

In a pinch: Class helps people cook on a budget

By Ron Karten

Smoke Signals staff writer

There's a saying that when you chop firewood, it heats you twice.

The same can be said about Tribal member Kristy DeLoe's Cooking on a Budget class. When you attend, it feeds you twice. Maybe more.

This quiet little Tribal class offering meets monthly in the Community Center kitchen, October through March. It is filled up for this year, and already has a few people on the list for next year's serving.

It's no wonder, and it's not just because you get two meals free although that idea did come up in conversation during the first session after work on Monday, Oct. 8.

This year's group includes plenty of adults, some planning dinner parties, some cooking for their families, and Tribal Archiving employee Nicole Bishop brought along her three children — Tyler, 13, Jacob, 9, and Heather, 7 — for the dinner and education. First, we eat.

That's right. Before class, Kristi cooked the evening's fare for everybody. The first dinner included turkey enchiladas and a salad with a Kool-Aid pie for dessert. The main course cost \$1.91 per person when prepared for a family of six.

A little conversation, a little good eating, and then we got down to cooking another round to bring home.

Kristi supplied everybody with the food necessary in the packages and cans the size we would need to buy for ourselves, along with a special present of eight cooking utensils like spatulas and ladles and a salad spinner, also to take home, along with a chance to win a George Foreman grill, too.

In addition, though we didn't have the dessert to eat, Kristi provided the raw materials to make the easiest dessert since the just-

add-milk-and-stir chocolate pudding; Kool-Aid pie. Add in the pie, and the whole dinner came to \$2.46 per person.

So, after dinner we all went into the Community Center kitchen, washed our hands well at the sink and took a place beside our packages of food and utensils.

First thing was to open the bag of salad greens and pour them into one of two aluminum serving tins. We sliced up our cucumber ("Don't ever peel the skin off the cucumber," Kristi said, "or you lose everything that's good about it.") and tomato (cut into wedges) and spread them over the greens. A little plastic wrap over the top and our salad was ready. (I actually used some of the sliced olives planned for the enchiladas on the salad.)

Then, we opened our cans and circled around to watch Kristi assemble the enchiladas. She really likes to use her hands when she cooks.

The only thing we didn't have was turkey burger meat, but Kristi had that taken care of in a big pot on the stove. Plenty for everybody. Although she dropped the turkey meat in with a little water and sort of boiled it brown, later on she took another package and showed how to brown it in a pan on the stove. ("Five pounds of turkey burger at Costco costs only \$6," she said.)

"Turkey meat has a lot less fat than regular hamburger meat, so there's more left to eat at the end, and it's better for you," she said. "But because there is so little fat, you need to use a little oil to brown it."

Tyler Bishop took over the browning responsibilities.

Then, we watched as she laid down a tortilla, scooped on some of the refried beans, spread enough turkey burger over the beans, dropped a few green chilies on (they were optional, according to taste), spread the cheese over it, ladled



Photo by Ron Karten

Nicole Bishop, who assists Tribal member Penny DeLoe in the Tribal archives, unpacks the meal for the evening. Behind her is daughter, Heather, 7, and son, Tyler, 13. Not seen is Bishop's son, Jacob, 9.

on the enchilada sauce that had all the spices needed for the dish, rolled up the tortilla and placed it in the tin foil tray, large enough for six tortillas.

"I want to put on the chilies," said Heather Bishop.

Oh, and first we sprayed the bottom of the tray with vegetable oil to keep the enchiladas from sticking.

Once all six were in the tray, we sprinkled cheese (from some to plenty) and the can of sliced olives over the top. We covered it with plastic wrap first, to protect the acid-based foods from reacting with the tin foil, and then tin foil over the top of the plastic wrap.

We put it aside and it was ready for the oven at 350 degrees for 30 minutes. When I cooked it the next day at the Governance Center kitchen, I had to put it back twice after the first 30 minutes to melt the cheese on top, but once out on the community table, it disappeared quickly.

All that was left was the Kool-Aid pie. Into a bowl went a container

of Cool Whip, a can of sweetened condensed milk and a package of Kool-Aid.

Kristi said a chocolate pie crust with orange Kool-Aid makes a great Halloween dessert, but we had a berry Kool-Aid that was blue, and when the three ingredients were mixed, it was a deep blue fluff that was poured into the pre-made pie crust.

"Just freeze it," Kristi said, "and serve."

"They (especially the younger two) really enjoyed the cooking class, and look forward to the next one," said Nicole Bishop. "The younger two ask to help me in the kitchen when they see me preparing food. I think since they were in the class, they have asked more than they used to."

And so we went off into the crisp evening, each of us loaded down with dinner for six and full stomachs. It was like a breath of fresh air outside.

Of course, it's always that way after a good meal. ■

Knight graduated in May from Willamette University

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staff members in Hooley's office.

"I've had the privilege of working with Hatfield Fellows in the past and I am very excited to welcome Rebecca Knight to my Washington, D.C., office," Hooley said.

"Rebecca's knowledge of Oregon and her academic record will be a great asset to helping me represent Oregon's 5th Congressional District in the House of Representatives. We are all excited for Rebecca to arrive."

Knight graduated from Willamette University in May. When she entered college, she aspired to be a lawyer because she wanted to make a difference, but, like many college students, she changed her major and earned a bachelor of arts degree in exercise science.

"I wanted to go into law, but I really liked our exercise program," Knight said. "It's the number one exercise science program in the nation, and I was fascinated with the body."

"But I've always wanted to know



Photo by Kelly J. James

Rebecca Knight

about Native American policies, or to practice law to some degree."

Knight has had an interest in politics and learning about law since she was a child. She said she thinks the fellowship program is an excellent opportunity to gain better insight and knowledge of what happens in Washington, D.C.

She said she hopes to learn more

about Native American policies, but would like to work as well on other issues that are important to her, such as public health or Indian Health Services.

After completing the fellowship, Knight said she wants to stay in politics or go into public health.

"I applied to get my master's and go on to a doctorate program in public health before I was awarded the fellowship, but I deferred for the fellowship," said Knight, who was accepted into a graduate program at Oregon State University.

"Rebecca Knight has a passion for health issues," said Shelley Hanson, director of Spirit Mountain Community Fund.

"Our hope is that she learns about the resources and opportunities to benefit individual Native Ameri-

cans, as well as benefiting Tribal communities.

"Having Rebecca build her professional skills and abilities is important. Allowing her to learn how to maximize her personal impact and passion is a great benefit of the Hatfield Fellowship.

"Rebecca has a strong history of fighting for what she wants, and overcoming obstacles. Her passion is obvious. She's a leader in her family, and the potential with her is enormous."

Knight is the daughter of Dennis and Roberta Knight and is Tribal on her father's side.

The fellowship, established by the Confederated Tribes of Grand Ronde and Spirit Mountain Community Fund, honors Mark O. Hatfield, former governor and U.S. senator from Oregon. ■

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~ Shelley Hanson, Spirit Mountain Community Fund director