

# Savour



To give oneself to the enjoyment of the dining experience.

BERTHOUD WEEKLY  
**SURVEYOR**



# Dress up drab desserts

## Special to the Surveyor

Decadent desserts are often the culmination of family meals or meaningful social occasions. Dessert signals the end of special events and lets guests know it is now acceptable for them to plan their exits.

Party hosts should not feel pressured to bake or create elaborate desserts. Some guests may even bring their own homemade desserts as tokens of appreciation to offer their hosts. However, for those who want to ensure there is dessert available in the event company does not bring a cake or box of cookies, the following are some ways to dress up store-bought treats to make them look like impressive desserts.

- **Gourmet ice-cream sandwiches:** Purchase ready-made cookies in your favorite varieties as well as a flavor of ice cream that coordinates with the cookies (chocolate and mint works well). Allow the ice cream to soften slightly, then spoon a bit onto one cookie and sandwich the ice cream with another cookie. Place the sandwiches back into the freezer to harden and set before serving.

- **Decadent drizzle:** Any dessert can look like a profession-

ally concocted confection with a creative display. Drizzle chocolate or raspberry syrup on the plate before placing your slice of cake or pastry. Top with a dusting of confectioner's sugar.

- **Shaved chocolate:** Turn an ordinary brownie or sundae into something stunning with shaved chocolate. Run a vegetable peeler along the side of a favorite bar of chocolate to create a garnish.

- **Warmed up:** Heat any store-bought pie before serving and top with fresh whipped cream. Your guests will swear it's homemade.



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# Cliff bakes bread too!

By Amber McIver-Traywick  
The Surveyor

Baking is in his blood. He's a New Yorker with an uncle who owned a bakery in Brooklyn and a dad who made pizza.

"I make the best pizza there is so why not make some bread as well" Cliff Montano said of his offshoot bread business he runs out of his Mountain Ave. pizzeria Brick Oven.

Montano's bread is unique in that he uses pizza dough flour with a double rise process making it similar to Italian potato breads. His bread is the only way to go for some people who he says come all the way from Boulder to buy as many as a dozen loaves at a time. "You eat my bread and you'll feel better, it's good food" he said of his recipe that boasts 14.5 percent more protein than many other breads. The only



way to get the 19 inch loaves he sells for a dollar is by, "swinging in" and picking up some at the restaurant. He also will take larger orders over the phone for parties or special occasions that call for larger quantities. He also takes orders during the holidays for rolls he says are often times still warm from the oven when they are picked up. Montano says his bread is perfect for any situation but makes great meatball, sausage and french dip sandwiches.

# Homemade Steamed Spice Brown Bread

Special to the Surveyor

Breakfast is a great time to relax and catch up when hosting guests. The breakfast table provides a casual setting to share a good meal and a few laughs with your guests. While some guests might prefer omelets and others may like French toast or a simple bowl of cereal, few won't enjoy a slice or two of freshly baked bread. Hosts who want to satisfy their guests' hunger pangs and give them something to enjoy with their first few sips of coffee can prepare the following recipe for "Steamed Spiced Brown Bread" from Andrew Schloss, "Cooking Slow" (Chronicle Books)

### Steamed Spice Brown Bread

- Vegetable oil spray
- 1 cup rye flour
- 1 cup blue cornmeal
- 1 cup whole-wheat flour
- 2 teaspoons ground ginger
- 1 teaspoon ground cinnamon
- 1/2 teaspoon dry mustard
- 1/4 teaspoon ground allspice
- 1/8 teaspoon ground cloves
- 2 teaspoons baking soda
- 1 teaspoon fine sea salt
- 2 cups raisins
- 1 cup black coffee
- 1 cup yogurt
- 3/4 cup molasses
- Boiling water as needed
- Unsalted butter for serving (optional)

Coat the inside of the bread mold(s) lightly with vegetable oil spray; set aside.

In a large bowl, whisk together the rye flour, cornmeal, whole-wheat flour, ginger, cinnamon, mustard, allspice, cloves, baking soda, and salt. Toss in the raisins to coat. In a separate bowl, beat together the



coffee, yogurt and molasses, and then stir the yogurt mixture into the dry ingredients just until a smooth batter forms.

