



Katie Workman via AP

Thai pork curry.

Hard to resist the alluring scent of Thai green curry

By KATIE WORKMAN
Associated Press

The scent of Thai curry cooking is very possibly one of the greatest kitchen smells ever. Ingredients like lemongrass, chilies, garlic, ginger, coconut milk, and spices like coriander and cumin all mingle together to create a heady perfume that pulls people to the table.

There are as many versions of Thai curry as there are provinces of the country — perhaps as many as there are Thai cooks. Thailand is at the center of Southeast Asia, and its cooking has influenced and been influenced by the cuisines of many countries, from India to China.

While making your own curry paste is an interesting and rewarding experience, opening a jar of Thai curry paste is by far the easiest solution for a weeknight dinner. It’s available in the Asian section of supermarkets, and online.

Fish sauce is a traditional ingredient in Thai and other Southeast Asian cuisines. It is made from fermented anchovies or other seafood, and has a pungent smell, but when a small amount is employed in a recipe it adds a bracing, salty flavor that calls your taste buds to attention. If you like Thai food, you probably like fish sauce. Start with a small amount, and add more from there.

The sauce of this curry is fairly thin. If you want a thicker sauce, stir a couple of teaspoons of cornstarch into 2 tablespoons of water and add with the

THAI GREEN PORK CURRY

Start to finish: 30 minutes
Servings: 6

- 1 tablespoon unsalted butter
- 1 tablespoon vegetable or peanut oil
- 1 onion, halved and thinly sliced
- 2 garlic cloves, minced
- 3 tablespoons Thai green curry paste
- 1 tablespoon minced fresh ginger
- 1 red bell pepper, slivered
- 1 ½ cups chicken broth
- 1 (14-ounce) can coconut milk
- 1 tablespoon fish sauce or soy sauce
- 2 cups small cauliflower florets
- 4 cups cubed pork loin
- 1 (15-ounce) can chickpeas, rinsed and drained
- ¾ cup slivered fresh basil leaves
- 1 tablespoon fresh lime juice
- 6 cups hot cooked white or jasmine rice to serve
- Lime wedges to serve

In a large pot over medium high heat, melt the butter with the oil. Add the onion and garlic and sauté until tender, about 4 minutes. Add the curry paste and ginger and stir until you can smell the spices. Stir in the bell pepper, then add the broth and coconut milk and bring to a gentle simmer (do not let the mixture boil or it might separate or curdle).

Add the fish sauce or soy sauce, and the cauliflower. Simmer for 5 minutes, until the cauliflower starts to become tender. Add the pork and the chickpeas and simmer, stirring occasionally, for 7 to 10 minutes, until the pork is cooked and the cauliflower is tender. Stir in the basil and lime juice and serve over the hot rice, with the lime wedges on the side to squeeze over.

Nutrition information per serving: 644 calories; 382 calories from fat; 42 g fat (22 g saturated; 0 g trans fats); 105 mg cholesterol; 963 mg sodium; 25 g carbohydrate; 7 g fiber; 5 g sugar; 44 g protein.

coconut milk. Either way, you’ll want to serve it with plenty of rice to soak up the delicious liquid.

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/>

Blueberries and cream make for a refreshing summer treat

By SARA MOULTON
Associated Press

These days there’s never a time when we can’t find blueberries at the supermarket. But summertime is the season for the homegrown varieties. They’re abundant right now and can be used in all kinds of recipes. One of my favorites is blueberries and vanilla ice cream — it’s sweet and tart and creamy all at once — so I thought I’d team blueberries and heavy cream in frozen pop form for Blueberries and Cream Ice Pops.

Blueberries can vary wildly in flavor and texture, even when they’re in season and locally grown. They can be very sweet or tart, large and soft, or small and crunchy. Occasionally, they can also be sort of bland. But even a bland berry can be pointed up with a few ingredients.

All blueberries, bland or flavorful, benefit from sugar and lemon, which balance out the berries’ natural sweetness and acidity. There are fixed

amounts of each in this recipe, but you should taste the berries and adjust accordingly. If they’re extra-sweet, add more lemon and less sugar. If they’re extra-tart, increase the sugar and decrease the acid. Then taste them again after you’ve pureed the berries and adjust accordingly.

Fruit pop recipes usually call for sugar syrup rather than granulated sugar because the latter doesn’t dissolve well in a cold liquid. To avoid having to make the sugar syrup — an extra step — I’ve called for superfine sugar, which dissolves easily because it’s so fine. If you don’t have superfine at hand, measure out 1/4 cup minus 1 1/2 tablespoons of granulated sugar and blend it in the blender until fine. Set aside 1/2 teaspoon for the cream, then add the blueberries and lemon juice and rock on with the recipe.

Kitchenwise is a weekly column that uses delicious recipes to teach basic cooking.



