



Flavorful dishes and deserts for the season of celebrating | B1-B8

## Raising funds for Only7Seconds

# Lake Chelan Health staff share smiles with the community



**Men of Lake Chelan Health gathered 'round to show us their smiles; pictured left to right: Brant Truman, Lake Chelan Health CFO; Matthew Hillman, Lake Chelan Health ER Physician; Shawn Ottley, Lake Chelan Health CNO/COO; Byron Schmidt, Lake Chelan Health Lab Manager; Adam Rynd, owner of Woody's Classic Man; Brandon Douglass, Lake Chelan Health General Surgeon; Aaron Edwards, Lake Chelan Health CEO; Bryce Kipp, Lake Chelan Health ER Manager; George Rohrich, Lake Chelan Health CHW, EMS. Not in Group pictured taken at Woody's: Tyler Ehler, Lake Chelan Health Nutritional Services and EVS Manager; and Chris Welter, Lake Chelan Health ER Physician.**

By **KATIE LINDERT**  
Ward Media Staff Reporter

CHELAN – Gentleman from Lake Chelan Health (LCH) gathered at Woody's Classic Man on Thursday, Nov. 9 to have their facial hair either fully or partially shaved in an effort to support local non-profit Only7Seconds® with a fundraiser effort referred to as

Mustache, Cash and Smiles. The team at Woody's Classic Man donated their time and space to this effort, their barbering team, John and Nathan providing hours of free shearing to devoted LCH members. According to their website, "Only7Seconds® is a 501(C)(3) non-profit addressing loneliness by encouraging and empowering individuals and

partners to connect with others who matter in their lives." LCH Communications Manager, Agustin Benegas shares, "It's a big turnout with short notice, but Only7Seconds® is a great cause...essentially, it brings smiles to people. We're super grateful to the two barbers here at Woody's for doing this." All money raised through Mustache, Cash, and Smiles

will directly benefit Only7Seconds®, fundraising will be ongoing through the month of November. To donate directly to this cause, please visit Woody's Classic Man at 110 E. Woodin Avenue or Lake Chelan Health Hospital at 110 S. Apple Blossom Drive, or use the provided QR code.

Katie Lindert: 509-731-3211 or [katie@ward.media](mailto:katie@ward.media)



## Mayoral race stays close

Next count Nov. 13

By **KATIE LINDERT**  
Ward Media Staff Reporter

CHELAN – With election results remaining close to Tuesday night's standings, there is time yet to see candidates pull ahead as some races remain close and 1,100 votes are yet uncounted. Here are race breakdowns as of Thursday, Nov. 9.

Only separated by 60 votes, Mayoral candidates Council Member Erin McCardle and standing Mayor Bob Goedde sit neck and neck, McCardle leading with 51.62% of the vote and Goedde with 47.81% reflected in 1,573 total votes.

Chelan City Council members Terry Sanders, Brad Chitty, Jon M Higgins, and Mark Ericks sit uncontested for Council seats #1, #3, #4, and #5 respectively.



**Bob Goedde**



**Erin McCardle**

Len England holds the seat for Hospital District No. 2 Commissioner #1. Doug Gibson sits uncontested for the position of Hospital District No. 2 Commissioner #5.

Barb Polley, Kim Thorpe, and Christy C. Nielsen sit uncontested for Lake Chelan School District #129 School Board Member District #2, #4, and #5 At Large for this multi-county race. These results include only Chelan County.

Manson School District 19 School Board Member Director Districts #1 sees an uncontested win for Ruth Escalera. Seats #2, and #3 see likely wins for Kourtney Alanis and Allan Torgesen, Alanis with 59.08% of the vote and Torgesen with 73.97%.

Fire District #7 Commissioner candidate Mark Donnell leads Ben Laughlin with 63.04% of the vote, Laughlin holding 36.77%.

Chris Willoughby sits as only remaining Fire District #5 Commissioner candidate with the recent passing of competitor Dana Starkweather.

Chelan Falls Water District Commissioner #1 and Commissioner #3 candidates remain uncontested, Susan Young representing 91.18% of the vote, Scott A. Dietrich with 94.12%, respectively.

Lake Chelan Sewer District Commissioner 3 candidate Mark Babcock sits comfortably uncontested with 100% of the vote.

