

# FOOD & HOME

OBER 4, 2006

Janice Denham, Food & Home Editor | jdenham@yourjournal.com

www.kstl.com/journal/food



Cherry pie, heart cookies, brownies and other delectable desserts from Cose Dolci will be sold in handy servings.



Food is not just for eating at the Missouri Market. Beth Karaman of Painted Plates, a new vendor this year, paints food and other favorite motifs on bowls, plates, floor cloths and night lights.

## Market opens creative door

By JANICE DENHAM  
Staff Writer

The Best of Missouri Market at the Missouri Botanical Garden on Saturday and Sunday invites the beauty of the fall season to unfold.

Foods, handcrafts and ornaments energetically mingle in the mood for a renewed style. The event will give earlier fans of the Chubby "Glass in the Garden" exhibit an opportunity to see it in the Garden's mature setting.

The benefit for the Botanical Garden, 64th Show Blvd., is in its 115th year.

Cooks will enjoy demonstrations by the Kelly Twins, sister chefs heard on KTIS (100 AM) and seen on Charter Communications' CCIN, and Ed Goodman of KGGK (102.5 FM). Children will have their own priorities with pumpkins decorating, cow milking, a petting farm and live music.

Large tents allow rain or shine browsing among 130 food producers and artisans, 30 of them new to the market, from 8:30 a.m. to 5 p.m. both days, Oct. 7 and 8. Admission to the event is free with Garden admission of \$10 for adults, \$2 for seniors, \$3 for Garden members and children ages 3 through 12, free for members' children (12 and younger).

As always, a new array of foods will be available, including locally made sweets.

Maureen Minimore will bring specialties from Armando's Flan Factory, which she started after she adopted Armando in Guatemala.

Using the expertise of cooks in Guatemala, as well as other countries in Central America, she adapted the custard dessert.

"Mine is closer to a chocolate, set as eggs," Minimore says. "Mine is creamy."

In her business, she started with traditional vanilla flan, then added coconut at the suggestion of a relative

Cose Dolci, under the baking thumb of Beth Thompson, is another dessert bonanza waiting for the kitchen timer to ring.

After four years of fame by word of mouth, she feels "it's time for others to know me." Thompson sells her array of cakes, breads, pies, scones and cookies every Saturday at the Ferguson Farmer's Market.

The youngest member of the family and her mother baked after-school cookies for her three sisters and two brothers.

"I'd beg her to bake," Thompson says. "She let me take over when I was 8 or 9 in the kitchen whenever there was a dessert to make."

The flour is thick in Thompson's kitchen this week. She will bring a variety of sweets, from pies and tarts to pound cakes and bar cookies in flavors that include carrot cake and honey pecan. The recipes are either from her mother or other family members or have been tweaked to become favorites of her own.

Each will be packaged, with the help of her sister, Jackie Masuli, for less than \$5 to enjoy at the Market or take home.

"My extended family makes very willing taste testers," Thompson says.

Masuli and other sisters will help in the Missouri Market booth.

Thompson's next goal is to open a small bakery.

"I'd like to find a little storefront for a bakery - nothing fussy; just carryout," she says. Soon her Web site <http://www.cose-dolci.com> will list her wares.