

Thoughtful Food

Tasty Treats for Tortilla Time

By Susie Iventosch



The Berber Family from left, Alex, Carol, Manuel and Andrew at Saint Mary's College.

Photo provided

As a kid growing up in the Lamorinda area, Alex Berber always had the feeling that he would join the family business one day. "I never wanted to admit it, but deep down I always knew. And, here I am! The one thing I did not know or understand at the time is how incredibly fortunate I was to have this opportunity later in my life."

That family business is Mi Rancho, a thriving tortilla company that sells more than 4.5 million tortillas to the combined retail-food-service markets on a daily basis. Mi Rancho has been owned and operated by the Berber family since 1954 when Alex's great-grandfather, Robert Berber, Sr. and his grandparents Robert Berber, Jr. and his wife Ofelia moved to Oakland from Los Angeles to purchase the only Mexican grocery store in the area. The store, originally located on Seventh Street in Oakland, drew crowds from all around the local area for the fresh handmade tortillas, chilies, spices and hot foods.

When the Berber family took over, Ofelia's cooking turned the place into a favorite local haunt, with lines forming around the block to purchase her famous lunches. Eventually, when the company began selling its premium tortillas and chips to local food service establishments, it finally outgrew the building and moved to a much larger facility in San Leandro.

Today, the business is run by the third and fourth generations of the Berber family – Manuel and Carol Berber and their sons An-

drew and Alex. Both boys are graduates of Campolindo High School and the University of Colorado, Boulder. Manuel, who said it was a given that he would join the family business when he came of working age, is especially proud of the fact that the boys have chosen to come into the fold of the family business.

"College was our primary goal for Andrew and Alex, and after earning their degrees, both of them worked for other firms outside of the tortilla business," he said. "But now that they are fully invested in the family business, it means so much more. We are passing the torch to the boys for the continuation of the Berber family business."

Andrew Berber, the elder son who is primarily focusing on the operations side, says that growing up in a family business taught him the importance of relationships and connecting with people. "Being the fourth generation to run, operate and work at Mi Rancho is a huge milestone that hopefully one day will be surpassed by the next (fifth) generation of tortilla lovers."

Mi Rancho produces organic tortillas the old-fashioned way, using whole kernel, non-GMO corn locally sourced in the Sacramento valley. They use a process called nixtamalization whereby whole corn is cooked, steeped and rinsed (the nixtamal) and then ground into fresh masa using authentic hand-carved lava stones. According to Mi Rancho production manager Julio Sandoval, the company has a person dedicated to sharpening

the lava stones, because properly carved stones create the best masa texture.

Manuel Berber says this is the traditional way that dates back to the Aztecs, but today most tortilla manufacturers shorten the process by using masa to begin with instead of whole kernel corn. "By beginning with fresh corn, you can achieve a tortilla with a truly rich corn taste," he pointed out.

An additional benefit of corn tortillas is that they are gluten-free, which is a huge plus for so many on wheat-free diets these days.

Carol Berber, who is of Italian heritage, loves the idea that there are so many ways to use tortillas in cooking. She has shared with us her recipe for Carne Asada and Charred Vegetables on Parmesan-crusted Tortillas for what she calls "pure tortilla joy."

"Tortillas are so diverse and have so many uses, such as pizza crust or even crackers," Carol noted. "We don't even know how many ways they are being used out there!"

Mi Rancho also makes flour tortillas as well as their Organic Ancient Grain tortilla made with amaranth, millet, flax and quinoa. Mi Rancho moved into the mass retail market just six or seven years ago, and now sell their goods locally at Diablo Foods, Whole Foods, Safeway and Lunardi's markets.

For more information, visit www.mirancho.com.

Carne Asada & Charred Vegetable Parmesan-crusted Tacos



Photo Susie Iventosch

Courtesy of Carol Berber

INGREDIENTS

Large Skirt Steak

1 cup orange juice (You can also use pineapple juice for a sweeter flavor.)

½ cup soy sauce

1-2 tsp minced garlic

Mi Rancho Organic Corn Tortillas

1 cup parmesan cheese

1 red bell pepper, remove seeds and slice into strips

1 green bell pepper, remove seeds and slice into strips

1 yellow/orange bell pepper, remove seeds and slice into strips

4-6 green onions, sliced in half

3-4 garlic cloves, sliced thinly

Olive or vegetable oil

Mexican Crema

DIRECTIONS

For the marinade, mix orange juice, soy sauce and garlic. Marinade skirt steak in the fridge for no more than 1 hour – if left too long the citrus will break down the meat too much and make it tough. Heat a hot, cast iron pan on the grill or in the house. On high heat, add oil, all bell peppers, green onions and garlic. Fry until crispy and charred.

Bring steak to room temperature. On a hot barbecue grill, cook strip steak on high heat, flipping only once, for 2-3 minutes on each side. Remove and let rest. Cut into strips, cutting against the grain.

Place tortillas on the grill and sprinkle with Parmesan cheese. Remove once the cheese melts and the tortilla is toasted and bubbly. This will act to seal the tortilla and adds tons of flavor.

To assemble your tacos, add generous portions of carne asada, charred vegetables to the tortilla with the cheese on the inside. Add crema to taste.

That's pure tortilla joy.

Cooking Term of the Week

Invert Sugar

Invert sugar is the result of the breakdown of complex sugar into its component sugar molecules of fructose. The result is a sugar that is half of each. This is used in certain products to improve shelf life, and it can also be used in candies to make them smooth and in cookies to keep them soft and chewy. It can also be used in home brewing. If you find a recipe that calls for invert sugar, honey is the best substitute. For more information on invert sugar and its uses, properties and how to make it, visit:

http://www.pastrysampler.com/Articles/Pastry_Baking/Invert_Sugar.html

Susie can be reached at suziventosch@gmail.com. This recipe can be found on our website: www.lamorindaweekly.com. If you would like to share your favorite recipe with Susie please contact her by email or call our office at (925) 377-0977.



A note to caregivers when it's time for outside care for elderly loved ones

By Linda Fodrini-Johnson

If you're feeling guilty about placing a family member in a care facility, you are in the "normal" range of the family caregiver trajectory. And in defense of the word "normal," there is none. We all proceed through events differently.

In my many years of working with family caregivers and my own emotional journey moving my mom to assisted living, I felt the very real feeling of guilt that is sadly experienced by most of us.

Some time ago, I learned that there are two kinds of guilt. One is when we have done something with the intention to hurt another, or we have forgotten or ignored something, unintentionally putting ourselves, or others in harm's way. This type of guilt usually needs some form of forgiveness or repayment. I call this good guilt because we learn from it and if we do our homework in kind and loving ways, it can free us from old hurts and allow us to move on with our lives.

The other kind is "bad" guilt, and that is the kind of guilt that family members often experience after placing a loved one in a care setting, giving up the day-to-day care or finding a safe place for one who can no longer care for themselves. It is bad because this is not something you would choose if things were different. The true feelings should be falling into sadness, grief or maybe even some anger at "why us" at this time in our lives.

The reason this is considered bad guilt is that you did nothing to cause it. You did not inflict the dementia, the stroke or any other chronic illness. Even if you found yourself to be lacking in physical or emotional strength, and that is why you chose this time to make a move, it truly is about the other needing more care than you can deliver. Not because you are weak or unloving, but because the other person's needs are greater than your energy or emotional reserves. Remember in care settings the individuals employed work only eight

hours, not 24.

Monthly Affirmation: "Love is doing what is needed, not what is necessarily wanted."



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