Manson Parks and Recreation District Commissioner positions #2, #4, and #5 appear likely wins for Ivan De Jesús, Leslie Burns, and Susan (Miller) Fox.

For complete Chelan Council

SEE ELECTION ON PAGE A3

## Chelan City Council

# Council explores Transportation Benefit District to fund street repairs

By **MIKE MALTAIS**  
Ward Media Staff Reporter

CHELAN – One of the rewards of being a popular tourist destination like Chelan is the large number of tourists that bring revenue to businesses and lodging in the city. One of the drawbacks is the toll the out-of-towners take on the city's streets and sidewalks, a cost that the city must absorb.

Tourists do not pay the city's requisite property taxes, so by extension they do not pay for the upkeep of the streets and sidewalks they use.

A principal topic discussed at the Chelan city council workshop last Wednesday, Nov. 8, was the creation of a Transportation Benefit District (TBD) as a new funding

option that would help raise money to maintain this vital component of the city's infrastructure.

"The main revenue sources for the street fund is primarily property tax and fuel sales tax," said city engineer Travis Denham. "There's a list of about 15 or 16 bullet items that we need to complete."

Denham reviewed the narrowing street fund gap between revenues and expenditures. He contrasted the city's need to raise more money to address the growing list of needed street repairs against the shrinking availability of dollars to do so.

"At some point the gap between the two is going to be zero," said Denham. "That means services that we can potentially provide in the

future may be limited...the less projects we are able to accomplish; the less matching funds we have for grant opportunities."

Denham's presentation segued into an explanation of a TBD by Community Development Director John Ajax.

"A Transportation Benefit Board allows the city to form a board that will define a geographic area that would be the city limits," said Ajax. "Then that allows for the potential setting up of funding sources."

Ajax cited two primary ways the TBD generates revenue:

- An extra car tab fee added to city resident vehicle licenses and dedicated solely to transportation projects.

Estimated revenue \$200,000 annually.

- A sales tax from .01 to .03 percent (\$1 to \$3 per \$1,000) and used by the majority of TBD jurisdictions. Estimated revenue \$1 million annually.

"One of the objectives tonight is to get feedback from council on moving forward with forming this," he said. "The one-tenth of one percent is something the council can do without a vote of the people."

Ajax noted that recent feedback from a council retreat indicated that the TBD is an "equitable way to share the cost burden of providing street funding with tourists."

He therefore recommended putting it before the voters for their feedback and, with

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Get your event in the spotlight with Ward Media!

If you have an exciting event to share, email Reporter Quinn Propst at quinn@ward.media. We'll showcase the five most captivating events of the week, giving your event the recognition it deserves. Even if your event isn't among the top five, it will still be added to our events calendar and featured online. Don't miss this chance to make your event shine!



**Coldwell Banker Coat Drive**

Coldwell Banker Lake Chelan properties will host a Coat Drive throughout November until Dec. 10.

"As the cold weather approaches, many in our community lack warm coats," the event page states. "Your help is crucial. Every donation directly benefits our local communities."

Coats can be dropped off at 101 E. Woodin Ave, Chelan 509-996-2121.

**Thrive Holiday Fundraiser**

Thrive Chelan Valley will hold a Thrive Holiday Fundraiser throughout November, December and January.

"Thrive Chelan Valley is a non-profit with a mission to serve, empower, and advocate for Lake Chelan Valley youth," the event page states. "We run 3 programs: Thrive Cares, Thrive Mentoring, and Thrive Teen Center."

"Thrive fulfills the needs of youth facing barriers through the entire year," the event page states. "We provide warm coats, hats, mittens, food, school fees, personal hygiene items, school supplies, and so much more."

To donate and for more information visit thrivechelanvalley.com.

"There will be local artisans, vendors, a student art premiere, book and yarn sale, food, drinks, festival music and much, much more," the event page states. "Plus, after the bazaar, stay for the 3rd annual Light Up The Park at Entiat City Park at dusk."

For more information visit the Entiat Valley Makers Market on their Facebook page.

**Live Music with Greg King**

Tipsy Canyon Winery in Manson will host musician Greg King on Saturday, Nov. 18 from 1-4 p.m.

