

With beef in short supply, tips for getting prime cuts

By Kevin Rector
Los Angeles Times

LOS ANGELES — Skip the steak and buy the brisket. Start going for those big, bone-in options. And if you still want prime cuts and can afford it, consider buying directly from a local butcher.

That's one message from California

cattle ranchers and suppliers as the closure of big meat processing plants across the country creates a bottleneck for processed beef. As they work hard to get their animals to market, buyers can help steady the supply chain by branching out.

"I always tell people, 'Why don't you want roasts?'" said Julie Morris,

co-owner of T.O. Cattle Co. and Morris Grassfed in San Juan Bautista, which normally does brisk trade in steaks but has been overwhelmed by recent orders. "They are easy to cook. They are delicious. They feed a family. They leave leftovers."

As the coronavirus crisis continues to disrupt normal food supply chains,

those in the beef industry are looking for new ways to sell animals, and stretch each one that gets to market further.

Nationwide, dozens of processing plants have shuttered because of outbreaks of the coronavirus among employees. Unions are calling for more protections for workers, even

as President Donald Trump has demanded processors keep operating to feed the nation.

Some fast-food outlets have struggled to source enough meat for their carry-out and drive-through customers.

See Beef/Page 3B

WAFFLES

Continued from Page 1B

Cornmeal adds a sweet corn flavor and nice crunch to waffle batter. A fine or medium grind cornmeal works best. (Coarse ground is too crunchy here.) Stone-ground blue cornmeal offers a delicious, earthy sweetness and subtle blue hue to the waffles. Whole wheat flour or coarse semolina are other options for yummy flavor and nutty texture.

You can use skim, 1%, 2% or whole milk in the waffle batter. Same for the Greek yogurt — 0% or whole milk yogurt work well here. No plain Greek yogurt? Substitute sour cream or buttermilk (or reconstituted dried buttermilk).

I recommend using vegetable oil suited for high-heat cooking, such as safflower oil, sunflower oil or expeller-pressed canola oil, in the waffle batter and for coating the waffle iron. These oils can take the heat of the waffle iron without smoking, resulting in better-tasting waffles.

Serve the waffles as soon as they are baked; don't stack them on top of each other for any length of time (unless you're pouring on the syrup to eat), or they'll get soggy. If not eating right away, pop them directly onto the rack of a 200 degree oven to stay crisp while you bake more. To make waffles in advance, cool them completely on a wire rack before stacking into a container for refrigeration or freezing. Reheat them to great crispness in a toaster.

Pure maple syrup and salted butter taste delicious on these crunchy waffles, so does a mixture of crushed fresh berries with a fruit syrup. Our family is partial to blueberry syrup from our favorite Michigan blueberry farms. For this holiday, I simmered oranges in sugar to soften them before adding diced fresh pineapple and marmalade for a refreshing topping.

Serve the waffles with an interesting flavor of chicken sausage, browned in a skillet until hot, then thinly sliced.

Banana malted milk makes a fine start to any day. I blend in a bit of peanut butter when it's our sustenance before a morning walk in the woods. If it's an afternoon treat, I never object to the addition of a scoop of vanilla ice cream, especially on Mother's Day.

CRISPY CORNMEAL WAFFLES WITH PINEAPPLE-ORANGE COMPOTE

Prep: 30 minutes
Cook: 15 to 20 minutes

Makes: 4 servings (four 4-square waffles)

This recipe doubles nicely. Bob's Red Mill Gluten Free 1-to-1 Baking Flour makes a fine substitute for all-purpose flour. Cooled, leftover waffles freeze well. Reheat in the toaster to recrisp.

- 1½ cups flour
- ¼ cup blue, yellow or white cornmeal (or semolina flour or whole wheat flour)
- 3 to 4 tablespoons sugar
- 2 teaspoons baking powder
- ¾ teaspoon baking soda
- ½ teaspoon salt
- Safflower or expeller-pressed canola oil or nonstick cooking spray for high heat
- 3 large eggs
- 1 cup plain Greek yogurt, sour cream or buttermilk
- ½ cup milk
- 1/3 cup sunflower, safflower oil or high-heat expeller-pressed canola oil
- 1/3 cup melted butter

For serving:
Plain or vanilla Greek yogurt or mascarpone cheese or cottage cheese
Pineapple-orange compote, see recipe, reheated if necessary

- Whisk together flour, cornmeal, sugar, baking powder, baking soda and salt in a large bowl. (This can be done several days in advance and stored, covered.)
- Heat oven to 200 degrees. Heat waffle iron according to manufacturer's directions. When iron is heated, use a pastry brush to coat waffle iron with oil or spray with nonstick cooking spray. (Oil or spray waffle iron as needed between waffles.)
- Whisk together eggs in a bowl. Whisk in yogurt, ½ cup milk, oil and melted butter. Gently whisk egg mixture into the flour mixture just until combined. Do not overmix. Batter should flow from a spoon, not plop; add small dollops of milk if needed to thin batter.
- For each waffle, spoon a generous cup of the batter into the heated waffle iron, close the iron and bake until waffle is crisped and perfectly golden. Transfer the baked waffle to the oven directly on the oven rack while you bake the remaining waffles.
- To serve, pile a couple of hot waffle squares on heated

plates. Top with a dollop of yogurt. Spoon the warm compote over it all.

