



Staff photo by E.J. Harris
Scott McDougall of Pendleton pours horseradish into a mixing vat while making cocktail sauce Tuesday at Barhyte Specialty Foods in Pendleton.



Staff photo by E.J. Harris
Jeremy Wood of Pendleton dumps a box of glass jars into a queue on the production line Tuesday at Barhyte Specialty Foods in Pendleton. The line can produce 2,000 bottles of sauces per hour when running at full speed.

BARHYTE: Two of Suzie’s sons help run the business

Continued from 1C

sponsors talented chefs to compete in the world competition. To qualify, each had to win the annual Barhyte cooking competition for food bloggers. Suzie and other judges make each of the recipes submitted by applicants and score them for taste, texture, appearance and other criteria.

The Saucy Mama team grows by one chef each year as it accumulates winners. Each enters a different category in the world competition and Suzie goes along as cheerleader. At this year’s competition, she anxiously watched from the sidelines as her cooks competed in temporary kitchens scattered around a vast outdoor space. Each chef wore a Saucy Mama apron and incorporated Saucy Mama products into her recipes.

After five days of intense cooking at the worlds, team member Rebecka Evans, of Houston, Texas, clinched the bacon division with her Dutch Crunch Baby Pancakes. Kim Banick, of Salem, won the seafood title with her Alabama crawfish Thai bowl with coconut gulf shrimp.

“It’s exciting, very tense,” Suzie said. “Your heart is pounding, but you just have to stand there and watch.”

What ratcheted up her pulse the most was the high drama in the kitchen of Saucy Mama team member Lisa Keys, a former winner of an



Staff photo by E.J. Harris
The finished product waits to be boxed for shipping.

episode of Food Network’s “Chopped.” The Pennsylvania cook found herself suddenly fighting the clock.

As she put the finishing touches on an Asian-inspired fried chicken sandwich with spicy ginger slaw, Keys realized with horror that she and her sous chef had assembled too few judges’ tasting plates. She had only a minute left to fix one more and rush the tray to the judges’ table.

Keys, generally a calm cook, was rattled, but she found another gear.

“I went full-throttle,” Keys said. “The sandwich had a lot of components.”

She assembled the sandwich, skewered it with a ribbon of sweet potato and cilantro and set off at a dead run.

“I got there at the last second,” Keys said. “Suzie had to turn her back — she

was so nervous.”

Keys made it into the next round with a score of 98.6 out of 100 points. She ultimately finished second in her division, short of victory by a mere 1.2 points.

Keys praised Suzie as someone more than a financial benefactor.

“She is the most kind and generous and supportive person,” Keys said. “She embraces all of us on the

team. She supports us financially, but also emotionally. She has become a real part of my family.”

Suzie, pumped up with pride at her team’s performance, is now back to her routine. She spends time in her test kitchen trying new sauce recipes. Jan retired five years ago, but Suzie said she is still having too much fun to stop. Two of the Barhytes’ sons help run the business.

Chris takes care of marketing from his office in Portland. Mike oversees production.

On a recent day, seven of Barhyte’s 48 employees bottled a batch of cocktail sauce in the company’s sprawling production area. One man blended horseradish with the other ingredients, then set the production line in motion. Another placed bottles on a revolving platform that fed onto a conveyor belt.

Sauce traveled through a main tube originating at the mixing vat, before branching into eight smaller tubes that filled eight 10-ounce bottles at a time. Other employees monitored the bottles as they were labeled and date stamped and checked them for irregularities. The process would continue for around 10 hours, producing about 20,000 bottles of cocktail sauce. On another day, the crew might bottle anything from mustard to salad dressing.

The company is no longer the mustard seed it was back in the day. Deliveries of oil and vinegar come by tanker load. Soy sauce arrives in huge drums.

Jan gives the credit to his wife for company’s success.

“Suzie develops all the products,” he said. “She’s the most important thing in the business. Without her talent, we couldn’t do what we do.”

Contact Kathy Aney at kaney@eastoregonian.com or 941-966-0810.

Make delicious chicken and rice under pressure — in a cooker

By ELIZABETH KARMEI
Associated Press

Chicken and Rice is having a moment. Whether you make the Spanish staple, Arroz con Pollo or make up your own version, it is soul-satisfying and perfect for the cooler weather.

