

Soup appreciation season in Sisters

By David Touvell
Correspondent

Soup is one of those rarities in the culinary world that is truly all things to all people. Every culture, community, and country makes a version, and all these liquid meals can either compliment, build upon or differ completely from their neighbors. Pun intended, the world of soup is a melting pot (fondue being technically a soup).

The restorative powers of soup are respected by everybody that's ever had a spoonful. After a night of Soju indulgence, Koreans will breakfast on Haejanguk (translation: hangover soup). It's a spicy beef broth bowl full of, not only boring yet crucial electrolytes and vitamin B to clear a foggy head, but also a palette-dancing dose of fresh vegetables, protein, and sinus-clearing spice. Similarly, the main ingredient in Eastern Europe's sour, beet-red borscht is fermented hogweed, an herb that's been used to fight fevers since the 17th century. Closer to home, a child's first sniffles in fall is usually all it takes for a pot of chicken noodle soup to start cooking on an American stovetop.

Soup can also help out the temporally confused. In Vietnam, they serve the king of noodle soups, Pho, at dawn and dusk so you've got at least a 50/50 chance at guessing if your day is starting or ending. Wondering what season it is? If you're in the Netherlands and you sit down to a steaming bowl with a thick stew of split green peas, elegant cuts of pork and smoked sausage complimented with a side of fresh-from-the-bakery rye bread, then you're eating

Snert and it's winter. Hoping it's the freakin' weekend so you can have some fun? Go to Haiti and order Bouillon, which is spiced beef and vegetables combined with Caribbean mainstays plantains and yams all in a broth with a delicious consistency in between a clear stock and a chowder. If they serve you, then you know it's Saturday.

Helping aid human internal temperature management is yet another entry on soup's resumé. There are few things more refreshing on a hot day than a side of authentic Andalusian gazpacho where beautifully hued tomatoes are finely combined with garlic, bread, local olive oil and sharp, tangy vinegar. Conversely, belly fires have been stoked on freezing days through bowls of ramen whose water is so hot every mouthful is an aerating slurp and whose noodles are so fresh and delicate, they need to be eaten within five minutes of sitting down or the rapid expansion of the noodles will destroy the balance of the soup.

Perhaps the greatest benefit soup provides is that of comfort and the reminder of family. Fall and winter in Sisters is one of the best times to dust off that family recipe album, dive into your traditions and put that pot of soup on that reminds you of home and loved ones. Hopefully there's a recipe in there for a butternut squash, because there's no better soup to have in your bowl while the fireplace is raging, company is being enjoyed, and the long cold months are just starting to settle in.

David Touvell is co-owner with Ryan Sturmer of The Cottonwood Café in Sisters (see story, page 17).

Recipes for healthier comfort food

By Jodi Schneider
Correspondent

One favorite way to indulge a chocolate craving is in brownie form. Unfortunately, it tends to come with a hefty dose of added sugar. Not so with this chocolate zucchini brownie recipe using shredded zucchini and honey or maple syrup in place of cane sugar.

Fudgy, easy and healthy this **zucchini brownies** recipe is made with coconut oil, maple syrup, and whole wheat flour. Best chocolate brownies and nobody will be able to tell they contain sneaky veggies!

2 cups zucchini, coarsely shredded (not tightly packed)
1 large egg
1/2 cup coconut oil, melted
1/2 cup maple syrup or honey
1 tsp pure vanilla extract
1/2 cup cacao powder
1-1/2 tsp baking soda
1/2 tsp salt
1 cup whole wheat flour

Place zucchini in a colander while you are getting other ingredients ready. Preheat oven to 375 degrees and line an 8-by-8 baking

dish with parchment paper.

In a large bowl, add egg, oil, maple syrup and pure vanilla extract; whisk to combine. Add cacao powder, baking soda and salt; whisk until well mixed.

Give zucchini a gentle squeeze but do not ring out completely, add to the bowl and stir. Add flour and mix gently until combined.

Transfer batter into prepared baking dish and level with spatula. Bake for 25 to 28 minutes or until the center is barely jiggly. Do not over-bake, as brownies will have more of a cake consistency. A toothpick inserted has to come out somewhat clean. If center is too jiggly bake a bit more – ovens vary.

Remove from the oven and let cool for about an hour. Lift by the parchment paper flaps and transfer to a cooling rack to cool off completely. Cut into 16 squares.

Who doesn't love a bowl of hearty **New England clam chowder** with crusty bread to go with it on a cold Autumn day? Try a healthier version with fat-free milk and fat-free half-and-half, and then reduce the potatoes by half and add cauliflower in its

place. It lowers the carbs in this creamy meal in a bowl.

(10 ounce) can whole baby clams, undrained

Water
Nonstick cooking spray
2 slices turkey bacon, halved

1 medium onion, chopped
1 stalk celery, thinly sliced
2 medium potatoes, cut into 1/2-inch pieces

2 cups small cauliflower florets (about 1-inch pieces)
1/4 tsp dried thyme, crushed
1/8 teaspoon ground black pepper

2-1/2 cups fat-free milk
1/2 cup fat-free half-and-half
2 Tbls all-purpose flour
3/4 cup coarsely shredded carrots

Drain clams, reserving liquid. Chop half of the clams; set chopped and whole clams aside. Add enough water to the reserved clam liquid to measure 1-1/2 cups; set clam liquid aside.

Coat a large saucepan with cooking spray; heat saucepan over medium heat. Add bacon, onion, and celery to saucepan. Cook for 5 to 8

See **HEALTHIER** on page 21

"What's for dinner, mom?"



That's a tough question when you don't have enough food for your family.

Sisters is fortunate to have the Sisters Kiwanis Food Bank to ensure everyone in our community has food to put on their table, but that requires year-round community support...

Cash Donations ... Food Donations ... Volunteers

Ready to donate? The staff at The Nugget will receive your donations and deliver them to Sisters Kiwanis Food Bank during our food drive.

The Nugget Newspaper

FOOD DRIVE through Nov. 23

442 E. Main Ave. • 9 a.m. to 5 p.m. • Mon, Tues, Thurs, Fri
Financial donations and non-perishable food (not past expiration) will be accepted. Sisters Kiwanis is a 501(c)(3) nonprofit.

Make checks payable to "Sisters Kiwanis Food Bank."

PROJECT FEED



541-977-9898

www.sistersvacation.com

In our time in the rental business we have noticed that our guests often have food leftover when they are done with their stay. We believe in community and giving back.

We are now donating these non-perishable foods to the Sisters Kiwanis Food bank!

It's our way of thanking the community and offering a helping hand so that visiting guests can make an impact right here in Sisters!