The Roohan BEAT

2022 winter

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CAST IRON COMEBACK

ALL YOU NEED TO KNOW ABOUT THE KING OF COOKWARE

BENEFITS OF COOKING WITH CAST IRON

- Non-toxic
- Easy to clean
- Improves as it ages
- Nearly indestructible
- Fortifies foods with iron
- Naturally non-stick when seasoned properly
- Once it's hot, it stays hot (ideal for searing meat!)
- Versatile: use on stovetop, oven, grill, or open fire

HOW TO SEASON

Seasoning just means baking oil onto cast iron cookware. This forms a natural cooking surface and helps protect your pan from rusting. Some pots and pans come pre-seasoned (in that case, just rinse, dry, and start cooking), but seasoning is simple and should be done before using your pan for the first time and a few times a year for maintenance.

Most cooking oils/fats can be used to season cast iron. Each time you cook with oil, you'll actually be seasoning your pan, but over time, things like acidic foods, excessive heat and abrasive scrubbing can weaken it. To season:

- Wash & thoroughly dry the pan
- Preheat oven to 450-500 degrees F
- Place aluminum foil on bottom rack to catch excess oil
- Apply a thin layer of cooking oil to the entire surface of the pan with a paper towel (too much will prevent it from bonding & become gummy - if you tilt it and oil drips/runs, remove the excess)
- Place the cookware upside-down on center rack
- Bake 1 hour
- Turn off heat and allow to cool so seasoning can adhere

CLEANING CAST IRON (IT'S ACTUALLY EASY!)

The key is to clean your pan while it's still warm, and skip the soap! Dish soap is designed to remove oil and will damage your seasoning layer, weakening your pan. Also watch out for water: don't let your pan soak or sit in the sink - it will rust!

- Simply wipe off excess food bits with a paper towel, or
- Use warm water and salt to gently scrub the pan using a cloth, soft bristle brush or chainmail-style cleaner
- Most importantly, always dry cast iron completely

COOKING TIPS

- Preheat your pan on low heat for 5-10 minutes before adding oil or food to the pan.
- If your food is constantly sticking to your pan, it's a telltale sign that it needs to be re-seasoned.
- Use stainless steel, bamboo or wooden utensils - plastic will melt and can release toxins into your food.

OUR FAVORITE RECIPES

Gruyere pancakes, "crack" cheese, cornbread & more at roohanrealty.com/recipes

SHOWCASE 2021 RECAP

THEIR RECORD-BREAKING 25TH ANNIVERSARY YEAR

A beloved fall tradition, the Saratoga Showcase of Homes celebrated its 25th anniversary this year, featuring 12 new homes built by the area's finest builders. This year's event saw record-breaking attendance with over 4,000 visitors, raising an incredible $78,000 from ticket sales for its two designated local housing charities: Habitat For Humanity of Nothern Saratoga, Warren & Washington Counties, and Rebuilding Together Saratoga County. The Saratoga Builders Association, which organizes the Showcase each year, is proud have contributed over $1.4 million dollars to the charities since the event's inception.

For virtual tours of this years homes & more information about Showcase, visit saratogashowcaseofhomes.com.

4 CRESTWOOD DRIVE BY KODIAK CONSTRUCTION

Wilton-based Kodiak Construction – whose entry (#4) is located in their new Goose Hollow subdivision in Greenfield Center – won an impressive handful of awards in their category, including the coveted title of “Best Workmanship” as decided each year by a panel of expert judges:

- Best Workmanship
- Best Master Bath
- Best Exterior Architectural Design
- Best Interior Floor Plan
- Best Landscaping (Runner-Up)
- Best Interior Decorating (Runner-Up)
- Best Kitchen (Runner-Up)

This modern farmhouse is tucked on a gorgeous 2.5 acre lot in Greenfield Center, just 6 miles from downtown Saratoga Springs. The chic interior is thoughtfully laid out over 2,300 square feet, featuring three bedrooms and two-and-one-half baths. Every detail of the home has been tastefully coordinated to reflect modern comfort and ease-of-use, with no detail overlooked. It is currently listed for sale along with others in the up-and-coming Goose Hollow development. For more information, contact: Jeana Labas, Licensed Real Estate Salesperson C: 208.360.1175 | jeanarlabas@gmail.com

ROOHAN'S NEW BUSINESS ROUNDUP

MEET 9 NEW BUSINESSES WE WORKED WITH THIS YEAR

ACTIVE INGREDIENT BREWING CO • MALTA
The science behind the beer: Pharmacist co-owners Brian Fox & Nathan Rogers opened this brewpub in Malta's Sitwell Plaza earlier this year. Enjoy classic craft beers, their own hard cider, and a full menu. They also have a dog-friendly patio, happy hour Wednesdays & Thursdays from 3-6PM, trivia Wednesdays (6:30PM), live music & more. @activeingredientbrewing

ARTEMIS HAIR SALON • SARATOGA SPRINGS
Located at 368 Broadway in Saratoga Springs, Artemis offers craft hairdressing, balayage, the latest highlighting and coloring techniques, and precision razor cutting. Mixing technical craft with creativity, owner Janelle Brown is a Licensed Cosmetologist (trained through Salt Society, L'Oreal Soho Academy & AVEDA), and holds a Bachelor of Fine Arts. Appointments: (518) 886-8031 @artemis12866