"Topsy Canyon Winery is excited to bring you live music paired with barrel tasting featuring the talented Greg King," the event page states. "Greg is a singer, songwriter, guitarist, and band leader

with a smooth tenor voice, singing classic and unique rock covers and some originals."

"So pull up a seat, kick back and relax with a glass of wine, and get ready to enjoy a fantastic evening with live music by Greg King," the event page states.

For more information visit tipsycanyon.com.

**Fowl Play 5K**

The Fowl Play 5K is back in Leavenworth for a Thanksgiving Day race.

"Mark your calendars for Fowl Play 5K," the event page states. "This dog friendly event will be

held from 8:30 a.m. to 10:00 a.m. on Nov. 23, 2023 at Front Street Gazebo in Leavenworth, WA, US. Admission is \$10-\$15 and benefits Cascade High School's tennis and cross-country teams."

The race is for runners, walkers, all ages and well-behaved dogs.

Registration begins at 8:30 a.m. on the day of the race or runners can pre register on Eventbrite.

**Lake Chelan Winterfest announces 2024 dates**

By MIKE STEELE  
Press Release  
Lake Chelan Chamber of Commerce

LAKE CHELAN - Lake Chelan Winterfest 2024, Jan. 12-21, will feature intricate ice sculptures, two spectacular fireworks shows, the infamous Ice Bar, live music, kid's activities, a snow slide and much more.

Both weekends will offer a series of exciting winter events for all ages. Participate in the Wine Walk, enjoy live music at the Ice Bar, sip on delicious local sparkling wine at the Bubble Brunch, and marvel in the firework show after the beloved polar bear plunge and beach bonfire. The Vendor Market will also feature artisans from across the state.

Winterfest tickets are now available for purchase. Tickets include Wine Walk, Bubble Brunch, and Ice Bar, or purchase an All Weekend Pass to catch all of the fun.

More information is continually being added to LakeChelanWinterfest.com.

About the Lake Chelan Chamber of Commerce: The Chamber has been in operation since 1931 and serves nearly 500 members. It exists to drive economic growth through leadership, advocacy and promotion that enhances the quality of life in Lake Chelan.

For more information: Mike Steele, Lake Chelan Chamber, 509-682-3503, mike@lakechelan.com

**Community members recognized at A Night to Remember**

By KATIE LINDERT  
Ward Media Staff Reporter

MANSON - The Manson Chamber of Commerce hosted their annual event on Wednesday, Nov. 8, A Night to Remember, to recognize community members who are going above and beyond to serve the community.

Event attendees enjoyed delightful hosting of Manson Chamber Executive Director Tom Tocherman and President Kim Ustanik, a slideshow featuring award recipients, and celebrated the recognitions of their beloved peers.

The award recipient recognitions were granted to Norm Manly for Volunteer of the Year, Jeff Conwell for Most Inspirational of the Year, North Shore Christian School for Organization of the Year, and to Dane Johnson and Margarito Barrios for the Manson School District Blue and White Excellence Awards.

Norm Manly, American Legion #108 member, was awarded Volunteer of the Year for his dedication to selflessly serving the community. Norm is active in many types of service work, including working with the Manson Grange Youth Fair's Program and spending much time within the halls of the Manson School District. He also contributes as a writer for More to Manson, and to the Lake



KATIE LINDERT/WARD MEDIA

Jeff Conwell and Norm Manly share in a celebratory moment.

Chelan Mirror.

The North Shore Christian School is a growing private missionary school located in Manson serving K-2 students. They received the distinction of Organization of the Year. From their handbook they state, "Our goals are to promote family

inclusion within the child's learning landscape, to create an environment of varied learning experiences, and to provide a safe haven for education and personal growth."

Recognized within the Manson School District's Blue and White Excellence awards, re-

tired teacher Dane Johnson received recognition for his continued service as a passionate and devoted educator to the community. A Renaissance man, Dane is a gifted musician and craftsman in great addition to his immense talent for teaching.

Manson School District Head Custodian, Margarito Barrios, received the Manson School District's Blue and White Excellence award for Classified Person of the Year. His continued service to the teachers and students within the school district is greatly appreciated, and he is widely regarded as someone who is always willing to help.

Jeff Conwell, Program Director/News Director of KOZI AM/FM, received the distinction of Most Inspirational for his continued dedication to encouraging and building up our community, particularly young people.

