

SANDWICH

Continued from Page B1

SPICY FRIED CHICKEN SANDWICH

Yield: 4 servings
2 cups buttermilk
1 teaspoon plus 2 tablespoons salt, divided
1 3/4 teaspoons garlic powder, divided
1 3/4 teaspoons onion powder, divided
1/2 teaspoon paprika
Oil, for frying
1 cup all-purpose flour
1 tablespoon plus 1/4 teaspoon cayenne pepper, divided, see note
4 small boneless chicken breasts (2 pounds)
1/2 cup mayonnaise
4 bricche buns
2 dill pickles
2 leaves of lettuce, each torn into 4 pieces

1 medium tomato, sliced
Note: If you don't want it spicy, simply eliminate the cayenne pepper.

1. In a large bowl, mix together buttermilk, 1 teaspoon of the salt, 1/2 teaspoon of the garlic powder, 1/2 teaspoon of the onion powder and the paprika. Add the chicken breast and refrigerate at least 4 hours or, preferably, overnight.
2. Pour 1 inch of the oil into a large cast-iron skillet or Dutch oven. Heat oil to 350 degrees (if you don't have experience, you'll need a frying or candy thermometer to make sure it is the right temperature). Meanwhile, put the flour in a paper or plastic bag along with 1 tablespoon of the cayenne pepper, the remaining 2 tablespoons of salt, 1 teaspoon of the garlic powder and 1 teaspoon of the onion powder. Shake well to combine.
3. Remove the chicken from the marinade and place pieces in the bag with the flour mix-

ture. Shake to coat thoroughly, wait 1 or 2 minutes, and shake again. Carefully place the chicken, skin-side down, in the hot oil (you may have to do this in batches). Fry, turning occasionally, until golden brown all over and internal temperature is 165 degrees. For best results, try to keep the oil temperature around 325 degrees. The chicken will be done in 10 to 15 minutes, depending on the size of the breasts. Remove to a plate covered with paper towels or a wire rack over a baking sheet.
4. In a small bowl, mix together mayonnaise, the remaining 1/4 teaspoon cayenne, the remaining 1/4 teaspoon garlic powder and the remaining 1/4 teaspoon onion powder. Spread 1 tablespoon mayonnaise mixture on top and bottom halves of each bun. Slice pickles into 1/4-inch rounds and cover bottom bun with a single layer of 3 or 4 slices (you may not need all of the pickles). Place a fried chicken breast on each bun, top

with 2 pieces of lettuce and 1 slice of tomato. Add the top half of the bun, and serve.

Per serving: 843 calories; 49 g fat; 9 g saturated fat; 197 mg cholesterol; 58 g protein; 43 g carbohydrate; 11 g sugar; 2 g fiber; 1,061 mg sodium; 74 mg calcium

Recipe by Daniel Neman

SILKY OMELET BAGUETTE

Yield: 1 serving
1/2 baguette
1/2 cup cherry tomatoes, quartered
1/4 to 1/2 jalapeño pepper, thinly sliced
Salt and pepper, to taste
1/2 tablespoon olive oil
1/2 tablespoon red wine vinegar
2 large eggs
1/2 tablespoon butter
1/2 ounce sharp cheddar cheese, grated
1 tablespoon chopped fresh chives
1/2 teaspoon curry powder

1. Slice the the baguette in

half, lengthwise. Place the cherry tomatoes and jalapeño in a bowl with a pinch of salt and black pepper, along with the oil and vinegar. Toss together well, and set aside.

2. Beat the eggs well. Put a large, nonstick skillet on high heat and, after 1 minute, add the butter. When the butter has melted, pour the eggs into the hot pan and quickly swirl to cover the base. Scatter over with the cheese, chives and curry powder.

3. After a total of 1 minute in the pan, the eggs should be just set (they should be yellow, not golden brown). Angle the pan and use a spatula to swiftly roll up the omelet and stuff inside the baguette halves. Top with the salsa.

Per serving: 382 calories; 27 g fat; 11 g saturated fat; 401 mg cholesterol; 19 g protein; 15 g carbohydrate; 4 g sugar; 3 g fiber; 343 mg sodium; 184 mg calcium

Adapted from "Ultimate Veg" by Jamie Oliver

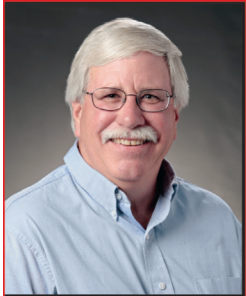
DAN'S REUBEN

Yield: 1 sandwich
1 tablespoon deli-style mustard
2 slices rye bread
1/4 pound corned beef or pastrami
1/4 cup sauerkraut, drained
2 to 3 slices Swiss cheese

Spread mustard on 1 slice of bread. Top with corned beef, sauerkraut, cheese and the remaining slice of bread. Heat a skillet over medium-high heat. When hot, add sandwich, top-side down. Cook until bottom is golden brown. Flip and cook until bottom slice is toasted and cheese has melted. Serve with a pickle.

Per serving: 690 calories; 36 g fat; 16 g saturated fat; 163 mg cholesterol; 36 g protein; 34 g carbohydrate; 3 g sugar; 5 g fiber; 2,164 mg sodium; 564 mg calcium

Recipe by Daniel Neman



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

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.

Are You Feet Ready to Camp? We specialize in quality medical and surgical care for all types of foot and ankle problems. Granite View Foot & Ankle. Travis T. Hampton, D.P.M., Foot and Ankle Surgeon. Locations in LaGrande, Enterprise, and Baker.

inside every Thursday GO! EASTERN OREGON arts events entertainment. GoEasternOregon.com

AccuWeather | Go to AccuWeather.com weather. TONIGHT, WED, THU, FRI, SAT. BAKER CITY, LA GRANDE, ENTERPRISE. SUNDAY EXTREMES. WEATHER HISTORY. SUN & MOON.

AROUND OREGON AND THE REGION. Forecasts and graphics provided by AccuWeather, Inc. ©2021. Map showing weather for various Oregon cities. REGIONAL CITIES table and RECREATION FORECAST WEDNESDAY table.

AGRICULTURAL INFO. HAY INFORMATION WEDNESDAY. RESERVOIR STORAGE (through midnight Monday). STREAM FLOWS (through midnight Sunday).

Stressless® furniture advertisement featuring a red sofa and an orange armchair. Stressless Max shown in Paloma New Cognac.

SAVE IN AN INSTANT. Get a \$100 instant rebate for every \$1,000 you spend on any qualifying Stressless® seating.* June 25 - August 2, 2021

GLOBE furniture advertisement with logo and contact information: 1520 ADAMS AVENUE, La GRANDE, OREGON 97850. (541) 963-4144 • 888-449-2704