



Food for Thought

~It's About More than a Meal~

Check out our new Web site!
Visit www.projectangelheart.org

A meal that means so much more



Erin Pulling

So quickly, another year has flown by and the holiday season is upon us. Probably like you, I associate the holiday season with the warmth and love generated by my family and friends, coming together around tables of delicious food. For us, holiday meals are about so much more than simply the food we are enjoying.

The rest of the year, I tend to give less thought to my meals and all that they mean. I squeeze them in before heading out the door. I grab them to go on my way to one obligation or another. I eat as I multi-task, thinking more about whatever else I am doing than about the food itself. It's just a meal.

But occasionally I am stopped in my tracks by the enormity of what Project Angel Heart meals mean to those we serve. They are so much more than just meals. We currently serve a single mother in her 20s who became a quadriplegic in an accident with a drunk driver and then suffered a stroke and developed diabetes. For her, Project Angel Heart meals mean that her family gets a break from the details of her care, providing much-needed moments of normalcy. Another client, more than 90 years old, living alone and battling breast cancer, cannot stand for more than a few minutes at a time. For her, Project Angel Heart meals mean that she is not forgotten — and that with no more effort than it takes to turn on the oven or start up the microwave, she has a wholesome meal, freshly prepared with a great deal of care, and modified to meet her individual, nutritional needs. As James (age 49, living with HIV/AIDS) wrote us, "Your meals and hearts of compassion touch many more lives than just mine!"

Each of our clients has his or her own story. But the common thread running through all of these stories is that Project Angel Heart delivers more than just a meal. **We craft food into a sort of medicine, providing nourishment not only for clients' fragile bodies, but for the part of the soul that needs to know their community cares.** A Project Angel Heart meal is a meal that eases stress on a client's energy, finances, and time. It is made from a recipe for hope and delivered with love.

At no time during the year is the multi-layered meaning of a Project Angel Heart meal more important than now, as the holidays approach

once again. I appreciate that the profoundly meaningful nature of our service also applies to the efforts of those who give of their time, energy, and money to ensure that these meals arrive, consistently and reliably, on the doorsteps of those who need them. By supporting Project Angel Heart, I receive more than just the good feeling that comes from contributing to a highly efficient, effective organization. I also receive a sense of connectedness to the community in which I live, a heightened awareness of the compassion that shines within the other Project Angel Heart supporters I am privileged to work with, and a greater appreciation for each meal that I am lucky enough to share with my family.

So for me, as for our clients, a Project Angel Heart meal is so much more than just a meal. During this time of the year in particular it represents the very best of the spirit of celebration that comes with the holiday season. Thank you for being part of that spirit and all it means to our entire community.

With gratitude,

Erin Pulling
Executive Director

P.S. Your gifts to Project Angel Heart are especially welcome during the holiday season. Our clients receive no vacation from their diagnoses and the critical conditions they face every day. Your support, delivered in the form of a freshly prepared, nutritious meal, means more than you can imagine.

IN THIS ISSUE

3 million meals and counting	2
Volunteer spotlight	3
From the bottom of our hearts	4-5
Chef's corner	6
Save the date	8

Julie Powell, author of *Julie & Julia*,
special appearance December 10..... 7

BOARD OF DIRECTORS

Mark Thrun, M.D., Denver Public Health | President

BJ Dyer, Bouquets | Vice President

Lee Rudofsky, RE/MAX Cherry Creek | Vice President

Dean McConnell, Kennedy Childs & Fogg, PC | Secretary

John Grigsby, John Grigsby and Associates, Inc. | Treasurer

David Alexander, David Alexander Designs

Jeremy Anderson, BNY Mellon Wealth Management

Jeff Giadone, UnitedHealthcare

Rosalie Goldman, Educator, State of Colorado

Paul Jeselnick, Paul R. Jeselnick Architecture, PC

Diedre O'Callaghan, Savant Resources

Michael O'Donnell, Independent HR Consultant

Joyce Pashel, Ceramicist

Lorii Rabinowitz, 9NEWS and MyTV20

Katie Rehrig, FirstBank

Karsten Riggs, Sage Hospitality

Arnie Tinter, Spicy Pickle Franchising, Inc.

