

Mary Yu appointed to Washington state Supreme Court

By Rachel La Corte
The Associated Press

OLYMPIA, Wash. — King County Superior Court Judge Mary Yu was appointed to the Washington state Supreme Court this month, and she will be the first openly gay justice, as well as the first Asian American, to serve on the state's high court.

Yu, who turns 57 next month, was appointed by governor Jay Inslee. She replaces Justice James Johnson, who announced his retirement because of health issues. Johnson's last day on the bench on April 30. Yu will be sworn in later this month.

She will be the sixth woman on the current nine-member court and the second ethnic minority. The daughter of immigrants — her mother is from Mexico and her father is from China — she's also the first female Hispanic member of the court, and the third of Hispanic descent in court history. Justice Steven Gonzalez was appointed to the court in late 2011, was sworn in in early 2012, and was elected to a full term later that same year.

"The appointment of a Supreme Court justice is a responsibility I take very, very seriously," Inslee said at a news conference. "Judge Yu has distinguished herself throughout her career."

Yu was appointed to the King County Superior Court by former governor Gary Locke, and previous to that, she served as deputy chief of staff to the late King County prosecutor Norm Maleng. She's the first Supreme Court justice appointed by Inslee, who took office in January 2013. To keep the seat, she will have to run for



election in November to serve the rest of Johnson's term, which was set to expire in January 2017.

Inslee said Yu was "someone of great intellect, dedication, compassion, with a never-wavering commitment to ensure justice for everyone."

As a superior court judge, when the state's first gay marriages started taking place around the state on December 9, 2012, she officiated over the first King County marriage just after midnight.

In 2011, she, along with Gonzalez, received the Outstanding Judge of the Year award from the Washington state Bar Association for their work on researching racial disparity in the state's criminal justice system.

"I believe it's clear to everyone that judge Yu has both the qualifications and

the life experience to sit on our state's highest court," he said.

Yu will take the seat of the justice who was considered the most conservative member of the court. Johnson often wrote in favor of individual property rights, police tactics, and the state's Public Records Act. He was also not afraid to stand alone in dissent. He recently cast the only vote against having the court retain oversight of education spending in Washington, saying the court was overstepping its bounds, and the only vote against allowing the governor's office to claim "executive privilege" in withholding documents from public view.

Johnson, 68, was first elected to the court in 2004 and re-elected in 2010. He decided to not serve out the rest of his term after missing oral arguments because of

SUPREME COURT APPOINTMENT. King County Superior Court Judge Mary Yu, left, and governor Jay Inslee shake hands on the steps of the Washington state Supreme Court after the announcement of Yu's appointment to the high court on May 1, 2014 in Olympia, Washington. Yu, who will be sworn in later this month, will be the first gay justice, and the first Asian American, to serve on the court. (AP Photo/Rachel La Corte)

illness. He told the *News Tribune* of Tacoma that in addition to needing to have a hip replacement redone, he was diagnosed with polycythemia vera, a rare, but nonfatal, blood disease that causes bone marrow to overproduce cells, especially red blood cells, and that causes headaches and fatigue.

After the ceremony, Johnson told the Northwest News Network that while he personally likes Yu, he was concerned that "this court still is not balanced, does not represent all the people of the state, and I'm not sure this is a positive step."

In her earlier remarks, Yu addressed the potential consternation some may have with the fact that she's from the predominantly liberal city of Seattle.

"While I am from King County, I want each of you to know I am truly and earnestly committed to serving all the people of Washington," she said.

Yu earned her bachelor's degree in religious studies from Rosary College and a master's of theology from Mundelein College of Loyola University. She received her law degree from the University of Notre Dame Law School. Before moving to Washington state, she worked for the Archdiocese of Chicago, first as an associate and later as the director of the office for the ministry of peace and justice.

A forbidden take on a healthy rice pudding

By Sara Moulton
Associated Press

Speaking as a mom and a chef, let me assure you — one of the nicest things you can do for Mom on Mother's Day is cook for her. Something sweet is best. And my candidate? Comforting, traditional rice pudding.

