SANDWICH

Continued from Page B1

SPICY FRIED **CHICKEN SANDWICH**

Yield: 4 servings 2 cups buttermilk 1 teaspoon plus 2 tablespoons salt, divided 13/4 teaspoons garlic

powder, divided 13/4 teaspoons onion powder, divided 1/2 teaspoon paprika

Oil, for frying 1 cup all-purpose flour 1 tablespoon plus 1/4 teaspoon cayenne pepper, divided, see note 4 small boneless chicken

breasts (2 pounds) 1/2 cup mayonnaise 4 brioche buns 2 dill pickles

2 leaves of lettuce, each torn into 4 pieces

1 medium tomato, sliced Note: If you don't want it spicy, simply eliminate the cayenne pepper.

1. In a large bowl, mix together buttermilk, 1 teaspoon of the salt, 1/2 teaspoon of the garlic powder, 1/2 teaspoon of the onion powder and the paprika. Add the chicken breast and refrigerate at least 4 hours or, preferably, overnight.

2. Pour 1 inch of the oil into a large cast-iron skillet or Dutch oven. Heat oil to 350 degrees (if you don't have experience, you'll need a frying or candy thermometer to make sure it is the right temperature). Meanwhile, put the flour in a paper or plastic bag along with 1 tablespoon of the cayenne pepper, the remaining 2 tablespoons of salt, 1 teaspoon of the garlic powder and 1 teaspoon of the onion powder. Shake well to combine.

3. Remove the chicken from the marinade and place pieces in the bag with the flour mix-

ture. Shake to coat thoroughly, wait 1 or 2 minutes, and shake again. Carefully place the chicken, skin-side down, in the hot oil (you may have to do this in batches). Fry, turning occasionally, until golden brown all over and internal temperature is 165 degrees. For best results, try to keep the oil temperature around 325 degrees. The chicken will be done in 10 to 15 minutes, depending on the size of the breasts. Remove to a plate covered with paper towels or a wire rack over a baking sheet.

4. In a small bowl, mix together mayonnaise, the remaining 1/4 teaspoon cayenne, the remaining 1/4 teaspoon garlic powder and the remaining 1/4 teaspoon onion powder. Spread 1 tablespoon mayonnaise mixture on top and bottom halves of each bun. Slice pickles into 1/4-inch rounds and cover bottom bun with a single layer of 3 or 4 slices (you may not need all of the pickles). Place a fried chicken breast on each bun, top

with 2 pieces of lettuce and 1 slice of tomato. Add the top half of the bun, and serve.

Per serving: 843 calories; 49 g fat; 9 g saturated fat; 197 mg cholesterol; 58 g protein; 43 g carbohydrate; 11 g sugar; 2 g fiber; 1,061 mg sodium; 74 mg calcium

Recipe by Daniel Neman

SILKY OMELET **BAGUETTE**

Yield: 1 serving 1/2 baguette 1/2 cup cherry tomatoes, quartered

1/4 to 1/2 jalapeño pepper, thinly sliced Salt and pepper, to taste 1/2 tablespoon olive oil 1/2 tablespoon red wine vinegar

2 large eggs 1/2 tablespoon butter 1/2 ounce sharp cheddar cheese, grated 1 tablespoon chopped

fresh chives 1/2 teaspoon curry powder 1. Slice the the baguette in half, lengthwise. Place the cherry tomatoes and jalapeño in a bowl with a pinch of salt and black pepper, along with the oil and vinegar. Toss together well, and set aside.

2. Beat the eggs well. Put a large, nonstick skillet on high heat and, after 1 minute, add the butter. When the butter has melted, pour the eggs into the hot pan and quickly swirl to cover the base. Scatter over with the cheese, chives and curry

3. After a total of 1 minute in the pan, the eggs should be just set (they should be yellow, not golden brown). Angle the pan and use a spatula to swiftly roll up the omelet and stuff inside the baquette halves. Top with the salsa.