David Westman, Eagle:xm

GOVERNANCE COUNCIL

Project Angel Heart's Governance Council is a group of former board members who have committed to ongoing support of and involvement with Project Angel Heart.

Former Presidents

Daniel Brogan

John Connell, Esq., CPA

Mark Cornetta

Peter Di Leo

Charles Robbins,

Project Angel Heart founder

Cheri Vargo

Governance Council Members

Val Armstrong

Gary Hard

Pam Clifford

Jeffrey Hopper

Jim Coyle, Esq.

Pat Long

Lanny Dick

Anne Mack

Lannie Garrett

Sandy McConnell

Rhondda Grant

Carol Shepard

Rev. Al Halverstadt

Don Widler

3 million meals and counting



Mayor Hickenlooper dishes it out, August 15

On August 15, 2009, Denver Mayor John Hickenlooper celebrated a community milestone at Project Angel Heart by volunteering in Randy's Kitchen to commemorate 3 million meals delivered to adults and children coping with life-threatening illness. To mark the occasion, Mayor Hickenlooper dished up and packaged meals for the agency's clients.

"Project Angel Heart provides an invaluable service to our community. Not only do they deliver nutritious meals, but they also supply an unimaginable amount of hope and peace of mind during people's deepest times of need," the mayor said. "We congratulate them on serving their 3 millionth meal and look forward to many, many more."

Project Angel Heart got its start in 1991 when founder Charles Robbins returned home to Denver, after living in Los Angeles, to find friends with HIV/AIDS wasting away from malnutrition. That fall, he founded Project Angel Heart, modeling it after Project Angel Food, a similar organization in Los Angeles. With a donated pan of lasagna from Racines restaurant and a group of dedicated friends, Robbins coordinated the delivery of Project Angel Heart's first meals to its first 12 clients, free of charge. Today, Project Angel Heart delivers more than 400,000 meals to more than 1,700 clients per year, at no cost.

"The milestone of delivering our 3 millionth meal is not just an agency milestone, but a community achievement," says Erin Pulling, Project Angel Heart's Executive Director. "From day one, volunteers have dedicated countless hours preparing and delivering meals, and community members have helped fund our program so that each meal is provided free of charge."

The gift of time

On Wednesday mornings at 7:30 a.m., Gary and Carolyn Martyn can be found in Project Angel Heart's kitchen, tying on their aprons to help prepare meals for 800 Project Angel Heart clients. Both retired, Gary and Carolyn have volunteered for Project Angel Heart for the past five years and have enjoyed every second of the experience. They spent most of their careers working as teachers in the Denver Public Schools system. Aside from occasionally helping out with extracurricular school activities, they had little volunteer experience before retiring from teaching, yet they have quickly become valued members of the Project Angel Heart family.

When asked why they chose to donate their time instead of only donating money, Gary responds, "Project Angel Heart can certainly use a check, but it also needs hands-on help. Carolyn and I, being retired, have the time to give." Last year, nearly 3,000 volunteers like Gary and Carolyn made Project Angel Heart's essential and often life-saving service possible by giving their time chopping vegetables, stirring soups, packaging and delivering meals, working in the office, and helping with events.

Volunteers like Gary and Carolyn energize us and inspire those we serve, all while fulfilling something deeply personal in their own lives. "Everyone knows someone close to them that has gone through a life-threatening illness," says Carolyn. "I feel good knowing that [clients] are being well fed and aided in their recovery."



