

**RECIPE**

Continued from Page B1

**VERMONT APPLE CIDER DOUGHNUTS**

- 1 cup granulated sugar
- 5 tablespoons unsalted butter, at room temperature
- 2 large eggs, at room temperature
- 3 1/2 cups all-purpose flour, plus extra for work surface
- 1 1/4 teaspoons table salt
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 1/2 teaspoons ground cinnamon
- 1/2 teaspoon freshly grated nutmeg
- 1/2 cup low-fat buttermilk
- 1/3 cup boiled apple cider
- 1 tablespoon vanilla extract
- Canola or safflower oil, for frying
- 1 1/2 cups sugar mixed with 3 tablespoons ground cinnamon

In a large bowl using a hand-held or standing mixer fitted with a whisk attachment, beat together sugar and butter until mixture is pale and fluffy, 4-6 minutes. Add eggs, one at a time, beating a minute after each. In a medium-sized bowl, whisk together flour, salt, baking powder, baking soda, cinnamon and nutmeg; set aside.

Pour buttermilk, boiled cider

and vanilla into sugar/butter/egg mixture. Mix well, and don't worry if the mixture looks a bit curdled; it'll smooth itself out. Add flour mixture and combine gently just until fully moistened.

Line two baking sheets with waxed or parchment paper and dust generously with flour. Turn dough out onto one baking sheet and pat gently into 3/4-inch-thickness. Sprinkle dough with additional flour, cover with plastic wrap, and place in the freezer for 10 minutes to firm up. Remove dough from the freezer; use a lightly floured 3-inch doughnut cutter (I used two concentric biscuit cutters) to cut out about 18 doughnuts with holes. (You may gather the scraps and roll again as needed, but you may need to chill the dough more to firm it up.) Place cut doughnuts on the other baking sheet as you go; then transfer to the freezer for 5 minutes to firm up again.

Line a plate with a few layers of paper towels and set it nearby. In a Dutch oven or large pot, heat 3 inches of oil to 370 degrees. Be sure to test with an instant-read thermometer — if the oil isn't hot enough, the doughnuts will absorb the oil and be greasy; if it's too hot, the doughnuts will burn on the outside before cooking on the inside.

Drop 3 or 4 doughnuts into the oil, being careful not to crowd the pan. Cook until browned on one side, about 1 minute; then flip and cook until browned on the other side, about 1 minute longer. Drain on paper towels.

Repeat with the remaining dough. (If you find that it's getting too soft as you work your way through the batches, pop it into the freezer again for 10 minutes.) When doughnuts are cool enough to handle but still warm, sprinkle all over with cinnamon sugar or confectioner's sugar. (I rolled them in a bowl of cinnamon sugar.) Serve immediately.

Makes about 2 dozen doughnuts.

— yankeemagazine.com

**Teriyaki salmon dish packed with flavor**

1/4 cup reduced-sodium teriyaki sauce

By LINDA GASSENHEIMER  
Tribune News Service

I tasted a delicious salmon infused with a flavorful teriyaki sauce at the Vale Food Company in Miami, a healthy, fast casual restaurant. I asked Sunny Ilyas, CEO of Vale Food Co, how it was made. His answer was a form of reverse searing. First the salmon is baked in the oven for a few minutes, and then it's sauteed in the sauce. It's a quick and easy method and a great new way to make moist, flavor-packed salmon.

**TERIYAKI SALMON**

Recipe by Linda Gassenheimer

- 3/4 pound salmon fillet
- 2 tablespoons sesame oil, divided use
- Salt and freshly ground black pepper
- 2 teaspoons minced garlic

Preheat oven to 175 degrees Fahrenheit. Place salmon on a small baking sheet and spoon 1/2 tablespoon oil on each side. Sprinkle with salt and pepper to taste. Bake the salmon for 15 minutes, a meat thermometer should read 125 to 130 degrees.

