



Caesar salad pasta. Photo by Damon Burke

Caesar Salad Pasta

- Capellini or angel hair pasta (1 pkg for every 4 people)
- Romaine lettuce, washed dried and cut into ½-inch pieces
- Croutons, 1 cup (preferably homemade, or at least non-commercial, see note)
- Dijon mustard, 1 tsp
- Worcestershire sauce, ½ tsp
- Garlic, 1 clove mashed
- Olive oil, extra virgin, 1 to 1 ½ cups (EVOO)
- 1 lemon, juiced, seeds removed
- Grated parmesan reggiano, ¼ cup
- Mayonnaise, 1 Tbsp
- Pepper, fresh ground, 1 tsp
- Salt, kosher, 1 Tbsp

Set a large pot of water on the stove and bring to a boil with lid on. Combine EVOO, lemon juice, garlic, Dijon, pepper, Worcestershire, pepper and mayo together and whisk until smooth. Add in parm regg and let sit in fridge until ready. Once the water is at a roaring boil, remove lid and add salt. Wait 1 min and add pasta.

DO NOT add oil to water, DO NOT break pasta. Stir pasta twice around every minute until done, about 6 minutes. Drain pasta well and rinse with cold water. In a large bowl combine pasta, dressing, lettuce and croutons, until thoroughly combined. Serve. Alternatively, to avoid overportioning, combine lettuce and croutons with part of the dressing and separately combine pasta with part of the dressing. Portion salad into bowls and top with 2 to 4 oz. of pasta per person. Finish with a touch more parm regg., and there you go.

New Year food resolutions

Recipes for 2015 that are both satisfying and healthy

So the holidays are over and by now you have either consumed or thrown out the leftovers out of sheer frustration or boredom. How many ways can you use turkey, anyway?

You also might be looking at your waistline and asking if someone accidentally ran your belt through the wash, as it somehow seems smaller. Well, we are here to help with all of the above issues that seem to plague us all this time of year: what to eat that will satisfy your hunger pains as well as your guilt.

For those of you that have been following along with us, the pantry article is a great place to start.

In the pantry article, we showed you how and what to stock your pantry with and which recipes you should be always looking to keep ready should the need arise, that is to say, that you should have 4 to 5 recipes that are your “go-tos” and have all of those ingredients save your perishables on hand at all times. Begin the year by stocking those items you need for those recipes. If those recipes are not the “healthiest” then figure out which ones you wish to replace and/or find better alternatives to those. Replacing chicken for beef or pork is NOT the best way to do this, nor is switching to “low fat” or “sugar free” alternatives.

If you really want to make a difference in your diet, long-term, then you need to understand where the real issues are. The real issues are loading your diet with fats and starches all at once. Yes, we all love mac and cheese, but honestly we all should realized that it’s not the best thing for you, especially if all you are doing is sitting at home and watching shows. If you are running a 10K soon after, then no worries, go nuts. Having said all of

that, we all know that comfort food is what we crave all winter. The last thing you are really looking forward to is tucking into a good salad. But with some creativity and imagination, you can create some really great meals that are both satisfying and healthy.

While there are some greens that are difficult to get during the winter months, there are plenty that are readily available. Endive and escarole are two that immediately come to mind and, while they are decidedly more bitter than your typical iceberg lettuce, they offer much more flavor, texture and nutritional value than iceberg as well. Some bitter greens and some really great protein, like a few pieces of steak can actually be fantastically flavorful and satisfying. Something that I have found in the past that satisfied both sides was Caesar salad pasta. Sounds strange but it works, and is a great vehicle to use up odds and ends and things.

Salad is not the only thing that is healthy that will satisfy your cravings for serious comfort food and fill that void in your belly. In the coming weeks we will be exploring other ideas and making suggestions on how to better equip your pantry for healthy, well-balanced and tasty eating this coming year. Each week we will add a few recipes and offer some tips and tricks for those weeknight meals. If you like what we have been doing, let us know. Send us a note here at the *East Oregonian* and tell us what you like and what you are missing. Happy New Year!

