

A meal in one hand



Hillary Levin/St. Louis Post-Dispatch-TNS
Dan's Reuben sandwich.

A selection of scrumptious sandwiches

By DANIEL NEMAN
St. Louis Post-Dispatch

It is a debate that has been passionately argued by culinary philosophers for centuries: Do sandwiches taste better when eaten standing over the kitchen sink, or when they are picked up from a paper plate?

I am firmly in the kitchen-sink camp. To me, paper plates are almost no better for sandwiches than china plates, which are practically like eating them with knives and forks.

I spent a lot of time standing in front of my sink the other day when I made six types of sandwiches — that is, each one had to be heated before it was ready to be eaten. I'd like to say that was my original intention, but actually the truth of it came to me like this:

Hillary the photographer: "Hey, all of these are hot sandwiches."
Me: "Really? Huh. What do you know about that?"

So I definitely intentionally set out to make six hot sandwiches, each unusual in its own way. Some were relatively easy; some took more time and effort, some were decidedly fancy. All were awfully good.

RED WINE-BRAISED FLANK STEAK, WITH ROASTED PEPPERS, ONIONS AND GRUYÈRE

Yield: 4 sandwiches
3 tablespoons vegetable oil
1 pound flank steak
1 medium carrot, cut into large dice
1/2 white onion, cut into large dice
2 garlic cloves, quartered
2 to 3 cups red wine
2 large sprigs fresh thyme
2 teaspoons salt, divided
1 red bell pepper
1 large red onion, sliced crosswise into 3/4-inch wheels
2 tablespoons olive oil
1/2 teaspoon sherry vinegar
4 ciabatta rolls
8 slices Gruyère cheese

1. Preheat oven to 350 degrees.
2. Choose an ovenproof skillet (with a lid) or Dutch oven large enough to fit the meat in snugly but still lie flat. Add 2 tablespoons of the vegetable oil to the skillet over high heat. When the oil begins to shimmer, add the meat and cook for 5 to 7 minutes on each side, until deep brown in color. Remove the meat and set aside.
3. Reduce the heat to medium-high. Add the carrot, onion and garlic, and sauté until the vegetables start to brown but are still firm. Return the meat to the pan, and add enough red wine to come 3/4 of the way up the side of the meat.
4. Add the thyme and 1 teaspoon of

the salt. Cover and transfer to the oven. Braise the meat for 2 1/2 hours, checking occasionally to make sure the liquid does not dry out (if it does, add more wine). The meat should be very tender and soft enough to pull apart with a fork. Transfer to a plate to rest and cool.

5. While the meat cooks, roast the red pepper over a high flame, turning occasionally with tongs, until charred all over. Place in a bowl, cover with plastic wrap and rest 20 minutes. Rub off the charred parts with your fingers (some charred parts are fine) and slice pepper into strips. If you do not have a gas stove, place pepper on a foil-covered baking sheet and place in the 350-degree oven, turning occasionally, until soft and wrinkled all over, about 45 to 55 minutes. Remove and, when cool enough to touch, slice pepper into strips.

6. Brush the red onion with the remaining 1 tablespoon vegetable oil. In a skillet over high heat, grill the onion — without separating into individual rings — until charred on the outside and slightly cooked on the inside. Place in a bowl and separate into rings. Add the peppers, olive oil, sherry vinegar and remaining 1 teaspoon salt, and mix well.

7. Strain the liquid the meat was cooked in into a bowl. With two forks, separate the meat into chunky strings and roughly cut them crosswise into 2- to 3-inch pieces. Combine the meat with the juices, and coat well.

8. Slice the ciabatta rolls in half. Place 1 slice of cheese on each bottom and top half. Arrange the meat on the bottom halves and peppers on the top halves, and place all the roll pieces in the 350-degree oven. Cook until the cheese is melted. Place the top halves on the

bottom halves, cut in half and serve.

Per serving: 883 calories; 44 g fat; 23 g saturated fat; 130 mg cholesterol; 51 g protein; 50 g carbohydrate; 7 g sugar; 4 g fiber; 2,075 mg sodium; 635 mg calcium

Adapted from "Wichcraft" by Tom Colicchio and Sisha Ortúzar

GRUYÈRE WITH CARAMELIZED ONIONS

Yield: 4 servings
2 tablespoons olive oil
2 medium yellow onions, halved and cut lengthwise into 1/8-inch slices
1 tablespoon chopped fresh oregano or 1 1/2 teaspoons dried
Salt and pepper
16 slices Gruyère cheese
8 slices rye bread
2 tablespoons butter

1. In a skillet over medium-high heat, add the oil and onions. Add the oregano, and season with salt and pepper. Cook, stirring, until onions turn light brown. Reduce the heat and continue to cook until the onions are soft and golden brown, 30 to 45 minutes. These can be kept refrigerated for up to 1 week.

2. Place 2 slices of cheese on each of 4 slices of bread. Put 1/4 cup of the onions on top of each, and top each sandwich with another 2 slices of cheese and slice of bread.

3. Melt 1/2 tablespoon of the butter in a skillet over medium-high heat (if your skillet is large enough to make 2 sandwiches at a time, use 1 tablespoon of the butter). Place 1 (or 2) sandwiches in the butter, and press down lightly until the

bottom is golden brown and toasted. Flip and cook other side until the cheese has melted.

