

Truffles & Tortes SWEET

talk

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Summer 2008

Welcome to Sweet Talk - our quarterly on-line newsletter we hope you'll find informative and entertaining as we introduce you to our company, our employees, keep you current on what's happening in the dessert world and offer special discounts or notices on our desserts.

We Love Plymouth!

We were happy to receive the award for the City of Plymouth's favorite dessert company and be pictured on the cover of the June Plymouth Magazine. It has brought in many new faces, as well as regular customers who continue to reinforce what the award tells us - you love our desserts! Pictured below is the kitchen crew who work tirelessly to create the beautiful desserts you see in our display case as well as supplying Twin Cities hotels, restaurants and catering companies quality desserts.

We also had the pleasure of meeting hundreds of Plymouth residents at the Music in the City event, July 2nd where the Minnesota Orchestra took stage and performed an outdoor concert. The fireworks afterwards were incredible! We hope you were there to enjoy the free event put on by the Plymouth Civic League.



Pictured (back row, left to right) Kelly, Myrna, Katie, Nicole, (front row, left to right) Heather & Liz
Photo by Neil Photography

Fun Facts about FAT

The dreaded word no one really likes to talk about and most try to avoid...FAT.

Here are some facts about dietary FAT you may find interesting (*taken from Nutritional Weight & Wellness www.weightandwellness.com*):

The French diet is loaded with naturally saturated animal fats - butter, eggs, raw milk, cheese and organ meats. France has less than 1/2 the heart attack rate of the USA.

Fat triggers the release of brain chemicals that tell you you're full - and you stay full longer than a diet with low fat.

Fat activates your metabolism and stabilizes blood sugar.

A lack of adequate dietary fat may lead to problems such as fuzzy thinking and memory problems, PMS, unhealthy skin, diabetes and obesity.

At Truffles & Tortes, we use real butter and real cream. Real butter is a good source of Vitamin A which plays an important role for good vision and building strong bones. It's rich in Conjugated Linoleic Acid which assists in weight loss as a natural fat burner and protects against cancer. Margarine is a manufactured unhealthy hydrogenated oil containing transfats.

Dog Days of Summer

The “dog days of summer” are here - hot and muggy means slow and lazy.

If you're not at the beach keeping cool, days like these are a great time to enjoy an air-conditioned environment and a movie next door at the Willow Creek Theater! Skip the popcorn and enjoy one of our decadent desserts or gourmet bars, or even a dog-shaped, hand-iced sugar cookie.

Many of us at Truffles & Tortes own and love dogs - pictured to the right is Kirby, our Retail Manager's 1 year old puggle. Don't let his adorable face fool you - he's a handful! We're collecting customer's



dog photo's to display at the retail store. **Bring in a photo of your pup to share and receive 20% off your purchase (not to exceed \$5, 1 photo per customer) through August 30.**

Meet Liz Nead

Liz Nead has been with Truffles & Tortes for two years working part-time in the production kitchen. Her unique role in the kitchen is R&D - researching and testing new recipes. Liz is credited for giving the “Bad Hair Day” dessert its spiky toasted meringue finish that customers love. She's currently working on some different individual size desserts we know will soon be your new favorite!



Liz attended AI - Arts International of Minnesota in Minneapolis and currently lives in Shakopee. When not hard at work in the kitchen or hunting down new recipes, you can find Liz volunteering at the Senior Center in Mound. She also enjoys golf, playing cards and is on a bowling team in Hollywood, MN! Her favorite T&T dessert is the Concerto.

We're Making Whoopie

Whoopie Pies, that is! They're all the rage in New England - as common as a cookie here in the Midwest. A Whoopie Pie, or commonly known as “Gobs,” is made of two disk-shaped cakes with a sweet, creamy frosting sandwiched between them. They can be a simple dessert or eaten as a snack food. Our delicious recipe comes from Pastry Chef Heather Pazandak's mother, Pam DeBor who is from Pennsylvania.

Also new this summer is our State Fair inspired dessert - Vanilla Bean Cheesecake on a Stick. We take our creamy vanilla bean cheesecake wedge and dip it in dark chocolate and roll it in croquant (bits of toasted puffed rice). It's a fun summer treat for just \$3. You don't have to wait until the fair for something yummy on a stick!

Back by popular demand is the Tropical Passion - a mango mousse dome filled with a passion fruit mousse center which rests on a pistachio cookie base. Fruity and refreshing, enjoy them now thru August.

From the Editor

Dreams do come true, even in this economy! My Dad always wanted to travel to Ireland and visit where some of his ancestors were from. This dream took flight as he and his wife, 3 daughters and 2 granddaughters landed in Dublin early June. We spent 6 short days traveling the beautiful, but narrow roads of Ireland - from Dublin, to Cork and Killarney, around the Dingle Peninsula and up to Shannon for our flight back to the USA. Our tour guide, Sean McGovern, poetically described everything we saw and told the history of this beautiful, but small country. The Euros didn't go far on this trip, but the memories will last a lifetime, and then some!

We will soon be experiencing another dream come true this Fall when we open our second retail store! Our search for larger space with better visibility and affordable rent came to an end when we “came home.” Well, close to home anyway, in downtown Anoka (Rhonda, owner of Truffles & Tortes, and I grew up in nearby Coon Rapids). We found a space on Main Street that has recently been restored on the outside and now we're working on the inside to create the second edition of Truffles & Tortes! Our original location in Plymouth will remain open as usual, but for those who are closer to the Anoka area, we will offer an expanded food menu as well as a larger dining room, espresso coffee drinks and plated desserts. Stay tuned for more information as opening day approaches!

Did you have a dream come true recently? We'd love to hear all about it! Email Pam at info@trufflesandtortes.com and we may include it in our next newsletter.

- Pam, Retail Manager