

FOOD

Good Paprika Chicken

Ingredients:

- 6 tablespoons plain yogurt
- 3 cloves garlic, crushed
- 3 tablespoons ground paprika
- 2 tablespoons olive oil
- 1 tablespoon hot chile paste (such as sambal oelek)
- 1 pinch cayenne pepper
- 1 (5 pound) whole chicken, cut into 8 pieces
- 1/4 cup olive oil
- 2 tablespoons sherry vinegar
- 1 tablespoon ketchup
- 1/8 teaspoon hot chile paste (such as sambal oelek)
- 1 pinch paprika
- salt and pepper to taste



Use the marinade from last week (Hungarian Paprika Kombucha Vinaigrette) or the simple one provided here. The vinaigrette at the end was a last minute touch that worked out nicely. Original recipe makes 6 servings.

Directions:

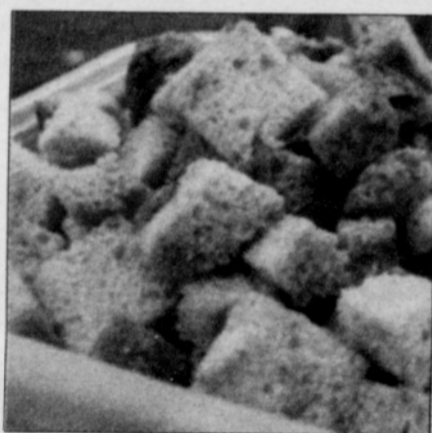
1. Whisk together yogurt, garlic, 3 tablespoons paprika, 2 tablespoons olive oil, 1 tablespoon hot chile paste, and cayenne pepper in a large bowl.
2. Mix in chicken pieces and toss to evenly coat. Cover the bowl with plastic wrap and marinate in the refrigerator for 3 hours.
3. Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
4. Remove chicken from the bag and transfer to a plate or baking sheet lined with paper towels. Pat chicken pieces dry with more paper towels. Season with salt.
5. Combine 1/4 cup olive oil, sherry vinegar, ketchup, 1/8 teaspoon hot chile paste, pinch paprika, salt, and pepper in a small bowl. Set aside.
6. Grill chicken, skin-side down, on the preheated grill for 4 minutes with grill lid closed.
7. Turn chicken and grill with lid closed until well-browned and meat is no longer pink in the center, about 6 minutes. An instant-read thermometer inserted into the thickest part of the thigh should read 180 degrees F (82 degrees C).
8. Spoon sherry vinegar mixture over cooked chicken and serve.

Croutons

This is great to make your own croutons for your salads, etc. When you make your own you know what goes into it and you are proud of your accomplishment. Add your own flavorings. Original recipe makes 4 cups.

Ingredients & Utensils:

- 15 Day old French bread
- 2 teaspoons garlic salt
- Olive oil
- Spices (see step 3 below)
- basting brush
- cookie sheet



bread on both sides with olive oil. Cut bread slices up into small cubes.

3. 1/4 teaspoon of any two of the following: red pepper flakes; ground black pepper, salt, garlic salt, rosemary, or any other savory spice you like. Sprinkle spices evenly and .
4. Arrange cubes on an ungreased cookie sheet.
5. Bake at 350 degrees F (175 degrees C) for 15 minutes or until browned. Let cool. Store croutons in a covered container or plastic bag. Serve in soups or salads.

Directions:

1. Preheat oven to 350 degrees F (175 degrees C).
2. Remove crusts from stale bread slices. Brush



Asian Tuna Salad

Who says you need mayo for a tuna salad? Here's an Asian inspired tuna salad with radishes, green onions, and shredded carrots, dressed with rice vinegar and sesame oil. Serve it over chopped lettuce, in a sandwich, in lettuce wraps, or our favorite, tossed with Japanese buckwheat soba noodles.

Ingredients:

- 10-12 ounces of canned white albacore tuna packed in water, drained
- 2 Tbsp vegetable oil
- 8-10 small radishes, cut into wedges
- 1 teaspoon dark sesame oil
- 1 large carrot, shredded
- 3 Tbsp seasoned rice vinegar (or plain rice vinegar with a teaspoon of sugar)
- 1 clove garlic, smashed and minced
- Salt and black pepper to taste
- 1 teaspoon minced ginger
- 2 Tbsp chopped cilantro
- 1/2 to 1 serrano chile, seeded and minced (taste for heat and adjust,
- 1 whole green onion, chopped
- Optional: 8 ounces (dry) soba can also sub some chili pepper noodles• or fresh lettuce

Directions:

1. Place the drained tuna, radishes, shredded carrot, garlic, ginger, chile, vegetable oil, dark sesame oil, and rice vinegar in a large bowl. Gently toss to combine. Add salt and pepper to taste. Refrigerate until ready to serve.
2. When ready to serve, stir in the chopped cilantro and green onion.
3. Serve with lettuce, or mixed in with cold, cooked soba noodles. If mixing in with soba noodles, cook soba noodles according to package directions, and rinse with cold water.

The Portland Observer

special edition

Diversity in the Workplace

The market of today is global and as such demands Diversity in the Workplace to meet the needs of our businesses and organizations, as well as our customer's needs. A diverse collection of skills and experiences allows a company to provide services to customers on a global basis.

Organizations that have developed and implemented a diversity plan within their workforce have reported seeing multiple benefits: higher productivity, greater profits, a return on their investment and a pool of business strategies that can provide ways of meeting the business and customer's needs.

We see diversity as more than just policies and practices it is an integral part of our company. Our commitment to diversity is to create a workplace that is innovative and inclusive, above all, a workplace that is rooted in our shared values and respect for our colleagues and the thousands of people we serve.

Diversity in the Workplace Special Edition is August 14th, 2013, with ad copy deadline of August 9th. Diversity in the Workplace needs to be seen as an integral part of business. Please join us in our special edition to support new possibilities and opportunities not just for those you employ but for the success of your business.

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