



DORY'S DIARY

DOROTHY SWART FLESHMAN

What's a Whoopie Bump?

Is there anyone out there who remembers the Whoopie Bump on Fourth Street in La Grande?

What is a Whoopie bump? you ask. Well, it was a place on a road or street where there was a high place in the road formed by dirt and your car wheels momentarily leave the pavement and you do, too, from your seat, coming down in a thump. A fun thrill for the youngsters but bringing frowns from one's parents and certainly meant as a speed reducer.

The closest thing similar in this day is the one placed purposely on 12th Street opposite the Candy Cane Park playground. Its purpose is to slow down cars in that vicinity for the safety of those, particularly children, coming and going to the park.

No, the one of which I ask was formed more naturally at the crest of the hill just there by the Central School playground corner and, possibly, the temporary use of a road grader.

No, not up there on K or H avenues but when Central Elementary School was across the street from the Catholic Church, there on Fourth Street and K Avenue by the St. Joseph Hospital.

What hospital? There in that building where the clerks do city and county business — you know, like voting and taxes or seeing the judge.

OK, now we've got it located.

See *Dory* / Page 2B



BETWEEN THE ROWS

WENDY SCHMIDT

Summer nears and the roses appear

Blooming now in the garden around town are the Harrison's Yellow roses and the Austrian Copper Roses. Both are five-petaled rose species not native to this area. Both are beautiful, though, and appreciated by the local pollinators.

Alstroemeria (Liliaceae) is a nice addition to your summer garden, another non-native. Alstroemeria is a perennial, suited for Zones 5-9. South American natives. Leafy stems 2 to 5 feet tall, topped with broad, loose clusters of azalea-like flowers in beautiful colors — orange, yellow, shades of pink, rose, red, lilac, creamy white to white, many are streaked and speckled with darker colors.

Masses of color in borders from May to mid-summer. Long-lasting cut flowers. Plants spread freely by roots and seeds. Tops wither after bloom (flowerless shoots dry up even sooner); remove seeds to limit their spread.

Nurseries differ as to what names they sell them by, but you're sure to get vibrant colors whether you buy them as Chilean hybrids, Ligtu hybrids, Peruvian lilies, or just plain alstroemeria.

A few nurseries offer a 3- to 4-foot tall Peruvian lily (A. aurea, A. aurantiaca), with orange yellow, brown-spotted flowers ("Orange King"); "Lutea" is yellow, "Splendens" red.

See *Roses* / Page 2B

Perfect Pairing With Pita



Hillary Levin/St. Louis Post-Dispatch-TNS

Fowl mudammas and homemade pita

FOUL MUDAMMAS: NEVER MIND THE NAME

■ This Egyptian favorite, featuring beans and spices, is much tastier than it sounds

By **Daniel Neman**
St. Louis Post-Dispatch

In Cairo, breakfast is likely to be a plate of beans mixed with a wonderful array of spices and flavors, and eaten with a piece of pita.

The dish is called fowl mudammas, and it is something of a national obsession. Vendors have been selling it on the streets of Egypt for hundreds of years, maybe thousands.

It is so popular that, even though it is universally considered a breakfast item, it is eaten all day long. Just about every country in the northern Africa and the Middle East has its own way of serving fowl mudammas (in Syria, for instance, it is topped with Aleppo peppers). But it was in Egypt that the dish was probably invented, and Egypt is where it remains most popular.

Naturally, I decided to start by soaking dried fava beans overnight, and then beginning the long and somewhat painful process of peeling the tough outer skins. Just for the sake of scientific comparison, I made another batch using a can of fava beans.

Ordinarily, I am of the firm opinion that cooking the natural, unprocessed way is always best. And the fowl mudammas I made with the dried beans was excellent.

But I have to tell you, the ratio of effort to flavor makes the dried beans the less attractive way to go. This was especially true because the bag of dried large beans I bought was actually a mixture of both large and small beans, which means they took different amounts of time to cook. Some ended up overcooked while others were undercooked. I had to throw out the undercooked beans.

The canned beans, on the other hand, were fast and easy to deal with — though you still have to cook them for about 10 minutes to get them just the right texture. And I still had to peel the beans, but it was much easier (and kinder to my fingertips) than peeling the dried beans after they had soaked for hours.

And the taste? When mixed with garlic, olive oil, cumin, red onion, lemon juice and more, they were sublime. To be perfectly honest, the canned beans tasted better than the dried ones.

But wait, as they used to say on cheesy commercials, there's more!

Fowl mudammas is traditionally eaten with pieces of pita used to scoop up the beans and convey them to your mouth. Pita is obviously available at the store.

Or you can make your own. And here is where the flavor-to-effort ratio kicks into high gear. Because store-bought pita is fine. It's all right. But it doesn't have half the flavor of homemade.

Pita seems like it would be tricky to make, but it isn't. It is actually one of the easiest breads, even with that mystical pocket in the middle. The pocket is formed by steam created when the dough heats, but I don't really understand how it works beyond that.

What I do know is that the secret to making the pocket is to roll the dough out thin, about 3/16 of an inch. That's the width of a yardstick they used to hand out at hardware stores, back when there were hardware stores. Pita isn't just easy to make, it is also fast.

It only requires 20 minutes to rise, and 6 minutes to knead. For that matter, it takes less than 8 minutes to bake.

And yet, the flavor is more lively than the store-bought discs. It's more complex, too, and deeper.

Tear off a hunk of warm, fresh-made pita, wrap it around some fowl mudammas, and you'll feel like you're at a food stall on the crowded streets of Cairo.

And do you know what? The guy who made it there probably didn't soak the dried fava beans, either.

FOUL MUDAMMAS

Yield: 4 servings

- 1 (14-ounce) can fava beans
- 2 tablespoons olive oil, divided
- 2 tablespoons chopped red onion
- 1 garlic clove, crushed
- ¼ teaspoon cumin
- 1 tablespoon tahini
- ¾ cup water
- ½ lemon, juiced
- Salt and pepper
- 1 small tomato, diced
- 2 tablespoons flat-leaf parsley, roughly chopped
- Pita, for serving

1. Drain and rinse beans. Remove skins by gently pinching the beans; the skins will slide right off. Discard skins.

See *Fowl* / Page 2B