Or maybe not so traditional. Classic rice puddings are made from plain white rice. The grains are very tender, the flavor is kind of bland, and the color is white. In my recipe, which is made using black forbidden rice, the grains are slightly chewy, the flavor is slightly nutty, and the color is deep purple.

Once upon a time forbidden rice was said to be literally forbidden. First cultivated in China, forbidden rice was so rare — and so nutritious — no one was allowed to eat it except for the emperor. Today, forbidden rice is considered a delicious and healthy whole grain we can all enjoy.

Like brown rice, forbidden rice is unpolished; the hull of the grain, a rich source of insoluble fiber, is left intact. It's also a good source of iron and vitamin E, and a great source of the same antioxidants that put the blue in blueberries. I was first introduced to forbidden rice six years ago, when it was still rare. Thankfully, these days it's readily available at most grocers.

In this recipe, the rice is cooked until tender, then combined with whole milk, sugar, cinnamon, eggs, and vanilla. The whole milk — replacing the more traditional (and more caloric) heavy cream — does a great job of delivering the desired silkiness. The cinnamon stick and vanilla — which deliver big flavor — are the most important ingredients next to the rice. If you've been waiting for an occasion to use that extra-special Sri Lankan cinnamon or Tahitian vanilla you received as Christmas gifts, now's the time to pull them off the shelf.



Making this recipe is pretty near a snap. It shouldn't require more than 15 minutes of your undivided attention. The rest of the time it'll just simmer away on its own. Unlike brown rice, forbidden rice cooks up in a relatively speedy 30 minutes. You will, however, need to pay close attention when you add the eggs, making sure they don't get so hot that they scramble.

Finally, I'd like to encourage you to top it all off with some crystallized ginger, as suggested. It was one of my mom's favorite little treats and it provides the perfect finishing touch of chewy, spicy contrast to the creamy pudding.

Forbidden Rice Pudding

Start to finish:

3 hours, 25 minutes (15 minutes active)

Servings: 4

1/2 cup forbidden rice
(Chinese black rice)
1 cup water
2 1/2 cups whole milk, divided
3 tablespoons sugar
1 large cinnamon stick
Salt

2 large eggs
1 teaspoon vanilla extract
1/4 cup chopped crystallized ginger,
to garnish (optional)

In a small saucepan over medium-high heat, combine the rice and water. Bring to a boil, then reduce the heat to a simmer. Cook, covered, for 30 minutes. Let stand for a few minutes, then pour through a mesh strainer to discard any excess water. Return the rice to the pot over medium-high heat. Add two cups of the milk, the sugar, the cinnamon stick, and a hefty

TASTY TREAT. Making Forbidden Rice Pudding is pretty near a snap, and shouldn't require more than 15 minutes of your undivided attention. (AP Photo/Matthew Mead)

pinch of salt. Bring to a boil, then reduce the heat to simmer and cook uncovered, stirring occasionally, for 40 minutes.

In a small bowl, beat the eggs with the remaining 1/2 cup milk. Whisk in a large spoonful of the hot rice mixture. Add the egg mixture to the rice and cook over medium-low heat, stirring constantly, until the custard coats the back of a spoon, four to five minutes. Do not let the rice pudding boil or the eggs will scramble.

Remove the saucepan from the heat, stir in the vanilla, and transfer the rice pudding to a bowl. Cover the pudding and chill until cold, at least two hours. The pudding will thicken as it chills. To serve, discard the cinnamon stick and divide the rice pudding among four bowls. Top each portion with some of the ginger.

Nutrition information per serving: 280 calories (70 calories from fat, 25 percent of total calories); 8 g fat (3.5 g saturated, 0 g trans fats); 105 mg cholesterol; 42 g carbohydrate; 0 g fiber; 17 g sugar; 10 g protein; 160 mg sodium.

Editor's Note: Sara Moulton was executive chef at Gourmet magazine for nearly 25 years, and spent a decade hosting several Food Network shows. She currently stars in public television's "Sara's Weeknight Meals" and has written three cookbooks, including Sara Moulton's Everyday Family Dinners.




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TALKING STORY IN ASIAN AMERICA



■ Polo

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