

Winter beer festival rings in 22nd year

East Oregonian

More than 55 craft beers, ciders and meads, rare beer tastings, cheese and beer pairings and meet-the-brewer events are featured during the Holiday Ale Festival.

In its 22nd year, the event is Wednesday, Nov. 29 through Saturday, Dec. 2 from 11 a.m. to 9:30 p.m. and Sunday, Dec. 3 from 11 a.m. to 5 p.m. at Pioneer Courthouse Square, 701 S.W. Sixth Ave., Portland. To keep the winter chill off, the tents are heated. In addition, an elaborate scaffolding design creates a second level for the venue, dubbed the Sky Bar. It will serve additional taps and provides ample elbow room to relax and watch the revelers below.

Advance general admission costs \$35 and includes the 2017 tasting glass, 14 taster tickets and expedited entry all five days. Gate prices are the same and only include 12 tickets and no quick entry. For more information or tickets, visit www.holidayale.com.



File photo
A variety of craft beers, ciders and meads are featured during the 22nd annual Holiday Ale Festival Nov. 29 through Dec. 3 at Pioneer Courthouse Square in Portland.

Bring new life into leftovers with a stew

By THE CULINARY INSTITUTE OF AMERICA
Associated Press

Raise your hand if you make certain dishes for Thanksgiving just so you'll have them for leftovers. Yes, buying a huge turkey to feed six counts. Guilty as charged.

But even if you live for leftover turkey sandwiches and carrot pudding, you've probably faced that Thanksgiving fatigue that hits a few days in, where you just reach your limit — even for Mom's stuffing.

But here at The Culinary Institute of America, we hate thinking about good food going to waste, so hang on to the rest of that turkey, and let's talk.

One of the primary reasons we get sick of those leftovers is because no matter how you shape it, you're still just eating turkey, mashed potatoes, and cranberry sauce. On a sandwich, in a bowl, stacked on a fork straight from the fridge, it's all the same. The key to enjoying that Thanksgiving bounty for days (or weeks!) is to make each dish fresh. (After you eat one good sandwich, of course).

Don't just make turkey soup with leftover turkey bones. Make turkey tortilla soup, loaded with tomatoes, cilantro, and creamy queso fresco.

And sure, roasted vegetables are a great leftover side dish, but chop them up with some leftover giblets (you did save the giblets, right!?) and a runny egg for a new take on brunch hash.

Even stuffing can take on a new life. Form it into a patty and griddle it, then you guessed it — put an egg on it! And your mashed potatoes, veggies, and gravy come together with some ground lamb for a 10-minute shepherd's pie. But what about the turkey?

This recipe for Cajun-Style Stew with Andouille and Turkey is the perfect

way to bring some fresh life into that poultry, especially if it's beginning to get dry. The dish will remind you of jambalaya, but we've taken out the rice so you can serve it however you like. Do you have leftover cornbread, mashed potatoes, or polenta? Any of these will sop up the slightly spicy, flavorful sauce for a welcome break from sage and nutmeg.

Unlike some Cajun and Creole recipes you've seen, this recipe is quick and easy. There's no roux to keep an eye on, and after just a bit of chopping, it comes together in about half an hour. It's the perfect weeknight meal for post-Thanksgiving, not-quite-December holiday mania.

We use a combination of spices to make a homemade Cajun seasoning mix, like dried thyme, oregano, and cayenne pepper.

But you can pick up a store-bought Cajun seasoning blend to simplify. Start with a teaspoon, then season to taste from there. Every blend is a bit different, so use your gut.

To accompany the turkey, we've added tasso ham and andouille sausage, both of which are classic Cajun and Creole ingredients. Tasso ham is uniquely seasoned, but it can also be tough to find, so feel free to replace it with your favorite garden-variety smoked ham. A lot of familiar sausage brands carry an andouille variety, but you can use whatever spicy or mild sausage you like best.

And don't worry. If you get hooked on this recipe, you can make it any time of the year.

Since most people don't generally have leftover turkey in the fridge year-round, use shredded meat from a rotisserie chicken, cooked chicken breast, or even shrimp. Luckily, you won't have to worry about how to use leftovers from this tasty stew, since there will be none!



Thanksgiving chutneys.

