

## Betty Kaiser's Cook's Corner

I am besotted with The Great British Baking Show. It's on my weekly must-watch-list and I'm not alone. This PBS show, filmed in England, has captivated American audiences as well as British. It is totally unlike American cooking shows. It's a basic baking contest—where I learn something new every week from non-professional bakers who are talented and civil. There is no yelling, throwing, or insulting. Amazing.

At the beginning of each season, 12 amateur bakers from around England are chosen in Bake Offs to appear on the television show. On the show, professional bakers and judges Mary Berry and Paul Hollywood challenge them to weekly prepare a variety of baking assignments. The baking takes place in the picturesque (and often wet) English countryside under a tent.

All contestants have one thing in common—they love to bake. Their age and experience are all over the place. Individuals range from a London firefighter to a gifted teenager, a Scottish grandmother and beyond. The kitchen tent studio is so huge that each baker has his or her complete cooking unit with all the necessities including a proof oven!

The Bake Off is divided into a three-challenge format. The signature recipe is a familiar, tried-and-true home-made style bake. The technical recipe involves obscure pastry and cake recipes. The showstopper recipe speaks for itself—it is always complex and elaborate. Sometimes a recipe is a relatively simple Yorkshire Pudding. Next could be to a Battenburg Cake assembled in a pink and yellow checkerboard pattern each frosted with Marzipan.

Hosts Mel Giedroyc and Sue Perkins keep the atmosphere light because there is a time crunch for preparing each of three recipes. The pressure is on with each tick of the clock. The tense atmosphere is also softened by the camaraderie amongst the bakers. They are more helpful than hostile! At the end of the week, a Star Baker is chosen (no financial reward) and the losing baker is politely asked to leave with hugs all around.

The following recipe is a variation of a beloved British baking classic served at tea time. The baking notes all say that a good Victoria sponge should be well-risen, moist and light as air. The filling recipes, however, are all different. Judge Mary Berry's recipe calls for only 4 tablespoons of jam. I like more. Some call for a butter cream filling topped with jam. My favorite is the whipped cream and strawberry jam filling. The choice is yours. Enjoy!

### A CLASSIC VICTORIA SPONGE CAKE

#### Cake:

3/4 cup unsalted butter, softened, plus additional for greasing  
3/4 cup white sugar  
3 eggs, at room temperature  
1 teaspoon vanilla extract  
1 1/4 cups all-purpose flour  
1 teaspoon baking powder  
1/2 teaspoon salt

#### Filling:

8 ounces whipping cream  
2 tablespoons powdered sugar  
1 teaspoon vanilla extract  
1/2 cup seedless strawberry or raspberry jam

#### Directions

Preheat oven to 350 degrees F. Grease two 8-inch round cake pans and line with parchment paper.

Beat 3/4 cup butter and white sugar together in a large bowl with an electric mixer until pale and creamy, about 2 minutes. Add eggs (one at a time), mixing well between each addition. Add 1 teaspoon vanilla extract; beat briefly until well-blended in the batter. Continue beating batter until bubbles appear on the surface, about 2 minutes more.

Sift flour, baking powder, and salt into the bowl. Gently fold into egg mixture with a spatula just until smooth. Divide the batter evenly between the prepared pans, smoothing the tops with a cake spatula.

Bake in the preheated oven until cakes are golden brown and a toothpick inserted into the center comes out clean, about 20 minutes. Cool in the pans for 5 minutes before inverting onto a wire rack to cool completely, about 30 minutes.

Meanwhile, beat whipping cream until stiff, adding powdered sugar and vanilla toward the end.

Turn both cakes with the flat tops facing you. Spread strawberry jam evenly on one cake with a spatula. Spread whipped cream in an even layer on the other cake. Sandwich the two cakes together. Dust with powdered sugar. Serves 8. Refrigerate leftovers.

Contact Betty Kaiser's Cook's Corner at 942-1317 or email [bchatty@bettykaiser.com](mailto:bchatty@bettykaiser.com)

# Airport welcome center holds open house

For the first time in over 20 years Cottage Grove has an FBO (Fixed Base Operation) building for pilots on the airport. The Oregon Aviation Historical Society hosted the Grand Opening of the Cottage Grove State Airport Welcome Center on Tuesday August 15. Due to production schedules, The Sentinel was unable to include the full story in this week's edition but will feature a wrap-up of the event in the August 23 edition.

23 years ago the FBO building was picked up and moved to another lot. That left Cottage Grove State Airport with only a port a potty to greet their flying visitors.

The brand new Cottage Grove State Airport Welcome Center started with a statement at a Bridges and Beyond Tourism meeting.