"I'm really humbled and honored by this," Jeff shares, "I think we all know what inspirational looks like to each of us, but when someone says you're inspirational, it's kind of amazing. It's humbling to know you've inspired people."

The event was held from 5-8 p.m. at 12 Tribes Colville Casinos Crosswinds Restaurant in Manson. Included with their tickets, attendees enjoyed a dinner of prime rib, grilled chicken with basil tomato sauce, Caesar salad, Italian meats and antipasto platter, penne pasta with roasted garlic cream sauce, sauteed yellow squash and zucchini, and garlic bread.

Katie Lindert: 509-731-3211 or katie@ward.media

**Chelan Valley Housing Trust receives special distinction**

By KATIE LINDERT  
Ward Media Staff Reporter

CHELAN - The Chelan Valley Housing Trust was recently awarded Non-Profit of the Year by the Lake Chelan Chamber of Commerce at an award ceremony held on

Thursday, Oct. 5. The gala was held in celebration of those making a difference in our community, the CVHT receiving this distinction for their outstanding dedication to providing affordable housing options in the valley.

Regarding these annual

awards, the Lake Chelan Chamber of Commerce stated, "The Lake Chelan Chamber takes pride in recognizing a great group of professionals that we have the pleasure of working with. These organizations are recognized by their peers in the

business community as outstanding leaders, innovators and entrepreneurs. Their skills, devotion and commitment to support our valley help create a richer quality of life for us all. Thank you, for being an inspiration to your peers and communities."

Chelan Valley Housing Trust is a 501(c)(3) non-profit corporation that, according to their website, "aims to house local wage-earners in Chelan and Manson." CVHT initially formed in 2017 as a housing initiative through Chelan Valley Hope. They have been an official 501(c)(3) serving the Chelan Valley since January 14, 2019.

The average family in the

Chelan Valley struggles to either own or even rent a home in our valley due to rising property values and stagnant wages. Community support for this grassroots effort has allowed CVHT to flourish into a non-profit that has not only built several homes, but made those homes affordable for purchase by local wage earners.

CVHT is grateful to all volunteers, donors, and community supporters for sharing their vision for local wage earners to be able to live and thrive in the town in which they work.

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**WARD MEDIA**

# Chelan man makes his mark in FAI World Cup of Canopy Piloting

By **KATIE LINDERT**  
Ward Media Staff Reporter

CHELAN – The Methow Valley’s own V Buck Priv recently won 4th place in the 2023 FAI World Cup of Canopy Piloting at Skydive Arizona, Team USA taking the gold. He was one of 63 competitors from assorted countries.

Each competitor participates in speed, distance, and accuracy challenges with three jumps in each discipline. V placed 11th in speed, 5th in accuracy, and 9th in distance, with his combined score placing him in 4th place.

The World Cup is held every other year, between years holding the World Championship. In the World Cup, the top 12 competitors from every nation fill the team, though not all nations have a canopy piloting team. In the US there is a very large pool of skydivers allowing for a full team. The top 12 from National Skydiving Championships are selected to compete in the World Championship. In the last World Cup in 2022, the top 12 were chosen. Despite V feeling like he made a lot of mistakes, to his surprise, he made the team.

When people think of canopy piloting, they often think of smoke jumpers, but smoke-jumping differs dramatically from the act of canopy-piloting. In canopy-piloting, individuals dive straight down to the ground, then pull out of their dive and fly through an extremely difficult course. The course is left and right as well as up and down, and a participant

is typically flying within five feet of the ground and going 90+ miles an hour.

Before V first started his canopy-piloting journey, in the winter of 2013 he had a dream he was base-jumping.

Convinced this was something he needed to try, he sought out opportunities to watch others canopy piloting, or “swooping” as it’s colloquially-called in the skydiving community.

Learning to skydive is a prerequisite to canopy-piloting. V first studied under the mentorship of former competitor Todd Higley of Skydive Chelan in the spring of 2014. With persistence and determination, he eventually became their first licensed student, soon teaching others to skydive.

“There are many different facets within the sport,” V said. “You learn many specializations or stick with one thing like I have...learning to swoop can be frustrating since you have one shot. Sometimes starting over can take ten minutes, sometimes an hour, or maybe that’s the end of the day, so then you have to wait until the next day and you just want to try again...”