Per serving: 763 calories; 51 g fat; 26 g saturated fat; 139 mg cholesterol; 40 g protein; 37 g carbohydrate; 5 g sugar; 5 g fiber; 1,279 mg sodium; 1,205 mg calcium

Adapted from "Wichcraft" by Tom Colicchio and Sisha Ortúzar

CHEESY KIMCHI TOASTIE

Yield: 1 serving
2 slices soft bread
1 1/2 ounces grated sharp cheddar cheese, divided
1 1/2 ounces good-quality kimchi, finely chopped

1. Spread 1/2 ounce of the cheese over 1 slice of bread. Spread the kimchi over the cheese, right to the edges of the bread. Spread another 1/2 ounce of the cheese over the kimchi, and top it with the remaining slice of bread.

2. Put a nonstick skillet on medium heat. When it's hot, cook the sandwich for 2 minutes on each side, until it is beautifully golden. Remove sandwich from the pan. Scatter the remaining 1/2 ounce of cheese on the pan, then place the sandwich back on top. Remove after 30 seconds and turn over onto plate to reveal your handsome cheese crown.

Per serving: 332 calories; 16 g fat; 9 g saturated fat; 42 mg cholesterol; 15 g protein; 31 g carbohydrate; 4 g sugar; 2 g fiber; 774 mg sodium; 400 mg calcium
Recipe from "Ultimate Veg" by Jaime Oliver

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Dogged research reveals details about historic building

By GINNY MAMMEN

In doing the research on early downtown La Grande there are sometimes blips in the research process. Some of the first "facts" come from the National Register of Historic Places, which should be correct information. However, those who prepared the information did so with what facts they had at the time. As more information becomes available, some of those "facts" need to be corrected. Such is the case of our next building, which stands next to the Farmers' & Traders' Bank in the 1200 block of Adams Avenue.

Farmers' & Traders' Bank was actually located at 1200 Adams. The next-door building to be considered at 1202 Adams, was constructed and also occupied by Jay Brooks, as a dry goods and clothing store called Jay Brooks. Both buildings are indicated on the 1893 Sanborn Map and listed in the 1893 City Directory.

As mentioned in the previous article, many of the wooden buildings in the downtown area burned to the ground in the 1886 fire that reportedly started in this very clothing store. Following the fire, Mr. Brooks went into action and not only built the current bank building on the corner but rebuilt his store that was next door and continued operating there until he left La Grande in April 1902 to move to Santa Rosa, California.

The 1893 City Directory listed E. Address & Co. located at 1310 Adams. In 1901 E. Address & Co. had expanded their space in the Huntington Building to accommodate their undertaking parlors



Fred Hill Collection

The E. Address Building, in the 1200 block of Adams Avenue in downtown La Grande, housed a funeral parlor and furniture store.

so that funerals could take place there as well as in churches. Then in early March 1903 E. Address & Co. moved into 1202 Adams from its previous location, so two other businesses in that location could merge.

Advertisements for E. Address & Co. showed that it was much more than a funeral parlor. It was

also a furniture store carrying items for every room in the house including beds, chairs, tables, rugs, carpets, curtains, pictures and appliances. It advertised as "The Home Beautifiers" as well as "Everything necessary to properly conduct a funeral." Charles Kinsey was listed as the manager and funeral director.

There had to be more to the story, and this was so true. As stated before the real interest comes from knowing who the people were that occupied these buildings. So who were E. Address and Charles Kinsey?

The search for Charles started out when it was reported in the February 10, 1904, Observer that "the partnership between the undersigned at La Grande, Oregon, under the firm name of E. Address & Co. has been dissolved by mutual agreement of the parties hereto." It went on to say "The business will be continued by E. Address and she will ..."

There were not many businesses owned by women in the early 1900s so was important to find out just who E. Address was. Search after search failed because the letter "E," especially for a woman's first name, did not provide enough information. After much searching the name Mills Address appeared so I followed that clue which led me to E., who was Eva Address, his wife.

Eva was born in Illinois in September 1861 to John R. Ladd and his wife, Rachel. John was born in 1838, and at age 14 had traveled to California with his father. He returned east and married Rachel in Illinois. It was while the couple were living there that Eva was born. Between 1861 and 1863 the family moved to Oregon where son Charles was born. Around that time the family settled in the area which became known as Ladd Canyon, where they built a cabin.

Eva attended Blue Mountain University, but she received her entrepreneurial spirit from her

father, who had come to this area and created a holding of 4,500 acres in the valley plus a number of properties in La Grande and Pendleton.

Eva married Mills and the two of them operated one of the largest wheat ranches in the valley. They moved to Portland in the early 1900s with their two children, Ethel and Robert. Mills died in 1935 and Eva in 1949.

And what about the other Charlie? Charles Kinsey was born in Union County in January 1869 to David Shroyer Kinsey and his wife, Cornelia. David was born in Jefferson, Pennsylvania, in 1831. He later moved to Newcastle, Indiana, where in 1853, at age 22, he married 17-year-old Cornelia Henderson. David was a chairmaker. He soon sold his business and the couple moved to Iowa for about five years. On May 6, 1862, he and his wife, along with their children, Kate, age 3, baby William, just 3 months old, and Cornelia's 13-year-old sister, joined an immigrant wagon train headed west. On Sept. 30, 1862, they arrived in the Grande Ronde Valley. They had six more children, Charles being in the middle.

Charles married Anna Pike in 1889 and they had a son, Claud, and a daughter, Marie. He was working as a manager and the funeral director at E. Address. In the early 1900s he and his family moved out of the valley to Portland where he worked as a commercial traveler for a furniture company. Charles Kinsey died in March of 1950 at the age of 82 in Portland.

Keep looking up! Enjoy!