

FRIDAY FOLLIES



Hey!

May 23, 2004

Haven't written in a couple of week. Just lots going on. I feel like the White Rabbit - I'm late, I'm late, For a very important date!" But slowly everything is getting done.

We went to another great concert this past week. Martina McBride and Alan Jackson. Got some pretty good shots, but I am



also enjoying learning new tricks in PhotoShop. (I still try to keep the file size of the photos pretty small for the Follies because some of you have trouble with the larger ones loading. I will try to keep them small,

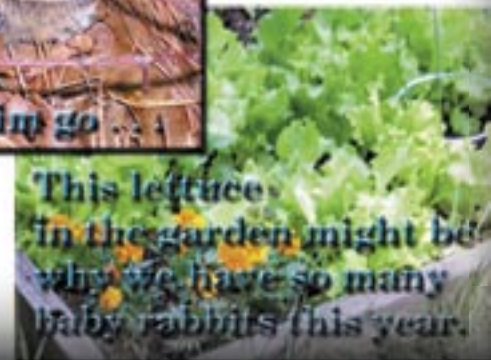


even though sometimes I get carried away.) Anyway, the concert was great. Martina was sensational. What a voice. And Alan was, well, Alan. There's just no one like him. We had a blast and bumped in to lots of friends.

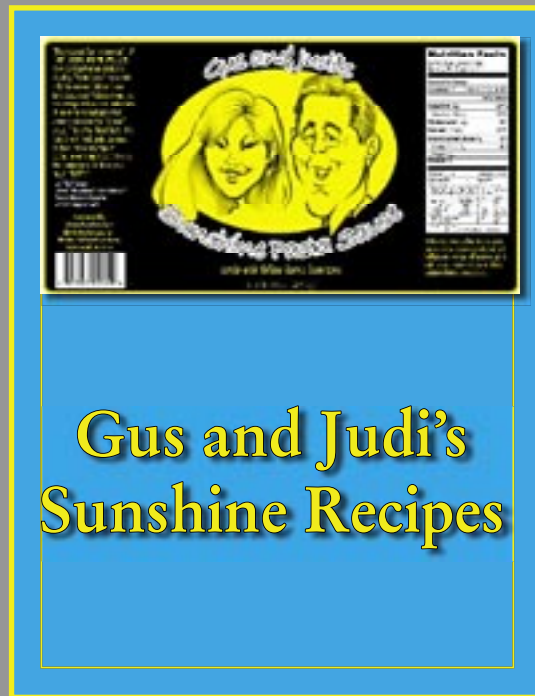


Isn't he cute! He seems very genuine, too.

Well, "He's back!" C.T. reappeared, or so we thought. On morning on the way to work last week, my cell phone started to ring repeatedly. I could not reach it as it was in the bottom of my briefcase in the backseat. When I walked in my office my message light was flashing and my phone in the office was ringing and ringing. I grabbed it thinking something very important must have happened. It was J.P. He said he was sitting in the den holding C.T.! I couldn't believe it. He said "Scraps" found him and dragged him back in the house again! We laughed and laughed. He put it in the cage so I could see it when I got home at lunch. But guess what. It wasn't C.T. It was another, even smaller one. This one appeared only days old. No long story this time. Bottom line - I took a photo and then held him for a moment and then took him to the yard and let him go.



No word from QVC yet. Somehow, I do not think that means good news. Still working on the new cookbook, though. It is something that needs to be done regardless. There is a different section for each of the products, and each has about twenty recipes using the products in various dishes. Here are a few pages of my *very* rough draft.



Gus and Judi's Sunshine Recipes

"Gus and Judi's Sunshine Pasta Sauce" Recipe Suggestions

Hey!

We love hearing from you. If you have other favorites, please email them to us at GusandJudirecipes@mrhappyusa.com. We will test them and give you credit on the website and in any publications associated with the products.

Truthfully, we are great at creating the sauces and salsas and spreads, but as far as being creative and "artistic" with their uses, it helps to hear from others since that is not our specialty. Honestly, we usually just enjoy them served as dips, and along side or "on top of" our favorite seafood, pork, fish or steaks. These first suggestions are from us, though. We hope very soon to have many more from those of you who have promised to send them in!

Thank you ever so much,
Judi



"Gus and Judi's Sunshine Pasta Sauce"

As you will see before you even open the jar, this is no ordinary pasta sauce. Made from luscious, yellow, Roma tomatoes, the flavor is robust, refreshing, and totally unexpected. Use "Gus and Judi's Sunshine Pasta Sauce" as is over your favorite pasta, or add your favorite meat, sausage, fish, pork, or chicken before serving. "Gus and Judi's Sunshine Pasta Sauce" may be served as a dipping sauce for seafood such as shrimp and calamari, as a topping for crab cakes and other seafood dishes, or with beef, chicken, and pork as a very attractive and tasty side dish. When cooking vegetables, (green beans and such) add two tablespoons of "Gus and Judi's Sunshine Pasta Sauce" to spice up the flavor and add a colorful, artistic flair. Just as with any marinara sauce, by adding cream, "Gus and Judi's Sunshine Pasta Sauce" becomes a lovely white sauce for a whole variety of other dishes. Try "Gus and Judi's Sunshine Pasta Sauce" with omelets, as a sandwich spread, as a dip for pretzels, and even as a sauce for your pizza. Put two tablespoons of "Gus and Judi's Sunshine Pasta Sauce" in cream of tomato soup. Delicious! "Gus and Judi's Sunshine Pasta Sauce" makes an excellent heated dip for breads or other loblue items as well. "Gus and Judi's Sunshine Pasta Sauce" will surely brighten any meal. It is limited only by your imagination.

