



NUTRITION:
IT'S ALL GOOD

ANN BLOOM

Staying together, while apart

Thanksgiving is a time for families to get together for a meal, to give thanks for a successful harvest, to appreciate and be grateful for those who are loved, and to eat a meal prepared by loving hands. However, in the era of social distancing and the coronavirus, all of the above is probably not nearly possible. It may sound strange, but consider technology. Systems such as Zoom, Skype and Face Time are being used to conduct meetings and classes, why not meals and family gatherings? Each household could agree on the same menu and then each household makes that menu and at the agreed upon time, “Zooms” in for dinner. Also, depending on your level of technology and devices, your meal can be broadcast from a computer screen to your TV screen enhancing the family dining experience. Amazon Echo Show or the Google Nest Hub Max are two that offer ways that offer increased connectivity.

With a limited guest list also comes the option for an entirely new menu, something you may have been considering for years. Or, you may, because of these uncertain times, want to keep with the comfort offered by tradition.

If dinner will just be the immediate members of your household, consider ordering food. This not only decreases the work load and stress (other people do some of the work), if you order food from a restaurant to be picked up, it helps support a local business during the pandemic. You can also order specialty foods online. If you find your guest list smaller this year, consider scaling back not only in size and amount, but type. Who says Thanksgiving has to be a turkey? What about a chicken? Or thinking completely outside the box — pasta anyone?

Large amounts of time on their hands has turned many people into bakers. If you are a baker, consider sending something homemade to a loved one far away. Nothing says, “love” and “we’re thinking of you,” than cookies or homemade quick breads. Donating time or money to a cause you believe in is also a good way to spend Thanksgiving. The pandemic has left many people grieving and in despair, experiencing their first Thanksgiving without loved ones. Many are unemployed. Checking in on neighbors to see what they need is the best way to show you care.

Now, a word about food safety. Whether you make a dinner from scratch, a combination of take out, a modification of Thanksgiving meals of years past, the rules of food safety do not change.

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Pasta Sauces — Without Tomatoes

FEELING SAUCY?

By Daniel Neman
St. Louis Post-Dispatch

You can almost feel sorry for pasta sauces that are not made with tomatoes. They are ignored, forgotten, belittled. Though endless in variety, they are like Rudolph the Red-Nosed Pasta: They don’t get to play any non-tomato pasta-sauce games.

So this week, I decided to take a look at these unsung heroes, the panoply of pasta sauces that are made without tomatoes.

I wanted the sauces I made to be quick and simple, too. Nothing too strenuous; I wanted them to be sauces you could whip up while you are getting the water ready to boil for the pasta.

Non-tomato sauces can be loaded with seafood, vegetables, nuts and herbs; they can be made with olive oil, butter and cream.

But I didn’t want to make my sauces with cream. Though cream is utterly delicious with pasta, it is also a little too easy. More to the point, it has more calories than I wanted to consume — especially considering I was going to be making five different kinds of pasta.

For my first fast and easy tomato-free pasta sauce, I made the fastest and easiest sauce there is. Spaghettini aglio e olio — Spaghettini With Oil and Garlic — is universal throughout Italy; it is perhaps the most comforting of all Italian comfort foods, a simple blend of olive oil, garlic, parsley, crushed red pepper and plenty of salty grated cheese.

According to the late famed cookbook author Marcella Hazan, Spaghettini With Oil and Garlic was created in Rome and quickly spread throughout the country. It was then, and still is now, a hugely popular late-night snack — but it also makes a fine lunch or dinner.

I next made a variation on that same dish, but the variation makes an enormous difference.

One of my favorite pasta sauces is made by dissolving anchovy fillets in hot olive oil. Spaghetti is tossed in the flavored oil, which gives it a rich and rounded briny flavor. Spaghetti With Capers takes that idea and adds a different kind of brininess, this time from capers.

The capers add a pungency to the dish, which is great if you, like me, love capers. But if you find the taste of capers unpleasant, you could leave them out and just make the spaghetti with anchovies.

The most popular pasta sauce right now among those in the know is probably Cacio e Pepe. Made from cheese (cacio) and pepper (pepe) and very little else (olive oil), the sauce is ridiculously fast and easy to make.

You don’t even cook it. You mix together good cheese — the quality of the cheese counts with this dish — a healthy amount of ground pepper and olive oil. Then you stir in hot, just-cooked pasta and a little bit of the water you cooked it in.

For my next fast tomato-free pasta sauce, I went in a different direction. I went nuts.

Nutty Pasta isn’t even Italian; it is a French dish served most often in Provence. It is pesto with a twist. Instead of basil, it



Hillary Levin/St. Louis Post-Dispatch-TNS

Pappardelle with Broccoli Rabe and Mushrooms, a pasta recipe without red sauce.

is made with parsley and mint (which is related to basil). Instead of pine nuts alone, it is made with pine nuts and almonds and pistachios.

And then there is the matter of the optional orange zest. A light sprinkling of orange zest makes a delightful citrus counterpoint to the richness of the nuts. If you ask me, it shouldn’t even be optional. But no one wants to hear about mandatory orange zest, I suppose.

The last sauce I made was the most complex, but it still takes no more time to make than it does to cook the pasta, if you count the time to bring the water to a boil.

Pappardelle with Broccoli Rabe and Mushrooms has a wonderfully fresh and unspoiled taste. A mixture of mushrooms is sauteed in oil that is flavored with garlic and fresh rosemary. Broccoli rabe, which is also known as rapini, is boiled separately, and then the wide noodles of pappardelle are cooked in the same broccoli rabe water.