"We need a bathroom" were the words spoken in January 2014. Over the next few years that phrase came to life as a community effort to revitalize the Cottage Grove State Airport. Paving the way for Cottage Grove to be recognized as an aviation destination.

The Airport Welcome Center is a tourist information center for pilots to gather information about Cottage Grove, regroup and plan their visit. Besides a real bathroom, pilots can enjoy the outdoor covered viewing area and watch the airplanes land or just chat with a friend. Inside the Welcome Center there is a lounge area with a list of area hotels, restaurants and shopping as well as an office.

Upon completion, the Airport Welcome Center will be donated to the Oregon Department of Aviation as they are the most sustainable option to keep it open forever as ever can be.

Through out the process the Airport Welcome Center has become a perfect example of what can materialize when the efforts of individuals, businesses, foundations, city and state come together to create something for the betterment of the community.

Oregon Aviation Historical Society collects, preserves and restores aviation, but now also has made aviation history. For the first time in the history of Oregon, The Oregon Aviation Historical Society is proud to present the Cottage Grove State Airport Welcome Center to the Oregon Dept. of Aviation, being the first ever to donate a building to the Oregon Dept. of Aviation.

## COMMUNITY BRIEFS

### W.O.E. Fair

The W.O.E. Fair will be held at the fairgrounds from August 18 to August 20, celebrating its 85th year. To volunteer, contact Ken at (541) 658-9230.

### The Good Doctor

Performances of Cottage Theatre's, "The Good Doctor" continue Thursday through Saturday at 8 p.m. and Sunday at 2:30 p.m. for more information, visit [cottage theatre.org](http://cottage theatre.org)

### Fire board

The South Lane Fire Board will meet on August 17 at 7 p.m. at

the fire house on Harrison Ave.

### Free comedy show

Bohemia Park will host a free adult comedy show featuring Portland-based Chris Smith. The show will take place on August 19 from 7:30 p.m. to 9 p.m.

### Rodeo

The Rebel Rally Rodeo will take place August 25 through August 27 at the Cottage Grove Rodeo Grounds. The rodeo is set to benefit veterans and their families. For more information, visit [rebel-rally.com](http://rebel-rally.com).

### Ice Cream Social

The Cottage Grove Armory is hosting an ice cream social on Saturday, August 26 from 1 p.m. to 5 p.m. The family-friendly event will feature ice cream and carnival games (five cents each) as well as armory tours and live music.

### Village Green

The Village Uncorked event will take place at the Village Green Resort to benefit children and families in need. The event will feature live music, wine tasting, appetizers and desert on September 23.



## Oral Health Habits to Maintain a Beautiful Smile

With beach season in full swing, many men and women are trying to put their best body forward to appeal to others. However, according to a February 2009 survey from the American Dental Association and Crest(R) and Oral B(R) the smile outranks eyes, hair and the body as the most attractive physical feature on a person. Therefore, taking care of your teeth and smile is essential.

Men and women differ when it comes to taking care of their teeth and gums. A nationwide survey of 1,000 Americans ages 18 and older found 86 percent of women brush their teeth twice or more a day, yet only 66 percent of men do so.

The survey also found that women say they change their toothbrush or power toothbrush head every 3 to 4 months on average, yet men hang on to theirs an average of 5 months. The ADA recommends replacing toothbrushes every 3 to 4 months or when the bristles become frayed since frayed and worn bristles decrease cleaning effectiveness.

Most people need to do a better job of flossing their

teeth. Only half of those surveyed (49 percent) say they floss their teeth once a day or more often. And 1 out of 3 people surveyed think a little blood in the sink after brushing their teeth is normal, yet it's not -- it could



Forget hair, eyes and body ... a recent survey found that people consider the smile the most attractive feature in a person.

signal gum disease or another health problem.

Oral health is an important part of overall health. Regular dental check-ups are important not only to diagnose and treat gum disease and tooth decay, but also because some diseases or medical conditions, such as oral cancer, have symptoms that can appear in the mouth.

Growing research indicates there may be an association between oral health and serious health conditions such as cardiovascular disease and diabetes, underscoring the importance of good oral hygiene habits.

"We need to constantly get the word out how important it is to stay on top of your oral health," says Dr. Ada Cooper, an ADA consumer advisor and practicing dentist in New York City. "Brushing twice a day with fluoride toothpaste, flossing daily, eating a balanced diet, and visiting your dentist regularly can help keep your smile healthy."

For more information on oral health, visit the American Dental Association's Web site at: [www.ada.org](http://www.ada.org).

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