

Pot exhibit aims for debate on provocative plant

By KRISTIN J. BENDER
Associated Press

OAKLAND, Calif. — It’s known as Mary Jane, ganja, Chronic and even the sticky icky and has been featured in countless movies, including one that warned of its dangers, “Reefer Madness.”

Now, marijuana is the subject of a contemporary history and science exhibit.

“Altered State: Marijuana in California,” a one-of-its-kind museum exhibition focusing on the topic, is open through the summer at the Oakland Museum of California.

Set against the backdrop of a California ballot measure this year asking voters to legalize marijuana’s recreational use, the exhibition features artwork, political documents and posters, scientific displays, and interactive and multimedia exhibits all meant to provoke questions and conversations about the provocative plant.

“We have designed an open and participatory experience to engage anyone who has an opinion or wants to learn more about the complex issues and information about this topic,” said Associate Curator of Natural Sciences Sarah Seiter.

“We’re interested in presenting a forum for all



AP Photo/Ben Margot

In this photo taken on May 26, Sarah Seiter, curator of the “Altered State: Marijuana in California” exhibit at the Oakland Museum of California, looks at Cannabis indica marijuana plants on loan from Dark Heart Nursery in Oakland, Calif.

“We’re interested in presenting a forum for all sides of deep community conversations about marijuana, its history, politics, culture and impacts on our state.”

— Sarah Seiter, curator of the “Altered State: Marijuana in California” exhibit

sides of deep community conversations about marijuana, its history, politics, culture and impacts on our state,” Seiter said.

The exhibit comes at a time when 35 states already have medical marijuana laws on the books and four states and Washington,

D.C., have legalized weed for recreational use.

It is organized into 10 different areas of focus — Cannabis Science, Medical Marijuana, Profitable Pot, Sacred Ganja, Criminal Dope, Creative Grass, Evil Weed, Politically Loaded, Youth and Weed, and

Recreational Reefer. It was a two-year project with about 100 collaborators.

“Weed has a lot of fans,” Seiter said. “We didn’t want to open ourselves up to criticism. We wanted to do our homework.”

Highlights of the exhibition include live and



AP Photo/Ben Margot

In this photo taken on May 26, marijuana smoking paraphernalia sits on display as part of the “Altered State: Marijuana in California” exhibit at the Oakland Museum of California.

preserved specimens of cannabis on loan to the museum, a walk-in installation by artist Cybele Lyle that alters viewers’ perspectives of space and time, and a “Cannabis Confessional” that allows visitors to share their private, anonymous thoughts about marijuana.

“All of us as individuals and as staff have very personal and emotional

reactions to pot,” said Lori Fogarty, the museum’s director. “I think a lot of that depends on where you are in your life and your own personal experiences. What we were striving to do is move the conversation beyond those purely emotional reactions to a broader understanding.”

The exhibition runs through Sept. 25.



Sara Moulton via AP

Crispy buttermilk soaked pork chops.

Flavor pork chops with a buttermilk marinade

By SARA MOLTON
Associated Press

Summertime and the living is easy. Dinners can be casual, thrown together at the last minute. But when the kids start heading back to school, it’s time to switch gears; dinner usually needs to be planned and punctual.

This recipe fits nicely into that back-to-school tempo. It requires five minutes in the morning whipping up a buttermilk marinade for the chops and 10 minutes to cook in the evening.

The chops in question are crosscut slices of pork loin, also known as boneless pork chops. I recommend the really thin ones, no more than half-an-inch thick, which helps the marinade work its deep magic. This cut of meat is very lean. That’s good because the chops are low in saturated fat; that’s bad because the lack of fat translates into a lack of moisture

and a lack of flavor. But not to worry — this recipe’s buttermilk marinade picks up the slack.

I was inspired by our friends below the Mason-Dixon line, who like to soak their chicken in buttermilk before frying it. Then I added salt, which helps protein retain liquid while deeply flavoring it. Finally, I threw in smashed garlic cloves and some chipotle hot sauce. The hot sauce provides a tiny bit of the advertised heat along with some lip-smacking smokiness. (If your family is anti-spicy, leave it out.)

The chops are coated in a mixture of panko breadcrumbs, which provide crunch, and seasoned breadcrumbs, which glue all the breadcrumbs together. Top with some chopped parsley and serve with a wedge of lemon.

It’s important to cook the chops until they’re just pink, otherwise, they’ll be tough.

CRISPY BUTTERMILK SOAKED PORK CHOPS

- Start to finish:** 8 hours, 15 minutes (15 minutes active)
Servings: 4 to 6
- 1½ cups buttermilk
 - 2 tablespoons chipotle hot sauce (optional)
 - 3/4 teaspoon kosher salt
 - 2 garlic cloves, smashed well
 - 1½ pounds thin (about 1/3rd-1/2-inch thick) boneless pork chops
 - 3/4 cup panko bread crumbs
 - 3/4 cup seasoned dry bread crumbs
 - 5 tablespoons olive or vegetable oil
 - 1/3 cup finely chopped parsley
 - 4-6 lemon wedges

In a pie plate or re-sealable plastic bag, combine the buttermilk, hot sauce, salt and garlic, whisking the mixture in the bowl or shaking the mixture in the bag until the salt is dissolved. Add the chops, making sure they are submerged in the liquid, and marinate them, covered or sealed, in the refrigerator for at least 2 hours and up to 8 hours.

On a sheet of parchment combine the panko and the dry bread crumbs. Working with one chop at a time, lift it out of the marinade letting the excess marinade drip off; coat the chop well with the bread crumbs.

