



Cook's Corner

Soup, salmon and sweet recipes from the 'Old Farmer's Almanac'

BY BETTY KAISER
For the Sentinel

Discover all kinds of trivia from "The Old Farmer's Almanac". For over 200 years, this little paperback book has been publishing useful and sometimes humorous articles that readers can put to use every day. Weather predictions are the No. 1 reason people read the almanac. Sometimes they miss the mark, but the information is still helpful.

Recently I decided to check out the www.almanac.com website. What fun! It has a 24-hour webcam that changes every minute. It was 19 degrees with snow on the ground at noon on the day that I checked. The buildings and grounds in New Hampshire look like something out of a Norman Rockwell painting — so picturesque I wanted to move there!

The first thing that I noticed when I cracked the spine of the 2016 book edition is that this is Leap Year (we get an extra day) and also the 240th year of American Independence. So, happy birthday to all of you Leap Year babies and our beloved U.S.A.

For gardeners, there's a section on straw bale (not hay) gardening. If you're a fisherman, it suggests the best fishing days. If you're interested in astronomy, there's a treatise on the Supermoon. And there are always both fiction and non-fiction stories to entertain. My favorite this year is about the bonding of "Jellybean" (a donkey) and Mr. G. (a goat). Really sweet.

I also discovered a recipe for Cranberry Bean Soup. I had never heard of cranberry beans. The almanac says they are beige colored with red spots and have a taste all their own. Reviews say they are sweet, nutty and buttery. I was intrigued.

Here are some berry-bean fun facts: They are not related to cranberries. They are not new or exotic and have been part of

Italian diets for years. They resemble the pinto bean but do not taste like them. When cooked, the cranberry color disappears and they become a boring brown color. They are highly nutritious, high in fiber, a good source of vegetable protein and tasty.

Unfortunately, I did not have time to search for the beans locally but I discovered that Bob's Red Mill sells them online in 27-ounce bags. You can order directly from them for less than \$5. The soup base is made with a ham hock and I have one in the freezer. So I'm going to buy me some cranberry beans soon.

All of today's recipes are from the Almanac, including the Lemon Chess Pie. If you like lemon, you'll love this. I think it's way better than the too-rich Chocolate Chess Pie. And I can wholeheartedly recommend that you try the Maple Mustard Glazed Salmon recipe. It's very similar to others I've tried—just better. Enjoy!

CRANBERRY BEAN SOUP

2 cups dry cranberry beans (or a substitute bean)
1 cup whole dry peas
1 meaty ham bone
2 bay leaves
1 onion stuck with 4 cloves
3 quarts water (less if beans aren't drained)
5 potatoes, peeled and chopped
2 carrots, peeled and chopped
4 leeks, white parts only, chopped, or 3 onions, peeled and chopped
3 cloves garlic, minced
Garnish: grated Parmesan cheese

Instructions

Soak beans and peas overnight in water to cover. (Drain or not, as you prefer.) Place in soup kettle with bone, bay leaves, and onion. Add enough water to make 3 quarts. Bring to a

boil, reduce heat, cover, and simmer 2 hours or until beans are tender. Remove bone, chop meat into small bits, discard bone and return meat to kettle. Add potatoes, carrots, leeks, and garlic. Simmer, partially covered, 30 minutes or until vegetables are tender. Garnish with grated Parmesan cheese. Serves 6-8.

Grilled Salmon With Maple Mustard Glaze

GLAZE:

2 tablespoons olive oil
¼ cup Dijon-style mustard
2 tablespoons maple syrup
2 teaspoons soy sauce
Juice of ½ lemon
1 tablespoon peeled and chopped fresh ginger

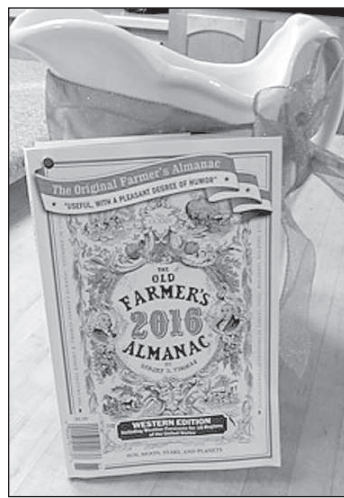
SALMON:

4 salmon steaks, 1-inch thick
Salt and pepper, to taste

For glaze: In a small bowl, combine the oil, mustard, maple syrup, soy sauce, lemon juice, and ginger and whisk to blend. Pour half of the sauce into a small, nonreactive casserole.

