

RECIPES FROM THE NORTH COAST

Last Lockdown Lowdown contest features homemade meals

BY ALYSSA EVANS

The results of Coast Weekend's last Lockdown Lowdown contest are here. During the past few months, hundreds of residents along the North Coast and in southwest Washington participated in Coast Weekend's six Lockdown Lowdown contests. We aimed to create a positive space to come together during the coronavirus pandemic. And with the help of reader submissions and votes, we succeeded.

We asked readers to submit a photo of a homemade meal, accompanied by a recipe, for the last Lockdown Lowdown contest. We received a total of 16 submissions, ranging from smoothies to crab cakes, and even graduation cakes.

Like the other Lockdown Lowdown contests, the entries showcase the spirit of the North Coast, many of which feature home-grown ingredients.

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Debra Twombly's entry features a homemade omelet.

Ingredients:

- 1 farm fresh organic egg, beaten, with a splash of non-chlorinated water
- Salt and pepper to taste
- 1 teaspoon of olive oil
- A generous gathering of spinach from the garden (about 3 cups fresh)
- 1/2 teaspoon of butter
- 1/4 cup chopped scallions
- 1/4 cup of grated cheese

Steps:

Sauté the spinach in the olive oil quickly until the spinach is tender. Set aside. Melt the butter in a frying pan. Pour in your beaten egg. When egg is nearly set, add the spinach, scallions and cheese. Fold over, let the cheese melt. Transfer to a plate and serve with a dollop of sour cream and salsa if desired.



Ramona Ulbricht's dish is called 'smudgies.'

Ingredients:

- 2 cups peanut butter
- 1 cube softened butter
- 1 cup brown sugar
- 1 pound powdered sugar

Steps:

Mix the ingredients by hand (you can put sandwich bags over your hands), press into a jelly roll pan.

Topping: melt 12 ounces of chocolate chips with 4 tablespoons of butter. Stir until creamy and spread over crust. Cool and cut into squares. You can also press into mini muffin tins in paper muffin cups. Add sprinkles.

Silver pendant with gold from Cape Disappointment

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