A few weeks ago, I made a version of Arroz con Pollo that a friend remembered from his favorite childhood restaurant. It was green with cilantro and creamy with cheese and sour cream. I made a casserole that combined three recipes, my Green Rice, Poached Chicken and a creamy cheese sauce. All this was topped with buttered breadcrumbs and took me about four hours to make. It was delicious but it was so much work!

Even the more traditional Spanish Chicken and Rice is a multi-step recipe that takes a lot of time. In my world, I can make rice on the stovetop and grill chicken thighs in less time with less mess, but that is not what most people think of when they think of Chicken and Rice.

Electric pressure cookers are also having a moment. And, until recently, I had never used one. My sister bought one and bragged about making chicken soup in 15 minutes. I thought she was dreaming, or had made a chicken soup so devoid of taste that no one would want to eat it.

But all that changed when I got my hands on a pressure cooker. I chose a simple model from Cuisinart that would let me chose between high and low and set the time. As someone new to pressure cookers, I am not going to bake a cake or make yogurt in one of them.

Thinking about the simple



AP Photo/Elizabeth Karmel
Under pressure quickie chicken and rice.

and craveable combination of chicken and rice, I experimented with throwing it all in a pressure cooker and seeing what would happen. I didn’t saute onions (or even use them) or brown the chicken, which you could certainly do and it would only make it better. I made it by putting everything in the pressure cooker and turning it on.

I did stack the flavor deck a little. I used chicken stock and white wine to cook the brown jasmine rice and the chicken. I seasoned the chicken thighs with a spice rub and added it to the liquid, and added

unsalted butter for flavor and texture. But I also used a bag of frozen vegetables for convenience. I am partial to lima beans, but I figured that most people would prefer peas and carrots so that is what I used. I had some fresh thyme so I added that to the pot, but if you don’t have it you can use dried thyme.

I had a pound of fresh mushrooms that needed cooking so I sliced and sauteed them before putting everything in the pressure cooker (but they could be optional). After 23 minutes, I was rewarded with a surpris-

ingly delicious one-bowl meal that was the very definition of wholesome comfort food. It was bursting with flavor and made me dream of what else I could make in the pressure cooker. With food this good, and this fast, there is no excuse not to cook from scratch.

Elizabeth Karmel is a barbecue and Southern foods expert. She is the chef and pit master at online retailer CarolinaCueToGo.com and the author of three books, including “Taming the Flame.”

UNDER PRESSURE QUICKIE CHICKEN AND RICE

Servings 6
Start to finish: 35 minutes

- 1 pound of mushrooms, cleaned and sliced (optional)
- 1 ½ cups brown jasmine rice (white rice cooks too quickly and will be mushy and overcooked)
- 2 cups chicken stock
- ½ cup white wine
- ¼ pound butter (half a stick)
- 2 teaspoons kosher salt
- 1 teaspoon smoked paprika
- 1 teaspoon granulated garlic
- 1 teaspoon onion powder
- 1 teaspoon dried thyme
- ½ teaspoon ground white pepper
- ¼ teaspoon cayenne pepper
- 4-6 bone-in chicken thighs, or 8 boneless chicken thighs
- 1 16-ounce bag of frozen peas and carrots
- 1-2 sprigs of fresh thyme

Special Equipment: Electric Pressure Cooker

If using mushrooms, saute and set aside. Measure out rice, stock, wine and butter, and place in pressure cooker pot.

Meanwhile, mix salt and dried spices together. Season chicken and set aside. Add remaining spice mixture to rice and stock. Stir to mix. Add the mushrooms, if using, and the frozen vegetables and place the chicken on top. Add the sprigs of fresh thyme.

Lock the pressure cooker according to manufacturer instructions. Make sure the valve is in the pressure position. Set the pressure on high and set time for 23 minutes.

Chef’s Note: The pressure cooker will take about 20 minutes to build pressure. After that, it will begin to time the cooking process so the whole cooking time is 43 minutes.

Once the pressure cooker has cooked for 23 minutes, let it release naturally. Open and stir to make sure the rice is done. If it is too al dente, continue cooking on simmer or pressure cook for another 3-4 minutes.

The chicken skin will not be brown or crispy. If you want the skin crispy, place in a heat proof serving piece and crisp the skin under the broiler.

Nutrition information per serving: 397 calories; 103 calories from fat; 12g fat (6 g saturated; 0 g trans fats); 85 mg cholesterol; 705 mg sodium; 48 g carbohydrate; 6 g fiber; 5 g sugar; 22 g protein.