

Wine sauce elevates steak

By **LINDA GASSENHEIMER**
Tribune News Service

This steak cooked in red wine is easy to make and is great for a weeknight meal. I also like to double the quantities, invite some guests and make it for a weekend treat. The sauce is made in the same skillet used to cook the steak, giving added flavor and body. To speed up the meal, the potatoes are cooked in the microwave and then sauteed for a couple of minutes in the same skillet used for the steak. They will pick up some of the flavor of the sauce.

Shallots are called for in the recipe. This member of the onion family has a milder flavor. Their thinner cell structure makes a smoother sauce.

Helpful Hints

- You can substitute onion instead of shallots.

- You can use any type of quick cooking steak such as sirloin, flank or skirt. Cook less time for thinner cuts. A meat thermometer should read 135 degrees for medium-rare and 145 degrees for medium.
- You can use any type of red wine.

Countdown

- Microwave potatoes.
- Make steak.
- Finish potatoes.

Shopping List

To buy: 3/4 pound grass-fed strip steak (sirloin, flank or skirt can be used), 1 can olive oil spray, 4 medium-sized shallots, 1 package sliced mushrooms, 1 bottle dry red wine, 1 bunch fresh thyme leaves or 1 bottle dried thyme, 1 bunch parsley (optional garnish), 1 container unsalted chicken broth and 3/4 pound red potatoes.

Staples: olive oil, flour, ketchup, garlic, salt and black peppercorns.

STEAK IN RED WINE SAUCE

Recipe by Linda Gassenheimer

Olive oil spray
3/4 pound grass-fed strip steak, about 3/4 inch thick
4 medium-sized shallots, sliced (about 1/2 cup)
3/4 cup sliced mushrooms
1 tablespoon flour
1/2 cup dry red wine
1/4 cup fat-free, no-salt-added chicken broth
1 tablespoon ketchup
1 tablespoon fresh thyme leaves or 1 teaspoon dried thyme
Salt and freshly ground black pepper
2 tablespoons freshly chopped parsley (optional)

Remove visible fat from steak. Heat a medium-size nonstick skillet over medium-high heat. Spray skillet with olive oil spray. Add

steak and brown 2 minutes on each side. Move steak to one side of skillet, lower heat to medium and add shallots and mushrooms to the open space of the skillet. Cook for a further 2 minutes. Cook 1 further minute if you prefer meat more well done. A meat thermometer should read 135 for medium rare and 145 for medium. Remove steak to a cutting board and let rest while finishing the sauce. Add flour to the skillet and mix with vegetables until dissolved. Raise the heat to medium-high and add the wine. Cook 1 minute. Add the broth, ketchup and thyme. Cook 2-3 minutes to reduce liquid and thicken sauce. Add salt and pepper to taste. Cut steak into slices and divide between two dinner plates. Spoon sauce over steak and sprinkle with parsley (optional). Set aside skillet to finish potatoes.

Yield 2 servings.
Per serving: 312 calories (20% from fat), 6.9 g fat (1.9 g saturated), 3.1 g monounsaturated, 96 mg cholesterol, 42 g protein, 12 g carbohydrates, 0.6 g fiber, 114 mg sodium.



Linda Gassenheimer/TNS

Steak in red wine sauce with garlic potatoes.

GARLIC POTATOES

Recipe by Linda Gassenheimer

3/4 pound red potatoes (about 1 3/4 cups cubes)
1 tablespoon olive oil, divided use
4 medium cloves garlic, crushed
Salt and freshly ground black pepper

Wash potatoes, do not peel and cut into 1/2-inch cubes. Place in a microwave-safe bowl. Add 1/2 tablespoon oil and garlic. Mix well. Cover with another

plate or plastic wrap. Microwave on high 3 minutes. Potatoes should be cooked and soft. Add another minute if needed. Add the remaining 1/2 tablespoon oil to the skillet used for the steak. Add the potatoes and toss in the skillet for 2 minutes to add flavor and color. Add salt and pepper to taste.

Yield 2 servings.
Per serving: 187 calories (34% from fat), 7 g fat (1 g saturated), 3.3 g monounsaturated, no cholesterol, 3.6 g protein, 29.1 g carbohydrates, 3.1 g fiber, 33 mg sodium.

One night in Bangkok, and the world's your taco

By **GRETCHEN McKAY**
Pittsburgh Post-Gazette

One of the best things about visiting my daughters in Arlington, Virginia, is that there are so many funky restaurants to choose from. One of my favorites is Taco Bamba, a chainlet of fast-casual taquerias that dishes up some of the Washington, D.C. area's best tacos at surprisingly non-D.C. prices.

