



Antonia Parish

**BRACES-FRIENDLY RECIPES  
BY MARIA HARDT**

**RASPBERRY CRÈME BRULEE**

**Ingredients**

- 1 extra - large egg
- 4 extra - large egg yolks
- 1/2 cup sugar , plus 1 tablespoon for each serving
- 3 cups heavy cream
- 2 tablespoons framboise liqueur
- 1 teaspoon pure vanilla extract
- 1/2 pint fresh raspberries

**Directions**

Preheat the oven to 300 degrees F.

In the bowl of an electric mixer fitted with the paddle attachment, mix the egg, egg yolks, and 1/2 cup of the sugar together on low speed until just combined. Meanwhile, scald the cream in a small saucepan until it's very hot to the touch but not boiled. With the mixer on low speed, slowly add the cream to the eggs. Add the framboise and vanilla. Distribute the raspberries among 6 (6 to 8 - ounce) ramekins and then pour the custard mixture into the ramekins until they're almost full. (I use a large glass measuring cup for easy pouring.)

Place the ramekins on a sheet pan and carefully pour hottest tap water into the pan to come halfway up the sides of the ramekins. Bake for 35 to 40 minutes, until the custards are just set when gently shaken. Remove the custards from the water bath, cool to room temperature, cover and refrigerate until cold.

To serve, spread 1 tablespoon of sugar evenly on the top of each ramekin and heat with a kitchen blowtorch until the sugar caramelizes evenly. Allow to sit at room temperature for a minute until the caramelized sugar hardens.

# November

ANTONIA PARISH

# 2009

TWO THOUSAND NINE

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

	CANDY BUY-BACK EVENT				CALENDAR ARTWORK CONTEST ENDS		
1	2	3	4	5	6	7	
	DECORATE AN ORNAMENT CONTEST BEGINS		VETERANS' DAY				
8	9	10	11	12	13	14	
	CRAZY TIE WEEK						
15	16	17	18	19	20	21	
	THANKSGIVING - SCHOOL HOLIDAY				OFFICE CLOSED		
22	23	24	25	26	27	28	
29	30						

**Sock It! Gel**

SockIt! gel provides an ultra-thin barrier film that protects injured tissues from further irritation and contamination. In addition, it binds sodium and calcium ions at the site of the injury and inhibits their entry into nerve cells, thus preventing pain impulses. This helps to relieve pain without the numbing sensation characteristic of anesthetics.

SockIt! Gel is made of 100% natural food ingredients that provide a safe means of pain management. It does not possess the toxicity of topical anesthetic agents. It can be applied as often as needed and is safe if swallowed. Patients report pain relief without the adverse effects of drugs.

If you have frequent oral ulcers due to your braces, ask for Sock It! the next time you're at our office

**Candy Buy-Back Event**

Dr. Hulme will be hosting our second annual candy buy-back. Bring in all of the ooey, gooey, sticky, chewy candy that you received while out trick-or-treating, and Dr. Hulme will buy it all back from you for \$1.00 per pound. Last year we collected 58 pounds of candy and sent it out to a local nursing home and Operation Gratitude for the troops overseas. We want to try and beat last year's total, so bring in all your candy. And tell your friends; it's open to the whole community!

**Dates:**

**Huebner Parke Office**  
November 2, 4 and 5

**China Grove Office**  
November 3

November 2nd - 5th  
Candy Buy-Back Event

Bring in your Trick or Treat candy and Dr. Hulme will give you \$1 per pound of candy turned in.

November 9th - December 23th  
Decorate an Ornament

Bring in an ornament that you've decorated to earn extra Orthobucks and be entered to win a grand prize.

November 16th - 19th  
Crazy Tie Week

Wear the craziest tie you can find into the office to earn extra Orthobucks and be entered to win a grand prize.

January 5th- November 5th  
Calendar Contest Deadline

Last chance to submit your artwork representing the month you were born in order to be in next year's calendar.



**Orthodontics**  
& Dentofacial Orthopedics

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