Meanwhile, add the remaining 1 tablespoon of sesame oil to a small skillet with the minced garlic and teriyaki sauce. Place over medium-low heat. Add the salmon and spoon the sauce over the top. Cook gently for 3 to 4 minutes for the salmon to absorb the teriyaki flavor. Divide between two dinner plates and spoon any remaining sauce on top. Keep the skillet to finish the pasta and snow peas.

Yield 2 servings.

Per serving: 416 calories (57% from fat), 26.6 g fat (5 g saturated, 11 g monounsaturated), 87 mg cholesterol, 37.7 g protein, 4.8 g carbohydrates, 0.2 g fiber, 402 mg sodium.



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**DEADLINES:**

**LINE ADS:**

Tuesday: 10:30am Monday  
Thursday: 10:30 am Wednesday  
Saturday: 10:30 am Friday

**DISPLAY ADS:**

2 Days Prior to Publication Date

**TEXT AND DON'T TEXT**

ad council NHTSA

TUESDAY, OCTOBER 11, 2022

**CROSSWORD PUZZLER**

- ACROSS**
- 1 Mall booth
  - 6 Sidelines cry
  - 9 Crunch targets
  - 12 Where Madras is
  - 13 Emma in "The Avengers"
  - 14 Sushi-bar selection
  - 15 — longlegs
  - 16 Upsilon preceder
  - 17 Prefix for dent
  - 18 Per capita
  - 20 Like notebook paper
  - 22 Former space station
  - 25 Bout ender, briefly
  - 26 Consumer lure
  - 27 Most downcast
  - 29 Fem. honorific
  - 30 Shake — — (hurry)
  - 31 Pasture moms
  - 35 Hankering
- DOWN**
- 1 Joke with
  - 2 — — tizzy
  - 3 Like some socks
  - 38 Alaska's capital
  - 40 Chic
  - 43 Typesetting width
  - 44 Chilly comment
  - 45 Page or LuPone
  - 46 Sweater letters
  - 48 Gladiator's hello
  - 49 — up (abate)
  - 51 Exploded
  - 55 Afternoon social
  - 56 Conquistador's quest
  - 57 Rent out
  - 58 House shader
  - 59 Army off.
  - 60 Crept

**Answer to Previous Puzzle**

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**103 Announcements**

**PULL TABS ACCEPTED**  
AT THE FOLLOWING BAKER CITY LOCATIONS

- Baker City Herald
- Dollar Tree
- Black's Distributing
- Ryder Bros
- VFW
- Baker Elk's Lodge
- Main Event
- Baker City Fire Dept.
- Haines Sell-Rite
- Idle Hour
- Salvation Army

**104 Community Calendar**

**VFW POST 460**  
Every 1st and 3rd Thursday of the month at 7pm.  
Corner of Main at Birch in Union

**LA GRANDE LIONS CLUB**  
Meets 2nd & 4th Monday of each month @ 12 PM  
Union County Senior Center  
1504 N. Albany St., La Grande

**PINOCHLE**  
Fridays at 6:30 p.m.  
Senior Center  
2810 Cedar St., Baker City  
Public is welcome

**Baker County United "freedom rallies"**  
3rd Thursday each month 6 p.m. at the Sunridge 1 Sunridge Lane.  
The public is invited

**ROTARY CLUB of Baker City**  
Meets every Monday Noon - 1 PM  
Baker Towers Meeting Room

**POWDER MILK SPORTSMAN'S CLUB**  
Meets 1st Tuesday of every month  
8th & Broadway, Baker City  
6 PM - Pistolettes  
7 PM - Regular Membership

**105 Lost & Found**

**FOUND:**  
Weapon in Starkey Unit  
Call to identify  
La Grande, OR 541-605-9315

Call **541-963-3161** or **541-523-3673** to place your ad.

