

RICE

Continued from Page 1B

Add the marinated paneer to the rice and stir gently. Cover and cook for another 10 to 12 minutes or until all the liquid is absorbed.

Remove from heat and uncover the pot. Sprinkle the onion, mint and cilantro on top and let the biryani rest for 10 minutes.

Transfer to a wide-rimmed bowl and fluff rice with a fork. Taste for seasoning and add more salt if needed.

Serve hot with raita (yogurt sauce) or potato chips. Makes 6 servings.

— Arthi Subramaniam

CHICKEN AND SAUSAGE PAELLA

Unless you are a purist, don't fret if you don't have a paella pan; an Instant Pot comes in handy to make a delicious paella. Bomba is a go-to rice for paella, but since I could not find it I used the plump arborio rice instead.

- 1½ cups chicken broth
 - 1 cup frozen peas
 - Big pinch of saffron threads (roughly equal to ¼ teaspoon)
 - 1 tablespoon olive oil
 - 3 cloves garlic, chopped
 - 1 medium yellow onion, chopped
 - 1 red bell pepper, chopped
 - 1 teaspoon smoked paprika
 - 1 teaspoon cayenne pepper, optional
 - 1 teaspoon salt
 - 1 pound (3 or 4) boneless, skinless chicken thighs, cut into 1 inch pieces
 - 12 ounces chorizo or other spicy sausage, sliced
 - 1½ cups arborio rice
 - 2 tablespoons lemon juice
 - 2 tablespoons parsley
- In a small saucepan, heat the broth to a simmer.

In a small saucepan, heat the broth to a simmer. Add the peas and saffron. Reduce the heat to low to keep the broth warm and give the saffron a chance to infuse the broth while you get everything else ready.

Select the “Saute” setting on your electric pressure cooker and add the oil and garlic. Saute until little bubbles of oil form around the garlic and it becomes aromatic, 1 to 2 minutes.

Stir in the onion and bell pepper. Saute until they have softened a little bit, 3 to 4 minutes. Stir in the paprika, cayenne (if using) and salt, and saute for 1 more minute.

Add the chicken and sausage and stir to combine. Saute for 5 to 6 minutes, until the chicken has turned opaque. It's OK if the chicken is still a little pink in the middle.

Scrape the bottom of the pan. Add a splash of the hot broth to the pan and use it to scrape up any browned bits. These bits add a lot of flavor

BUILDING

Continued from Page 1B

N. K. West was a true entrepreneur and during his lifetime his foresight into the building of a greater La Grande led him into many partnerships over the years. Such was the case with Clarence S. Jacobson. Mr. Jacobson was a wealthy businessman in Portland as a manager of Neustadter Brothers' industries and one who had also built his own large wholesale clothing manufacturing business. He was probably acquainted with West from his Portland days. According to a 1913 Observer article Mr. Jacobson “had been watching the growth potential of La Grande” and when approached with the opportunity to invest in funding the building at 1300 Adams he came on board. Clarence Jacobson, age 53, died suddenly of a heart attack only six years after the construction of this building. Keep looking up! Enjoy!

to the dish, so don't skip this step. (This also helps prevent the dish from burning on the bottom during cooking.)

Stir in the rice, then pour in the rest of the hot broth with the peas and saffron. Push down any grains of rice from the sides of the pot, making sure that everything is submerged in the liquid.

Pressure cook the paella. Secure the lid on the pressure cooker and make sure the pressure regulator is in its “Sealing” position. Cancel the “Saute” cooking program, select the “Manual” or “Pressure Cook” program and set the cooking time to 5 minutes at high pressure.

The pot will take 5 to 10 minutes to come up to pressure, and then the cooking program will begin counting down.

Release the pressure. When the cooking program ends, let the pressure release naturally for 10 minutes, then release the remaining pressure by moving the pressure regulator to its “Venting” position.

When the pressure is fully released, open the pot. Add lemon juice and gently mix together with the rice. Scoop onto plates, garnish with chopped parsley and serve piping hot.

You may get a crust of dark caramelization and crunchy rice at the bottom of the pan. This is called socarrat and is traditional for paella. Just mix it in and enjoy.

Yields 4 to 6 servings.

— Adapted from simplyrecipes.com

COCONUT RICE WITH COCONUT MILK

This rice has a pronounced coconut flavor as it has both

coconut milk and freshly grated coconut. I opted for the floral jasmine rice, and cooked it in my automatic rice cooker using its directions. But here are the directions to cook in a heavy pot on the stovetop.