Pour the batter into the prepared mold(s). Cover the top of the mold(s) with heavy-duty aluminum foil and secure around the top with kitchen string or a rubber band.

Position the baking ring(s) in a Dutch oven or saucepan wide or deep enough to hold the mold(s). Put the mold(s) on top of the ring(s) and pour the boiling water around the mold(s) until the water comes about halfway up the sides but does not touch the foil. Cover the pot and steam the bread over low heat, adding more water if the level drops by more than half, until the top of the bread is dry and the center feels springy but soft, about 2 1/2 hours.

Remove the mold(s) from the water and cool for 5 minutes. Take off the foil. Run a knife around the edge of the bread and invert onto a plate. Serve warm in slices with butter, if desired. Makes 4 servings.

# New local bakery continues to rise

By Katie Harris  
The Surveyor

The bakery that met with instant success after opening last December on Fifth Street continues to flourish six months later. Extended hours and additional menu items are the latest efforts by the owners to give the customers what they want.

“Things are going great, and things are growing great,” said Bob DeCoteau, co-owner of Rise Artisan Bread. “The community has really opened its arms to us.”

DeCoteau and his wife Annie Brooks moved their five children to Berthoud after losing the lease on their farm in Vermont, where they’d made a living selling vegetables and bread at the local farmers’ markets.

“The bakery was really born out of the fall of the farm,” said DeCoteau.

After landing in Colorado the couple continued to sell their homemade baked goods at local farmers’ markets in the area before putting down roots at their permanent location in Berthoud.

Now, heading into their first summer in business, they plan to continue their farmer’s market presence, with booths at the Berthoud, Loveland and Greeley markets, as well as fresh donuts and pretzels offered by their “donut robot” at events such as Hops and Harley and Oktoberfest. DeCoteau said the items available at their farmers’ market booths will include specialty breads and products not available at the shop.

Rise’s in-store menu has been recently revamped as well, including four sandwiches from the specials rotation that are now available on a daily basis. These include the Italian “Brain Tree,” the turkey “Turner,” a veggie panini known as the “Webster Lake,” and “The Flatirion” — a spinach and tomato grilled cheese.

DeCoteau said customers can also look forward to a larger selection of fresh fruit and pie-by-the-slice as the season continues.

“We are a sea-DeCoteau. “We use Right now we have limited basis, but available more regu-

In addition, the iced coffee to their

Another big the extension of its hours. The hours re-

“As the weather has gotten nicer everybody seems to be coming in later and later, so we’ll be covering the later lunch crowd with our new hours,” said DeCoteau. He said he expects the transition to longer hours to be a permanent one, even after the summer season.

DeCoteau said the best way to keep up with what’s happening at Rise Artisan Bakery, including daily specials and menu changes, is to follow its Facebook page at Rise Artisan Bread.

“We really enjoy being invested in the community, and its response to us has been overwhelming,” said DeCoteau. “We love it here.”



Bob DeCoteau prepares baguettes for baking.

Photo by Becky Justice-Hemmann



sonal bakery,” said stuff that’s in season. pie-by-the-slice on a we hope to make this larly.”

bakery has added menu for summer. change for Rise is afternoon business cently changed from 6

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# Da Bean combines bakery freshness with coffee-house vibe

By Shelley Widhalm  
The Surveyor

When the owner of Da Bean added a bakery to her coffee shop, she figured she needed a signature item.

Da Bean Coffee House, 434 Mountain Ave., sells carrot cake by the half- and quarter-sheets and ships it all over the nation for special orders, in addition to selling three sheets of it to daily customers.

"You can get carrot cake anywhere, but people rave about ours all the time," said Jennifer Harris, owner of Da Bean and a Berthoud resident. "I just try to make that my push."

Da Bean makes scones, brownies, cinnamon rolls, organic granola, and focaccia sandwich bread in-house and offers fresh-baked goods from outside bakeries, including cookies and European pastries, cookies and Bundt cakes. There also is a gluten-free line of sandwich breads, brownies, chocolate-chip cookies and banana bread, all made on site.