Damon Burke is the Head Chef and Owner at *Salumiere Cesario, Walla Walla’s Gourmet Grocery*. Email him at damon@salumierecesario.com



Escarole with steak. Photo by Damon Burke

Escarole with steak

- 1 head escarole, washed and dried thoroughly. Break up into bite-sized pieces, trimming away bottom root end
- 4 to 8 oz. steak, preferably rib eye or NY, but any steak of your choosing is fine
- EVOO, 2 Tbsp
- Salt and pepper (fresh ground)
- 1 lemon, juiced, seeds removed
- Bleu cheese or parmesan reggiano, 2 to 4 oz. crumbled/shaved (optional)
- Croutons, about 1 cup for every 4 people

Set a cast iron skillet over high heat. Add salt and pepper to your steak and drizzle with ½ Tbsp EVOO to coat both sides. Once the skillet is smoking hot (literally) add your steak and sear for three minutes per side. Once done, move to a plate and cover with foil and let rest for 10 minutes (this will yield a medium/medium rare steak. If you want yours more done increase cooking time to 5 minutes per side). In a large bowl drizzle lettuce with EVOO and lemon juice, to taste. Add salt and pepper to taste. Add croutons and cheese if desired.

Let stand. Slice steak thin and drizzle with EVOO and a bit of the lemon juice. Plate salad and add several slices (2 to 3 oz. per person) to each plate.

Alternatively, you can make this in place of the EVOO for the salad above, this will add a bit more flavor and savoriness to your dish.

Bagna Cauda

- EVOO, 1 cup
 - Garlic, 3 cloves mashed with the flat of your knife, but not pureed
 - Anchovy fillets (3) or anchovy paste
- Combine all ingredients together in a small sauce pan and heat to just under boiling over a LOW flame. Drain off oil from solids and let sit in fridge, covered until ready to use. Serve hot or cold.

Alongside of your escarole salad, some sautéed Brussels sprouts and/or boiled small potatoes would be a nice way to round things out. The boiled potatoes can be simply dressed with some EVOO or bagna cauda, lemon juice and salt and pepper. Brussels sprouts recipe will follow in the next article. Cheers!

Ten fresh takes on Super Bowl guacamole

By ALISON LADMAN
Associated Press

Whether or not you like avocados, you really have to admire the way their marketers have totally owned the Super Bowl.

For no particular reason other than force of will, avocados — and the guacamole they produce — are indelibly linked with this major American sporting event. A Super Bowl party without guacamole — and its trusty sidekick chicken wings — in many circles is considered downright unpatriotic.

So to help you better embrace the official fruit of the Super Bowl, we came up with 10 creative ways to make a better guacamole. We suggest starting with our basic recipe — which is pretty darn good just as is — then adding in whichever combination of flavors best gets you in the mood for the big game.

BASIC GUACAMOLE

Start to finish: 10 minutes
Servings: 8

- 2 avocados
- Juice of 1/2 lime
- 1 teaspoon ground cumin
- 1/2 cup diced tomato
- 2 tablespoons chopped fresh cilantro
- 1/4 cup diced red onion
- Kosher salt and ground black pepper
- Hot sauce, to taste

Slice the avocados in half lengthwise around the pits. Twist to separate the halves and remove the pits. Spoon the flesh into a medium bowl. Use a fork to mash the avocado until as chunky or smooth as you prefer. Stir in the lime juice, cumin, tomato, cilantro and red onion. Season with salt, pepper and hot sauce. Serve immediately.

Nutrition information per serving: 90 calories; 70 calories from fat (78 percent of total calories); 7 g fat (1 g saturated; 0 g trans fats); 0 mg cholesterol; 6 g carbohydrate; 4 g fiber; 1 g sugar; 1 g protein; 80 mg sodium.