**114 Group Meetings**

**NARCOTICS ANONYMOUS**  
541-805-2229  
neo-na.org

**NARCOTICS ANONYMOUS**  
Monday, Thursday, & Friday at 8pm. Episcopal Church  
2177 First St., Baker City

**AA MEETINGS - La Grande**  
Wednesday Nights, 7-8:15pm.  
Fort Union Grange Hall, corner of McAlister & Gekeler Lanes. For more info, call 541-786-1222

**AL-ANON**  
Keep Coming Back Family Group  
Mondays, 7 pm  
at NKWest, 1208 Adams, La Grande, OR

**CELEBRATE RECOVERY**  
Calvary Baptist Church  
Third & Broadway  
Baker City, OR  
**EVERY THURSDAY**  
6:15 - 8:00 PM

**DO YOU HAVE....HURTS, HABITS and/or HANG UPS?**  
12 Step Biblical Support  
Harvest Church  
3720 Birch St. Baker City  
Thurs., 6:30 - 8:30 PM

**LA GRANDE GAMBLERS ANONYMOUS**  
Every Friday Night @ 5pm, 2107 Gekeler Ln, LG, Church of Christ basement. For more info please call 971-219-8411

**Someone's drinking a problem? AL-ANON** Meetings are available by phone  
Info for Baker City Meetings  
Call: 541-239-7323

**BAKER COUNTY AA MEETINGS BAKER CITY**

**MONDAYS Survivor's Group**  
12 - 1:00 pm  
Baker Presbyterian Church  
1995 4th St.  
(4th & Court, Side Door)

**WEDNESDAYS Survivor's Group**  
12:05 pm  
Baker Presbyterian Church  
1995 4th St.  
(4th & Court, Side Door)

**THURSDAYS Survivor's Group**  
12:00 pm  
Baker Presbyterian Church  
1995 4th St.  
(4th & Court, Side Door)

**SATURDAYS As Bill Sees It Group**  
10:00 am 2970 Walnut (Corner of "D" & Grove St.)  
Grove Apts. Community Rm

**SUNDAYS Been There Done That**  
5:30 pm  
Grove Apartments  
Community Room  
2970 Walnut Street

Questions call AA Hotline: 541-624-5117  
www.oregonaadistrict29.org

**114 Group Meetings**

**NARCOTICS ANONYMOUS**  
Goin' Straight Group Meetings:  
Mon., Tues. Thurs. & Fri.  
Start at 8 PM  
Episcopal Church Basement  
2177 1st Street, Baker City

**OVEREATERS ANONYMOUS**  
Would you like to stop compulsive eating?  
For Information Call 541-523-5128  
Leave a Message  
Email: ecapoa@live.com

**PEOPLE with PARKINSON'S**  
Caregivers, Family, Friends SUPPORT GROUP  
Contact: 541-963-1486  
Now meeting at GR Hospital first Thursdays at 4:30 p.m.  
education@grh.org

**AL-ANON**  
Attitude of Gratitude  
Wednesdays; 12:15-1:30pm  
Faith Lutheran Church.  
12th & Gekeler, La Grande  
Please wear a mask & practice social distancing  
541-786-2051

**WALLOWA COUNTY AA MEETINGS**

**Enterprise MONDAYS Enterprise Group**  
7:00 pm  
Closed Meeting  
113.5 E Main St.

**TUESDAYS Enterprise Group**  
7 - 8:00 pm  
(Big Bk Study)  
113.5 E Main St.

**WEDNESDAYS Enterprise Group**  
7:00 pm  
Closed Meeting  
113.5 E Main St.

**THURSDAYS Enterprise Group**  
7:00 pm  
113.5 E Main St.

**FRIDAYS Enterprise Group**  
7:00 pm  
Closed Meeting  
113.5 E Main St.

**SATURDAYS Enterprise Group**  
7:00 pm  
113.5 E Main St.

**City of Joseph WEDNESDAYS Buck Stops Here**  
Joseph United Methodist Church, 12 pm  
301 S. Lake St., Joseph (Church Basement)

**THURSDAYS Grace and Dignity \*(WM)**  
Joseph United Methodist Church, 12 pm  
301 S Lake St., Joseph (Church Basement)

**SATURDAYS Buck Stops Here**  
Joseph United Methodist Church, 12 pm  
301 S. Lake St., Joseph (Church Basement)

Questions call AA Hotline: 541-624-5117  
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