

CHERRIES

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Orange zest and a hefty splash of fresh orange juice add a citrus zing that lightens the sauce, and of course it is now served on ice cream.

The flames? They are just the cherry on the sundae.

GRILLED PORK TENDERLOIN WITH CHERRY SALSA

Yield: 6 servings

1 cup coarsely chopped fresh cilantro, divided
½ cup minced shallots, divided
6 tablespoons fresh lime juice, divided
¼ cup vegetable oil
2 pork tenderloins about 2 ½ total pounds
½ pound fresh cherries, stemmed, pitted and halved
1 fresh Fresno chile, red jalapeno or Holland chile, or ½ green jalapeno, thinly sliced crosswise
1 tablespoon extra-virgin olive oil
Salt and black pepper

Note: Both the marinade and the salsa can be made 1 day in advance. Do not marinate the meat until 15 minutes before cooking.

1. Prepare a grill to medium-high heat. Combine ½ cup of the cilantro, ¼ cup of the minced shallots, 4 tablespoons of the lime juice and the vegetable oil in a resealable plastic bag. Add pork; seal bag and turn to coat. Marinate at room temperature for 15 minutes, turning occasionally.

2. Meanwhile, combine remaining ½ cup cilantro, remaining ¼ cup shallots, remaining 2 tablespoons lime juice, cherries, chile and olive oil in a medium bowl. Season salsa lightly with salt and pepper and set aside to let flavors meld.

3. Remove tenderloins from marinade and season generously with salt and pepper. Grill, turning frequently, until a thermometer inserted into meat registers 145 degrees, about 15 minutes. Let rest 10 minutes. Cut into thin slices and serve with salsa.

— Recipe from Bon Appetit



Hillary Levin/St. Louis Post-Dispatch-TNS

Sweet cherry-filled buns, also known as Vatrushki.

CHERRY CHIPOTLE CHILI

Yield: 6 servings

2 tablespoons olive oil
1 pound lean ground turkey
¼ teaspoon salt, preferably kosher
¼ teaspoon black pepper
2 medium carrots, diced
1 medium yellow onion, diced
1 tablespoon chopped garlic
1 tablespoon chili powder
1 (28-ounce) can diced tomatoes
2 cups pitted black cherries
2 canned chipotle peppers, diced, plus sauce
2 bay leaves
1 (15-ounce) can white beans, such as cannellini or navy, rinsed and drained
¼ cup nonfat plain Greek yogurt, optional
Chopped fresh cilantro, optional

1. In a large pot, heat oil over medium-high heat. Cook turkey with salt and pepper, stirring, until browned, 5 to 10 minutes. Add carrots, onion and garlic; cook, stirring occasionally, until carrots soften, 3 to 5 minutes. Stir in chili powder. Add tomatoes, cherries, chipotle peppers, bay leaves and 1 cup water; bring to a boil.

2. Reduce to a simmer; cook, stirring occasionally, 45 minutes. Add beans; cook 2 minutes. Remove bay leaves. Divide chili among 6 bowls. Top each with 1 tablespoon yogurt and garnish with cilantro, if desired, before serving.

— Adapted from Epicurious

SWEET CHERRY-FILLED BUNS (VATRUSHKI)

Yield: 16 servings

1 cup warm milk, 100 to 110 degrees (no hotter)
½ tablespoon active dry yeast
¾ cups all-purpose flour, divided, plus more for dusting
7 tablespoons plus 2 teaspoons granulated sugar, divided
2 eggs, one at room temperature, the other beaten with fork (for egg wash)
1 tablespoon butter, melted
½ teaspoon salt
1 pound sweet red cherries, pitted
4 tablespoons (½ stick) cold butter, diced

1. In the bowl of an electric mixer, add the warm milk and sprinkle the top with the yeast.

Let sit 5 to 7 minutes for the yeast to bloom.

2. Stir in ½ cup of the flour and 2 tablespoons of the sugar, and whisk until blended. Let rise in a 100 degree oven for 20 minutes, or at room temperature for 30 to 45 minutes.

3. Whisk in the room-temperature egg, 2 tablespoons of the sugar, the melted butter and the salt. Attach the dough hook and add 2¾ cups of the flour, 1 cup at a time, mixing with the dough hook after each addition until fully incorporated. Add the last bit of flour slowly; the dough will be perfect when it no longer sticks to the side of mixer — do not add any more flour past this point (you may not need the full 2¾ cups). Continue mixing the dough with the dough hook on low speed for 15 minutes.