In a large non-stick skillet, heat 1½ tablespoons of the oil over high heat until it is hot. Reduce the heat to medium and add half the chops. Cook for 1½ minutes, add another tablespoon of the oil and turn the chops over, cooking them on the second side for another 1½ minutes or until they are barely pink inside. Transfer the chops to a plate; cover with foil to keep them warm. Repeat the procedure with the remaining oil and chops.

Top each portion with some chopped parsley; serve with a wedge of lemon.

Nutrition information per serving: 353 calories; 188 calories from fat; 21 g fat (4 g saturated; 0 g trans fats); 92 mg cholesterol; 718 mg sodium; 9 g carbohydrate; 0 g fiber; 2 g sugar; 30 g protein.

Citrus filling, salty crust make Atlantic Beach Pie a winner

By KATIE WORKMAN
Associated Press

This Atlantic Beach Pie recipe comes from Bill Smith, long-time chef of Crook’s Corner restaurant in Chapel Hill, North Carolina. When I first tasted it, I went into a pie-induced trance. I have a fuzzy memory of finishing the pie, sharing it with my dinner companion, forks nudging each other for the final bites.

Atlantic Beach Pie was commonly served at seafood restaurants on the North Carolina coast when Smith was growing up. He told me that back in the day, there was a commonly held belief that if you ate sweets after a seafood meal you would get sick. The exception was this citrus pie, the only dessert served at many of these coastal seafood joints.

It was often served with meringue on top (no doubt using the white from the yolks that are used in the filling), but Bill prefers it with whipped cream, and I am not about to argue.

The beauty of this pie lies in the play between the salty, dense crust made from soda crackers and the creamy sweet-and-tart filling featuring citrus juice. To crush the crackers, you can use a food processor, or even your hands, but the easiest and least messy way is to put them into a sturdy, gallon-size, zipper-top bag, press out the air, seal it, and hit it with a rolling pin or other blunt object until they are crushed.

This is now one of my family’s favorite pies, and I have made it part of my life’s work to share it with as many people as I can. It’s a good story, but it’s an even better pie.

Katie Workman has written two cookbooks focused on easy, family-friendly cooking. “Dinner Solved!” and “The Mom 100 Cookbook.” She blogs at <http://www.themom100.com/about-katie-workman/>



Katie Workman via AP

ATLANTIC BEACH PIE

Start to finish: One hour 15 minutes plus chilling time

Servings: 8

For the Crust:

- 1 1/2 sleeves of saltines
- 8 to 10 tablespoons unsalted butter, softened
- 3 tablespoons sugar

For the Filling

- 1 (14-ounce) can sweetened condensed milk
- 4 large egg yolks
- 1/2 cup fresh lemon juice or lime juice, or a mix of the two
- For the sweetened whipped cream
- 1 1/2 cups heavy or whipping cream
- 2 tablespoons confectioners’ sugar

Preheat the oven to 350 degrees Fahrenheit.

For the crust, crush the crackers finely but not to dust, and place them in a medium bowl. Add the sugar, and then knead in the butter until the crumbs hold together like dough. Press the mixture into an 8- or 9-inch pie pan, as you would for a graham-cracker crust. Refrigerate for 15 minutes, and then bake for 16 to 18 minutes or until the crust colors a little.

Remove the crust, and while it is cooling slightly, make the filling. In another medium bowl, beat the egg yolks into the milk, then beat in the citrus juice. It is important to completely combine these ingredients. Immediately pour into the pie shell and bake for 15 to 18 minutes until the filling has set. Let the pie cool on a pie rack, then refrigerate.

In a large mixing bowl, using a whisk or hand-mixer, whip the cream and confectioners’ sugar just until slightly firm peaks are formed. Pile the whipped cream over the entire filling.

The pie needs to be completely cold to be sliced. This will keep for up to 4 days in the refrigerator.

Nutrition information per serving: 554 calories; 314 calories from fat; 35 g fat (21 g saturated; 1 g trans fats); 201 mg cholesterol; 261 mg sodium; 53 g carbohydrate; 1 g fiber; 35 g sugar; 9 g protein.

Bill to boost airport security, ease lines gets green light

WASHINGTON (AP) — House and Senate lawmakers announced an agreement Tuesday on an aviation bill to boost airport security, reduce screening lines and require airlines to refund fees to passengers whose bags are lost or delayed.

The bill would also extend the Federal Aviation Administration’s programs and policies through Sept. 30, 2017. The FAA’s current operating authority is set to expire July 15.

The bipartisan agreement was announced by senior members of the House and Senate transportation committees. Approval by both chambers is expected to swiftly follow. Congress has only nine days

to act in order to prevent a partial shutdown of the agency.

The bill would require airlines to refund checked bag fees to passengers whose luggage is lost or arrives more than 12 hours late for domestic flights or more than 16 hours late for overseas flights. It also requires airlines to provide families with information about the availability of seats together at the time of booking.

A bill that passed the Senate in April by a vote of 95 to 3 would also have extended other consumer protections to passengers, including a requirement that airlines refund fees for other services when not delivered, such as advance seat assignments or early boarding.

But those provisions, which were opposed by airlines, were dumped during negotiations with the House.

To address long airport screening lines, the bill requires the Transportation Security Administration to hire a marketing firm to generate greater public participation in the agency’s PreCheck expedited screening program for passengers who have been vetted and determined to be low security risks.

The bill also requires TSA to ensure PreCheck screening lanes are open during high-volume travel times. And the measure authorizes a pilot program to develop and test more efficient passenger and luggage screening systems.