Grilled Tuna with Basil Butter and "Gus and Judi's Sunshine Pasta Sauce"

Basil Butter:

- 3/4 cup fresh basil leaves
- 2 tablespoons butter, softened
- 1 tablespoon fresh lemon juice
- 1/4 teaspoon salt
- 2 garlic cloves, minced

Sauce:

- 2 (16 oz.) jars "Gus and Judi's Sunshine Pasta Sauce"
- 1/2 cup dry white wine
- 3 tablespoons capers
- 2 tablespoons balsamic vinegar
- 1/4 teaspoon sugar

Tuna:

- 4 (6-ounce) tuna steaks (about 1 inch thick)
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- Cooking spray
- 4 basil leaves (optional)



Prepare grill or broiler. To prepare basil butter, combine first 5 ingredients in a food processor; process until smooth, scraping sides as needed. Set aside. To prepare sauce, warm "Gus and Judi's Sunshine Pasta Sauce" over medium-high heat. Stir in wine, capers, vinegar, and sugar; bring to a boil. Reduce heat; simmer 5 minutes, stirring occasionally. Stir in parsley. Set aside. To prepare tuna, sprinkle tuna with 1/2 teaspoon salt and pepper. Place tuna on grill rack or broiler pan coated with cooking spray. Cook 5 minutes on each side or until desired degree of doneness. Serve with sauce and basil butter. Garnish with basil leaves, if desired. Yield: 4 servings (serving size: 1 tuna steak, 1 cup sauce, and about 1 tablespoon basil butter)

Olive Oil-Poached Mahimahi with "Gus and Judi's Sunshine Pasta Sauce"

- 2 1/2 cups olive oil
- 4 (6-ounce) mahimahi steaks
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground pepper, divided



- 1 (16 oz.) jar "Gus and Judi's Sunshine Pasta Sauce"
- 3/4 cup pitted kalamata olives, quartered
- 1 tablespoon capers
- 2 teaspoons chopped fresh rosemary
- 1 teaspoon red wine vinegar
- Garnish: fresh rosemary sprigs



Pour oil into an 8-inch, straight-sided skillet. Heat over medium-low heat 8 minutes or until oil reaches 175° to 180°. Sprinkle fish with kosher salt and 1/4 teaspoon pepper. Carefully place into hot oil. Cover and poach 6 to 10 minutes or until fish flakes with a fork. Transfer to a serving platter, and keep warm. Place "Gus and Judi's Sunshine Pasta Sauce" in a medium sauce pan. Stir in olives, capers, chopped rosemary, vinegar, and remaining 1/4 teaspoon pepper and stir over medium high heat until hot. Serve over mahimahi. Garnish, if desired. Yield: Makes 4 servings

Soft-Shell Grabs With "Gus and Judi's Sunshine Pasta Sauce"

- 1 (16 oz.) jar "Gus and Judi's Sunshine Pasta Sauce"
- 8 soft-shell crabs, dressed
- Vegetable oil
- Seasoning mix:
- 1 1/2 tablespoons paprika
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon dried thyme
- 1/2 teaspoon ground red pepper
- 1/2 teaspoon ground white pepper
- 1/4 teaspoon ground black pepper
- 1/4 cup butter or margarine, melted and divided
- Hot cooked angel-hair pasta



Cook the pasta in a large pot of boiling, salted water, according to package directions. Drain completely, and place in a large bowl. Sauté "Gus and Judi's Sunshine Pasta Sauce" for 2 to 3 minutes. Set aside. Combine paprika and next 7 ingredients. Brush crabs with 2 tablespoons melted butter, and coat with seasoning mixture. Pour oil into nonstick skillet and heat to 350°. Cook crabs 1 to 2 minutes on each side or until done. Serve over pasta with "Gus and Judi's Sunshine Pasta Sauce." Drizzle with remaining butter. Yield: 4 servings



To all of you on my Friday Follies List, whether you are in Manila, Singapore, Kuwait, Bermuda, Virginia Beach, Mississippi, Los Angeles, San Francisco, Minnesota, Indiana, Colorado, Philadelphia, Key West, New Jersey, North Carolina, Indonesia, Washington D.C., Iraq, Maryland, West (By-God) Virginia, Nashville, Chattanooga, New York, Oregon, Maine, Australia, Europe, or Yuma, have a wonderful, wonderful week.

God bless.
Remember, life is short...we need to make it a good one.
Grow in peace and wisdom.

Your Friday Friend,

Judi Godsey

PS. NOTE OF CAUTION... 20 employees were fired from The New York Times here in Norfolk for sending lewd and indecent emails. (To my knowledge, none of the 20 were on our joke list - even though some of the attorneys who represent the company were!) I have asked each and every one of you on this list to tell me if the jokes that accompany these "Follies" place you in jeopardy, or even if they offend you. Please understand that they are intended to be light-hearted and are not mean-spirited in any way. If you are ever offended, do not hesitate to ask to be taken off the Friday Follies Joke List. P.S.S. If you send a joke and I don't use it, it is because it has been used before, and I try not to repeat. Remember, I have been sending these since August of 1997. One tends to go through huge numbers of jokes that way. Disclaimer: When anyone asks if I type all of these jokes, the answer is, "No!" I cut and paste one evening during the week (30 minutes, TOPS). Obviously I don't have time to sit, read, and retype jokes all day!