Jennifer Harris, owner of Da Bean Coffee House, pokes focaccia bread Friday, June 2, to help get the flavor into the bread. "It's just yummy when you take a bite, and it's infused in the bread. Instead of mixing it with the bread, you just do that and the seasoning gets in there," Harris said.



"It's fun to make your own stuff and to bring in local stuff, too," Harris said.

Harris purchased the coffee shop six years ago after it had been in existence just as many years under a different owner and name. The Jumping Bean had served a simpler menu, with coffee, sandwiches and pastries, which Harris expanded to a full breakfast and lunch menu, bakery and coffee bar. She changed the name to Da Bean to give the coffee shop a fresh start.

"What's funny about it is it's a name everybody remembers," Harris said. "It's kind of silly, but it's unforgettable."

Harris previously managed the deli department of a local grocery store, where she had worked for 13 years. She took some time off to raise her two children, who attend Berthoud schools, and returned to working part-time at the Jumping Bean until it went on the market.

Wanting to see the coffee shop remain, Harris purchased and remodeled it. She repainted it with burgundy, yellow and brown, put in carpet and redid the menu boards. She also added seating and a large communal table — there now are nearly 45 seats and another four seats outside.

"This coffee shop and bakery has character to it. It has a lot of regulars," Harris said. "It just has a happy vibe here. ... When you come here, we treat you more like family than a customer."

The coffee shop has a staff of 18, all trained to do the baking, but Chris Farnham does most of it. If something runs out, the staff can make something to order for the items made in-house.

On Friday, June 2, Gillian Malinowski, a barista at the coffee shop, helped make some of the gluten-free chocolate-chip cookies.

"We do put a lot of effort into (the baked goods), and we do spend a lot of our time making them," Malinowski said. "We also stock them fresh. We always check them every night if they are fresh or not, and if they are not, we throw them out and replace them."

Harris doesn't give out the recipes for any of the baked goods and other items, especially for the carrot cake, which doesn't have a secret ingredient but a secret method.

"The thing with carrot cake is the amount of ingredients you put in," Harris said, explaining carrot cake either will have more flavor or more flour. "Ours is a darker color because we have more of a flavor side."

The flavor is enhanced by homemade cream-cheese frosting, made fresh every day.

"We're not buying five gallons of store-bought cream cheese. We're making it here, and it's fresh," Harris said. "There's something yummier about it when you know it's handmade or fresh-made."

Tate Rees, a barista at the coffee shop, sees customers come back for seconds on the carrot cake, he said.

"All around, it's really good," Rees said. "It's really moist and flavorful, and the frosting is really delicious."

The carrot cake complements the coffee menu, Harris said.

"It accents our coffees really well, because it has so much flavor with it," Harris said.

Da Bean's focus is on the coffee menu, which



Photos by Shelley Widhalm

Gillian Malinowski, a barista at Da Bean Coffee House, mixes up gluten-free chocolate-chip cookies Friday, June 2. The coffee shop makes fresh-baked goods on a daily basis.

includes Americano, a variety of lattes and cappuccino drinks, café mocha, two kinds of chai lattes, and caramel macchiato, along with specialty drinks such as the Café Vienne and Mexican Vienna, both made with cinnamon. There are three types of milk substitutes of soy, almond and coconut milk and different brews and blends, plus regular sodas. There also is hot chocolate and a line of organic teas from Two Leaves and a Bud in Basalt. The coffee is from IMACK Roasting in Denver.

The brewed coffee and sodas are served in separate self-service areas.

"We do that so they can create their own cup that they like," Harris said. "We try to give people different options, so everybody is welcome here."

The options make the drinks "more personable," Rees said.

"You can customize each drink, and people like it," he said. "It's really good coffee. I've had people tell me it tastes really good and is really fresh."

Harris's customers tell her they love the coffee, Harris said.

"I'm constantly having people talking about how good our coffee is; our espressos, too," Harris said, explaining the coffee is made in small batches. "When I order my coffee, it's the freshest it can get."