For salmon: Blot the salmon with paper towels to remove surface moisture. Lightly salt and pepper both sides, and lay the salmon on the sauce in the casserole. Spoon the remaining sauce over and spread evenly. Cover with plastic wrap and refrigerate for 1 hour. Prepare the grill. Cook the salmon over medium-hot coals for 5 to 6 minutes, per side, turning once. Makes 4 servings.

SANDY'S LEMON CHESS PIE



1 9 Inch Pie Crust
1-1/2 Cups Sugar, granulated
3 Medium to Large Eggs
2 Tablespoons All Purpose Flour
Dash Salt
2 Teaspoons Lemon Extract
2 Teaspoons Lemon Juice, Pompeii's
3 Tablespoons Butter, room temperature
1/3 Cup Evaporated Milk

Pre heat your oven to 350 degrees.

Take a fork and poke holes in the bottom of your pie shell. Bake the pie shell for 12-14 minutes. Inspect the pie shell at 6 minutes to make sure it hasn't puffed up, pat down with a fork if it has. Remove from the oven when it's golden brown.

In a large mixing bowl, combine the sugar, eggs, flour and salt, then mix at a medium speed for one minute. Add the lemon extract, lemon juice and the butter and mix for another minute. Add the evaporated milk and mix on high for a minute.

Pour the mixture into your pre-baked pie shell and bake for another 25 minutes.

Remove from the oven and sprinkle with powdered sugar and let cool. Serves 6-8.

Keep it simple and keep it seasonal! Betty Kaiser's Cook's Corner is dedicated to sharing a variety of recipes that are delicious, family oriented and easy to prepare. Contact her at 942-1317 or email bchatry@bettykaiser.com

Cottage Grove Sentinel

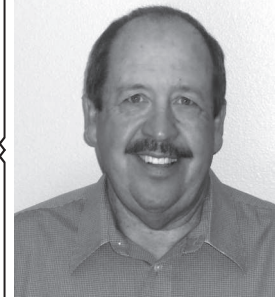
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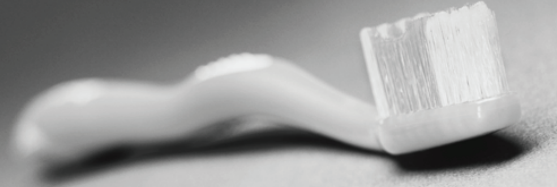
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“Exploring Human Origins:
What Does It Mean To Be Human?”

Feb. 17th Science Program 6-8pm
with Smithsonian Dr. Rick Potts

Feb 18th Community Conservation 6-8pm
with Drs. Connie Bertka & Jim Miller

Feb 22nd Full Moon Celebration, Music,
“Cave Painting” Family Friendly Event 6-8pm

For more information: Cottage Grove Public Library:
541-942-3828 cottagegrovepubliclibrary.org

Worship Directory

WORSHIP WITH US

6th & Gibbs Church of Christ
195 N. 6th St. • 541-942-3822
Pastor: Aaron Earlywine
Youth & Families Pastor: Seth Bailey
Services: 9am and 10:30am
Christian Education
Nursery for pre-k - 3rd Grade
www.6thandgibbs.com

Calvary Baptist Church
77873 S 6th St • 541-942-4290
Pastor: Riley Hendricks
Sunday School: 9:45am
Worship: 11:00am
The Journey: Sunday 5:00pm
Praying Thru Life: Wednesday 6:00pm

Calvary Chapel Cottage Grove
1447 Hwy 99 (Village Plaza)
541-942-6842
Pastor: Jeff Smith
Two Services on Sun: 9am & 10:45am
Wednesday Service 6:45 pm
Child Care 10:45am Service Only
Youth Group Bible Study:
Wed. 6:45 pm & Sat. 6 pm
www.cgcalvary.org

