

Local & Entertainment

Homemade condensed soup and crackers



Homemade Goodness
By Eileen Driver

saute onion, mushroom or celery in butter for 2 minutes. Add chicken base, if using, and stir until melted and combined. Add flour, and cook and stir constantly for 3 minutes. Gradually add milk, whisking

chilled
5 tablespoons ice water
Preheat oven to 400 degrees, arranging racks in the top and bottom thirds of the oven.
In bowl of a food processor, pulse the flour, salt and honey until combined. Add the butter and continue to pulse until the mixture resembles coarse meal. With the processor on, add the ice water. Continue to process until the dough begins to form a ball. This may require more ice water, if so, add a teaspoon at a time.

Place dough on a well floured surface. (Don't skimp on the flour here, it would be a disaster if your dough stuck to the counter and you couldn't get your crackers to the baking sheet.) Lightly flour the top of the dough and roll out to no more than an 1/8 inch thick. (The thinner the cracker, the crispier it is) With a 1 1/2 - inch biscuit cutter, cut out crackers or using pizza cutter make 1 1/2 inch square crackers from the dough. Place the crackers on two parchment lined baking sheets. (The crackers will spread very little during baking, so it's okay to place them close together.) With the tines of a fork, prick each cracker several times. Sprinkle the tops with salt and lightly press into the cracker.

Bake 8 to 12 minutes, depending on thickness of crackers, or until lightly browned around the edges, rotating top and bottom racks halfway thru the baking process. Remove from the oven and let them cool slightly on baking pans. Then remove to cooling racks to cool completely. Homemade crackers will continue to crisp and firm as they cool. Store in an airtight container for up to a week.

I hope you will use these recipes to enjoy your favorite comfort foods in a much healthier way and if you have any questions or are looking for recipes please send your emails to eileen@thebakercountypress.com.

It's a brand new year and a great time to resolve to eat healthier. Yes, I can hear the groans!

But eating healthy doesn't only mean eating salads and steamed vegetables all the time. Don't get me wrong—I like salads and vegetables prepared a lot of different ways, but I also like foods that stick to your ribs and help you feel satisfied. With as cold as it is outside that means soups, casseroles and gravies to me. Unfortunately a lot of recipes for the above include canned cream of "something" soup, which while quick, easy and tasty, are also full of preservatives, lots of salt and other large words I can't even pronounce let alone understand or want to eat. But there is an easy alternative that is much healthier for you, because of the fresh ingredients, and will allow you the best of both worlds.

Homemade Condensed Soup Recipe

This will make the equivalent of 1 can condensed soup but is easily doubled or tripled for as many "cans" as you need.

2 tablespoons minced fresh onion, mushrooms or celery*

2 tablespoons butter
1/2 teaspoon instant chicken base or equivalent of bouillon, optional^

2 tablespoons all-purpose flour

1 1/2 cups whole milk salt and freshly ground pepper to taste

In small saucepan over medium high heat,

until smooth. Cook until thickened, 1 to 2 minutes. Season with salt and pepper.

Soup can be made ahead and refrigerated for 2 days or frozen for up to 1 month.

*for cream of chicken soup, use onion and chicken base, for cream of mushroom soup, use mushrooms, for cream of celery soup, use celery

You can also use beef base or bouillon for beefy onion soup, or beefy mushroom soup

If you are making a casserole or gravy, you're good to go using your favorite recipe, but if a good warm bowl of soup is what you crave just thin to desired consistency with water or milk and, if desired, add cooked diced meats and/or vegetables for a satisfying, warm to your toes meal.

Of course with any good homemade soup you need some crackers to make it perfect and we would not want to ruin all our homemade goodness by adding store-bought crackers loaded with all those preservatives and big words that we are trying to avoid. So here is another solution for you and once you try them you won't want to go back to the imitation store bought variety.