The Martyns, in the kitchen

Project Angel Heart has grown from an organization that served 12 people on its first day of operation in 1991 to delivering meals to nearly 800 people each week. Yet there is no end to the need for its services. In fact, a recent assessment revealed that in the next 10 years, the need for Project Angel Heart's meals will be five-fold what it is today. And that's where YOU come in. Project Angel Heart delivers meals to people who would otherwise have nothing to eat. But this service cannot exist without community support. Find out how you, too, can give the gift of time to Project Angel Heart by calling 303-830-0202x28 or by visiting our Web site at www.projectangelheart.org. **We can never have too many cooks in the kitchen, drivers at the wheel, or smiling faces in the office.**

STAFF

- Brandy Brogan | *Client Services Coordinator*
- Kris Call | *Distribution Coordinator*
- Voradel Carey | *Volunteer Resources Assistant*
- Lindsey Clark | *Administrative Coordinator*
- Kristin Coyne | *Director of Volunteer Resources*
- Mindy Davidson | *Director of Development*
- Liz Dymond | *Cook Assistant*
- Jon Emanuel | *Executive Chef*
- John Felber | *Production Chef*
- Amy Fleming | *Director of Finance and Administration*
- Jason Fox | *Distribution Driver*
- Sandra Fruge | *Client Services Assistant*
- Heather Kopas, MSSA | *Development Coordinator*
- Leanne Loewenthal, MSW | *Director of Client Services*
- Jason Medrano | *Special Diets Chef*
- Sandy Nagler, MSM | *Program Director*
- Summer Polson | *Evening Sous Chef*
- Erin Pulling, MNM | *Executive Director*
- Jessica Shoemaker | *Events Coordinator*
- LaKeasha Smith, MA | *Public and Community Relations Coordinator*
- Anne Treacy | *Volunteer Resources Coordinator*
- Brenda Verghese | *Colorado Springs Coordinator*

Holiday menu

THANKSGIVING Plating November 19

Oven-Roasted Turkey with Natural Pan Gravy
Creamy Mashed Potatoes
Herb Dressing
Brown Sugar Glazed Carrots
Pumpkin Pie

CHRISTMAS Plating December 17

Roast Beef with Horseradish Sauce
and Gravy
Skin-on Mashed Potatoes
Roasted Carrots

KWANZAA Plating December 23

Chicken Yassa (Senegalese Style)
Berbere (Ethiopian Spiced) Yams
Spinach, Corn and Pimento
(symbolizing Pan-African colors)

NEW YEAR'S DAY Plating December 24

Baked Ham with Honey Mustard Glaze
Herb-Roasted Potatoes
Braised Greens with Black-eyed Peas

TO CONTACT US:

www.projectangelheart.org
303-830-0202 | 800-381-5612
4190 Garfield St., Unit 5
Denver CO 80216
P.O. Box 7597
Colorado Springs CO 80933



Bread & Butter Club Members

The Bread & Butter Club is a group of extraordinary Project Angel Heart donors who commit to supporting Project Angel Heart's mission through monthly donations of \$30 or more. Sign up for the Bread & Butter Club today, and join the corps of sustaining donors who help Project Angel Heart consistently deliver nutritious meals, at no cost to our clients!

MASTER CHEF (\$417+ per month)

Julie Reardon

EXECUTIVE CHEF (\$209-\$416 per month)

Robert Cox and Bruce Darby
Lanny Dick and Jim Hill
Earl and Donna Evans
Robb Green and Terry Sherman
David Q. McGrath and Andrew J. Silver, M.D.
Geoffrey Bateman and Mark Thrun, M.D.

SOUS CHEF (\$100-\$208 per month)

Johnny and Diana Adams
David D. Alexander and Brandt Wilkins
Jeremy Anderson
Mike Asarch and Christopher Acosta
Jean Ann Butler
Ronald L. Carlson
Ian D. Chesler
Pamela and Dennis Clifford, MD
John Connell and Eric Versch
Dr. Alan B. Cooper and Robert Muller
Dale Craker
Shelly and Christopher Dana
Charles and Dianne Diehl
BJ Dyer and Guenther Vogt
Bryan T. Edwards
Nancy Fogerty
William Gaunt
Jeffrey M. Giadone
Kathy and Ben Gill
Rev. Albert N. Halverstadt and Susan M. Weeks
Barbara Harrison and Michelle Cooney