SPAGHETTINI WITH OIL AND GARLIC (SPAGHETTINI AGLIO E OLIO)

Yield: 6 servings

- 1 pound spaghettini, vermicelli or thin spaghetti
- 5 tablespoons extra-virgin olive oil, divided
- 6 to 8 garlic cloves, peeled and sliced
- 1/2 teaspoon crushed red pepper, or more to taste
- 1/2 cup chopped fresh Italian parsley
- 1 cup freshly grated Grana Padano or Parmigiano-Reggiano cheese, optional

1. Bring a pot of salted water to a boil over high heat. Stir the spaghettini into the boiling water. Return to a boil, stirring frequently, and cook, semi-covered, until the pasta is tender but still very firm, about 6 minutes for spaghettini or vermicelli and 7 minutes for thin spaghetti.

2. Meanwhile, heat 3 tablespoons of the oil in a large skillet over medium heat. Add the garlic and cook, shaking the skillet, until pale golden, about 2 minutes. Remove from the heat, and add the crushed red pepper. Ladle about 1 1/2 cups of the pasta-cooking water into the sauce, then add the parsley, the remaining 2 tablespoons of olive oil 2 tablespoons of olive oil and salt to taste, and bring to a boil.

3. Fish out the pasta with a large wire skimmer or tongs and drop it directly into the sauce in the skillet. Bring the sauce and pasta to a simmer, tossing to coat pasta with sauce. Cook about 1 minute. Remove the skillet from the heat and toss in the grated cheese, if using. Check the seasoning, adding salt and crushed red pepper if necessary. Serve immediately in warm bowls.

— Adapted from “Lidia’s Favorite Recipes” by Lidia Matticchio Bastianich and Tanya Bastianich Manuali

LEMON PASTA

- 12 ounces egg noodles
- 2 lemons
- 1 cup heavy cream
- Salt and pepper

1. Heat a large pot of salted water to a boil, and add the noodles. Cook according to package directions until tender. Drain and return to pot.

2. Meanwhile, remove the zest from 1 lemon and cut into thin strips about 1 inch long. Juice both lemons. Pour the cream into a small saucepan, add the zest, season with salt and pepper, and bring to a boil over medium-high heat, about 2 minutes. Pour this sauce over the cooked noodles, add the lemon juice, and cook, stirring, until all of the liquid is absorbed. Taste, and add more salt and especially pepper, if desired.

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A nondescript building boasts an entertaining history

By Ginny Mammen

Our next building, at 1106 (B) Adams Ave., is known as the Sherry Theatre on the National Register of Historic Places. The building itself does not exhibit any special features and is not as appealing architecturally as some of its neighbors. But what it lacks in curb appeal it makes up for in the history of the owners and the inhabitants through the years.

Records indicate that the site on which this building stands was purchased in 1892 by the International Order of Odd Fellows from Ben W. Grandy. The dwelling on this site remained until sometime after 1903 when the current building was constructed. (Building shown on 1910 Sanborn map.)

It served various purposes during the first years following construction. The first floor had a printing business and an optician’s office as well as a gymnasium/banquet hall for the IOOF next door. The second



Fred Hill Collection

A crowd gathers outside the Sherry Theatre.

floor was a club room for the Moose Lodge.

The building was later purchased by Ed O’Brien, a Portland friend of La Grande entrepreneur N. K. West. In May 1912, B. M. Sherwood, proprietor of the Isis Theatre on Depot Street, closed the Isis and moved his operation to Mr. O’Brien’s building. According to the Observer of May 14, 1912, this “splendid new picture house” was now located in a building which

had been reconstructed especially for motion pictures.

Mr. Sherwood, introducer of moving pictures in La Grande, was known as Sherry by his many patrons and friends and so he decided to name his new theater Sherry’s after himself. In doing so he said “Yes, I am going to change the name of the theater ... You see, it’s like this, every man’s business is his pride as it should be.” However, after only four months Sherwood retired and sold Sherry’s.

La Grande was thriving and the theater business was growing along with it. People were eager to experience all types of entertainment, both live and on film. Most of the early theaters were small and intimate so there was room for a number of them and many who were interested in the arts were anxious to become the next theater owner. Three “well known society women” according to The Observer, Mrs. T. N. Murphy, Mrs.

Fred Swaney, and Mrs. E. F. Sinclair, were some of these people.

These three friends, all interested in a variety of the arts, had already theater in their blood when they purchased the Elite Theatre on Depot from Robert Herkemer in the spring of 1912. With this new venture they were on their way to a new career.

Opportunities of a lifetime sometime come at awkward times and this is just what happened for these ladies. Mr. Sherwood had operated his new theatre on Adams for only 4 months and was ready to sell. This was too good a deal to pass up. So in September of 1912, Mrs. Murphy (Christina) purchased Sherry’s Theatre and brought along Mrs. Swaney (Gertrude) as the new manager. They continued operating the Elite until Oct. 4, 1912, when the three friends closed the doors of the Elite. At this time Mrs. Sinclair (Velma) bowed out. She was the

only one of the three who’s husband was still living and they were planning to be moving due to his employment.

After Christina and Gertrude had purchased the new theater they decided to keep the name Sherry’s and reopened in November. The women added “The House of Comfort” to their advertisements. It was a great success and on their first anniversary they held “what might properly be termed a delightful birthday party,” reported by The Observer. In that same article it stated that “a handsome silver spoon was given to every lady in the audience” and so many came there were not enough spoons. Extra spoons were ordered.

Change came again for Sherry’s when in November 1914 Harry G. Trull and his wife, Mollie, newcomers to the area, became the new owners and operators.

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