Center for Spiritual Living Cottage Grove
700 Gibbs Ave (Community Center)
Rev. Bobby Lee
Meets Sunday 3:00 p.m.
(907) 230-5070
www.facebook.com/CSLCottageGrove

Church of Christ
420 Monroe St • 541-942-8565
Sunday Service: 10:30am

Cottage Grove Bible Church
1200 East Quincy Avenue
541-942-4771
Pastor: Bob Singer
Worship 11am
Sunday School: 9:45am
AWANA age 3-8th Grade,
Wednesdays Sept-May, 6:30pm
www.cgbible.org

Cottage Grove Faith Center
33761 Row River Rd. • 541-942-4851
Lead Pastor: Isaac Hovet
www.cg4.tv
2 Sunday Services: 9am & 11am
Full Children's Ministry available

Covered Bridge Nazarene Church
152 S. M St.
541-942-4422
Pastor: Cindy Slaymaker
Sunday School: 9:30am
Worship 10:30am

Delight Valley Church of Christ
33087 Saginaw Rd. East
541-942-7711
Pastor: Bob Friend
Two Services:
9am - Classic in the Chapel
10:30am - Contemporary in the Auditorium

First Baptist Church
301 S 6th St 541-942-8242
Pastor: Steve Johnson
Sunday School: 9:30am
Worship: 11:00am
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First Presbyterian Church
3rd and Adams St • 541-942-4479
Pastor: Karen Hill
Worship: 10:00am
Sunday School: 10:00am
www.cgpresbynews.com

Grove Community Church
77820 Mosby Creek Rd.
Cottage Grove, OR 97424
541-942-0123
Pastor: Bryan Parsons
Worship: 10:30 a.m.
Nursery: Infant - Pre-K
Kid's Church: K to 5th grade

Hope Fellowship
United Pentecostal Church
100 S. Gateway Blvd. • 541-942-2061
Pastor: Dave Bragg
Worship: 11:00am Sunday
Bible Study: 7:00pm Wednesday
www.hopefellowshipupc.com
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Pastor Rulon Combs
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Worship & Children's
Church 10:30 am
“The Bridge” Sat Evening Service 6:00pm
Youth 180 Mondays 5:30-8pm
Children's Breakout Class: Wed. 6:30pm

Non-Denominational Church of Christ
1041 Penoyer Ave * 541-767-0447
Preachers: Tony Martin & Robert Evans
Sunday Bible Study: 10:00am
Sunday Worship: 10:50am & 5:30pm
www.penoyeravcoc.com

Old Time Gospel Fellowship
103 S. 5th Street • 541-942-4999
Pastor: Herb Carson
Sunday Service: 10:00am
Sunday Bible Study: 6:00pm
We sing the old time hymns.

Our Lady of Perpetual Help and St. Philip Benizi
Catholic Churches
1025 N. 19th St.
541-942-3420 / 541-942-4712
Pastor: Roy L. Antunez, S.J.
Euch. Liturgies; Sat. 5:30pm
Sun. 10:30am
St. Philip Benizi, Creswell:
552 Hallbrook Lane • 541-895-8686
Sunday: 8:30am

St. Andrews Episcopal Church
1301 W. Main • 541-767-9050
Rev. Lawrence Crumb
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Worship: Sunday 10:30am
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Seventh-day Adventist Church
820 South 10th Street
541-942-5213
Pastor: Kevin Miller
Bible Study: Saturday, 9:15 am
Worship Service: Saturday, 10:40 am
Mid-week Service: Wednesday, 1:00 pm

Trinity Lutheran Church
6th & Quincy • 541-942-2373
Pastor: James L. Markus
Sunday School & Adult Education 9:15am
Sunday Worship 10:30 am
Comm. Kitchen Free Meal Tue & Thur
5:00pm TLC Groups
tlccg.com

United Methodist Church
334 Washington • 541-942-3033
Pastor: Lura Kidner-Miesen
Worship: 10:30am
Adult Sunday School: 9:30am
Comm. Dinner (Adults \$5, Kids Free)
2nd & 3rd Monday 5-6:00pm
cottagegroveumc.org

“VICTORY” Country Church
913 S. 6th Street • 541-942-5913
Pastor: Barbara Dockery
Worship Service: 10:00am
Message: 11:00am
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