Karen Jessey and Jules Armstrong
Charles Jordy and Brian Fun
Karen M. Klein and Cami Learned
Angela Lynn Leach
John McDonald and Robert Wright
David Mobley
J. William Mossburg
Robert Myre
Deidre O'Callaghan
Michael F. O'Donnell
Mark O'Neill
Joyce and Gary Pashel
Erin and Rich Pulling
George F. Pulver
Leland Rudofsky
Becky Rudolph
Bruce and Martha Sattler
Hugh E. Shields
James and Patricia Short
John Skogstad and Mike Lavin
Hollis Stacy and Dorothy K. Goes
Brian Tschumper
Rachel Van Schooneveld
Frank and Nancy Washnieski

BRIOCHE (\$75-\$99 per month)

James L. Berggren and Donald Bennett
James T. Connor
Stacy Decker and Kelly Wiley
Jill Headbloom and Ulco Visser
Francis J. Hess
Daron Howard and Edgar Dacuba
Thomas Irwin
Don Lamb
Richard W. Leach
Pasquale Manginelli
Media Visions / Michelle Bergen

Steve J. Pearson and Nancy Van Dore
Stephen Prime and Eric Roberts
Lewis Quigley and Lee Daellenbach
Michael Reinke and Justin Rallis
Catherine and Roy Wren

BAGUETTE (\$50-\$74 per month)

Betty J. Aldworth
Kenyon Anderson
Fred Applehans
Rebecca Brinkman
Jerry Carter
Mary Ruth and Vernon Dedisse
Jacqueline M. Donaldson
Stephen Eason
Robert Faure
David and Kathy Garrison
Barbara Gentry
Charles E. Gerretson and Denis Gerdes
Michael L. Gosline and Don Werner
Thomas Hanson and Kevin Peterson
Rudolf and Nancy Hauck
Sharon K. Hertz
Greg and Susan Hill
Dan and Jill Hopkins
Dr. Faye and Bruce Hummel
Kenneth B. Jensen
Paul R. Jeselnick
Kevin L. Keller
E. Glenn Kindle
Alan Leyba and Peter Padilla
Sara Marblestone and Sheri Tracey
Gary and Carolyn Martyn
Bill Matlock and Randy Beineke
Larry J. Matthews

James and R. Jean McClements
Ellis McFadden
Paula L. Mcgee
James and Shirley Monley
Samuel K. Morgan and David Loveland
Elliott W. Morgan
Robert O'Neill and Jeff Phillips
Joel Peach
Rick Penland and Craig Mayer
Elizabeth and Jon Pennington
Mary and Nick Pizzuti
Robert J. Pletcher
Joe and Barbara Pohlen
H. Allen Rheem
Charles Robbins and Damon Romine
Claire Rogers and Christopher Shoales
Thomas Roth and Frank Cox
Debra Scherff
John Sisson
Susan Skaggs
Billy Smith
Terry L. Smith and Mark Uscier
Dennis and Penny Sputh
Andrew Strickland
Anthony Tapia
Lisa Turner
Deborah L. Viles and Kay Johnson
William and Margery Wall
David Walley and Mark Filman
Garnys Westlake
Carol Wolf
Marty Zemicik
David Zupancic and Mike Meisinger

BAGEL
(\$25-\$49 per month)
Frank Ackerman
Cavell Alexander

William Alford
Dr. Steven Antonoff
Janice S. Appelbaum
Alan Arbuckle and Eric Cornejo
Dr. Elizabeth L. Aronsen
Bob Asmus and Wade Bealer
Patrick Augustine
Robert W. Baer
Ed Baklor and Jeff Cannon
Craig Ball and Ed De Garmo
Michelle Barron
Brian Bauer
Jim Bauer and Mike Waller
William Benzie and Tom Wordinger
Jean Berg and Kimberly Kaiser
Michael Biere
Tom and Scott Black
Roberta Blanc
John and Sandy Blue
Jamie Boswell
Mark and Patricia Boulding
Paula and Steve Boyka
Terry Brewick, D.D.S. and Rick Morales
Connie and Terry Briggs
Jef Brown
Judith A. Calhoun and Cheryl Weill
Dennis L. Carlson
Ronald E. Carlson
Kevin Carroll
Richard P. Carter
Judson Cary
Steve Chapman and Clive Wart
Sarah Clark
Thomas Connell and Pedro Bernal
Jeremy Conyers
Barton Cox
John Coxhead
John Culshaw and Michael Marcus
Barbara Cummings