10 FRESH IDEAS FOR GUACAMOLE

- **Fast and dirty:** In place of the tomato, cilantro and red onion, stir in 1/2 cup of your favorite jarred salsa, 1 tablespoon olive brine, and 2 tablespoons chopped green olives.
- **Mango-balsamic:** In place of the tomato, stir in the diced flesh of 1 mango. Use scallions in place of the red onion and 1 tablespoon balsamic vinegar in place of the lime juice.
- **Chipotle-corn:** Stir in 1 minced chipotle and 1 tablespoon adobo sauce from a can of chipotles in adobo. Add 1/2 cup corn kernels.
- **Tzatziki:** Use 1 cup finely diced seedless cucumber in place of the tomato and red onion. Use dill in place of the cilantro. Stir in 2 minced cloves garlic.
- **Roasted garlic and poblano:** Roast a head of garlic wrapped in foil with a little olive oil until tender and brown, about 30 minutes at 400 F. Roast a poblano pepper under the broiler, turning frequently, until the skin chars. Carefully remove the charred skin from the pepper, then chop the flesh. Squeeze the garlic pulp from the skin and mash. Mix both into the guacamole, omitting the onion.
- **Minted cotija:** Follow the basic method for guacamole, but use 2 avocados, the lime juice, 3 tablespoons chopped fresh mint, and 2/3 cup crumbled cotija cheese. Season with salt and black pepper.
- **Maple-bacon:** Follow the basic method for guacamole, but use 3 avocados, 2 tablespoons white wine vinegar, 2 tablespoons soy sauce, 2 tablespoons maple syrup, 2 chopped scallions, and 1/2 cup chopped cooked bacon. Season heavily with black pepper.
- **Ginger-hoisin:** Add 2 tablespoons grated fresh ginger and 2 tablespoons hoisin sauce.
- **Citrus tabbouleh:** Replace the tomato and onion with 3/4 cup purchased tabbouleh and the zests of 1 lemon, 1 lime and 1 orange.
- **Shrimp scampi:** Use lemon juice in place of the lime juice and basil in place of the cilantro. Omit the cumin, tomato and onion. Stir in 1 cup chopped cooked shrimp, 2 cloves minced garlic and 1/3 cup shredded Parmesan cheese.



Basic guacamole

AP Photo/Matthew Mead

Andrew Jackson home pushes 7th president’s rock star image

By TRAVIS LOLLER
Associated Press

NASHVILLE, Tenn. — Andrew Jackson: President. Hero. Rockstar.

So reads a billboard welcoming arrivals at the Nashville International Airport, attempting to lure them from the honky-tonks of downtown Broadway to Jackson’s historic home called The Hermitage a few miles to the east.

A new exhibit there encourages visitors to remember that the man with the lofty forehead and towering hair portrayed on the \$20 bill had the star power of an Elvis Presley or Kanye West back in his day. It’s part of a broader makeover effort to move Jackson’s image from a half-remembered “Old Hickory” caricature to a man whose vision changed the presidency and the nation and whose legacy can still be felt today.

“Andrew Jackson, Born for a Storm” is the first major content change to The Hermitage’s exhibition space in 25 years. Perhaps surprisingly, the new exhibit is also the first at the historic home to focus on Jackson and his legacy.

It comes at a time when The Hermitage hopes to take advantage of a renewed interest in Jackson, helped along by the Pulitzer Prize-winning biography “American Lion” and Broadway rock musical “Bloody Bloody Andrew Jackson.”

Jackson, America’s seventh president, is often remembered for his infamous campaign of Indian removal. He pushed through the 1830 Indian Removal Act, under which multiple tribes were forced away from their land.

The “rock star” comparison might seem like a stretch, but take this example: Jackson’s raucous first inauguration was overrun by drunken well-wishers who tore up the White House furniture. Jackson himself had to escape from a window and his supporters were only persuaded to leave when they moved the alcohol-laced punch onto the lawn.

“Jackson was the next great war hero after George Washington. People really felt like he had saved the coun-



AP Photo/Mark Humphrey

In this Jan. 7 photo, The Hermitage, the home of President Andrew Jackson, is seen in Hermitage, Tenn. Many of Jackson’s belongings have been meticulously preserved, including original furnishings, wallpaper, clothing, swords and even a carriage.

If You Go...

THE HERMITAGE: Andrew Jackson’s home, 4580 Rachel’s Lane, Nashville; <http://www.thehermitage.com> or 615-889-2941. Open daily, 9 a.m.-4:30 p.m. Adults, \$20; children 6-12, \$10; seniors, \$17.

try,” said Tony Guzzi, Hermitage vice president of preservation who helped craft the new exhibit. “They put his image on everything from plates to pitchers to coins to you-name-it.”

The wild scene at the White House reflected Jackson’s populist campaign for office in which he vowed to take back the government from Washington elites.