Sara Moulton via AP

BLUEBERRIES AND CREAM ICE POPS

Start to finish: 8 hours 20 minutes (20 active)

- 1 pint blueberries (about 2 cups), picked over and rinsed
- ¼ cup plus ½ teaspoon superfine sugar or to taste
- 1 to 2 tablespoons fresh lemon juice or to taste
- ½ cup heavy cream
- 1 teaspoon vanilla extract

In a blender combine the blueberries with ¼ cup of the sugar and the lemon juice; blend until the mixture is very finely pureed and transfer the puree to a bowl.

In a medium bowl with electric beaters, beat the cream until it forms soft peaks, add the remaining ½ teaspoon sugar and the vanilla and beat again just enough to incorporate the sugar and vanilla.

Gently pour the whipped cream on top of the blueberry puree and with just a few stokes, fold the cream into the puree to form streaks. You don’t want the cream to combine with the puree, you want the two to remain as separate as possible. Spoon the mixture into ice pop molds leaving a ½-inch gap at the top and freeze them solid before serving (about 8 hours).

Servings: Makes 4 to 6 pops, depending on the size of your ice pop molds.

Nutrition information per serving for 4 pops: 132 calories; 68 calories from fat; 8 g fat (5 g saturated; 0 g trans fats); 27 mg cholesterol; 8 mg sodium; 16 g carbohydrate; 1 g fiber; 14 g sugar; 1 g protein.

Prefontaine memorabilia to be displayed in hometown

By SAPHARA HARRELL
The (Coos Bay) World

COOS BAY — Linda Prefontaine holds up track T-shirts, a letterman jacket and photos of her brother Steve Prefontaine, sporting his signature mustache — memorabilia that has never been seen by the public before now.

His Olympic ring serves as the crown jewel in a collection of items that will go on display at the Coos History Museum and Maritime Collection next month, in time for the annual Prefontaine Memorial Run.

Prefontaine returned to her hometown from Eugene this week to help curate the exhibit. She said she plans to move back to the area after more than 40 years and start giving tours of Coos Bay, focusing on places her brother has run.

The Prefontaine siblings grew up in Coos Bay, playing sports with other neighborhood kids. Eventually Steve Prefontaine started running while at Marshfield High School and the rest is history.

Prefontaine said growing up in a town mostly dominated by the logging and fishing industry made you grow up tough.

“There’s a toughness about this area and the weather,” Prefontaine said, “It’s about running in the wind when it’s blowing. You don’t not work out



Lou Sennick/The World via AP

This Aug. 26 photo shows a cherished possession of Linda Prefontaine: the Olympic ring belonging to her late brother Steve Prefontaine.



AP Photo/Clark

Steve Prefontaine set a U.S. record in the 3,000-meter race on June 26, 1972 in the Rose Festival Track Meet at Gresham. His time was 7 minutes, 45.8 seconds.

because the rain is coming in sideways and the wind is blowing 40 miles an hour.”

Despite his fame as a serious competitor, Prefontaine said her brother had a lighter side. She said he was

always a jokester.

“He was always pulling pranks on people. I think he was so focused later on that I don’t think people saw that side of him,” she said.

She said she was always



Lou Sennick/The World via AP

In this Aug. 26 photo, Linda Prefontaine holds up a bunch of Marshfield High School varsity patches her brother Steve Prefontaine collected as interim executive director of the Coos History Museum George Wright looks on. The Coos History Museum plans a display on Steve Prefontaine, the legendary runner who grew up in Coos Bay.

very competitive with her brother growing up. “Being a younger sister you get thumped on a lot,” she said.

No stranger to the sports world herself, Prefontaine was a professional racquet-

ball player. She understands some of the sacrifices her brother had to make. “You have to live a slightly different lifestyle than you would if you didn’t have that dedication and devotion to

wanting to be the best,” she said.

Prefontaine competed just as Title IX was being enacted, at a time when women’s sports weren’t considered important. She said it was a lot tougher for women to get acknowledged back then.

“The world didn’t look at women’s sports as entertaining,” she said. “I think over the years they’ve discovered women’s sports are very entertaining. There are a lot of wonderful, great women athletes.”

Just as women’s sports have changed over the years, so too, has running. Now runners get paid to compete, something that wasn’t as common 40 years ago. “Now runners get paid big bucks. He didn’t do it for the money certainly, because there was almost no money back then,” Prefontaine said.

She said her brother contributed so much to the sport to make it better and not everyone does that.

“Media likes to say who the next Steve Prefontaine is going to be and I say there is never going to be another Steve Prefontaine, because you can’t duplicate the package and have the same results,” the sister said. “There are a lot of great runners who have surpassed all of his times, but they don’t have his personality.”

The temporary display should went up Sept. 1 and runs through November.