Kenneth Dahle and Jean Thomas
Mindy Davidson
Kathleen De Lio
Joan Devine and Jan Kristiansson
Peter Di Leo and Lee Vogt
Larry Dirks
Linda Dixon
T. J. Donahue
Estel and Lois Doss
Mary Pond Duell
Roger D. Dunn
Carol Duran
David Duran
Eric Emanuel
Jon Emanuel and Penny Province
Rebecca and Gary Englebright
Lisa and Phil Ensign
Jennifer and Ryan Ericson
William Espey
Jerry Fabyanic
David C. Faragher and Robert Parsons
Nancy and Ernesto Felix
Laura and Tom Fincken
Julie M. Fishman
Amy and Tom Fortner
Debra Foster
Raeanne and Richard Frazer
Rex Fuller
Christopher Galla
Margaret and Richard Garbe
Javier and Kim Garcia
Mel G. Garcia
Lisa Gardner
Jeremy Gardner
Bruce and Becky Garfield
Robert S. Garner
Annette and Kristin Garrison
Rosario Garza and David C. Montgomery
Jan L. Gascoigne and Melanie Johnson

Now your donation can go twice as far! The Gay & Lesbian Fund for Colorado — see www.gayandlesbianfund.org — will match the annual donation of all new members, increases in donations from existing members, and the full annual donation of any existing member who switches to a monthly credit card donation.



Chris Doering and Rebekah Gass, M.D.	Jeffrey Hopper Charles E. Hull Sandra Jepsen	Eloise May and Jack Unruh Dean and Helen McConnell Steven McCormick	Thomas J. Overshon Mary Alyce Owens and Anna Van Pelt	Wanda and Bryan Smith Dana L. Smith Charles and Violet Snell	Ann Winters Carla Wirtz and Chris Lamson
Barb Gay	Douglas and Kathy Jewell	John and Sally McInnes	Larry Park	Donna Solomon and Larry Zwartverwer	Debbie Witt A. J. Zabbia
Joe and Carolyn Giadone Rosalie Goldman	Peter Kandell and George Harding	Marianne and John McKiernan	Lee Patton	Kathryn A. Spurrier	
Mary Jean Gradisar and Andrew Medvec	Gregory and Sherlyn Keiling	Jim McNulty	Doug Peterson	James B. Steed	<i>* List current as of October 23, 2009.</i>
James Green, Jr.	Bill Kelly and Randy Billman	Scott Medina	Pilates Reformation Studio / Bruce Wolin	James A. Stegman	
Timothy and Matt Greer	Brian Kendall	Verna Meyer	Peter Quintero, M.D.	Myla Stutte and Tom Jewett	
Jillian Griek	Steve Kielej and Milo Gonser	John C. Miller and Robert Bixler	Lorri K. Rabinowitz and Andy Holland	Linda Sullivan and Tonya Kaye	
Stanley Griffith and Cypriano Damian	Brian Kimball and Richard Harris	Paul Miller	Katherine Rice	Tracy L. Sutton	
Scott Habermehl and Russ Tolley	Dean Krull and Bill Desmond	Dr. Gordon Milliken	Jonathan Richard and Mike Filkoski	Jay A. Swope and Josh Hartwell	
Scott G. Halford and Dr. Matthew Breeden	Jim Langenheim	Patricia and Peter Milstein	Brandi and Dave Richards	Otavio and Mary Tabacchi	
James Halpenny	Kira Lapin	Mark Mollinet	Richard C. Riedel	Santiago and Barbara Talamantes	
Dennis Hamann and Tom Hawkey	Kathleen J. Larkin and Richard Houk	Kimberly Moore	Jennifer Robinson	Eugenia Talman	
Suzanne Harding	Christopher K. M. Leach	Nora Morgenstern	John Ronnberg and Christopher Heard	Davol Tedder	
Diane Harkless and Penny Cody	Hal Lewis and Jeanne Dise-Lewis	Sue A. Murahata	Paula L. Rosson and Brian Huculak	John and Paula Test	
Robin and Steven Harris	Robin List and Tony Fiore	Daniel C. Murphy	Marc Roth and James Pfister	James Thacker	
William Harris	William Logan	Sandra Nagler	Sharon S. Russell, D.D.S.	Gwendolyn Turner	
Maria and Andy Harwood	Jacqueline and Christopher Lombardi	Meredith L. Nelson	Catherine Ryan	Carol Tuttle and Lynn Bartelt	
Carlyn Haze	Katherine Lutz	Mark Niswander and Michael Phillips	Larry and Cheri Sanek	Teresa A. Vaughn and William C. Uding	
Kathleen and Michael Heymans	Jim and Anne Mack	Ann Norton	Mark Sanford	Cheryl and Lawrence Volmert	
Brad High and Mark D. Korman	Sue Maclaren and D. Jo Lowell	Carol Oakes	Robin Schaffer	Lane C. Ware	
Mark Hinson	Deborah MacNair and Sharon Wilkins	Larry O'Donnell	Susan H. Schaffner	Amy Watson	
Gary L. Hobbs	Theodore V. Marsters	John Ohmart	David J. Scott and Will Padilla-Pagan	Gary West and Jay Seitz	
Bradley Hoffner and David Rudsell	Guy Mauriello	Ray O'Loughlin and James Henderson	William and Carol Shepard	Dan and Sandy Wherley	
Richard Hogen		Shayley Olson	Mary Shepherd	Donald Widler and Michael O'Shea	
		Frank Osborne	Carmen Skeeahan	Ruth Williams	
		Gary D. Outlaw	Gary Sky	Pamela Wilson	
			Carrie Smart		