Per serving: 382 calories; 27 g fat; 11 g saturated fat; 401 mg cholesterol; 19 g protein; 15 g carbohydrate; 4 g sugar; 3 g fiber; 343 mg sodium; 184 mg

Adapted from "Ultimate Veg" by Jamie Oliver

DAN'S REUBEN

Yield: 1 sandwich 1 tablespoon deli-style mustard

2 slices rye bread 1/4 pound corned beef

or pastrami 1/4 cup sauerkraut, drained 2 to 3 slices Swiss cheese

Spread mustard on 1 slice of bread. Top with corned beef, sauerkraut, cheese and the remaining slice of bread. Heat a skillet over medium-high heat. When hot, add sandwich, topside down. Cook until bottom is golden brown. Flip and cook until bottom slice is toasted and cheese has melted. Serve with a pickle.

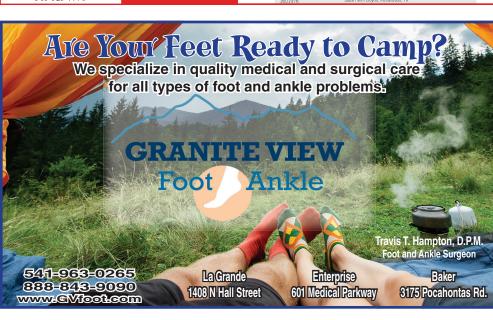
Per serving: 690 calories; 36 g fat; 16 g saturated fat; 163 mg cholesterol; 36 g protein; 34 g carbohydrate; 3 g sugar; 5 g fiber; 2,164 mg sodium; 564 mg

Recipe by Daniel Neman

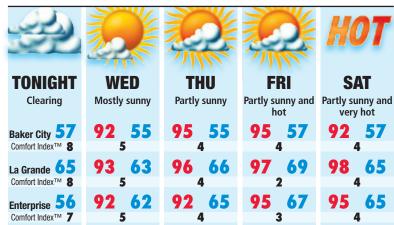


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Comfort Index takes into account how the weather will feel based on a combination of factors. A rating of 10 feels very comfortable while a rating of 0 feels very uncomfortable

AI MANAC

ALIVIANAU						
TEMPERATURES	Baker City	La Grande	Elgi			
High Sunday	95°	97°	101			
Low Sunday	45°	51°	48			
PRECIPITATION (inches)						
Sunday	0.00	0.00	0.0			
Month to date	Trace	Trace	0.3			
Normal month to dat	te 0.47	0.51	0.6			
Year to date	2.44	5.93	15.3			
Normal year to date	5.91	10.57	15.1			

AGRICULTURAL INFO.

Umatilla River near Gibbon

Powder River near Richland

Minam River at Minam

HAY INFORMATION WEDNESDAY						
Lowest relative humidity	20%					
Afternoon wind	NNW at 6 to 12 mph					
Hours of sunshine	4.2					
Evapotranspiration	0.30					
RESERVOIR STORAGE (through midnight Monday)						
Phillips Reservoir	5% of capacity					
Unity Reservoir	49% of capacity					
Owyhee Reservoir	29% of capacity					
McKay Reservoir	61% of capacity					
Wallowa Lake	16% of capacity					
Thief Valley Reservoir	23% of capacity					
STREAM FLOWS (through midnight Sunday)						
Grande Ronde at Troy	510 cfs					
Thief Valley Reservoir near N	lorth Powder 115 cfs					
Burnt River near Unity	125 cfs					

CHADAY EVIDENCE

JUNDAI	EY! UEIME?				
NATION (for the 48 contiguous states)					
High: 118°	Death Valley, Calif.				
Low: 37°	West Yellowstone, Mont.				
Wettest: 3.18"	Marana, Ariz.				
OREGON					
High: 104°	Rome				
Low: 43°	Meacham				
Wattact: nana					

WEATHER HISTORY

On July 27, 1819, a hurricane devastated the Gulf Coast. At Bay St. Louis, Miss., only three houses were left standing, and 6 feet of water flooded the streets.

