the time being plan to arrive by 1:30 or slightly before.

October: Distribution has been canceled for October. See you in November.

Albanese: We can take orders for candy and other Albanese products for the November distribution. As always, my husband can’t wait for those dark chocolate, triple dipped malted milk balls! Hopefully, we will be able to order Christmas candy in November as well so check out their online catalog.

Nutritional Information on UNFI website: Sherry noticed that the ingredient list on the macarons she ordered had changed, and while they are still relatively “clean” she suggested that members might want to check the nutritional information for the products they order on the UNFI website occasionally and if there is none, to go to the manufacturer’s website.

Recipe: Thanks to Gina for this recipe she got from Allrecipes.com, where it has a 4.5 star rating out of 5 stars. She gets the soup bones from Creswick and mentioned to be sure to roast the bones before making the broth. (I always roast chicken bones before making stock and it makes a huge difference in taste.) The intro on the website states, “This authentic pho isn’t quick, but it is delicious. The key is in the broth, which gets simmered for at least 6 hours.”



Authentic Pho

## Ingredients

- 4 pounds beef soup bones
- 1 onion, unpeeled and cut in half
- 5 slices fresh ginger
- 1 tablespoon salt
- 2 pods star anise
- 2 1/2 tablespoons fish sauce
- 4 quarts water
- 1 (8 ounce) package dried rice noodles
- 1 1/2 pounds beef top sirloin, thinly sliced (Gina used flank steak.)
- 1/2 cup chopped cilantro
- 1 tablespoon chopped green onion
- 1 1/2 cups bean sprouts
- 1 bunch Thai basil
- 1 lime, cut into 4 wedges
- 1/4 cup hoisin sauce (optional)
- 1/4 cup chile-garlic sauce (such as Sriracha(R)) (optional)

## Directions

1. Preheat oven to 425 degrees F (220 degrees C).
2. Place beef bones on a baking sheet and roast in the preheated oven until browned, about 1 hour.
3. Place onion on a baking sheet and roast in the preheated oven until blackened and soft, about 45 minutes.
4. Place bones, onion, ginger, salt, star anise, and fish sauce in a large stockpot and cover with 4 quarts of water. Bring to a boil and reduce heat to low. Simmer on low for 6 to 10 hours. Strain the broth into a saucepan and set aside.
5. Place rice noodles in large bowl filled with room temperature water and allow to soak for 1 hour. Bring a large pot of water to a boil and after the noodles have soaked, place them in the boiling water for 1 minute. Bring stock to a simmer.
6. Divide noodles among 4 serving bowls; top with sirloin, cilantro, and green onion. Pour hot broth over the top. Stir and let sit until the beef is partially cooked and no longer pink, 1 to 2 minutes. Serve with bean sprouts, Thai basil, lime wedges, hoisin sauce, and chile-garlic sauce on the side.

Next Order: November 2018

- OV/Frontier Order Due: Oct 24

- Creswick Order Due: Oct 29
- OV Filled Cases Due: Oct 28
- UNFI Order Due: Oct 31
- Creswick Delivery: Nov 5
- Distribution: Nov 7

Here are some things to keep in mind when ordering:

- ❖ Check, check and double check your **UNFI** order to **make sure you check "split"** if you do not want an entire case of a certain item. This is **REALLY** important!
- ❖ If you have an issue with any product you ordered through the co-op be sure to notify the board immediately. Copy your email to all three of us:
  - ❖ Amy: [ammom70@gmail.com](mailto:ammom70@gmail.com)
  - ❖ Dolores: [doloresjohnson68@gmail.com](mailto:doloresjohnson68@gmail.com)
  - ❖ Marilyn: [mmitchell1945@aol.com](mailto:mmitchell1945@aol.com)

As always, if you have a comment or suggestion about co-op please contact Marilyn. The board is always looking for ways to improve the co-op experience for our members!