4. Cover the bowl with plastic wrap and let rise in a 100-degree oven for 1 hour or at room temperature for 2 hours, until tripled in volume.

5. Transfer dough to a non-stick surface, such as a piece of parchment paper, and cut it in half. Cut each half in half, then each of those pieces in half, and then each of those resulting pieces in half. You should have 16 pieces of equal size. Shape the dough into balls.

6. Butter 2 baking dishes, either round cake pans or a 9-by-13-inch pan and an 8-by-8-inch pan. Place balls of dough, evenly spaced, in the baking dishes. Use a narrow drinking glass, small ramekin or your impeccably clean fingers to make a well in the center of each one.

7. Place 3 or 4 cherries into each well and sprinkle each bun with ½ teaspoon of the sugar. Let rise in a 100-degree oven for 20 minutes or 30 to 40 minutes at room temperature, until they look puffy.

8. Preheat oven to 360 degrees. In a medium bowl, combine the cold, diced butter, the remaining 1 tablespoon of sugar and the remaining ½ cup of all-purpose flour; use a pastry cutter or rub together with your fingers until small crumbs form.

9. Brush the buns with the egg wash and sprinkle the tops generously with the crumb mixture. Bake 20 to 22 minutes, or until the tops are golden brown.

— Recipe from natashaskitchen.com

CHERRIES JUBILEE

Yield: 4 servings

2 tablespoons butter
2 cups fresh cherries, pitted
¼ cup granulated sugar
½ vanilla bean, sliced lengthwise and scraped
Pinch of salt
¼ cup brandy or kirsch
Juice from ¼ orange
Zest from ½ orange
1 pint vanilla ice cream

1. In a skillet over medium-high heat, add butter. Once

bubbling, add cherries, sugar, the seeds from the scraped vanilla bean and salt. Cook until the sugar has dissolved, about 1 to 2 minutes.

2. Remove from heat, add brandy and carefully ignite. Extinguish flames by squeezing the juice of ¼ orange into the pan. Add the zest, and set aside.

3. Scoop ice cream into serving bowls. Pour cherries over ice cream and serve immediately.

— Recipe by Michael Symon, via ABC

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PETS

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• If you walk your dog in the heat of the day, remember that heat reflecting from the asphalt can cause body temperatures to rise rapidly. In addition, sensitive paws could blister from the heat of a blacktop road or parking

lot.

Finally, knowing the warning signs of heat stroke or overheating may save your pet's life. If your dog or cat displays the following signs, it may be due to excessive heat:

- Excessive panting or open mouth breathing in cats
- Difficulty breathing

- Elevated heart rate
 - Elevated respiratory rate
 - Drooling
 - Mild weakness
 - Stupor
 - Collapse
 - Seizures
 - Bloody diarrhea
 - Vomiting
- Any of the above signs,

though not specific to heat exposure, may be associated with excessive heat or a number of other veterinary concerns. If your dog or cat is showing any of the abnormal signs listed above, schedule a visit with your veterinarian as soon as possible — your pet may be in the middle of an emergency.

DAYLILIES

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The tawny orange native daylily spreads freely by off-sets and probably also seeds and naturalizes in moist areas. All daylilies are edible. The large unopened buds taste rather like asparagus when lightly steamed or stir-fried. I leave the pretty ones to bloom and usually eat only the native orange varieties. I tried eating red ones once, but the color bleeds in an unappetizing way.

Group among evergreen shrubs, near pools, along streams. They look attractive in cottage garden borders and low-maintenance landscapes.

POSSIBLE GARDEN CHORES

- Keep cukes well watered. Drought conditions will cause bitter fruit.
- Set out broccoli, cabbage, and cauliflower transplants for the fall garden.
- Sow zucchini and yellow squash seeds for a late crop. They are heavy feeders. You can even plant them in a pile of well-rotted manure.

- Early peaches are ripening now.
- Early morning lawn irrigation allows turf to dry before nightfall and will reduce the chance of disease.
- Dead-head annuals and perennials as needed to keep them blooming.
- Cut back leggy annuals hard and fertilize to produce

- a new flush of bloom.
- Roses should receive no nitrogen fertilizer after the middle of August. Continue spraying roses that are susceptible to black spot.
 - Harvest onions and garlic when tops dry.
 - Divide bearded irises now. Discard old center sections, and borer-damaged

parts. Dust exposed and cut roots with Comet or Ajax. Replant rhizomes so tops are just above ground level.

• If you want to grow big dahlia blossoms, keep side shoots pinched back.

If you have questions or comments, please write: greengardencolumn@yahoo.com Thanks for reading!

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