

Class Act Personal Services™

House and Office Cleaning • Organizing • House-Sitting • Companionship

Bonded, Insured, Licensed

949-350-6916

Monthly Newsletter

June 2015



*Ask
Virginia...*

Many of you in the CAPS Community ask excellent questions. I answered a Client's question below...

Question:

I just had stainless steel appliances installed. How do I clean them?

Virginia's Answer:

Stainless steel has become such a popular finish for home appliances, but many people don't understand how easily a beautiful stainless steel finish can be ruined.

- First, it's important to make sure that the cleaning product label clearly states that the cleaner can be used on stainless steel. If it doesn't state that, then don't use it. Products that are not made to clean stainless steel can cause permanent spotting, etc. on your beautiful appliance's finish.
- Second, once you've identified a safe cleaning product, I recommend that you apply it with a soft microfiber cloth.
- Third, it's important to wipe in the direction of the stainless steel grain. If you don't do this, you could end up scratching the finish.

Introducing Virginia's Café Press Shop... "VM Culp Photography"

I want to share some moments with you. Moments that I've captured with my camera during those rare occasions when I've had time to relax and enjoy the beautiful outdoors.

To do this, I've opened [VM Culp Photography](#), a photo gallery and shop on Café Press where you can view my photos and find gifts such as greeting cards, t-shirts and mugs featuring my photos.

Thank you for visiting [VM Culp Photography](#).



"Someone once told me not to bite off more than I could chew. I told them that I'd rather choke on greatness than nibble on mediocrity." ~ Unknown ~

From Virginia's Kitchen...

Recipe: Simple, Light and Tasty... Sweet and Sour Chicken

Once again, I'm featuring a recipe that I've created with one of my entrepreneurial colleagues. We all like to eat "light" during the hot summer months. But we're reluctant to give up the foods that we enjoy throughout the rest of the year. I create a balance by developing "light" versions of my favorite meals... And I love Sweet and Sour Chicken. The trick to the recipe below is to "pull" the cooked chicken pieces, rather than slice them with a knife. This will give your finished chicken a light and crunchy coating, instead of the thick and heavy coating typical in restaurants...

Ingredients:

16 ounces cooked chicken, pulled	Sweet and sour sauce to taste	1 cup carrots, sliced
3 eggs	14 ounces olive oil	1½ cups canned pineapple chunks
1 cup white flour	1 white onion, large, sliced into strips	2 cups white rice
Ground pepper to taste	2 green peppers, sliced julienne, seeds removed	
Soy sauce to taste		

Preparation:

- 1) Heat 14 ounces of olive oil in a medium-size pot over medium heat.
- 2) Crack three eggs into a large mixing bowl and stir vigorously. Add chicken pieces and coat thoroughly with egg.
- 3) Pour flour into a 9" x 6" Pyrex® baking dish. Add ground pepper to taste. Add chicken pieces and coat thoroughly with flour-pepper mixture.
- 4) Add chicken pieces to hot olive oil, a few at a time. Cook until done. Remove to colander lined with paper towels.
- 5) Heat 2 ounces of olive oil in a large frying pan or wok. Cook carrots, green peppers, pineapple and onion. Add soy sauce to taste (I prefer low-sodium soy sauce).
- 6) Spread cooked rice across serving plate. Cover with carrot-green pepper-pineapple-onion mixture. Add cooked chicken on top. Add sweet and sour sauce to taste (my favorite is *La Choy* brand).

Servings: 2-plus.

CAPS Services...

In addition to our House and Office Cleaning services, we offer these additional services:

Organizing - We would be happy to assist you with house or office organizing, such as spring cleaning or packing your household or office items for a move.

House-Sitting - While you are away, we can help make your residence look as if it is occupied. We will pick-up the mail, flyers, etc. around the exterior of your house, water your plants, put the trash cans out at the curb, and make regular checks of your premises. We can also clean your home before your return, at our standard cleaning rate. Please note, our house-sitting services do not include pet care.

Companionship - Our caring assistants would be happy to spend time with you or someone important to you, enjoying conversation, music or other hobbies.

Call Virginia today at 949-350-6916.