Each of its six locations features two taco lists. Tradicionales are classics like carnitas, barbacoa, al pastor and birria (here, goat), while the Nuestros menu highlights original creations with fun names inspired by the neighborhood.

At the Ballston taqueria just around the corner from my daughters' apartment, the El Pollo Rico taco pays tribute to the local Peruvian restaurant of the same name (and Taco Bamba chef/owner Victor Albusu's Latin American heritage) with a filling of Peruvian-

an-ish chicken, green chili puree, aji amarillo aioli, salsa criolla, serrano chile and crispy potato.

It's good, but my absolute favorite — and the taco I can't stop thinking about — is the One Night in Bangkok. Seared shrimp is paired with a spicy chorizo larb inside a flour tortilla and topped with mint, basil, chiles and crispy onion.

Lucky for me — and you — Chef Albusu agreed to share the recipe, so I don't have to drive four hours to eat one.

The list of ingredients is longish, but save for the lemongrass stalk, everything can be found in your local grocery store. To quick-pickle sliced Fresno chilies, simply bring 1 cup white wine vinegar, 1/2 cup sugar and 1 tablespoon salt to a boil in a small saucepan, stirring to dissolve sugar and salt, then pour brine over chiles and let cool.

The recipe makes more larb sauce than you'll need for six tacos, but no worries — you'll

want to spoon it on top of grilled and shredded chicken, beef or anything that lends itself to Thai flavors.

ONE NIGHT IN BANGKOK TACO

For larb sauce

1 serrano chile, minced
2 green onions, minced
1-inch piece lemongrass, minced
1/4 cup soy sauce
1 tablespoon fresh lime juice
2 teaspoons fish sauce
1/4 cup sugar
1/4 bunch mint, chopped (about 1/4 cup)
4 Thai or Italian basil leaves, chopped
1/4 bunch cilantro, chopped (about 1/4 cup)
1-inch piece fresh ginger, peeled and grated
1 clove garlic, grated
1/2 tablespoon orange juice

For tacos

2 tablespoons vegetable oil
12 medium shrimp, peeled and deveined
Kosher salt and freshly ground black pepper
8 ounces ground chorizo
1/4 cup larb sauce
6-8 mint leaves
6-8 Thai or Italian basil leaves
6-8 cilantro leaves
6 corn tortillas
1 scallion, thinly sliced
2 tablespoons pickled red Fresno pepper or other spicy pickled chile
1 serrano chile, thinly sliced
2 tablespoons crispy shallots or onions
Make larb sauce: Place minced serrano chile, scallion and lemongrass in a medium bowl. Add soy sauce, lime juice, fish sauce and sugar. Stir well to incorporate sugar.
Add chopped herbs, grated ginger, grated garlic and orange juice to bowl, and mix to combine. Set aside while you make tacos.
Prepare tacos: In a saute pan, heat 2 tablespoons cooking oil over medium-high heat. Season shrimp with a

little salt and pepper, or whatever spices you like and, once oil is hot, add to the pan. Cook for 1-2 minutes per side, until the shrimp is opaque all the way through. Remove from pan and reserve.

In the same pan, add chorizo and cook for about 5 minutes, breaking it into crumbles until cooked through. Spoon cooked chorizo into a bowl. Add cooked shrimp. Add 1/4 cup larb sauce and toss together until meat and shrimp are well coated.

Add mint, basil and cilantro leaves to the bowl, gently tearing them with your fingers and stirring into the mixture. Give it a taste. Add more larb sauce if desired.

With a small amount of oil, toast your tortillas in a pan over medium-high heat, on both sides until the tortilla is hot and pliable.

Divide chorizo-shrimp-larb mixture evenly between your tortillas. Top tacos with sliced scallion, pickled chile, sliced serranos and crispy shallots.

Makes 6 tacos.
— Victor Albusu, chef/owner Taco Bamba.

BLOOM

Continued from Page B1

together eat better, enjoy better relationships and do better in school.

Eating together can happen at any meal, according to Jill Ladd, MPH, a contributor for HealthLinkBC, a British Columbia website. If you are not used to eating together as a family, start small. Maybe you can only make one meal once a week to start. It might be Sunday breakfast or Thursday dinner, and that's OK. You can build on your successes. Try to incorporate as much healthy food as possible. Studies have shown people who eat together tend to eat more fruits and vegetables.