Ways to give

General Donation Give the gift of life with a general donation in any amount! (A return envelope is enclosed for your convenience.)

Adopt-a-Meal Make a special day in your life a special day for our clients by adopting meals for that day with a \$1,000 donation or \$2,000 for a holiday meal.

Bread & Butter Club The Bread & Butter Club is a group of sustaining donors who make a pledge of at least \$30 each month. The Gay & Lesbian Fund for Colorado will match any pledges from new members, increased pledges from existing members, and members who switch their monthly pledge to a credit card.

Donate a Car Project Angel Heart partners with Cars for Charity to turn your unwanted wheels into delicious meals! Donate your unwanted vehicle to benefit Project Angel Heart today.

GivingFirst.org The Community First Foundation presents an online tool to match donors with nonprofits. For more information, visit www.GivingFirst.org.

Memorials/Tributes/Honors A memorial or tribute gift of any amount is an ideal way to remember or honor the life of someone special. A card will be sent to the recipient or family, notifying them of your gift.

Planned Giving and Bequests Leave a legacy of love by remembering Project Angel Heart in your will or through other structured gifts.

Special Events Taste Denver's finest culinary creations, patronize a local restaurant, bid on fine art, or become a piece of the pie — all to support Project Angel Heart. Annual special events include Dining Out for Life, Art for Life, A Taste for Life, and Pie in the Sky. Or support Project Angel Heart with your own fundraising idea. Visit projectangelheart.org for more information.

Volunteer Give the most precious gift of all — the gift of your time. Project Angel Heart is able to deliver meals to more than 1,700 clients with life-threatening illness, at no cost, thanks to the support of our volunteers.

Workplace Giving Designate Project Angel Heart as the recipient of your payroll deduction/workplace giving campaign, even if you participate in United Way. People who donate through payroll deductions are eligible for membership in the Bread & Butter Club.

Community Shares of Colorado—#5050

Combined Federal Campaign—#71347

Colorado Combined Campaign—#5085

United Way and other campaigns—please write in "Project Angel Heart, 4190 Garfield St., Unit 5, Denver, CO 80216."



