



BETWEEN THE ROWS

WENDY SCHMIDT

Waiting for spring, or for seeds, heightens the joy of final arrival

Long ago you got a catalog in the mail and you sent an order off, also by return mail.

Then we advanced to being able to call in an order on an 800 number.

Now we can order online and they ship it out right away or at least the next day. I think all this is a product of our demand for instant gratification. Whatever happened to the joy of anticipation?

It was a pain to wait forever until Christmas when I was in grade school, but that is also what made Christmas to much better. It was better because of the pain of anticipation.

The sweetness of spring is made sweeter because of the coldness and darkness of winter.

Also, without winter we would not have time to look at all the seed catalogs and decide which variety of beans or cucumbers to order for the garden of 2020.

In Northeast Oregon we tend to have a shorter growing season. Some varieties of summer vegetables must be started indoors ahead of time to compensate for our season's brevity. Seed starting is not difficult and can be done on any windowsill. March is plenty early to start seeds in our area.

Garden chores

- Limbs damaged by ice or snow should be pruned off promptly to prevent bark from tearing.
- Begin pruning deciduous plants.
- Swap seed and plant information with your gardening friends.

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

Approximating Late-Night Favorites



Abel Uribe/Chicago Tribune-TNS

By breaking down the seasoning ingredients in Doritos, you can create a popover that approximates the taste of that craveable snack.

CRAVINGS CRUSHED

By Stacey Ballis
Chicago Tribune

There is a certain air of public dismissiveness around the types of foods that seem to always be associated with “the munchies.” Movies and television promote images of teenagers face-planted in bags of chips, bros stuffing whole tacos blindly into their mouths between fits of uncontrollable laughter, or a stoner spouting deeply incoherent philosophical ramblings punctuated with consuming sweets like a strange Socratic Cookie Monster.

The easy joke is not only that most control is lost, but also that the food sought in these times of enjoyment or impairment is automatically on the lowest end of the quality scale. Cheech and Chong never went in search of an organic, locavore acai smoothie bowl.

While I suppose there is a whiff of truth in this, and many a Cheeto and Oreo have disappeared in some lost hour of a late night or early morning, I would like to point

out that some of the reasons that certain foods are painted with the “munchies” brush is because they are easily sourced and affordable, but mostly because they have the kinds of exciting flavor profiles that can cut through any fog. Which not only makes them ideal for those indulgent moments, but also, surprisingly inspiring for amping up the flavors of some other dishes that can be enjoyed with or without any medicinal assistance.

Carbs are always a natural with munchies food. Whether sweet or savory, it seems to be the first place we turn. So, one of my favorite things to do is to take some basic plain household favorite, like popovers, scones or pancakes, and use them as a blank canvas, getting inspired with new flavor combinations. Because a lot of our most beloved snack foods have complex flavor profiles, it is fun to experiment to see if you can make something new, and maybe a bit elevated, but still have it hit that sweet spot of delicious nostalgia.

Doritos are one of the superior snacks, needing no dip or extra anointing to be at their salty, cheesy best. By breaking down the flavors of Doritos seasoning into its composite parts — cheese, tomato and spice — and combining it with my favorite popover recipe, you get a light popover with all the punch of a bag of Original Doritos, the perfect thing to serve alongside a steak or roast chicken. And a Cool Ranch version is just a packet of Hidden Valley away.

Speaking of chicken, fried chicken is one of the most crave-worthy foods of any snack attack, whether it is a crispy nugget or tender, a basket of wings, a sold-out sandwich, or a bucket of pieces with all the sides. Scones are one of the easiest and fastest things to bake, and this version takes all of the flavors of great fried chicken, not to mention some bonus crispy skin bits, and makes a bake that hits your finger-licking fried chicken button, with pinkies-up high-tea elegance.

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MAKING MULLIGATAWNY SOUP

A tangy taste of traditional India

By Linda Gassenheimer
Tribune News Service

Mulligatawny is a traditional curry soup with Indian origins. It's a fragrant blend of tangy curry powder, ginger and coconut milk. Golden delicious apples add a sweet crunchy touch and chicken cubes complete this one dish dinner.

A note about curry powder: authentic curry powder is a blend of freshly ground spices and herbs such as cardamom, chilies, cinnamon, cloves, coriander and cumin and is made fresh every day. For this quick meal, commercial curry powder works well. It comes in two forms, standard and Madras, the hotter one.

Helpful Hints

- Curry powder can be found in the spice section of the supermarket. It loses its freshness after 2 to 3 months.

Countdown

- Start soup.
- While soup simmers, make rice.
- Complete soup and serve with rice.

Shopping List

Here are the ingredients you'll

need for tonight's Dinner in Minutes.

To buy: ½ pound boneless, skinless chicken breast, 1 medium golden delicious apple, 1 lemon, 1 small package cilantro, 1 small piece fresh ginger or ground ginger, 1 container curry powder, 1 package microwaveable brown rice, 1 container fat-free, unsalted chicken broth and 1 can lite coconut milk.

Staples: onion, carrot, canola oil, flour, butter, salt and black peppercorns.

MULLIGATAWNY SOUP

Recipe by Linda Gassenheimer

- 1 tablespoon butter
- 1 cup sliced onion
- ½ cup sliced carrot
- ½ pound boneless, skinless chicken breast cut into ½- to 1-inch pieces
- ½ tablespoon curry powder
- 1 tablespoon flour
- 2 tablespoons grated fresh ginger or 2 teaspoons ground ginger
- 1 ½ cups fat-free, unsalted chicken broth
- 1 cup water
- ½ cup lite coconut milk
- Salt and freshly ground black pepper
- 1 cup ½-inch cubes golden delicious apple



Linda Gassenheimer/TNS

Mulligatawny soup

- 2 tablespoons chopped fresh cilantro (optional)
- 4 lemon wedges

Heat butter in a large saucepan over medium-high heat. Add onion, carrot and chicken and saute 5 minutes, stirring occasionally. Add the curry powder, flour and ginger and saute about 30 seconds. Stir in chicken broth, water and coconut milk. Simmer 10 minutes. Add salt and pepper to taste. To serve, spoon rice into 2 large soup bowls and ladle soup on top. Sprinkle with apple cubes and cilantro. Place lemon

wedges on side.
Yield 2 servings.

Per serving: 337 calories (34% from fat), 12.7 g fat (7.4 g saturated), 2.6 g monounsaturated, 100 mg cholesterol, 32 g protein, 25.9 g carbohydrates, 4.4 g fiber, 200 mg sodium.

MICROWAVEABLE BROWN RICE

Recipe by Linda Gassenheimer

- 1 package microwave brown

rice (1½ cups cooked)
2 teaspoons canola oil
Salt and freshly ground black pepper

Microwave rice according to package instructions. Measure 1 ½ cups rice and reserve remaining rice for another time. Add oil and salt and pepper to taste. Toss well.
Yield 2 servings.

Per serving: 226 calories (24% from fat), 6 g fat (0.7 g saturated), 3.4 g monounsaturated, no cholesterol, 4.2 g protein, 38.8 g carbohydrates, 2.4 g fiber, 6 mg sodium.