Harris extends her offerings to mugs and thermoses, coffee sleeves, bags of coffee and espresso, syrups, chocolate-covered espresso beans and greeting cards. She rotates local art on the walls on a monthly basis and offers a kids' area with a mini-table and toys, a couch-seating area and two bars, one facing the windows and the other facing a wall of art. "It's happy. It's cheerful," Harris said. "We have a family atmosphere. Instead of being a customer, we just love everybody who comes in the door."

Hours: 6:30 a.m.-8 p.m. Monday to Saturday, 7:30 a.m.-2 p.m. Sunday.

# Berthoud teacher opens Hibernian Bakery in Loveland

By Bob McDonnell  
The Surveyor

Many in Berthoud know Kevin Gonzales as a teacher at Turner Middle School. Few knew — until now — Kevin, along with his wife Amanda, have opened a bakery in Loveland.

The bakery is a bit hidden. It is located in Eclectic House Artisan Market at 528 N. Cleveland Ave. This venue hosts many artists and crafts-men and women, with the



Photo by Bob McDonnell

Amanda and Kevin Gonzales.

bakery situated in the very back. Kevin says many people come in to look at the crafts. Once they realize there is a family-run bakery there too, they buy some tasty treats.

The name of the bakery is Hibernia Old World Bakery. Hibernia is the classic Latin name for the island of Ireland. Additionally, a Hibernian is a native of Ireland, or things characteristic of Ireland. "It is what Ireland was called when the Romans ruled," according to Amanda.

Amanda knows of what she speaks, since she is of Irish heritage. Her family has owned a pub in Boston all her life, and Amanda spent summers in Ireland with family members who owned a bed-and-breakfast.

Her Irish roots come through in many of the

bread, pies, cookies, cakes, etc. sold at the bakery. "We do a lot of northern European comfort pastries," Amanda said. Some are items typically found in bakeries in Sweden and Norway too.

She finds it funny and ironic that the Hibernia Old World Bakery opened on St. Patrick's Day of this year.

Kevin also has a restaurant-type background. His father owned and ran the Bessemer Inn in Pueblo. The Bessemer part of the name comes because the eatery was close to the steel mills near Pueblo.

The married couple likes working together. Amanda's business card reads, "Owner and Baker." Kevin's card says "Owner and Assistant Baker." "To be clear, she bakes, and I do whatever she tells me," Kevin said with a smile.

The bakery has display cases with loaves of bread and desserts. The types of bread vary but include some that are gluten-free. Also, they always make cinnamon rolls and scones.

On the first Saturday of each month, the bakery makes and sells potica. This is a rolled sweet pastry made with honey and walnuts.

Overall, Amanda says they are offering a variety of goods. She uses seasonal items in her baking when she can, and tries to buy local products.

The shared space at Eclectic House suits the needs of the fledgling business. They looked for a good location for a while before settling on downtown Loveland. Amanda says they are able to "put a toe in the water — maybe a foot in the water," as they try out this concept of a bakery.

So far, Kevin feels the new business has been well-received. "People come in telling how Loveland needed a real bakery," Kevin said. He just wishes more people would find this hidden treasure.

Amanda says they really like the downtown Loveland location. "Downtown is definitely growing. We came in under the growth," Amanda stated. She says they hope to stay and grow their business.

Both Kevin and Amanda are watching the renovation of the Pullium Building, located across the street. They are looking forward to when this downtown icon is restored and events will happen there again.

Looking to the near future, Amanda wants to offer sandwiches and grab-and-go items by the end of summer.

Hibernia Old World Bakery is open from 9 a.m. to 6 p.m. Tuesday through Thursday, 8 a.m. to 7 p.m. Friday and Saturday, and 10 a.m. to 4 p.m. on Sunday. They are closed on Mondays.



Hibernia Old World Bakery

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# How to bake healthier treats

## Special to the Surveyor

Baking can be a relaxing and rewarding pastime that parents can share with their children. Baking promotes a variety of skills, including the ability to follow instructions and make measurements. Baking also employs mathematics, making baking a rather delicious science experiment. Perhaps one of the few pitfalls of baking is indulging in too many sweet treats when taste testing and then enjoying the fruits of your labors.