- 2 cups jasmine rice, rinsed and drained
- 1 (14-ounce) can coconut milk
- 1¼ cups water
- 1½ teaspoons salt
- 1 tablespoon canola oil
- ½ teaspoon black mustard seeds, optional
- 1 teaspoon fennel seeds
- 3 dried red chilies
- 1 tablespoon freshly grated coconut
- ½ cup green peas
- ½ teaspoon salt
- ¾ cup fried onions
- 2 tablespoons fresh cilantro

In a large heavy pot over medium heat, combine rice, coconut milk, water and salt. Bring to a boil, then reduce heat to a simmer and cover the pot. Cook rice 18 to 20 minutes or until rice is tender.

Remove from heat and let the rice sit for 10 minutes, then fluff with a fork.

In a skillet, add oil over medium heat. Add mustard seeds, if using, and as soon as they begin to pop, add fennel seeds. A minute later add the red chilies and stir for a few seconds. Make sure the chilies don't burn.

Add grated coconut and saute for about 3 minutes. Add green peas and salt and saute for 2 minutes.

Transfer rice to a medium bowl and add the seasoned coconut. Combine together gently. Taste and add more salt if needed. Garnish with fried onions and cilantro leaves.

Makes 4 servings.

— Arthi Subramaniam

SPORTS

Continued from Page 1B

I occasionally was assigned to wait outside Barry Bonds' locker in the odd chance that he would utter a sentence as he dattered after a game. As I recall, he never said anything. Any question would be ignored. Few seldom even tried.

I also was there when the Seahawks' Marshawn Lynch repeated over and over again at the Super Bowl media day “I'm only here so I don't get fined.”

I got into a shouting match with St. Louis Cardinal center fielder Jim Edmonds, who was upset with we reporters seeking to talk to and about Rick Ankiel, who was going through a horrendous wild streak that eventually caused him to give up pitching.

But such run-ins were rare. And there were players that were a joy to cover — Larry Fitzgerald, Kurt Warner, Steve Nash, Luis Gonzalez and Mark Grace, among many others.

Coaches presented another challenge.

Some were great to deal with: Mike D'Antoni in his days with the Suns was a personal favorite.

When he brought the Houston Rockets to face the Suns in my next-to-last NBA game last year, I told him at his pre-game news conference that I was retiring.

“You should retire,” he said. “You're old as dirt.”

Cardinals coach Dave McGinnis was often hilarious with his west Texas wisdom. Before I left for a track trip to Paris, he insisted that I not bring him back one of those cheap snow globes. So, after some searching, I brought him a little snow globe of the Eiffel Tower. He insisted a few years ago that he still has it.

Then there was Bruce Arians, who won 50 games in five seasons with the NFL Cardinals, and was as entertaining as a coach can get.

When he was asked what he thought of parents dressing their kids like him — including that Kangol-style hat — for Halloween, he said all they needed was a cocktail in their hand.

Other coaches could be difficult. Dirk Koetter when he was at Arizona State comes to mind. So does Denny Green in his brief time with the Cardinals.

There was a running joke about my persistent, and ultimately failed, effort to engage Green in small talk. He just wouldn't do it.

There is a tedium to the work sometimes.

During the last 10 or so years that I covered the Cardinals, most weekdays would begin, a half-full coffee cup in my hand, I'd climb into my trusty 2010 Impala (God rest its soul) and negotiate the 46-mile drive to the team's practice facility in south Tempe.

The route cut through the heart of Phoenix on Interstate 10, a truly miserable drive most days. If I had to be at practice early I'd be caught in the crawl of rush hour and it might take two hours. I spent a lot of time on that highway.

Once I arrived, reporters were herded out to watch 20 minutes of practice. Usually we saw stretching or a few punt-team and kickoff team workouts. Then we were escorted back to the press room to wait until practice was over.

Waiting is by far what reporters do the most. That and eat.

The food used to be free, leading to my comment that you're not a real sports writer until you complain about the quality of the free food.

Except it's not always free anymore.

The Diamondbacks and NHL's Coyotes charged \$10 per meal, the Suns a bargain at \$7.

The NFL's Cardinals still put out a great pre-game spread, often complete with a carving station, and it's free.

All in all, my wife probably summed up my career the best.

“It's like being married to a doctor,” she said, “without the money.”

Bob Baum retired last year after 43 years with The Associated Press, the first 23 in Portland and the last 20 as a senior sports writer based in Phoenix, Arizona. He and his wife Leah live in Island City with their two dogs and four cats.

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