Encourage family members to get in on the meal planning and preparation. Children who are involved with meal planning and making a meal are more prone to eat the food they make and try different foods. Children of all ages are capable of doing tasks to help in the kitchen. Young children can wash lettuce and other vegetables or set the table. Older children can grate cheese for a pizza, roll out the dough or pick herbs from the garden.

Meals do not have to be made entirely from scratch. Why stress

about preparing everything you put on the table from scratch? If all you do is heat up some soup and make toast, it's still dinner, right? The point is spending time together.

Cooking is a great way to connect with family members, teach simple cooking techniques and food safety.

Everyone should wash their hands with warm soapy water before beginning meal preparation. If you have young or inexperienced cooks in the kitchen supervision is key. Cuts and burns are a sure way to turn a fun activity into a not-so-fun activity really fast.

If some foods are new to children, don't force them (or bribe them) to try the food, though gentle encouragement to try something new is a positive approach.

According to child nutritionist Ellyn Satter, author of "Child of Mine" and "How to Get Your Child to Eat ... But Not Too Much," children generally make seven attempts at touching, putting a new food in their mouth, chewing it and spitting it out before they get around to swallowing it.

Parents are good role models here. You can use mealtime to teach your children what you want them to say when they don't want a particular

food. For example, "no, thank you," or "I don't care for any, thank you," are good approaches to try. "Yuck!" works, too, but the cuteness factor is short-lived.

Help children know how much food to take and when they have had enough. Do not encourage membership in the Clean Plate Club. This teaches children to overeat and overrides their bodies' natural cues that tell them when they have had enough food.

Eating together is about connecting. This means TVs, cellphones, computers and all other screens are turned off. It is a time to teach children about family values and traditions, to hear about everyone's day. Keep the conversations upbeat and positive. Schedule the tough or disciplinary conversations for a later time.

Ask open-ended questions (questions which require more than a yes or no or OK answer) as conversation starters to get the table talk going. Questions such as, "What is the best thing that happened to you today and why?" or "If you could have dinner with anyone who would it be and why?" may get more of a response than the generic: "How was your day today?"

There are also social and health benefits of

eating together. For teenagers who participate in family mealtime, there tends to be less alcohol, drug and cigarette use. Teens do better in school and there is less disruptive behavior at school, and less negative behavior in general. Students get better grades and do better on tests.

For all family members, eating together establishes healthy eating patterns and people who eat together tend to maintain a healthy weight.

For all these reasons, eating together is good for your health and your family's health. For more information, or ideas on how you can start eating together and eating better, go to www.foodhero.org.

Ann Bloom has worked for the OSU Extension Service for 15 years as a nutrition educator. She studied journalism and education at Washington State University. She lives in Enterprise.



PIE

Continued from Page B1

1/2 cup sugar
1 tablespoon flour
1 teaspoon cinnamon

For crumb topping

1/2 cup sugar
3/4 cup flour
6 tablespoons butter, cut into chunks

Preheat oven to 350 degrees.

Prepare crust: In large bowl, combine dry ingredients. Cut in shortening using a pastry blender or until mixture is crumbly. Mix in water a tablespoon at a time to form dough. (It should hold together when pinched.) Shape into a ball, flatten with your palm into a disc, then roll out on a floured

surface into a circle about 2 inches wider than the pie plate. Transfer dough to pie plate.

Prepare filling: Peel, core and slice apples, then place in a large bowl. Add dry ingredients and mix by hand until all apples are covered. Pour into pie crust. (It will look like a lot, but the apples will bake down.)

Prepare topping: Place sugar and flour into a medium bowl. Rub the butter into the mixture with your fingers until it's crumbly. Pat crumble mixture on top of unbaked pie.

Place pie on a cookie sheet (to capture any drippings) and bake for 60 minutes or until apples are completely soft when pierced with a knife. (My pie took about 20 minutes longer.)

Transfer pie to a rack to cool completely, then enjoy.
Makes 1 pie.
— Travis Harhai, Mount Pleasant, Pennsylvania

When your computer is in despair



OUTSTANDING COMPUTER REPAIR

Fast and Reliable

MOBILE COMPUTER SUPPORT

DALE BOGARDUS 541-297-5831



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

State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company, Bloomington, IL
State Farm Fire and Casualty Company, State Farm General Insurance Company, Bloomington, IL
State Farm Life and Casualty Company, State Farm Life Insurance Company, Bloomington, IL
State Farm Lloyds, Richardson, TX

BACK TO SCHOOL

Are Your Feet Ready?
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

541-963-0265
888-843-9090
www.GVfoot.com

La Grande 1408 N Hall Street
Enterprise 601 Medical Parkway
Baker 3175 Pochontas Rd.