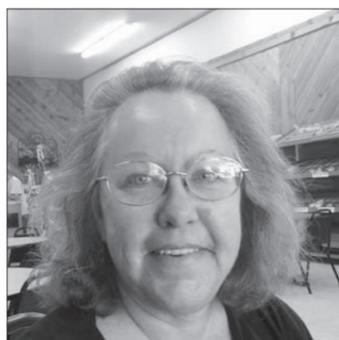


Local & Entertainment

Seafood Alfredo



Homemade Goodness
By Eileen Driver

salmon and saute 2-3 minutes until mushrooms begin to soften.

Add shrimp and scallops, saute additional 3 minutes.

Reduce heat to medium-low.

Add half & half, a little salt and the crab meat, cook 3 minutes more or until heated thru, stirring

the ends. Store in freezer and cut off pieces as needed.

Herbed butters are so easy to make and you can use any combination of herbs and spices you like to create an unlimited variety of butter cubes. Spread this on bread for garlic toast, use for cooking seafood, placed in center of hamburger patties or on top of steaks for grilling or placed under the skin of chickens before roasting. Your imagination is the only limit to what you can do.

If you don't have real butter on hand, which is much healthier for you than margarine, you can of course make your own, much quicker and easier than they used to. With only one or two ingredients depending on whether you prefer it salted or unsalted. 6-8 ounces Butter

1 pint heavy cream
1/2 teaspoon salt

Pour cream and salt into stand mixer with paddle attachment. Tent the mixer with a kitchen towel (you really don't want to skip this step). Mix on medium-high for 8-12 minutes. At first you will have whipped cream but keep going and it will separate into butter solids and buttermilk. (Save buttermilk in fridge for making pancakes.)

Remove butter solids from mixer. Squeeze butter over a bowl in the sink firmly by hand (you might want to wear gloves) while periodically running the butter under cold water. When there is very little liquid left and it comes out clear, you're done.

Form into a log and store, covered, at room temperature up to three days, refrigerate up to a week or freeze until needed.

We have mostly forgotten how, but just about anything they sell in stores or restaurants can be made at home for less cost and will be healthier for us. We don't have to give up special occasions to save money.

constantly. (Do not boil). Gradually add cheese over seafood mixture, stirring constantly till all combined. Remove from heat and serve sprinkled with parmesan and fresh parsley.

Note: pat dry shrimp and scallops before cooking with towel so they don't dilute the sauce.

If you make this as a side to a steak you're ready to enjoy, if you want to make this the main course you can double the sauce and serve over noodles. Either way it's delish.

Although this recipe can be spendy, it is a lot less expensive to make than it was to buy it in a restaurant and you have the option to use fresh, frozen, canned or imitation seafood as you choose to cut costs. Although fresh is always best.

And of course I wouldn't think of having you purchase the herbed butter cubes they sell in the store for this recipe. It's much better to make your own from the herbs in your garden or local farmer's market and will be so much better tasting.

Herb butter
1/2 cup butter, room temperature
2 cloves of garlic, minced
1 teaspoon pepper
2 teaspoons fresh parsley, chopped
3 tablespoons fresh basil, chopped
1 tablespoon fresh oregano, chopped

Beat all ingredients together with a fork until light and fluffy. Place on plastic wrap and roll into a log. Twist the wrap to seal

With Valentine's Day near, my mouth is ready for my favorite special occasion dinner, Surf & Turf. To me that means I get the surf, which I love, and my husband gets the turf, since he is allergic to seafood.

My favorite seafood recipe I call "Seafood Alfredo" because I don't remember what they called it at the restaurant where I first ate it. Along time ago, my family and I were traveling along I-84 through the gorge during a massive snow storm trying to get to Vancouver, Washington where we lived at the time. Well we didn't quite make it as they shut down the freeway and we had to find a hotel room for the night. We had dinner in the motel dining room that evening, and I got the most delicious seafood dish I have ever eaten.

The recipe below is as close to that heavenly seafood dish as I have been able to get, by experimenting with different ingredients. I love this dish even more than the one I remember.

Seafood Alfredo
1/4 lb medium shrimp, peeled & deveined
1/4 lb medium scallops
1/4 lb crab meat
1 salmon fillet, skinless cut in cubes
4 large button mushrooms, quartered
2 tbsps Herb butter
1/2 cup half & half or heavy cream
1/2 cup fresh grated parmesan, plus extra to sprinkle
Melt butter in skillet over medium-high heat. Add mushrooms and