Phil Mansfield/The Culinary Institute of America via AP

Step aside, cranberries. Try these chutneys

By THE CULINARY INSTITUTE OF AMERICA
Associated Press

If you don't like cranberries, Thanksgiving is probably your worst nightmare. It's basically the only time of the year that they make an appearance, and if you don't eat cranberry sauce, well, why even bother? After all, the undisputed best part of Thanksgiving is assembling the perfect bite of turkey, stuffing, and cranberry sauce.

Not being into cranberry sauce doesn't mean that you can't or shouldn't appreciate what is great about it. Cranberry sauce works because it's the lightly sweet, ultra-tart foil to the other rich foods on our plate. Think about it. Your plate has turkey smothered in gravy (rich), stuffing (so rich), mashed potatoes (the king of rich), plus whatever other butter-covered, cream-filled, buttermilk-soaked foods your family makes every year.

But that bite of cranberry sauce helps to cleanse your palate of that somewhat grimy feeling that can come in between bites of biscuit and corn pudding. For the same reason, it's the perfect spread for your post-Thanksgiving sandwich (the undisputed second-best part of Thanksgiving).

But despite totally cornering the market on Thanksgiving fruits, cranberries are not the be-all and end-all when it comes to saucing your holiday table. These three chutney recipes from The Culinary Institute of America are fresh alternatives to sliced "can-berry" that hit the same spot from a different angle.

Chutneys are typically a sweet, sour, and savory combination of fruits, vegetables, and spices that are cooked to a stewed consistency. CIA Chef John Kowalski explains, "Chutney contains fruit and sugar to give it a sweet taste, and almost all chutney contains vinegar and perhaps onions to give it a corresponding sour flavor. Like jams and jellies, chutney can be chunky or smooth. In India, spicy chutney is usually served with curry and often with cold meats and vegetables." The Fall Vegetable Chutney, which is similar to an Italian caponata, uses the last of the season's farmstand ingredients, like tomatoes, bell peppers, and eggplant. Because chutneys are cooked until they're soft, it's a great opportunity to use some of the produce you may have stored away in the freezer.

All of these recipes are great as written, but they're also a good jumping-off point for your own experimentation. The Mustard Fruits recipe uses dried dates, apricots, and apples, but you can use any of your favorite dried fruits, like raisins, pears, or figs. And the Cranberry-Pineapple Chutney would be just as delicious with mangoes and the addition of savory ground cumin.

Whether you make one of these

FALL VEGETABLE CHUTNEY

Makes about 3 cups
Start to finish: 40 minutes
(Active time: 15 minutes)

- 1 red bell pepper, seeded and chopped
- 1 green bell pepper, seeded and chopped
- 1 medium eggplant (about 1 pound), chopped
- 2 plum tomatoes, chopped
- ½ yellow onion, chopped
- 3 cloves garlic, thinly sliced
- 1 cup white wine vinegar
- 1 tablespoon brown sugar
- ¼ teaspoon kosher salt
- ¼ teaspoon crushed red pepper flakes
- ¼ teaspoon ground cloves

In a large saucepan, combine the bell peppers, eggplant, tomatoes, onion, garlic, vinegar, brown sugar, salt, pepper flakes, and cloves. Bring to a boil over medium heat, then reduce to a simmer. Cover and cook until the vegetables begin to soften, about 10 minutes. Uncover and cook, stirring occasionally, until the vegetables are softened and the sauce has reduced to a syrup consistency, about 25 minutes. Serve warm or at room temperature.

Nutrition information per serving: 13 calories; 1 calories from fat; 0 g fat (0 g saturated; 0 g trans fats); 0 mg cholesterol; 21 mg sodium; 3 g carbohydrate; 1 g fiber; 2 g sugar; 0 g protein.

MUSTARD FRUITS

Makes about 2 ½ cups
Start to finish: 55 minutes
(Active time: 20 minutes)

- ¼ cup maple syrup
- 1 cup white wine vinegar
- 1 cup water
- 1 tablespoon whole grain mustard
- 2 cloves garlic, chopped
- ¼ teaspoon kosher salt
- 1 cup apricots
- ½ cup pitted dates
- ½ cup dried apples

In a medium saucepan, combine

the maple syrup, vinegar, water, mustard, garlic, and salt. Stir to combine, then add the apricots, dates, and apples. Bring to a boil over medium heat, then reduce to a simmer. Cook, stirring occasionally, until the fruits are soft and the liquid has reduced to a syrupy consistency, about 50 minutes. Serve warm or at room temperature.

