

MUFFIN

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RAMEN SLIDERS

Yield: 12 servings

- 2 (3-ounce) packages beef or pork ramen noodles
- 1 pound ground beef
- 4 green onions, thinly sliced
- 2 large hardcooked eggs

Sriracha
Kimchi, optional

1. Preheat oven to 350 degrees. Grease 24 muffin cups (you can do this in batches). Cook noodles according to package directions, saving 1 seasoning packet for meat mixture (reserve or discard remaining seasoning). Drain; divide noodles among prepared muffin cups. Bake until crisp

and light golden brown, 20 to 25 minutes. Remove from pans to wire racks to cool.

2. Meanwhile, combine beef, green onions and the 1 reserved seasoning packet, mixing thoroughly. Shape into 12 (2½-inch) patties. You can do this by rolling the meat out between 2 large sheets of waxed paper, removing the top sheet and using a 2½-inch cookie cutter to make the right sized patties.

3. Cook in a large skillet over medium-high heat until they are as done as you like. Cut each egg into 6 slices. Serve burgers on ramen buns with egg slices, sriracha and, if desired, kimchi.

HASH BROWN CUPS

Yield: 12 servings

- 1 pound Yukon Gold potatoes, shredded

- 4 tablespoons butter, melted
- ½ teaspoon kosher salt
- Pepper
- 4 eggs, scrambled

Preheat oven to 400 degrees. Lightly oil 12 muffin cups. In a bowl, mix together

shredded potatoes, melted butter and salt, and season with pepper. Press mixture into a cup shape in the muffin tins. Bake until brown and crispy, 40 to 45 minutes. Fill with scrambled eggs, and serve.

RECYCLING

Continued from Page 1B

• Plastic Milk Containers — Although this bin sounds very restricted, this category actually includes all HDPE plastics. These have the number 2 inside a triangle and/or the letters HDPE on them. High-density polyethylene is a high-quality plastic that is being accepted at our Portland Material Recovery Facility (MRF). It includes containers for milk, cleaning agents, laundry detergents, bleaching agents, shampoo, washing and shower soaps. Baker Sanitary will accept all HDPE 2, whether milky or colored. Check the bottom of your jug to confirm it is HDPE, rinse it out and dispose of the cap.

• Newspapers and Magazines — These materials are now collected in one bin. It is beneficial to collect them together because their properties combine to improve the recycling process. Newspa-

pers should be loose, without bags or twine. Magazines include any glossy type paper. Use the slick paper feel as a guideline.

• Tinned/Steel Cans — Remember to rinse the cans but don't worry about removing labels. All cans are acceptable whether they have interior liners or not.

• PET 1 Plastics — Polyethylene Terephthalate is labeled with the number 1 inside a triangle, and/or PET or sometimes PETE. Is not currently accepted locally but Baker Sanitary is willing to experiment with PET plastics in 2019 because it is a high-quality plastic accepted at our Portland MRF. It includes bottles for soft drinks, mineral water, fruit juice and cooking oil. It cannot be combined with HDPE so we will let you know in a future Baker City Trash Talk column when a bin is set up for PET.

• Office Paper — Although Baker Sanitary no longer

accepts mixed paper at the recycling depot, they continue to offer a free office paper pickup service to commercial accounts. Office paper is primarily white but also includes colored paper that is free of groundwood and bleached fiber. There are two ways residents might recycle their office paper in the future. A business willing to provide access and oversight could allow residents to add paper to their business recycling bin that is picked up weekly. A group of residents willing to provide oversight could work with Baker Sanitary to obtain a paper bin for a central location, as long as enough volume and only the correct materials were collected.

Baker City Trash Talk encourages readers to let us know what they think about these recycling options. Are you willing to take the time to ensure plastic materials are the appropriate number and are clean before deposit-

ing them? Are you interested in having office paper recycling available to residents? Are there any local businesses willing to allow residents to add personal office paper to their business recycling bins? What other Reduce-Reuse-Recycle ideas do you have? Send your emails to bakertrashtalk@gmail.com or visit our Facebook page, @BCTrashTalk and comment in the forms provided. We will share what we learn from our readers in a future column.

We will be hosting a documentary at Churchill School, near 17th and Broadway in Baker City, on Feb. 28 at 6 p.m. More on that in our next column. For now, save that date!



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DORY

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It grew into a rather exasperating scientific trial, for I couldn't move the hands of the clock ahead no matter how many times I held my eyes shut and then suddenly opened them to see if I had made any difference in their speed.

The reaction was one of disappointment, for I knew I was clocking them accurately; however, since I couldn't move them ahead at will, perhaps I could slow them down to serve my better purpose at another hour.

By so doing, I would be able to save some of the unused minutes during busy times when a few extra minutes could serve me much more efficiently.

At the moment it seemed rather useless to have these extra minutes and not be in a position to put them to better use.

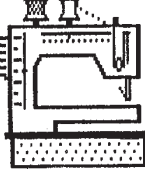
At the end of a frustrating two hours of diligent study when the hands of the clock had refused to move ahead one second faster or slow them down at my bidding, I could feel the weight of my inefficient toil on my eye lids. I opened my eyes one more

time to write-off the entire experiment.

Then it happened and I became excited to think I was on the edge of the discovery on how we could each have more time by moving the minutes around as to when they could be used for something more seemingly useful. At the same time when my eyes focused on the clock numbers, I was hopelessly crushed. In the second

in which I had blinked my eyes, the sneaky little clock hands had jumped ahead two whole hours and I hadn't seen it happen.

I did learn that the slower you go, the more time you have and the faster you work, time goes more quickly, but it did seem like a waste of time studying clock minutes in the middle of the night when I could have been sleeping.



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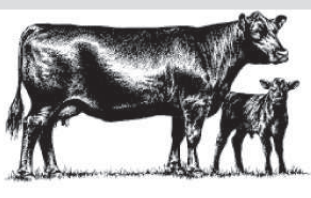
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Blue Mountain Conference Center
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Seminar 8:45 AM–3:20 PM

8:45am Workshop & Workshop Overview

9:00 – 9:55am "Export Markets & National Beef Traceability Programs" Kent Bacus; Director of International Trade & Market Access, NCBA

9:55 – 10:50am "Practicality & Implementation of Beef Traceability Programs" Heather Donley; Director of Quality Assurance, Beef Marketing Group

10:50 – 11:20am Morning Break (provided by sponsors)

11:20 – 12:15pm "Value of Stockmanship & Low-Stress Systems in Beef Production" Dr. Tom Noffsinger; Veterinarian, independent consultant & Production Animal Consultation (PAC) partner

12:15 – 1:30pm Lunch (provided by sponsors)

1:30 – 2:25pm "Retailer & Consumer Perspectives of Traceability Programs" Dr. Wayne Morgan; Corporate VP & President of Protein Products, Golden State Foods

2:25 – 3:20pm "Economic Outlook & Impacts on Beef Marketing Systems" Katelyn McCulloch; Senior Economist, Livestock Marketing Information Center

Note: For more information, please contact Kim McKague at (541) 562-5129 ext. 21
kim.mckague@oregonstate.edu www.cattlemensworkshopnw.com

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