But bakers concerned about their health can substitute healthy ingredients when recipes call for foods bakers would prefer to avoid. The following ingredients can make healthy additions to baked-good recipes without sacrificing flavor.

- **Whole wheat flour:** Flour is at the heart of many baking recipes, including those for cakes, cookies and pies. Refined white flour may not be the healthiest ingredient, so try whole wheat flour, which is full of nutrients and an extra dose of fiber. Fiber can help lower the risk for heart disease and diabetes. Try slightly less than one cup of whole wheat flour for regular flour as a swap if a recipe calls for one cup of flour.

- **Fruit puree:** When a recipe calls for oil, margarine, butter or shortening, consider replacing such ingredients with fruit purees, which often add moisture and texture just as well but without the same amount of calories. Applesauce and prunes can be helpful in chocolate dishes. Pumpkin or sweet potato are other purees that can add a nutritional boost as well.

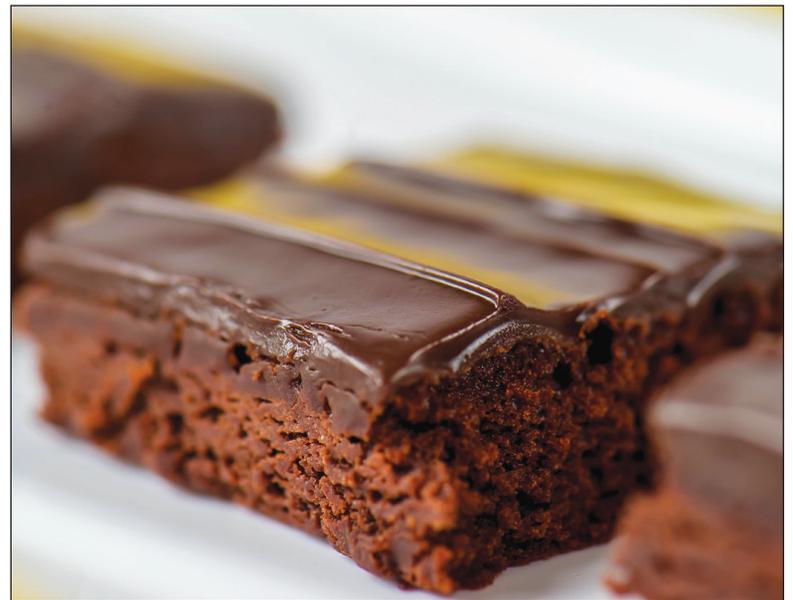
- **Greek yogurt:** Greek yogurt is a powerhouse of protein and flavor with relatively few calories per serving. It can make a super substitution in recipes for things like sour cream, buttermilk or even cream cheese.

- **Applesauce:** Believe it or not, unsweetened applesauce also can replace some or all of the sugar in a recipe. When doing a 1:1 ratio swap, reduce the amount of liquid in the recipe by 1/4 cup.

- **Marshmallow or meringue:** Ever check the nutritional information for many store-bought cake frostings? They pack a considerable amount of calories, sugar and fat. Some also are made with hydrogenated oils. Consider using a marshmallow fluff or homemade meringue to top cupcakes or decorate cookies.

- **Stevia:** Stevia is an herbal plant that grows primarily in South America. Stevia has a long history as a sweetener in that area, and now has become a popular sugar substitute elsewhere. Stevia is an all-natural, no-calorie, no-carbohydrate sweetener. The FDA approved only the purified form of stevia, called stevioside. Remember to check each brand's sugar-to-stevia ratio to make sure you get the right measurements for your recipe.

- **Egg whites:** Replace a whole egg in a recipe with two egg whites or 1/4 cup of egg substitute.



Cut calories, fat and sugar from baked goods with some simple and healthy substitutions.

- **Chocolate nibs:** Nibs are processed morsels that do not have the same amount of added sugar as many chocolate chips. Dark chocolate nibs can provide a healthy dose of antioxidants as well.

- **Evaporated skim milk:** Try evaporated skim milk in place of heavy cream to make whipped cream for a low-fat option.

Baking brings family together, and the treats prepare can make an enjoyable finale to a great meal. With healthy substitutions, any recipe can be altered for the better.

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