“The people really thought it was their government, and their White House,” Guzzi explained.

Jackson’s presidency saw the closure of the national bank and an unprecedented use of the veto that many members of Congress criticized as exceeding his authority. His time in office was also known for the Petticoat Affair, a social catastrophe that began

when members of his household and cabinet refused to socialize with the scandal-plagued wife of War Secretary John Eaton. The situation escalated and led to the dissolution of nearly Jackson’s entire cabinet.

But Jackson, an outsider who grew up on the frontier, would never have become president if not for the Battle of New Orleans, in which he won a brilliant victory against the British at the close of the War of 1812.

“The legacy of the battle is that Americans felt Jackson had saved them from the British. That launched the U.S. into an era of national pride,” Guzzi said. “The big, important thing is it really changed the way Americans felt about their country. They were more confident about the permanency of the U.S., which was only a few decades old.”

Jackson was honored with ceremonial swords, medallions and gold presentation boxes, some of which are on display at the exhibit that opens Thursday to coincide with the battle’s 200th anniversary.

The Hermitage has appointed some nationally prominent figures to its new board of directors, including “American Lion” author Jon Meacham. And the name of the board itself has changed from the quaint Ladies Hermitage Association to the solid-sounding Andrew Jackson Foundation.

The association of ladies first took over the care and maintenance of The Hermitage more than 125 years ago, when Jackson’s grandson still lived there, and they have meticulously preserved original furnishings, wallpaper, clothing — even a carriage. But luring tourists into the suburbs to see the collection has been a challenge in recent years.

In the 1980s, The Hermitage was the third most-visited presidential home behind Washington’s Mount Vernon and Jefferson’s Monticello, said Hermitage President and CEO Howard Kittell. But visitation has fallen from a high of about 330,000 to only about 185,000 this past fiscal year.

The new exhibit is an effort to “capitalize on what makes us distinct,” he said. “It was Jackson.”



AP Photo/Gerald Herbert

Members of the Phunny Phorthy Phellows participate in their night of revelry aboard a streetcar in New Orleans, Tuesday, Jan. 6. King’s Day is a tradition marking the 12th night after Christmas and the official start of the Mardi Gras season. Carnival is celebrated along the Gulf Coast with parties, balls and parades culminating on Mardi Gras, or Fat Tuesday, a final day of celebration before Lent. It is a major tourist draw in New Orleans. Mardi Gras falls on Feb. 17 this year.

Mardi Gras countdown starts in New Orleans amid huge parade floats

NEW ORLEANS (AP) — A brass band strolled through a riverside warehouse holding huge, colorful parade floats as New Orleans Mayor Mitch Landrieu and other city officials Tuesday kicked off the city’s official countdown to Mardi Gras.

“Everybody knows that this is what we live for,” Landrieu said during the event at Mardi Gras World, where many of the floats used in the yearly Carnival season processions are stored. Officials took part in the ceremonial slicing of a King Cake, a traditional seasonal treat. It all took place amid tables laden with beads and trinkets that float riders toss to parade watchers.

“Nobody handles the business of joy better than the city of New Orleans,” said Landrieu.

Later, a group of masked revelers called the Phorthy Phunny Phellows

took their annual “Twelfth Night” streetcar ride through town, a decades-old tradition marking the 12th night after Christmas and the official start of the season.

Carnival is celebrated along the Gulf Coast with parties, balls and parades culminating on Mardi Gras, or Fat Tuesday, a final day of celebration before the solemnity of Ash Wednesday and Lent. Mardi Gras falls on Feb. 17 this year.

In addition to being a tradition for residents, Carnival season is a major tourist draw in New Orleans, especially in the final two weekends when the best-known parades roll, often with local and national celebrities aboard the floats. It’s a major factor in the city’s \$6 billion tourism economy, along with the annual Jazz and Heritage Festival, the Essence Festival and other major cultural and sporting events.



AP Photo/Mark Humphrey

In this Jan. 7 photo, mannequins wear clothing worn by President Andrew Jackson and his wife, Rachel, in an exhibit in Hermitage, Tenn. “Andrew Jackson, Born for a Storm” is the first major content change to The Hermitage’s exhibition space in 25 years.

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