



Cook's Corner

By Betty Kaiser
For The Sentinel

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I became a fan of recipe columns as a young mother of three in the early years of the 1960s. Today, I still find it exciting that in this era of so-called hard news, major newspapers from Baton Rouge to San Diego offer readers a respite that everyone can enjoy—recipes and articles that are all about enjoying food preparation and ways to help them.

The cookbook, "Dear S.O.S.: Thirty Years of Recipe Requests," was written by longtime editor Rose Dosti, former award winning food writer and veteran Los Angeles Times reporter. In her retirement, she has written eight or more books but this was the first. I recently opened it again and I am finding it as inspiring as ever. The L.A. Times published it 25 years ago but for this former Angeleno it brings back wonderful memories of great restaurant's ideas

for home cooked food.

Now called "Culinary S.O.S.," the recipe column that debuted in the Times in 1961 had a long history before that in the Daily Mirror. It originally began in the 1930s. Then, the audience was mostly stay-at-home housewives and their cooking choices were limited by the selection in markets. Out-of-season fresh fruits and vegetables were virtually unavailable. This was before frozen foods were readily available and canned goods were pantry staples used in all kinds of cooking. There was even a Fruit Cocktail Cake that is still a popular potluck dessert today.

Along the way, readers began to write in to S.O.S. and request favorite recipes from popular restaurants or ones they had lost or maybe remembered from a by-gone era. There was an entire news staff that gobbled up

the recipes and found answers to their questions. One editor was just the tip of the iceberg. The support staff consisted of an entire L.A. Times based test-kitchen of home economists and writers.

Beginning in the 1970s and into the 1990s Rose Dosti was the "Culinary S.O.S." editor for the Times readership. She would seek out the city's best restaurants and include them in her columns. Many of those restaurants are now closed—The Brown Derby, Scandia, The Bistro—but they sure left tasty memories and their creations are part of the L.A. culinary history.

Rose's tenure at The Times saw big societal changes. First there was a health movement that craved granola, nut burgers and Flourless Chocolate Cake. It is still a popular dessert in gluten free diets. Then, a growing ethnic population added more diversity to the mix. Recipes from the Latino, Japanese, Vietnamese and Korean populations were requested and published. Also, more women entered the work force. They were cooking less and needed some insights into current recipes.

Thirty years ago, here in Oregon, I was thrilled to discover

The Oregonian newspaper's Recipe Box. All the years they delivered to Cottage Grove, I clipped many a recipe from their pages. This week I went online and found a Fall Apple and Chicken Salad from 2016. Check it out at: <http://recipes.oregonlive.com/>. I think you'll like it.

The L.A. Times continues to put out a weekly food section. Last week it included a whole treatise on "Pie crust 101: Tips and tricks for taking your crust to the next level." As usual, I picked up a few pointers. I may have been a professional pie maker at Kaiser's Country Diner but I'm not too old to learn new tricks. Someday I'll share my foolproof pie crust recipe.

Today's recipe is for a Flourless Chocolate Cake, described as a dense 'fallen' cake made from an aerated chocolate custard. This Martha Stewart microwave recipe is a lighter version of the famous cake from Misto Bakery in Torrance, Calif. The original calls for 8 eggs, 2 pounds of bittersweet chocolate and 1-1/2 cups of butter! Martha says, "Chocolate lovers will adore this dessert. The edges and top develop a delicately crisp crust while the center remains moist and fudgy." Enjoy!

FLOURLESS CHOCOLATE CAKE

Martha Stewart

Ingredients:

6 tablespoons unsalted butter, plus more for pan
8 ounces bittersweet or semisweet chocolate, finely chopped
6 large eggs, separating yolks and egg whites
1/2 cup granulated sugar
Confectioners' sugar, for dusting
Sweetened whipped cream, for serving

Preheat the oven to 275 degrees with the rack in the center. Butter the bottom and sides of a 9-inch Springform pan. Set aside.

Place butter and chocolate in a large heatproof bowl and microwave in 30-second increments, stirring each time, until completely melted. Let cool slightly. Whisk in egg yolks.