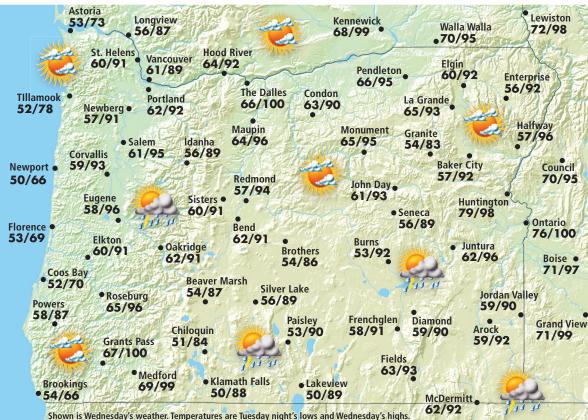
CIIN & MOON

JUN & MUUN						
	TUE.	WED.				
Sunrise	5:31 a.m.	5:32 a.m.				
Sunset	8:26 p.m.	8:25 p.m.				
Moonrise	10:50 p.m.	11:09 p.m.				
Moonset	9:28 a.m.	10:37 a.m.				
MOON PHASES						
Last Ne	w First	Full				

Jul 31 Aug 8 Aug 15 Aug 22

AROUND OREGON AND THE REGION

Forecasts and graphics provided by AccuWeather, Inc. ©2021



REGIONAL CITIES

	WED.	THU.		WED.	THU
City	Hi/Lo/W	Hi/Lo/W	City	Hi/Lo/W	Hi/Lo/
Astoria	73/55/pc	72/56/pc	Lewiston	98/72/pc	100/71/
Bend	91/58/pc	91/62/pc	Longview	87/59/s	92/61
Boise	97/72/s	99/72/pc	Meacham	92/58/s	96/61/
Brookings	66/55/s	65/54/s	Medford	99/69/s	99/71
Burns	92/57/s	94/59/pc	Newport	66/53/s	66/52/
Coos Bay	70/54/s	70/54/pc	Olympia	87/56/pc	90/56
Corvallis	93/64/s	97/63/s	Ontario	100/74/s	102/73/
Council	95/64/t	96/65/pc	Pasco	100/64/pc	103/67
Elgin	92/59/s	96/64/pc	Pendleton	95/69/pc	99/71
Eugene	96/63/s	100/64/s	Portland	92/64/s	96/65
Hermiston	99/71/pc	102/68/s	Powers	87/63/s	88/58/
Hood River	92/69/pc	101/74/s	Redmond	94/57/pc	96/62/
Imnaha	95/63/pc	98/63/pc	Roseburg	96/67/s	100/69
John Day	93/64/s	95/61/pc	Salem	95/64/s	98/65
Joseph	90/61/pc	90/62/pc	Spokane	91/66/pc	96/68/
Kennewick	99/68/pc	102/68/s	The Dalles	100/69/pc	104/72
Klamath Falls	88/52/pc	91/55/pc	Ukiah	88/52/s	93/56/
Lakeview	89/54/pc	90/57/pc	Walla Walla	95/72/pc	100/75
$\label{prop:condition} Weather(W): s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice$					

RECREATION FORECAST WEDNESDAY **ANTHONY LAKES PHILLIPS LAKE** /W Mostly sunny Sunshine; pleasant /pc **62** 53 **BROWNLEE RES.** MT. EMILY REC. 1/s Mostly sunny Partly sunny /pc 6/s 66 /pc **EAGLE CAP WILD. EMIGRANT ST. PARK** Partly sunny; nice 71/s Partly sunny; nice 46 **72** 84 **WALLOWA LAKE MCKAY RESERVOIR** Partly sunny Partly sunny **67** THIEF VALLEY RES. **RED BRIDGE ST. PARK** Mostly sunny Mostly sunny

63



53 cfs

117 cfs



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