Skydivers get a wrap as being just adrenaline junkies, V cites, and though there’s an element of that for him, what he’s doing is incredibly calculated and takes a lot of time to master.

Though a current specialist in canopy-piloting, V’s athleticism and active life are represented across many disciplines. He grew up riding



KATIE LINDERT/WARD MEDIA

**V Buck Priv proudly sports his team jersey, repping the U.S. in their upcoming competition in the Dubai International Parachuting Championship.**

dirtbikes in the woods surrounding his home, playing football and baseball, wrestling, and downhill skiing. This said, dirt-biking holds a special place in his heart.

For such a high-caliber

athlete, he admits he doesn’t enjoy working out, finding himself often mentally overwhelmed during the process. Though, with his work in the tree industry, he’s moving entire trees by hand to keep

in shape. He always lives a very healthy lifestyle in support of his craft, consuming a healthy diet and drinking infrequently.

He is very busy between work and training, though still finds time to engage in other active endeavors. He enjoys base-jumping in his free time, and in the winter he snowkites and snow skis. Dirt biking is his go-to on summer weekdays, most weekends spent at the drop zone or a drop zone in another community. The Chelan drop zone, however, is by far the prettiest and most ideal he’s ever experienced.

Across interest, there’s a base excitement level for all things he wants to do. Many of his chosen endeavors require a lot of skill, and he enjoys the pursuit of perfection. Canopy piloting is a hard sport, and obviously perfection is rare in what he’s doing. “There’s no perfect swoop, of course,” he says, but the pursuit of this is what keeps him going.

For him, practicing exactly the way he would go about things in a competition is what works. Over-visualizing the process is unhelpful to him. He enjoys, instead, visualizing a dive in the way that one might be squinting. He wants to see the general idea of what he’s aiming for and not the exact object. Overall, despite a large amount of risk involved in canopy piloting, V chooses to have a light heart, as he’s ultimately doing this to have fun.

“You are physically vulnerable,” he explained. “Innately, it is very dangerous, because

you are taking your parachute, you’re going straight at the ground, and trying to go as fast as you can...then you fly really close to the ground, sometimes touching the ground with your body...there’s no protection. It’s very dangerous.”

Ultimately, it’s not specific aspects of the act of canopy piloting that pose the most difficulty for someone highly active in this sport. V discusses how one of the hardest aspects of this sport for athletes is often the time investment it takes to become highly-skilled.

Additionally, the work itself comes with a high price tag, and, when competing, frequent travel can be expensive. One can, in addition to a day job, work in the sport as he has, but this work often takes time away from needed time to train.

He went on to say, “Once you get to this level it’s fairly safe...that’s why I train so much, so then I don’t have to think, ‘I’m not scared I’m not vulnerable,’ and sometimes it does just feel like a walk in the park or a walk in the woods...sometimes you don’t even have time to be scared.”

A testament to his mental acuity, positive attitude, dedication, and immense skill, V will be traveling to Dubai on Nov. 18 to compete with the U.S. team in the Dubai International Parachuting Championship held the 19th through the 20th.

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# Chelan Goats win 4th consecutive Girls' Varsity Volleyball State Championship

Ward Media /  
Lake Chelan Mirror

YAKIMA – In a display of talent and determination, the Chelan Goats secured their fourth consecutive state championship in girls' varsity volleyball. The Chelan High School volleyball team faced a challenging opponent in Freeman during the championship match, marking the climax of an outstanding journey through the WIAA

tournament.

The tournament path for the Chelan Goats was nothing short of dominant. Their journey to the state championship began on Nov. 10, with a resounding 3-0 win over Montesano. The same pattern continued in the subsequent matches against Lakeside and Meridian, with Chelan winning in each contest, all ending in 3-0 scores.

The true test came during

the championship match against Freeman, a team that proved to be a formidable adversary. The Scotties from Freeman pushed the Goats to their limits. Chelan began the match strong, capturing the opening set with a convincing 25-15 win. But Freeman showed their resilience, bouncing back to win the second set with a score of 25-18, marking the only set loss for the Goats throughout

the tournament.

With the title hanging in the balance, Chelan regrouped and delivered an outstanding performance in the third set, winning 25-20. The atmosphere was electric as they entered the fourth and final set, with every point crucial. In a nail-biting finish, Chelan clinched the championship with a tense 25-23 victory, securing their fourth straight state title.

