

# FOOD

## Swedish Oatmeal Pancakes

- 2 cups old-fashioned rolled oats
- 2 cups buttermilk, plus more as needed
- 1/2 cup flour
- 2 tablespoons sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 2 large eggs, lightly beaten
- 4 tablespoons unsalted butter, melted
- canola oil for cooking
- 1 large pear, cored, peeled, thinly sliced



• 1/4 cup lightly toasted sliced almonds



In a large bowl, combine oats and 2 cups buttermilk. Soak at least 30 minutes. In a medium bowl, combine the dry ingredients. Stir them into the oat mixture. Mix in eggs and melted butter. Batter should be thick; add 1 or 2 table-  
spoons more buttermilk if it's too thick to pour. Coat a non-stick or well-seasoned griddle with canola oil and heat it over medium heat. Pour out batter

in 1/4-cup portions. Place a few pear slices and almonds on each pancake. Cook until browned on bottom, 2 to 3 minutes. Flip and cook for 2 to 3 minutes more. Serve with butter and maple syrup. Serves 4 to 6.

Submitted by Diane Halferty of Corpus Christi, Texas from the 2006 edition of The Old Farmer's Almanac.

## Pumpkin Pie with Cookie Nut Crust

If you're still scrambling to find a perfect pumpkin pie recipe that will please all of your holiday guests, look no further! The following award-winning recipe from the Bolton Fair in Massachusetts is featured in The Old Farmer's Almanac's Blue Ribbon Recipes (8 servings):

- 1-1/4 cups flour
- 1/4 teaspoon baking soda
- 1/2 cup (1 stick) margarine, softened
- 1/2 cup loosely packed brown sugar
- 1/2 cup finely chopped walnuts
- 1/2 teaspoon vanilla extract
- 1-1/2 teaspoons cornstarch
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- 1 scant cup granulated sugar
- 1 can (15 ounces) pumpkin
- 1-1/2 cups light cream
- 2 eggs
- 2 tablespoons molasses

Preheat the oven to 350 degrees F. In a large bowl, combine the flour and baking soda. Add the margarine, brown sugar, walnuts, and vanilla. Blend well. Press the mixture, a small amount at a time, into a 9-inch pie plate, building up the sides and fluting the edge. Cover the fluting with a strip of

aluminum foil to prevent overbrowning.

In another bowl, thoroughly combine the cornstarch, cinnamon, ginger, nutmeg, and granulated sugar. Add the pumpkin, cream, eggs, and molasses. Pour into the crust and bake for 1 to 1-1/2 hours, or until the center is set.

## Better Training, Policies and Diversity

continued from Front

organization? We have already hit the ground running, as I have first asked for a committee of Bureau members and citizens to conduct an extensive review of all of the Bureau's directives. I want to compare them side by side to other law enforcement agencies in major cities. I also want to look at national best practices and ensure that we have no gaps or hidden issues.

The Police Bureau will begin implementing an Office of Professional Standards that will oversee our Internal Affairs process, but will also develop an Early

also has taken the first steps in applying to the Commission on Accreditation of Law Enforcement Agencies—or CALEA to begin an accreditation process. The benefit of doing this is that it ensures that all areas of the Police Bureau—including policies and training—are meeting established standards. A long-term benefit is that following accreditation, members of CALEA will continue to review our agency every few years to ensure that we continue with the established standards. This is an enormous project that will take up to 3 years to complete, and will involve a lot of input from community members.

*The Police Bureau is often the subject of external audits, and it will be beneficial to have our own audit system that will outline for us the issues concerning certain functions on the front end so that we will be ahead of the curve.*

Intervention system for Bureau members. This new system will monitor employee performance to provide positive career support, early identification of problems and support the Bureau's goal of encouraging personnel and improving accountability.