Homemade Cracker Recipe

1 1/4 cups whole wheat flour

1/2 teaspoon salt + more for sprinkling

2 tablespoons honey

4 tablespoons butter,

This week's word search

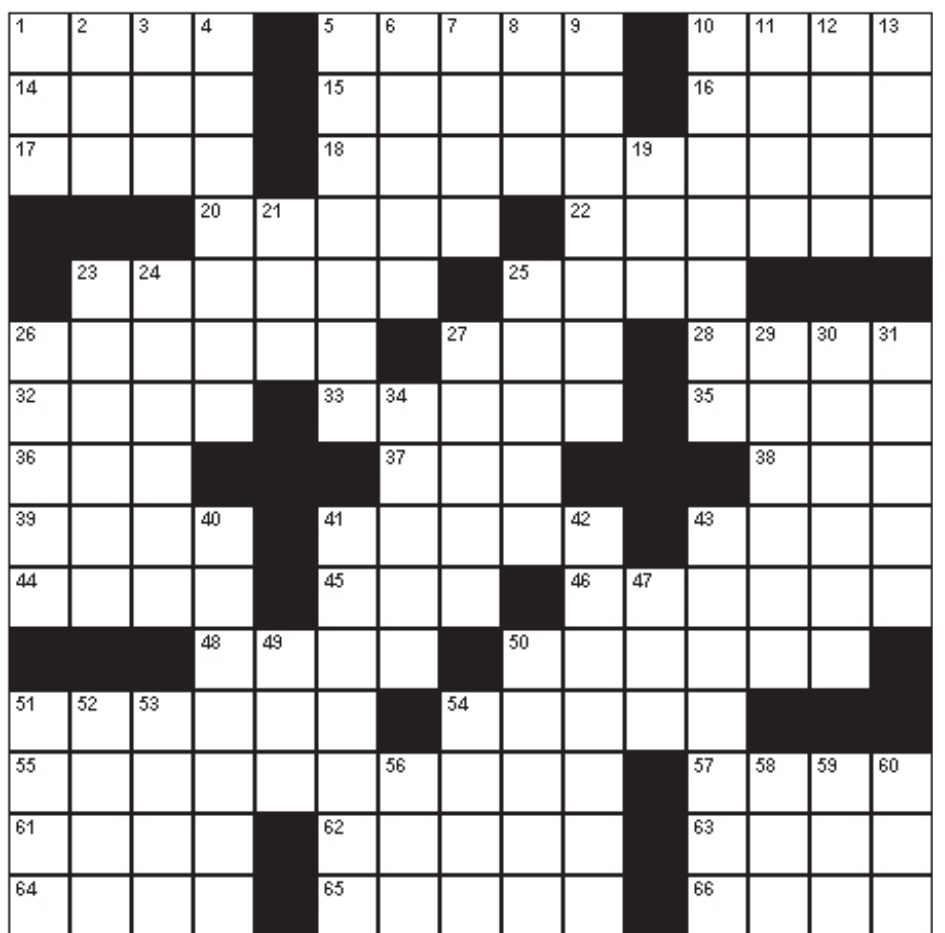
Hawaii

Find and circle all of the words that are hidden in the grid. The remaining 48 letters spell a secret message.

M	T	H	S	E	E	W	A	L	O	O	H	A	K	R	E	S	A	U	T
U	R	R	E	E	O	N	M	A	M	N	G	T	L	Y	T	S	L	K	R
H	T	A	P	H	O	O	A	A	L	N	I	P	O	U	R	U	A	E	O
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C	K	Y	L	O	E	A	P	D	C	B	V	L	H	A	I	K	E	I	S
R	S	N	N	U	R	P	A	P	A	O	I	T	W	D	K	O	E	S	T
A	S	S	I	B	L	C	I	E	L	K	C	T	K	I	A	N	E	L	R
G	S	E	O	I	A	O	M	H	I	E	V	E	C	V	Y	A	F	A	O
U	A	R	R	M	H	I	N	K	C	A	S	S	A	I	A	C	F	N	S
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| ALOHA
ARCHIPELAGO
BEACHES
CANOEING
COFFEE
GRASS SKIRT
HAWAIIAN
HONOLULU
HULA
HUMPBACK WHALES
ISLANDS | KAHO'OLAWE
KAUAI
KAYAKING
KONA COAST
LANAI
LUAU
MACADAMIA NUTS
MANTA RAYS
MAUI
MOLOKA'I
NAPALI COAST | NI'HAU
NORTH SHORE
O'AHU
PACIFIC OCEAN
PEARL HARBOR
PINEAPPLES
RESORTS
SAND
SCUBA DIVING
SNORKELING
STATE | SUGARCANE
SURFING
TOURISTS
TROPICAL
UKELELE
VACATION
VOLCANOES
WAIKIKI
WAIMEA BAY
WARM
WHALE WATCHING |
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This week's crossword puzzle



Across

- 1- Getting ___ years;
- 5- Dog biters;
- 10- German Mister;
- 14- Yield;
- 15- Release;
- 16- Auction site;
- 17- Biblical pronoun;
- 18- Charge too high a price;
- 20- Challenges;
- 22- Good for the thyroid?;
- 23- Cream cake;
- 25- Siamese sound;
- 26- Like much spam;
- 27- A collection of articles;
- 28- "Dancing Queen" group;
- 32- Numbered rds.;
- 33- In a fitting way;
- 35- American football measure;
- 36- Scram!;
- 37- Back muscle, briefly;
- 38- ___ kwon do;
- 39- Periods of history;
- 41- Chip dip;
- 43- Take ___ from me;
- 44- Repudiate;
- 45- Up to, briefly;
- 46- Gnawing animal;
- 48- Sports figure;
- 50- Like some nights;
- 51- Shred;
- 54- Steeple;
- 55- On the floor of the ocean;
- 57- It's a gas;
- 61- Shrinking sea;
- 62- Disney mermaid;
- 63- Winglike parts;
- 64- Hard to find;

Down

- 1- Fall mo.;
- 2- O.T. book;
- 3- Ox tail?;
- 4- Teases;
- 5- State in the SE United States;
- 6- Crowbar;
- 7- French summers;
- 8- Cabinet dept.;
- 9- Organized group;
- 10- Progress;
- 11- Spanish river;
- 12- Prego competitor;
- 13- Deli breads;
- 19- Boo follower;
- 21- Small battery size;
- 23- Complete;
- 24- King Minos, for one;
- 25- Thaws;
- 26- Exhorted;
- 27- Play for time;
- 29- Pound steadily;

30- Intellectual;

- 31- Skilled;
- 34- Braid;
- 40- Normal contraction of the heart;
- 41- Ogle;
- 42- Item;
- 43- Situated near the kidneys;
- 47- Implement used when rowing a boat;
- 49- Shamus;
- 50- Sales pitch;
- 51- Boris Godunov, for one;
- 52- Ambience;
- 53- Skier's transport;
- 54- Bad mood;
- 56- Former Bush spokesman Fleischer;
- 58- Lilly of pharmaceuticals;
- 59- Stumblebum;
- 60- After taxes;

MayDay offers services for stalking victims

January is National Stalking Awareness Month, and MayDay, Inc. in Baker City has resources available to anyone who thinks they, or someone they know, may be a victim.

Most stalking cases involve someone the victim knows, often a spouse, former spouse, or other intimate partner. While the cases range in severity, they can often be

associated with a pattern of intimidation and violence.

For more information or assistance, contact MayDay, Inc. at 541-523-9472 or call the 24-hour crisis line at 541-523-4134.

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