

HOLIDAY EVENTS

Christmas at Dairyville

Through Dec 23, Alpenrose Dairy (6149 SW Shattuck Rd, Portland). Take a photo with jolly old St. Nicolas at Portland's Alpenrose Dairy, the maker of local milk, ice cream, and other treats. The event features live animals, a holiday gift shop, a bakery, train displays, and more. Donations of nonperishable food items for the Oregon Food Bank are collected at the free event. For info, or to obtain hours, call (503) 244-1133 or visit <www.alpenrose.com>.

Eugene Ballet’s The Nutcracker

Dec 19-21, 7:30pm (Fri-Sat), 2pm (Sat-Sun), Hult Center for the Performing Arts, Silva Concert Hall (One Eugene Center at Seventh Ave & Willamette St, Eugene, Ore.). Enjoy a holiday tradition as the Eugene Ballet’s *The Nutcracker* returns with colorful sets, an imaginative story, and dazzling costumes. For info, call (541) 682-5087 or visit <www.hultcenter.org>. To buy tickets, call (541) 682-5000.

How the Grinch Stole Christmas

Dec 20, 11am, Powell’s City of Books (1005 W Burnside St, Portland). Join a holiday storytime session at Powell’s City of Books. The featured book is *How the Grinch Stole Christmas*, by Dr. Seuss. For info, call (503) 228-4651 or visit <www.powells.com>.

Winter Solstice & Shabe Yalda Celebration

Dec 20, 4:30pm, Portland State University, Neuberger Hall, Classroom 8 (724 SW Harrison St, Portland). Join members and friends of Persia House at Portland State University for a Winter Solstice & Shabe Yalda Celebration. The free event includes poetry readings featuring the works of Hafiz and Rumi, tea and cookies, and more. For info, call (503) 725-5214 or visit <www.persia.pdx.edu>.

“Shab-e Yalda”

Dec 20, 7-9pm (dinner), 9pm-midnight (party), Tiffany Center (1410 SW Morrison St, Portland). Attend “Shab-e Yalda,” a Yalda party celebrating the longest night of the year. The event includes dinner, refreshments, and a dance party with a DJ. For info, call (503) 862-8362 or visit <www.andisheh.org>.

Nutcracker Tea

Dec 20-21, noon (Sat), 2pm (Sun), Hult Center for the Performing Arts, The Studio (One Eugene Center at Seventh Ave & Willamette St,

Eugene, Ore.). Enjoy lunch with the Mouse King, the Nutcracker, and the Sugar Plum Fairy while the Eugene Ballet’s professional storyteller narrates *The Nutcracker* story. Photo opportunities with the characters are available and each child in attendance receives a free gift. For info, call (541) 682-5087 or visit <www.hultcenter.org>. To buy tickets, call (541) 682-5000.

“Comfort and Joy”

Dec 21, 4pm, Arlene Schnitzer Concert Hall (SW Broadway & SW Main St, Portland). Enjoy “Comfort and Joy,” an Oregon Symphony concert featuring classical and holiday favorites. Audience members are encouraged to sing along with the full orchestra, which is led by resident conductor Paul Ghun Kim. For info, or to buy tickets, call (503) 228-1353 or visit <www.orsymphony.org>.

“Yule Log”

Dec 24, 9pm-2am, Oregon Public Broadcasting Plus (OPB Plus). Get all the benefits of a holiday fire in the hearth without the trouble of hauling logs and cleaning up ashes. On Christmas Eve, OPB plays seasonal music while televising a roaring fire at Timberline Lodge. Viewers should not attempt to toast marshmallows at the screen. To verify showtime, call (503) 293-1982 or visit <www.opb.org>.

Free Christmas dinner

Dec 25, 11:30am-2pm, Congregation Beth Israel, Goodman Hall, Schnitzer Family Center (1972 NW Flanders St, Portland). Join Lift Urban Portland for a free Christmas dinner as well as music and more. All are welcome. For info, call (503) 221-1224 or visit <www.lifturbanportland.org>.

Potluck in the Park

Dec 25, noon-4pm, Portland Art Museum (1119 SW Park Ave, Portland). Enjoy or volunteer at a free Christmas dinner. The dinner — featuring turkey with all the trimmings — is available to anyone in need or alone on Christmas. The event includes jazz musicians playing dinner music, free phone calls to loved ones, photos with Santa, and gifts. Potluck in the Park also serves a free meal to anyone in need at 3:00pm every Sunday of the year, rain or shine, at O’Bryant Square (SW Ninth Ave & SW Washington St, Portland). To volunteer, sign up at <www.handsonportland.org>. For info, or to arrange transportation, call (503) 255-7611, ext. 1, e-mail <xmasride@potlckinthepark.org>, or visit <www.potluckinthepark.org>.

