

FALL HARVEST WINTER STEW



Fall Harvest Winter Stew

The ingredients are based on what I have in a root cellar. Vegetables like potatoes, carrots, onions, garlic. I typically add elk meat, but you could use any kind of red meat. It is really warming and hearty and filling which I think is really important in the winter cold months.

—Kelsey Juve, Enterprise

- 2 tablespoons olive oil, divided
- 1 pound stew meat, cut into 1-inch chunks
- 4 tablespoons ground cumin
- salt
- pepper
- 1 medium yellow onion, diced
- 1 green bell pepper, diced
- 4 medium potatoes, diced
- 2 cups beef, chicken or vegetable broth
- 1 head garlic, roughly chopped
- 6 carrots, chopped
- 1 cup frozen corn
- ¼ cup red wine
- 4 tablespoons butter
- ¼ cup milk
- ¼ cup flour

Chopped cilantro for garnish, optional
In a cast iron skillet, heat olive oil over medium-high heat. Once the oil is hot, add meat, season with the cumin, salt and pepper and cook until browned.

While meat is browning, heat the remaining olive oil in a Dutch oven over medium heat. Add the onions, pepper and potatoes, season with salt and pepper and sauté until the onions turn translucent. Add the browned meat, ½ cup of the broth, garlic, carrots and corn. Cover and simmer over low heat.

Meanwhile, add the red wine to the cast iron skillet and cook over low heat, scraping up the browned bits with a wooden spoon. Add the butter, milk and flour and stir well to make a roux paste.

Uncover the Dutch oven and stir in the roux and remaining broth. Bring the pot to a gentle boil for 10 minutes. Reduce heat to low and taste for seasoning before serving with cilantro, if desired.

This hearty winter stew relies on vegetables (onions, potatoes, garlic, carrots) that we would find in our root cellar, along with red meat, which may be elk, bison, or beef.



By Slow Food Wallawas

Do you have any special memories associated with this stew?

My dad hunted a lot when I was growing up, so we always had game meat in the freezer and my mom would make a lot of stews. It was something that could just simmer on the stove top while she was at work. I actually created this stew as a quick meal when I was in college. I just needed something really quick between classes or lectures and then, of course, it

kept really well and so I could continue to eat on it.

What is your favorite thing about preparing a home-cooked meal?

I grew up with both of my parents cooking meals—I mean breakfast, lunch, and dinner every day was always home-cooked. I didn't realize that wasn't a normal thing until I went to college.

I just started cooking basic things and it came really naturally to me, and then I began cooking large meals for friends. I found I really loved preparing nourishing good food from the land that's so good for you and sharing that with friends. I just loved bringing folks together around the table and sharing that experience. I love it. I love flavor pairing. I love all of that.

What are some of your favorite things to do with food?

I cook pretty simply. I think that you can create really beautiful dishes with just simple salt and pepper seasoning, letting the ingredients that you use speak for themselves. I'm also a huge baker. I love baking but mostly I just like sharing it. I like sharing what I make with people. I like feeding people. I like making sure that they're taken care of and it's how express my love.

Editor's note: This interview has been edited and shortened. Slow Food Wallawas is one of 150 chapters in the US devoted to local food. If you have a special recipe featuring local food, contact Slow Food Wallawas, slowfoodwc@gmail.com. Your recipe may appear in a future column!

Video, pizza shop up for sale, owners waiting for 'right people' to buy



By Bill Bradshaw

Video Buff's Pizza & More is up for sale, but it's not expected to go away, according to co-owner Wup Winn.

"It's been a really good business," he said.

Winn, who has owned the shop on North Street in Enterprise since 2015, said he listed it for sale about six months ago.

"We've had quite a few nibbles, many from long-time area residents," he said. "We're just waiting for all the ducks to fall into line."

He also said he doesn't want to see the business close, which has been operating in Enterprise at various locations for around 30 years.

Winn and co-owner/fiancé Amber Love are divesting themselves of the business because they have two others to focus on. They own Bird Dog Signs in Enterprise and Back Country Connection aviation brokerage, which operates out of the Joseph State Airport. The latter business provides bush planes that can land at small airstrips and are popular with outfitters and guides, Winn

said. He said the pressure of running all three — as well as maintaining the Joseph airport — is too much.

"We wanted to slow down a bit," he said.

Winn said the video shop doesn't seem adversely affected by online video competition from services like Netflix or Amazon Prime. He said the video rentals remain an important part of the business.

"Video rentals are about 27% of the business," he said.

The pizza, too, remains popular. He said they have a wide variety, "everything



Bill Bradshaw

Wup Winn, co-owner of Video Buffs Pizza & More, makes a milkshake at the shop. He says his shop likely has more flavors for coffees, shakes and smoothies than anyone else in the Wallowa Valley.

from a standard pepperoni pizza to Hawaiian to our specialty pizzas." He said they

even cut back the variety a bit.

The "& More" part of the business consists of 16 fla-

vors of ice cream, as well as shakes, smoothies and a variety of coffees — iced, hot and blended — along with more than 25 flavors to add to them.

"I'd say we've got the biggest selection in town," Winn said.

He said they also recently started delivery service to Enterprise and Joseph.

Winn, a widower, has two sons with his late wife, Nicole, who died in 2015. He is now engaged to Love, who has a teenaged daughter. They hope to have their children involved in the businesses.

Elsewhere in Enterprise, the Les Schwab tire store is unlikely to see any changes since the Schwab family announced it is hoping to sell the Oregon-based business. The Associated Press reported in December the company has hired Goldman Sachs to find a buyer for the family-owned firm.

But Darren Holcomb, manager of the Enterprise Schwab outlet, doesn't expect the company sale will affect the local store.

"We're not going anywhere," he said. "It'll be business as usual."

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