BATTLEGROUND FITNESS • SARATOGA SPRINGS
This high-end strength studio, owned by Rebbekka Graziano, has had a successful first year since opening in October 2020. Located at 426 Maple Ave., the studio is best known for its strength training classes, but also offers personalized assessments and nutrition coaching. First class is free! @battlegroundfitnesssaratoga

BOCAGE CHAMPAGNE BAR • SARATOGA SPRINGS
Opening at 10 Phila Street in early 2022, Bocage will be

a chic and intimate champagne bar specializing in sparkling wine. They'll also offer a selection of still wines and spirits, plus a menu of snacks that pair beautifully with champagne, like oysters, caviar, and artisanal tea sandwiches. Open daily until midnight. @bocagechampagnebar

BRASSERIE BENELUX • SARATOGA SPRINGS
Internationally-inspired and locally-sourced, this eatery at 390 Broadway specializes in hearty food from European countries with a strong beer culture. They also have unique Belgian and local beers, plus a large party room for private events. Chef-Owner Armand Vanderstigchel has been featured on ABC, CBS, FOX and NBC, written two cookbooks: "Adirondack Cuisine" and "Chicken Wings Across America," and been inducted into the Chicken Wing Hall of Fame. @brasseriebeneluxny

COOPERSTOWN DISTILLERY • SARATOGA SPRINGS
The popular Cooperstown, NY distillery chose Saratoga as home to their second location which consists of an eclectic retail shop and tasting lounge at 453 Broadway. Enjoy all of their hand-crafted spirits, plus glassware, gifts, and some Saratoga exclusives like Saratoga Revolutionary Rum. @cooperstownbevexsaratoga

SARATOGA DRY AGED CUTS • BALLSTON LAKE
A new butcher shop located right off Exit 11 in Ballston Lake that specializes in dry aged ground beef. They also offer poultry, pork, Boar's Head deli meat, steaks, specialty burgers, seafood, spices, marinades and rubs. Open weekdays 10AM–6PM and weekends 10AM–4PM. @saratogadryagedcuts

TRATTORIA FORTUNATA • SARATOGA SPRINGS
This chef-owned and operated Italian-American eatery occupies the space that was formerly Ravenous Creperie at 21 Phila Street. Popular dishes include their Truffle Parm Fries, Broccoli Rabe, Crispy Brussels with local honey, Impossible Bolognese (vegetarian) and house made meatballs. @trattoriafortunata

WILLOW & HONEY THE SALON • SARATOGA SPRINGS

Willow & Honey offers a calm, relaxing and unique experience for its guests with no shortage of amenities. Located at 426 Maple Avenue, they offer haircare products such as Moroccan Oil, Keratherapy, and Ref Stockholm Sweden. Their stylists specialize in hair coloring, more specifically "lived-in color," as well as haircutting and facial waxing. For appointments:
Tara 518-222-3906 @hair.by.tara.rowland
Lori 518-538-0273 @naturalbeauty.by.Lorismith
Danielle 518-932-4221 @_danielle_rae_hair_

LOOKING FOR BUSINESS SPACE?
Contact our Commercial team:
(518) 587-4500
or DM @roohanrealtycommercial

NEW NYS PROPERTY TAX BREAK

1.1M NY HOMEOWNERS QUALIFY FOR $250-$350 CREDIT

There is a new state property tax break available this year for some New York homeowners.

To qualify for this program:

- Adjusted gross income must be under $250,000/year
- More than 6% of income is spent on property taxes
- Must live at your primary NY residence for at least 183 days of the year

Credits will range between $250 and $350 of the remaining property tax obligation (depending on income). Homeowners who are eligible can claim the credit when they file their taxes in 2022.

For more information, visit tax.ny.gov

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CONGRATULATIONS STEVE & JEANNA!

"We want to thank you and your team for a wonderful experience in selling our home in Wilton. Both Meg & Jack Minehan are professional and knowledgeable agents in all aspects; and your office staff is always friendly and helpful. We also appreciate the use of the Roohan moving van and free boxes, the van was clean and appears to be well-maintained and having the use of the van made the whole process hassle free. It is such a pleasure dealing with a company like yours who puts the customer first and is willing to go the extra mile to make sure your clients have an enjoyable and hassle free experience. Thanks again!"

-Steve & Jeanna Theiss

REDUCE WASTE THIS WINTER

7 WAYS TO REDUCE, REUSE & RECYCLE AT HOME

AMERICANS CREATE 25% EXTRA WASTE FROM THANKSGIVING TO NEW YEAR'S.

THAT'S 1M EXTRA TONS IN LANDFILLS EACH YEAR.

- Choose holiday cards made of recycled paper & avoid glossy & foil finishes which can't be recycled.
- Reuse ribbons and bows; swap wrapping paper for reusable boxes, tins and bags.
- Gift certificates and event tickets are great gifts with minimal packaging waste.
- Replace old lights with LED ones and use a timer.
- Opt for rechargeable batteries for toys and gifts.
- After Christmas, natural trees can be moved to a corner of your yard to provide winter cover for rabbits and birds. In the spring, chip the tree and use it for mulch.
- Donate - don't throw out - old appliances or other household items you might be replacing (check with the Franklin Community Center, Catholic Charities, Rebuilding Together Saratoga County, Habitat For Humanity ReStore & so many more!)