Also under the Office of Professional Standards, will be the Audit and Inspections Unit. The purpose of this unit is to provide objective assessment of a Bureau unit, program, function, procedure, etc. This is really about taking what we do and analyzing ourselves before a crisis or incident emerges. The Police Bureau is often the subject of external audits, and it will be beneficial to have our own audit system that will outline for us the issues concerning certain functions on the front end so that we will be ahead of the curve.

Finally, the Mayor and I want to look for a way to open the precincts up again to be staffed on a 24/7 basis. I know that this is a priority for community members, and working with Mayor Tom Potter, I hope to find a way to fiscally make this happen.

I want to thank many of you who have assisted the Portland Police Bureau with its community policing efforts this year. I will be asking a lot of you in the future, as we continue to ask community members what their vision of community policing is. Then it is my goal to ensure that the Police Bureau is in line with community expectations.

On behalf of the members of the Portland Police Bureau, I want to extend our sincere wishes to you and your family for a healthy, happy new year.

Derrick Foxworth serves as Portland's police chief.

Ingredients for life..

## Holiday Celebration

**Rancher's Reserve Angus Beef Ribeye Roast**  
Bone-in. SAVE up to \$5.00 lb.

**3.99** lb  
CLUB PRICE

**Butcher's Cut Hickory Smoked Shank Half or Whole Ham**  
Bone-in. 10-12 lb. SAVE up to \$1.20 lb.

**99¢** lb  
CLUB PRICE

**More Ham For Your Money.**  
Unlike smoked portion hams, our Butcher's Cut Super Trammed Hams are full half hams with no center slices removed, giving you a better value.

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**Rancher's Reserve Spiral Sliced Ham**  
Whole or Half. While supplies last. SAVE up to \$1.50 lb.

**1.79** lb  
CLUB PRICE

**Butcher's Cut Fresh Turkey**  
Size range: 10 to 24-lbs. SAVE up to 30¢ lb.

**99¢** lb  
CLUB PRICE

**Captain's Choice Cooked Tail-on Shrimp**  
31 to 40-ct. Frozen. Sold in a 2-lb. bag. SAVE up to \$2.50 lb.

**5.99** lb  
CLUB PRICE

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Holidays mean safeway deli party trays

**Fresh Express Salad Blends**  
7 to 12-oz. package. Selected varieties. SAVE up to \$3.29 on 2

**FREE**  
CLUB PRICE

**Fresh Baked Pies**  
9-inch. Selected varieties. SAVE up to \$1.50

**4.99**  
CLUB PRICE

**Safeway SELECT Ice Cream**  
1.75-qt. Selected varieties. Club Price: \$2.50 ea. SAVE up to \$2.98 on 2

**2.50** for  
CLUB PRICE

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**5-lb. Box Satsuma Mandarins**  
Or 5-lb. Box California Clementines. Tangerines 2 for \$9.00.

**2.56** for  
CLUB PRICE

**Lucerne Butter**  
16-oz. Quarters. Regular or Unsalted. Club Price: \$2.00 ea. SAVE up to \$2.98 on 2

**2.54** for  
CLUB PRICE

**Aquafina**  
24-pack. 16.9-oz. bottles. SAVE up to \$3.00

**3.99**  
CLUB PRICE

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**Broccoli Crowns or Cauliflower**  
SAVE up to 80¢ lb.

**69¢** lb  
CLUB PRICE

**Safeway Frozen Vegetables**  
32-oz. Selected varieties. Club Price: \$1.50 ea. SAVE up to \$1.38 on 2

**2.53** for  
CLUB PRICE

**Tropicana Pure Premium**  
59 to 64-oz. Chilled orange juice. Selected varieties. Club Price: \$2.00 ea. SAVE up to \$3.98 on 2

**2.54** for  
CLUB PRICE

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**Argyle, Adelsheim or Benton Lane**  
750-ml. bottle. Selected varieties. SAVE up to \$5.22

**13.30**  
CLUB PRICE

**Lay's or Wavy Lay's Potato Chips**  
11 to 11.5-oz. Selected varieties. SAVE up to \$2.99 on 2

**FREE**  
CLUB PRICE

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