



BY BETTY KAISER
For the Sentinel

Cook's Corner

Springtime sensations

March is a huge month in our calendar year. Among other things, it heralds the arrival of spring with extravagant flower displays that say, 'Winter is over. Yea!' And thanks to congress, it also ushers in Daylight Savings time. Boo. (I hate losing an hour of sleep.)

It is also National Nutrition Month—an event that we ignore during March's other holidays. Today's recipes are not particularly healthy. Tasty and calorie laden, yes. But there's not a vegetable among them, so you'd better plan "healthy" around your main course meals.

For instance, March 17 is St. Patrick's Day, and it's easy to cook up a corned beef brisket and veggies. Simmer your corned beef all day. Then add potatoes, carrots and cabbage to round out the main event. To make dinner really special, bake traditional Irish Soda Bread. A simple recipe follows. Be sure and use buttermilk in the batter.

Two of the most holy days in the Christian Church fall in March this year: Easter Sunday (the resurrection of Jesus Christ) and Good Friday (Jesus' death on the cross). According to tradition, hot cross buns are eaten on Good Friday to remind people of Christ's death. The origins of those buns are somewhat controversial, mostly because of their possibly pagan connections and commercial uses.

As a Christian, they simply remind me of Good Friday, and I eat them in humble remembrance of the event. But even if you're not a Christian, they're mighty tasty, so you can still enjoy them. The recipe that follows is a nutmeg-and-cinnamon-spiced yeast dough bun. Lemon icing is easily piped through a zip-top bag corner to form the traditional cross on top. If you don't like lemon, substitute milk and vanilla for flavoring.

Finally, there is no traditional Easter dessert that I know of. Every family has their own specialty. My favorite is lemon meringue pie or any strawberry and cream concoction. My husband's is New York Cheesecake or a German Pineapple Schaum Torte. I think this year we will compromise and eat a Lemon Schaum Torte.

Whatever your traditions I hope that you enjoy the fellowship and the food and remember the reason for the sea-



Traditional Good Friday fare, hot cross buns are eaten as a reminder of Christ's death.

son. God bless you all!

EASY IRISH SODA BREAD

2 cups flour
2 tablespoons sugar
1/2 teaspoon baking soda
1-1/2 teaspoon baking powder
1/4 teaspoon salt
1/4 cup margarine, softened
1/2 cup buttermilk
1 egg
2 tablespoons butter, melted
2 tablespoons buttermilk

Preheat oven to 375° F.
Lightly grease a large baking sheet

In a large bowl, mix together dry ingredients with margarine, 1/2 cup buttermilk and egg. Turn dough out onto a lightly floured surface and knead slightly. Form dough into a round and place on prepared baking sheet.

In a small bowl, combine melted butter with remaining buttermilk; brush loaf with this mixture. Use a sharp knife to cut an "X" into the top of the loaf.

Bake in preheated oven until a toothpick inserted into the center of the loaf comes out clean — about 30 to 45 minutes. Continue to brush the loaf with butter mixture while it bakes. Serves 6-8.

HOT CROSS BUNS

(*'Southern Living,' April 2001*)

2 (1/4-ounce) envelopes active dry yeast
1/2 cup warm water (100° to 110°)
1 cup warm milk (100° to 110°)
1/2 cup butter, softened
1/2 cup sugar
1/2 teaspoon salt
3 large eggs
1 1/2 teaspoons vanilla extract
5 cups all-purpose flour
1 teaspoons ground cinnamon
1/2 teaspoon nutmeg
1 cup raisins (I use the golden variety)
Sugar Glaze (recipe below)

Combine yeast and 1/2 cup warm water in a large mixing bowl; let stand 5 minutes. Add warm milk and next 5 ingredients. Beat at medium speed with an electric mixer until blended.

Combine flour and spices and gradually add to yeast mixture, beating at medium speed for 2 minutes. Stir in raisins.

Place dough in a well-greased bowl, turning to grease top. Cover and let rise in a warm place (85°), free from drafts, 2 hours or until doubled in bulk.
Punch dough down; cover and let rise in a warm place (85°), free from drafts, 30 minutes. Turn dough out onto a well-floured surface, and roll to 1/2-inch thickness. Cut with a 2-inch round cutter.
Place on a lightly greased 15- x 10-inch jellyroll pan. Cover and let rise in a warm place (85°), free from drafts, 45 minutes or until doubled in bulk.

Bake, uncovered, at 350° for 20 to 25 minutes or until lightly browned. Let rolls cool 10 minutes. Pipe Sugar Glaze over rolls in the shape of a cross.

LEMON SUGAR GLAZE

Whisk ingredients together until smooth:
1 cup powdered sugar
1 1/2 tablespoons milk (or use lemon juice)
1/2 teaspoon lemon extract

Lemon Schaum Torte
(Serves 8)

Meringue:
4 large egg whites (reserve yolks for filling)
1/4 teaspoon cream of tartar
1 cup sugar

Preheat oven to 275° F. (low heat)
Line a baking sheet with parchment or plain brown paper.

Beat eggs until frothy. Gradually beat in the sugar, a little at a time, until very stiff and glossy. On baking sheet, shape meringue as desired into either a large heart or 8 individual meringue shells. Make an indentation with back of spoon to hold filling.

Bake 45 min. Turn off oven and leave inside until cool.

Lemon layer:
4 egg yolks
1/2 cup sugar
¼ cup lemon juice
2 teaspoon grated lemon rind (zest)

Beat egg yolks in small mixer bowl until thick and lemon-colored. Gradually beat in sugar. Blend in lemon juice and rind. Cook over hot water in a double boiler, stirring constantly until thick (5-8 minutes). Cool.

To assemble: Spread meringue shells with cooled lemon torte filling. Top with about 1 cup sweetened whipping cream, stiffly whipped. Chill about 12 hours before serving.

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 bjchatty@bettykaiser.com

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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
Youth Group Bible Study
Child Care 10:45am Service Only
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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3rd and Adams St • 541-942-4479
Pastor: Karen Hill
Worship: 10:00am
Sunday School: 10:00am
www.cgpresbynews.com

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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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Worship & Children's
Church 10:30 am
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Youth 180 Mondays 5:30-8pm
Children's Breakout Class: Wed. 6:30pm

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

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913 S. 6th Street • 541-942-5913
Pastor: Barbara Dockery
Worship Service: 10:00am
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