Chef's corner

Herbes de Provence, or Provençal herbs, is a traditional blend of aromatic herbs that flourish in the hills of southern France during hot summer months. Used by the handful when fresh, Herbes de Provence is also tasty when dried and used in cooking at any time of year. Bay leaf, thyme, fennel, rosemary, chervil, oregano, summer savory, tarragon, lavender, and marjoram are typically involved in the blend. Herbes de Provence is traditionally used to flavor grilled foods such as fish and meat, as well as vegetable stews. The mixture can be added to foods before or during preparation or mixed with cooking oil so as to infuse the flavor into the finished dish.

Modifications:

- For our clients living with diabetes we leave out the sugar used to make the brine.
- For our clients on a low-salt diet we would forego the brining altogether.
- For our clients on a low-fat diet we might reduce the portion size of the pork and augment with another protein, such as beans.
- For our clients who do not eat pork we would substitute chicken breasts (soak in brine for one hour).
- For our clients who require a very bland meal we would forego the brining and leave out the pepper and the herbs. We would roast the pork with olive oil and a little salt only.

Herb Roast Pork with Pan Jus (serves 8)

Pork:

- 1 3-4 pound center cut pork loin roast
- 1 gallon water
- 1 cup kosher salt
- ½ cup sugar
- 2 whole peeled garlic cloves
- 6 fresh sage leaves
- 8 black peppercorns
- Olive oil as needed for coating pork
- Ground black pepper to taste
- 2 tablespoons Herbes de Provence

Sauce:

- Pan drippings
- 1 cup white wine
- Water as needed
- Salt and/or pepper as needed

- Prepare the brine by combining the water, salt, sugar, garlic, sage and peppercorns in a large pot. Bring to a boil until salt and sugar are dissolved and the flavors of the sage and garlic have been infused. Remove to a bowl and chill thoroughly in the refrigerator.
- Add the pork roast to the brine and soak 4-6 hours.
- Remove the roast and discard the brine. Pat the roast dry, rub with olive oil, season with pepper and Herbes de Provence (no salt needed due to the brine). Roast at 350 degrees in a roasting pan, with rack, until an internal temperature of 150 degrees is reached. Allow to rest. Slice as desired and serve with pan jus.
- To prepare the pan jus, remove the roast and rack from the roasting pan. Heat the roasting pan over high heat on the stove. Once hot, deglaze the pan with the wine (pour the wine into the pan while hot and scrape with a spatula to release the caramelized bits from the pan). Allow the wine to reduce by half. Taste the liquid in the roasting pan and add enough water to dilute until a pleasant flavor is achieved. Heat as needed and season with salt and/or pepper if necessary (it will probably be salty enough due to the brine). Serve this jus with the roast pork.

Herb Roast Pork with Pan Jus (serves 800)

Pork:

- 40 pounds boneless center cut pork loins
- 20 gallons water
- 5 quarts kosher salt
- 2.5 quarts sugar
- ½ gallon whole peeled garlic cloves
- 1 quart fresh sage leaves
- ½ cup black peppercorns
- Olive oil as needed for coating pork
- Ground black pepper to taste
- 1 quart (or as needed) Herbes de Provence

Sauce:

- Pan drippings
- 4 gallons white wine
- Water as needed
- Salt and/or pepper as needed

Prepare the brine by combining the water, salt, sugar, garlic, sage, and peppercorns in a tilt skillet. Bring to a boil until salt and sugar are dissolved and the flavors of the sage and garlic have been infused. Move to large plastic tubs and chill thoroughly.

Add the pork loins to the brine and soak eight hours. Remove the loins and discard the brine. Pat the loins dry, rub with olive oil, season with pepper and Herbes de Provence (no salt needed due to the brine). Roast at 350 degrees on racks over sheet pans until an internal temperature of 150 degrees is reached. Allow to rest or chill. Slice into 20 chops each and serve with pan jus.

