

WHY THE DEMS WILL WIN COLORADO IN '08. p. 116

# 5280

DENVER'S MILE-HIGH MAGAZINE

RESTAURANT GUIDE 2007

# 101 DINING EXPERIENCES EVERY DENVERITE MUST HAVE

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# Kitchen Companion

Your iPod does more than just play music—consider it a digital chef.

BY LOGAN KUGLER

**DID YOU KNOW** that owning an iPod can make you a better cook? Proof: You can store favorite recipes (like the one below for Denver spoonbread), keep an electronic grocery list at your fingertips, or download a podcast from a local food expert.

## STORE RECIPES

Looking for a foolproof baked manicotti or simply trying to remember the family recipe for chocolate chip cookies? Load your iPod with the **Pocket Bar & Grill** software ([www.enriquequinterodesign.com/pocketbargrill.html](http://www.enriquequinterodesign.com/pocketbargrill.html)) and find hundreds of prefab recipes or plug in your own favorites. The program costs \$10 to buy, but you can forget about guessing whether Mom's cookies call for baking soda or baking powder—or both.

For a local twist, check out this recipe for **Denver spoonbread**, a soufflé of cornbread with Western flair (<http://recipes.howstuffworks.com/denver-spoonbread-recipe.htm>). Or branch out with celeb chef **Emeril Lagasse's** iPod-friendly goodies ([www.emerils.com/fun/stuff4ipod\\_downloads.html](http://www.emerils.com/fun/stuff4ipod_downloads.html)) that includes 1,000 dishes.

## KEEP A GROCERY LIST

**IntelliScanner's Kitchen Companion** (\$149; [www.intelliscanner.com/products/kitchen/features.html](http://www.intelliscanner.com/products/kitchen/features.html)) lets you automatically input the items you need and create a list that you can download straight to your iPod. Never again will you aimlessly wander the supermarket aisles.

## SEEK COOKING ADVICE

Love watching the Food Network because you can learn from a real chef? Check out a podcast instead—iTunes has more than 2,000 culinary shows in its catalog. Here, four of our favorites:

### Rob Kasper (Audio Podcast)

Listen in as Kasper, food columnist for Denver TV station KWGN, discusses topics such as the latest health effects of red wine and dark chocolate, how to make early-season garden treats, and why not to mess with a traditional Thanksgiving dinner.

### The Food Guru (Video Podcast)

Be it cooking fried green beans or making a raspberry soufflé, Peter Harman, chef-owner of Martini's Grille in Burlington, Iowa, and president of Food Guru, shows you how to do it in a video podcast that runs one to two minutes in length.

### The Podchef's Gastrocast (Audio Podcast)

Washington-based chef Neal Foley, who is also a farmer and sustainability advocate, shares recipes and techniques geared toward a healthy lifestyle emphasizing organic and home-grown foods. Foley often discusses recipe history, ingredient sources, and the politics of food.

### KCRW's Good Food (Audio Podcast)

Hosted by Evan Kleiman, best-selling cookbook author and executive chef of L.A.'s Angeli Caffè, each episode begins with a rundown about what's currently in season and then talks about new recipes, restaurant reviews, and new ideas for entertaining guests. Each episode also includes an interview with a professional chef.