Throughout the tournament, Chelan relied on a combination of exceptional team defense and serving, along with the power-hitting of standout players, including sophomore Brynn Hughbanks and junior Lydia Petersen.

In achieving their fourth consecutive state championship, the Chelan Goats have firmly established themselves as the dominant power

in the 1A State volleyball ranks. Their remarkable accomplishment places them in the company of Colfax as the only 1A school in tournament history to secure four straight championships. Coach Abby Lewellen's leadership has been instrumental in this journey, as she has led the Goats to a state championship in each of her three years as head coach in Chelan.

# Two open positions on Manson Community Council

Deadline to  
apply Dec. 1

By **KARI SORENSEN**  
News Release  
Manson Community Council

MANSON - The Manson Community Council will hold elections for two open positions on Tuesday, December 12. These positions are expiring on December 31, 2023. Any members of the community that live within the 98831-zip code and are currently registered Chelan County voters can run for office and vote in this election.

Community minded individuals who are able set aside any personal agendas and have the time to dedicate to the council are strongly encouraged to apply. Monthly meetings are held every 3rd Tuesday of each month and members are expected to attend. These positions

are very important to the future development of our community. Each position will require a 3-year commitment from January 1, 2024—December 31, 2026.

Applications must be filled out in full and returned to a council member, council meeting or where they originally picked up the application packet from. Deadline for any applications must be returned to any council

member or to Community-CouncilManson@gmail.com no later than 5:00 pm on December 1, to be considered for election.

Election will held on Tuesday, December 12, between 12-7 p.m. at Manson Parks Department on Pedio Street in Manson. Community members wishing to vote must be currently registered to vote in the 98831-zip code and have valid ID with them at

time of voting. The two who get the most votes will win.

Results will be posted on Manson Community Council's Facebook page no later than Thursday, December 14.

Newly elected members will be sworn in at the December 19, meeting.

Applications available by request by emailing: [communitycouncilmanson@gmail.com](mailto:communitycouncilmanson@gmail.com) or by stopping

by at Blueberry Hills from Wednesday-Sunday, 8-3 p.m.

Please return your completed application to the place where you received it or any council member. Any questions can be directed to

Kari Sorensen at (509) 860-8409 or Cindy Smith at (425) 501-8165.

For more information: Kari Sorensen, Chairperson, Manson Community Council, email: [communitycouncilmanson@gmail.com](mailto:communitycouncilmanson@gmail.com) or (509) 860-8409 talk/text.

## ELECTION

CONTINUED FROM PAGE A1

General Election information and updates, please visit <https://results.vote.wa.gov/results/20231107/chelan/>. Standings updates will next be posted on Monday, Nov. 13 at 4 p.m.

Katie Lindert: 509-731-3211 or [katie@ward.media](mailto:katie@ward.media)



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# The Washington Outdoors Report

## Great Winter Fisheries East of the Cascades

By JOHN KRUSE  
Washington Outdoor Report

**LONG LAKE:** Located near Spokane, Long Lake kicks out good numbers of quality rainbow trout in November and December. The best fishing is found several miles up the lake from the main boat launch at the south end of this reservoir. Trolling Mack's Lure Wedding Ring spinners is a good choice and orange is a great color. Dropping water levels in December often make the primary boat launch unusable so plan on fishing here sooner than later.

**CURLEW LAKE:** Traditionally known as a summer destination for trout and the occasional tiger muskie, Curlew Lake is now known for its perch fishing. Perch are now the predominant species in this Ferry County lake and fishing for them in the winter, either through the ice or in open water, can reward you with quality fish averaging 9 to 11-inches in length.

**LAKE ROOSEVELT:** This

huge impoundment of the Columbia River offers excellent fishing for three species during the winter months. Walleye are often found biting near Kettle Falls and at the southern end of the Reservoir from Keller to Seven Bays you can find big rainbow trout and kokanee salmon that often weigh over two pounds. If you have never fished Lake Roosevelt in the winter before, consider booking a trip with a local guide and learn from a pro.