To prepare the pan jus, remove the loins and racks from the sheet pans. Heat the sheet pans over high heat on the stove. Once hot, deglaze the pans with the wine, scraping with a metal spatula to release the caramelized bits from the pan. Reduce the wine by half and reserve this liquid in a large pot or tilt skillet. Once all pans are deglazed, taste the liquid and add enough water to dilute until a pleasant flavor is achieved. Heat as needed and season with salt and/or pepper if necessary (it will probably be salty enough due to the brine). Serve this jus with the roast pork.

Julie Powell, author of *Julie & Julia*, to make special appearance December 10



Best-selling author Julie Powell is coming to Denver to promote her new book, *Cleaving: A Story of Marriage, Meat, and Obsession*. In the book, Powell is haunted by self-doubt and teeters on the brink of an affair when she surprises her husband — and herself — by becoming a butcher's apprentice. Don't miss this rare opportunity to meet Julie Powell at the Paramount Theatre on Thursday, December 10, at 7:30 p.m. Tickets are available at www.tickethorse.com or by calling 1-866-461-6556. **A portion of VIP ticket sales benefits Project Angel Heart. VIP reception includes an opportunity to meet Julie Powell.**

Attention, metro-area restaurants and local volunteers ...

Be part of one of the tastiest fundraisers of the year!

Sign up as a participating restaurant for Dining Out for Life® 2010, support those battling illness, and benefit from more than 14 million media impressions. Or sign up to volunteer as a restaurant ambassador, and help increase visibility and donations for Project Angel Heart. On April 29, 2010, more than 300 Metro Denver restaurants will donate 25% of the day's food sales to Project Angel Heart. With the support of the restaurant community and ambassadors, Project Angel Heart will continue to have the strongest Dining Out for Life® event nationwide. To become a participating restaurant, contact us at 303-830-0202 x16, download the application from our Web site (www.projectangelheart.org), or e-mail Jessica at Jshoemaker@projectangelheart.org. To volunteer, contact Volunteer Resources at volunteer@projectangelheart.org or call 303-830-0202.

There are a number of ways to give to Project Angel Heart's mission, including making gifts of time, financial contributions, or in-kind donations. This holiday season, consider meeting the needs of Project Angel Heart by making an in-kind gift.

HOLIDAY WISH LIST

1. Cleaning Supplies
2. Compostable garbage bags, size 35 x 52 (must be labeled compostable and certified by the Biodegradable Products Institute)
3. One professional, digital baking scale, 20 lb. capacity or greater, readable in pounds and ounces
4. 18"x 26" sheet pans
5. 7" deep bus tubs
6. One food mill/ricer
7. One professional double-handled cheese knife
8. Assorted cookie cutters
9. Laminating machine
10. Wireless credit card machine
11. Auction items
12. Consulting services
13. General office supplies
14. Card stock paper
15. Avery Labels #5162
16. Laptop computer
17. Courier services for Dining Out for Life®
18. 2010 event supplies: ice, beer, wine, soda, water, valet services



Pie in the Sky

Sweet! Delicious pumpkin, apple, pecan, and cherry pies, generously donated by Bluepoint Bakery, were sold online October 15-November 15, **with 100% of the proceeds benefiting Project Angel Heart.** Many, many thanks to Bluepoint Bakery and to Sunflower Farmers Market, 5280 Magazine, Metromix.com and Colorado Label Co. for their help in making life a little sweeter for our clients living with life-threatening illness.

If you were unable to purchase a pie but would still like to make a contribution, visit www.projectangelheart.org and click the "Donate" button.

Save the date!

Julie Powell Special Appearance..... December 10

Dining Out for Life April 29, 2010

*To volunteer, contact
Volunteer Resources at
volunteer@projectangelheart.org
or 303-830-0202 x16.*

8

303-830-0202
www.projectangelheart.org

Project Angel Heart
4190 Garfield St Unit 5
Denver CO 80216



NON-PROFIT ORGANIZATION
U.S. POSTAGE
PAID
DENVER, CO
PERMIT NO. 445