

Palace Resident Sweetens Neighbors' Day

MIAMI—The thought of preparing a dish for 300 guests might have been overwhelming for the most experienced cook. However, Jean Van Dam, 88, didn't even break a sweat when she learned her cinnabun recipe had been selected for The Palace's "Chef For A Day" event. She knew she'd be in good hands.

Van Dam, a resident at The Palace Renaissance, recently partnered with the Assisted Living Community's Executive Chef, Alon Hershkowitz, to create her mouthwatering dessert for her friends and neighbors.

"Ms. Van Dam especially enjoyed being a homemaker and loved making her husband and daughter happy with delicious, home cooked meals," said Chef Hershkowitz. "She was thrilled to be able to share one of her favorite family recipes with us."

A special prepping area was created at the community and Van Dam was invited to oversee the preparation of the cinnabuns and her signature glaze.

Chef Hershkowitz also baked up a sugar-version of the dessert for those residents with restricted diets.

During the "Chef For A Day" finale, the warm treats were presented to the community's residents and received rave reviews. Van Dam shared the story behind the recipe and read the ingredients. Chef Hershkowitz then performed a step-by-step demonstration of the baking process to the delight of the audience.

The Palace's "Chef For A Day" program is held once per month and resident recipes range from entrees such as arroz con pollo to desserts.

"Our residents truly feel at home at The Palace and have been eagerly going through their vault of family recipes to find the perfect one that captures a treasured memory or occasion," added Chef Hershkowitz. "'Chef For A Day' is yet another unique example of how The Palace creates excitement to heighten residents' dining experiences."

For more information about The Palace, which offers a continuum of care, please call (305) 271-2220 or visit www.ThePalace.org.

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The Palace's "Chef For A Day" Jean Van Dam



Recipe: Jean Van Dam's Cinnamon Classic Buns (makes 16-20 buns)

4½ cups all-purpose flour
2 small active dry yeast packages
1 egg
4 tbs vegetable oil
1/4 cup sugar
1/2 orange skin (shaved)
5 tbs orange juice
1/4 cup water (as needed)

Butter Mix

1/2 pound melt butter
1/3 cup cinnamon spice
1/3 cup sugar

Icing

1 box of sugar powder
2-3 tbs of cold water

Sift all the dry ingredients in a large bowl.

Mix egg, orange juice, oil, and water.
Add to the flour and mix together to form soft dough.
Let it proof for 1-2 hours.

Divide the dough into 10 equal pieces. Knead lightly using rolling pin.

Brush each one with the butter mix.

Roll the dough to a long log and cut it (1 inch thick).
Turn each piece up side down and brush in with the butter mix again.

Place on top of a sheet pan sprayed with oil.

Baked in the oven - 350 degrees - for 20-25 minutes or until golden brown.

Combine items icing, mix well and brush on the top of the cinnamon buns.