Nutrition information per serving: 631 calories, 41 g fat, 15 g saturated fat, 189 mg cholesterol, 52 g carbohydrates, 14 g sugar, 16 g protein, 861 mg sodium, 1 g fiber

PINEAPPLE-ORANGE COMPOTE

Prep: 20 minutes
Cook: 35 minutes
Makes: about 4 cups

In addition to serving this compote warm over waffles and pancakes, try it super-cold ladled over vanilla ice cream or plain yogurt.

- 2 navel oranges, scrubbed clean
- 1/3 cup sugar
- ¼ of a fresh pineapple, cut into ½-inch dice, about 2



Stay home with hospice!

We can help manage your illness at home instead of at a hospital. Call today!

(541) 624-5800 • GoHOSPICE.com

BLUE MOUNTAIN RV

REPAIR

Dealer & Factory Certified Technicians

Discount for All Military & First Responders

Rick
360.601.2067

Todd
541.786.5095

627 E. Arch St, Union, OR 97883

TRADER RAY'S

SHOOT BETTER, SAVE MONEY!

We Sell New & Used Guns at Competitive Pricing



Hours:
Mon-Sat 11-5:30
2800 Broadway, Baker City
541-523-9397 • 541-519-7842

3. Refrigerate covered up to several days. Reheat to serve warm over waffles or pancakes.

Nutrition information per 1/4 cup serving: 75 calories, 0 g fat, 0 g saturated fat, 0 mg cholesterol, 20 g carbohydrates, 18 g sugar, 0 g protein, 15 mg sodium, 1 g fiber

BANANA MALTED MILK

Prep: 5 minutes
Makes: 2 or 3 servings

Creamy peanut butter gives this drink a lovely, rich body even when you're using skim milk. Malted milk powder by King Arthur Flour or Carnation are both delicious here. In a pinch, you could use malted milk balls; a power-

ful blender will crush them easily into the drink and add a little chocolate bonus.

- 1 large or 2 small ripe bananas
- 1½ cups milk (dairy milk, oat milk, macadamia nut milk, rice milk, etc.)
- ¼ cup malted milk powder
- ¼ cup smooth peanut butter or 3 tablespoons peanut butter powder, optional
- 4 to 6 ice cubes

Put all ingredients into a blender. Process until smooth. Serve cold.

Nutrition information per serving (for 3 servings, with peanut butter): 262 calories, 14 g fat, 4 g saturated fat, 10 mg cholesterol, 26 g carbohydrates, 18 g sugar, 11 g protein, 195 mg sodium, 2 g fiber

APPLIANCES & MORE

Jay & Kristin Wilson, Owners
2036 Main Street, Baker City
541-523-6284 • ccb#219615





Island City Lions Club

THANKS you for sponsoring our event.



1-888-532-3422 • LaGrande, OR
www.thunderrv.com

To maintain the safety of our community and comply with state mandates we are canceling the 2020 Hog Wild Days.

Unique Custom Garage Doors



Model 9700

Wayne Dalton GARAGE DOORS

NE-HI ENTERPRISES

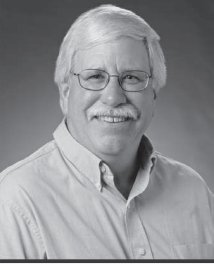
Big enough to do a large job. Small enough to care.
2122 10th St, Baker City • 541-523-6008 • ccb#155399



UPGRADE



215 Elm Street La Gande • (541) 963-5440
northwestfurnitureandmattress.com



Home & Auto go together. Like you & a good neighbor.

Gregg Hinrichsen Ins Agency Inc
Gregg Hinrichsen, Agent
1722 Campbell Street
Baker City, OR 97814
Bus: 541-523-7778 Toll Free:

Some things in life just go together. Like home and auto insurance from State Farm®. And you with a good neighbor to help life go right. Save time and money. CALL ME TODAY.



State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company, Bloomington, IL
State Farm County Mutual Insurance Company of Texas, Dallas, TX
State Farm Fire and Casualty Company, State Farm General Insurance Company, Bloomington, IL
State Farm Florida Insurance Company, Winter Haven, FL
State Farm Lloyds, Richardson, TX
1601976

Market swings making you uneasy? Let's talk.



Gary F Anger, AAMS®
Financial Advisor

1910 Adams Ave
P O Box 880
La Grande, OR 97850
541-963-0519

Edward Jones®

MAKING SENSE OF INVESTING

edwardjones.com

AJ's Corner Brick Bar & Grill

Locally owned & operated • Local Beef from Clear Creek Beef

Tuesday Brewsday: \$1 off Draft • Build Your Own Pasta • 5 - close
Wednesday Whiskey: \$1 off • Happy Hour All Day Every Day
Thirsty Thursday: 50¢ off Well Drinks

Hours: Sun & Mon 11-8 • Tues-Thurs 11-9 • Fri & Sat 11-10
1840 Main Street, Baker City • 541-523-6099

TAWNY'S TOY BOX

Free Delivery & Curbside Service!

Classic, Unique, Educational & Fun Toys for All Ages

We Wrap & Ship! • 541-523-6526 • 1735 Main St, Baker City