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LOW-FAT FEAST. Pictured is a serving of Mustard-Marinated Pork Tenderloin Roast in Concord, New Hampshire. Pork tenderloin is one of the most tender cuts of pork, making it perfect for roasted slice-and-serve bliss. (AP Photo/Matthew Mead)

Healthy roast for the holidays? With pork, easily

By Melissa d’Arabian
The Associated Press

Winter calls for savory roasts that fill our homes with luscious aromas that promise a comforting meal to bring the family together. The problem for the healthy eater is that most roasts get their flavor from silky (and so very saturated) fat marbling. Yes, we can roast chickens and turkeys, but sometimes we crave thick slices of pork or beef.

I have a solution: the pork tenderloin (not to be confused with a simple pork loin). As the name suggests, this is one of the most tender cuts of pork, making it perfect for roasted slice-and-serve bliss.

The pork tenderloin is a small roast (about one to two pounds per roast), which also means it cooks quickly, adding to its weekday convenience. As a bonus, the pork tenderloin is incredibly low in fat, making it comparable to a boneless, skinless chicken breast. A four-ounce serving of pork tenderloin offers up more than 20 grams of protein and less than three grams of fat! That’s the good news.

The bad news is that this lowered fat can make the tenderloin extremely mild in flavor (read as bland) and prone to overcooking (read as dry). But I have solutions for both of these problems, and as long as you follow my two tips you will be on your way to mastering this healthy comfort meal.

First, let the roast sit in a dry or wet rub in the refrigerator for a day or two. Two days in a mustard and herb mixture works magic on the tenderloin’s flavor! Try my 48-hour mustard-marinated pork tenderloin roast as proof. Second, don’t overcook the roast. Many of us grew up thinking pork should be cooked until the pink is gone. Nope!

Bring the pink back! A light shade of pink says the roast is cooked, but still juicy. Aim for an internal temperature of 150° Fahrenheit, then allow the roast to rest for five to 10 minutes. The result will be a perfectly cooked and flavorful roast worthy of company and a holiday meal.

Food Network star Melissa d’Arabian is an expert on healthy eating on a budget. She is the author of the upcoming cookbook, Supermarket Healthy.

Mustard-Marinated Pork Tenderloin Roast

Start to finish: 35 minutes, plus marinating
Servings: 6

- 1/4 cup Dijon mustard
- 2 teaspoons grated orange zest
- 1 teaspoon sweet paprika
- 1 tablespoon chopped fresh thyme
- 1 tablespoon chopped fresh rosemary
- 1/4 teaspoon ground cumin
- 1 tablespoon olive oil
- 1 1/2 teaspoons kosher salt
- 1/2 teaspoon ground black pepper
- 2 pork tenderloin roasts (about 1 1/2 pounds each)

In a small bowl, whisk together the mustard, orange zest, paprika, thyme, rosemary, cumin, olive oil, salt, and pepper. Rub into the flesh of both pork tenderloins. Place the tenderloins in a large zip-close plastic bag, pressing to remove excess air before closing. Refrigerate for 48 hours.

When ready to cook, heat the oven to 400° F. Let the tenderloin rest at room temperature for 30 minutes.

After 30 minutes, arrange the roasts on a rack set into a rimmed baking sheet or roasting pan. Roast until the pork reaches 150° F to 160° F, 25 to 30 minutes. Remove the roasts from the oven, cover with foil, and let rest for 10 minutes. Slice and serve.

Nutrition information per serving: 160 calories (45 calories from fat, 28 percent of total calories); 5 g fat (1 g saturated, 0 g trans fats); 75 mg cholesterol; 3 g carbohydrate; 0 g fiber; 0 g sugar; 24 g protein; 780 mg sodium.

The staff at The Asian Reporter wish you and your family a safe and happy holiday!



BUMPY TRANSITION. Social media and technology are driving change in Myanmar, also known as Burma. Isolated under military dictatorship for about a half century, the country is still making the Burma transition to democracy. Portland resident and professional photographer Geoffrey Hiller has travelled to Burma and taken photos since 1987. More than two dozen of his photos are on view as 56” x 37” color prints at Pro Photo Supply in northwest Portland. Pictured above is “Passenger truck in Dalah, 2011.” (Photo/Geoffrey Hiller)

Geoffrey Hiller: Lifting the veil on Myanmar

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distance, seemingly unaware of the man taking his picture.

Despite the massive political changes that have taken place in the country over the last few years, it still has a long way to go. Social media and technology are driving the change. Even though they can sometimes be tools for spreading hate and fear, they can also be used for wonderful things, such as highlighting this dimly lit corner of the world.

During the month of December, several of Hiller’s images are on display at Pro Photo Supply, located at 1112 N.W. 19th Avenue, and the Basil Hallward Gallery at Powell’s City of Books, 1005 W. Burnside Street. For more information, call (503) 241-1112 (Pro Photo) or (503) 228-4651 (Powell’s). *Daybreak in Myanmar*, which makes a great gift idea, is available for sale at both exhibit venues. To learn more, or to purchase any of Hiller’s images, visit <www.hillerphoto.com>.