In a large bowl, beat egg whites until soft peaks form. Gradually add granulated sugar, and continue beating until glossy stiff peaks form. Whisk 1/4 of the egg whites into the chocolate mixture; then gently fold in remaining egg whites.

Pour batter into the prepared pan, and smooth the top with a rubber spatula. Bake until the cake pulls away from the sides of the pan and is set in the center, 45 to 50 minutes. Cool completely on a wire rack; remove sides of pan. Serve at room temperature, dusted with confectioners' sugar. Serve with whipped cream, if desired. Serves 8



COMMUNITY BRIEFS

Genealogy

The genealogical society program is running today, Wednesday, October 11 at the community center at 10 a.m.

VFW quilting

Quilts of Valor sewing is taking place today, October 11, at the Veterans of Foreign Wars post in Cottage Grove from 10 a.m. to 4 p.m.

Hunting

The Emerald Valley Oregon Hunter Association is meeting tonight at 6:30 p.m. at Sizzler on Gateway Blvd. in Springfield

Farmer market

The South Valley Farmer's Market will be open Thursday, October 12 from 4 p.m. to 7 p.m. at the corner of 7th St. and Main St. in Cottage Grove.

Rotary drawing

The Great Rotary Drawing will be held on Friday, October 13. Tickets can be purchased from a Rotarian or at the Sentinel office.

Ukulele morning jam

The library will host an informal jam session on Thursday, October 12 at 9 a.m. Lessons not provided, ukuleles available for check out and novices are welcome.

Edgar Allen Poe

On Friday, October 13, residents are welcome to join the Opal Center for a night with Edgar Allen Poe. Celebrated actor Alastair Morely Jaques will perform his one man show beginning at 7 p.m. Tickets \$15 and Jack Sprats will offer Poe-themed dinner special, make a reservation for 5:30 p.m. Show not recommended for children.

Birding

Beginning at 9 a.m. on October 14, Fall Birding for Beginners, Free, but RSVP by emailing maggie@coastfork.org. At Row River Nature Park. Park by former BMX track/east end of large parking lot on Row River Rd.

Mayor's Ball

From 5:30-9 p.m. the Mayor's Ball will be held in the Cottage Grove Armory. Enjoy an evening of food, music and friends while supporting the armory restoration efforts. For ticket information, please call (541) 942-2441.

Community breakfast

The Masonic Lodge will host a community breakfast on Sunday, October 15 from 8 a.m. to 11 a.m.

Bosses Day

Monday, October 16 is national Bosses Day.
912

The 912 Project will be meeting at Stacy's Covered Bridge Restaurant on Monday, October 16 beginning at 6:30 p.m. Local fire chief will attend to discuss the extension of the fire levy set for the November ballot. All welcome.

Lane County Stand Down

The Lane County Stand Down will be held on Friday, October 13 from 6:30 a.m. to 2 p.m. at the Lane County Fairgrounds. Services include: medical, dental, vision care, two hot meals, haircuts, toiletries, clothing, women's area, bike repair, pet food, legal advice, family services, veterans' benefits, housing programs. Veteran job fair will begin at 8 a.m. with local businesses on site accepting application.

Dorena Grange

The Dorena Grange will be hosting its Apple Festival and Flea Market on Saturday, October 14 from 11 a.m. to 3 p.m. at 36340 Row River Rd. Bring your own apples and use the cider press or buy apples at the festival to take home fresh cider.

Bridging Cultures

The month-long celebration and examination of the Muslim culture continues during the month of October. The library continues to host talks and documentaries on the subject every Monday beginning at 6 p.m.

Buster Keaton

The library will host a Buster Keaton movie night on October 21 beginning at 7:30 p.m.

Trick or Treat on Main St.

The annual Trick or Treat on Main St. will be held on October 31 from 3 p.m. to 6 p.m. If you are a business who would like to reserve a booth, please call Travis at the Chamber at 541-942-2411.

War of the Worlds

The 1938 classic broadcast by Orson Welles will be held at the Opal Center in conjunction with KNND on October 31. Live audience tickets are \$7 for adults and \$5 for kids 12 and under.

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