Nutrition information per serving: 38 calories; 0 calories from fat; 0 g fat (0 g saturated; 0 g trans fats); 0 mg cholesterol; 43 mg sodium; 9 g carbohydrate; 1 g fiber; 8 g sugar; 0 g protein.

CRANBERRY-PINEAPPLE CHUTNEY

Makes about 3 ½ cups
Start to finish: 20 minutes

- ½ pineapple, chopped (about 4 cups)
- 1 ½ cups cranberries, fresh or frozen
- 1 serrano or jalapeño pepper, seeded and minced
- ¼ cup golden raisins
- ¼ cup apple cider vinegar
- ½ cup water
- ¼ cup brown sugar
- 1 teaspoon ground ginger
- ¼ teaspoon kosher salt

In a medium saucepan, combine the pineapple, cranberries, peppers, raisins, vinegar, water, brown sugar, ginger, and salt. Bring to a boil over medium heat, then reduce to a simmer. Cook, stirring occasionally, until the pineapple is soft, the cranberries have burst, and the sauce is syrupy, about 15 minutes (the mixture will thicken more as it cools). Serve warm or at room temperature.

Nutrition information per serving: 27 calories; 0 calories from fat; 0 g fat (0 g saturated; 0 g trans fats); 0 mg cholesterol; 18 mg sodium; 7 g carbohydrate; 1 g fiber; 6 g sugar; 0 g protein.

relishes or all three, keep in mind that they are the perfect make-ahead items. Prepare the chutneys a week ahead of time, and you'll find that they only get better once the flavors have time to mingle.

And they aren't only good on the dinner table. Use the Cranberry-Pineapple Chutney as a pairing with dried sausages or pâtés, the Mustard Fruits

for a savory baked brie, and the Fall Vegetable Chutney for a crostini topper with a sprinkle of goat cheese. With all of these uses, you might even find room on the table for the cranberry sauce.

This article was provided to The Associated Press by The Culinary Institute of America in Hyde Park, New York.



Phil Mansfield/The Culinary Institute of America via AP
Cajun-style stew with andouille and turkey.

CAJUN-STYLE STEW WITH ANDOUILLE AND TURKEY

Servings: 8
Start to finish: 45 minutes (Active time: 25 minutes)

- 1 tablespoon vegetable oil
- 8 ounces tasso ham or other smoked ham, cut into ¾-inch pieces
- 12 ounces andouille sausage, sliced ¼-inch thick
- 1 green bell pepper, cored and thinly sliced
- ½ medium yellow onion, thinly sliced
- 2 stalks celery, thinly sliced on the bias
- 4 cloves garlic, minced
- 2 tablespoons tomato paste
- 1 ½ cups amber beer
- 2 cups chicken broth
- ¾ teaspoon dry thyme
- ¾ teaspoon dry oregano
- ½ teaspoon cayenne pepper
- ½ teaspoon ground cumin
- 1 ½ teaspoons chili powder
- 1 teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 2 cups roughly shredded turkey meat
- 4 cups cooked long-grain white rice, for serving
- 4 tablespoons chopped flat-leaf parsley, for garnish

Heat the oil in a large pot over medium-high heat. Add the ham and sausage and cook, stirring occasionally, until browned around the edges, about 5 minutes. Add the pepper, onion, and celery and cook until translucent, about 4 minutes. Add the garlic and cook until fragrant, about 1 minute.

Add the tomato paste and stir to coat the meat and vegetables. Cook until the paste deepens to a rust color, about 4 minutes. Add the beer and broth, and stir to combine, scraping up any brown bits from the bottom of the pot. Add the thyme, oregano, cayenne, cumin, chili powder, salt, pepper, and turkey meat, and stir to combine.

Reduce to a simmer and cook, covered, until the flavors have blended and the sauce is flavorful, about 20 minutes. Serve over cooked rice, garnished with parsley.

Nutrition information per serving: 343 calories; 104 calories from fat; 12 g fat (4 g saturated; 0 g trans fats); 68 mg cholesterol; 1212 mg sodium; 30 g carbohydrate; 2 g fiber; 2 g sugar; 26 g protein.