Bebe's word search

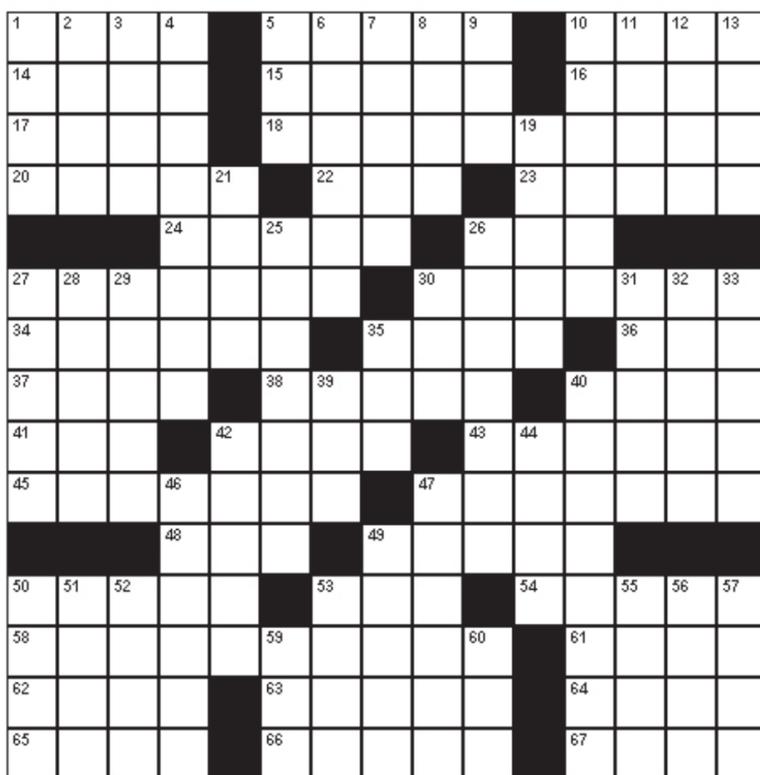
Valentine's Day

Find and circle all of the words that are hidden in the grid. The remaining letters spell a popular Valentine's Day item.

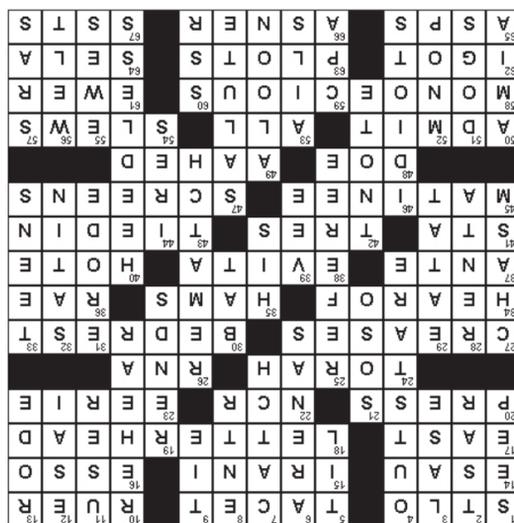
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| BEAU | DATE | GIFT | RESTAURANT |
| BELOVED | DEAR | GIRLFRIEND | ROMANCE |
| BOYFRIEND | DEVOTION | HEARTS | ROSES |
| CANDLES | FANCY | JEWELRY | SENTIMENT |
| CANDY | FEBRUARY | LIKE | SUITOR |
| CHOCOLATES | FLAME | LOVEBIRDS | SWEETHEART |

This week's crossword puzzle



- Across**
- 1- WWII battle site;
 - 5- Be silent, musically;
 - 10- Sorry sort;
 - 14- Son of Isaac;
 - 15- Teheran native;
 - 16- Canadian gas brand;
 - 17- Compass direction;
 - 18- Printed heading on stationery;
 - 20- Squeeze;
 - 22- ATM maker;
 - 23- Strange and mysterious;
 - 24- Synagogue scroll;
 - 26- Genetic messenger;
 - 27- Folds;
 - 30- Costless prescription?;
 - 34- Learn about;
 - 35- Poor actors;
 - 36- Actress Charlotte;
 - 37- Get in a hand;
 - 38- Madonna role;
 - 40- Table d' ___;
 - 41- RR stop;
 - 42- Very, in Versailles;
 - 43- Connected;
 - 45- Afternoon performance;
 - 47- Sieves;
 - 48- Female rabbit;
 - 49- Oohed and ___;
 - 50- Fess up;
 - 53- Nothing but;
 - 54- Oodles;
 - 58- Hermaphroditic;
 - 61- Decorative pitcher;
 - 62- ___ Rhythm;
 - 63- Schemes;
 - 64- Actress Ward;
 - 65- Snakes;
 - 66- Moore's TV boss;
 - 67- Concordes, e.g.;
- Down**
- 1- Ooze;
 - 2- Boris Godunov, for one;
 - 3- Emit coherent light;
 - 4- Win a "no blinking" contest;
 - 5- "... ___ the cows come home";
 - 6- Places of contest;
 - 7- Trap;
 - 8- ___'acte (intermission);
 - 9- Overtime cause;
 - 10- Try again;
 - 11- Consumer;
 - 12- Actor Morales;
 - 13- Got on;
 - 19- Tears;
 - 21- Indifferent;
 - 25- Arbitrator;
 - 26- "Rocky II" climax;
 - 27- Abyss;
 - 28- Oscar de la ___;
 - 29- Really bother;
 - 30- Baseball club;
 - 31- Wear down;
 - 32- Glossy fabric;
 - 33- Ages between 13 and 19;
 - 35- Towel word;
 - 39- Flight formation;
 - 40- Careless;
 - 42- Govt. security;
 - 44- Ticks off;
 - 46- Foolish persons;
 - 47- Formal gesture of respect;
 - 49- Crazy as ___;
 - 50- What ___ mind reader?;
 - 51- Canines;
 - 52- Queue before Q;
 - 53- Has a bug;
 - 55- Farm females;
 - 56- Lash mark;
 - 57- Ladies of Sp.;
 - 59- No. cruncher;
 - 60- Georgia, once: Abbr.;



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