**RUFUS WOODS RESERVOIR:** If you are looking for big trout, head to Rufus Woods Reservoir, an impoundment of the Columbia located between Grand Coulee Dam and Chief Joseph Dam. The best fishing is around the Nespelem net pens. You can fish from either the shore (An access fee is required) or from a boat. Jigs or dough baits both work well for trout that are measured in pounds, not inches. A Colville Tribal fishing permit is required to fish here. Looking for another option? Try fishing from shore just above Chief Joseph Dam. Anglers soaking bait from shore for trout can do quite well at times.



COURTESY OF JOHN KRUSE

Guide Steven Morris with a Long Lake rainbow trout.

It's not just about trout at Rufus Woods Reservoir. There is an under-rated walleye fishery too which offers very good opportunities. The walleye here tend to be eater sized versus trophy sized and can be caught in the winter with blade baits or fishing nightcrawlers off the bottom.

**MID-COLUMBIA RIVER:** Another great place for walleye during the winter is the mid-Columbia River from The Dalles to the Tri-Cities. Unlike Rufus Woods Reservoir, you have a legitimate shot at big walleye in this stretch of the Columbia which has given up state records in both Washington and Oregon (20.3 pounds and 19 pounds, 15 ounces respectively). Try looking for walleye at least 30 feet deep and be prepared to go far deeper. Blade baits, jigs and slowly trolled spinner-worm harnesses behind a bottom bouncer weight all work. Wondering what color to use? Start with Chartreuse.

**POTHOLES RESERVOIR:** Quality rainbow trout and walleye fishing is the name of the game here during the winter. Trout, averaging one to three pounds, can

be caught either trolling or from shore at Frenchman's Wasteway next to Potholes State Park or at Medicare Beach at the east end of this 27,000-acre reservoir. When it comes to the trout, fishing nightcrawlers (drifted or off the bottom) can be effective. If you are trolling, try a Berkeley Flicker Shad, both #5 and #7 sizes work well. You can catch the walleye in the winter months in 20 to 50 feet of water with blade baits or vertical jiggings spoons like a Mack's Sonic Baitfish.

**ROSES LAKE:** Last but not least, Roses Lake near Manson is a good place to go for rainbow trout and this lake typically gets a good stocking of catchable size rainbows in the fall. You can catch these fish in open water out of a small boat or from shore at the public access area on the south side of this small lake. Roses Lake is also a good destination for ice fishing too. Just make sure you are not the first person on the ice this season if you decide to venture out there!

John Kruse - [www.northwesternoutdoors.com](http://www.northwesternoutdoors.com) and [www.americaoutdoorsradio.com](http://www.americaoutdoorsradio.com)

## Can Valerian help you sleep better?

**Q: Will valerian root help you sleep?**

Valerian extracts have been used for over 2000 years as a remedy for insomnia. The root and rhizomes of the valerian plant contain the highest amounts of its active component, valerianic acid.

Valerianic acid increases the action of GABA, a compound that creates a calming effect on your brain. This is similar to how the prescription medications zolpidem (Ambien®), lorazepam (Ativan®), alprazolam (Xanax®), and diazepam (Valium®) work.

Valerian is marketed as an herbal sleep aid and may also be helpful for relief of anxiety.

Valerian is taken once daily before bedtime, with peak blood levels 1-2 hours after taking it. Most people can eliminate it from their body within 5-6 hours. It may take several weeks to show its full effect on your sleep. Most studies showed no improvement in sleep with just one dose of valerian or when taking it nightly for 1 week.

The valerianic acid used for most clinical studies was from ground roots, rhizomes, or root extracts. The most common doses studied were 300-600mg once daily for adults and 160-300mg daily for children under 12. You can find valerian combined with non-prescription sleep aids or other herbs like hops, lemon balm, and passionflower.

Like with the use of ben-



zodiazepine prescription medications like alprazolam, zolpidem, and lorazepam, stopping valerian abruptly after taking it regularly can cause similar symptoms of withdrawal: anxiety, rapid heart, irritability, insomnia, and even hallucinations.

Lemon balm is a lemon-scented perennial herb native to Europe, Asia, and North Africa. Lemon balm extract may be labeled as its active component, rosmarinic. Lemon balm increases calmness and alertness at 300-600mg daily. It is marketed for the relief of symptoms of anxiety, ADHD, and insomnia. Lemon balm may cause increased appetite, abdominal pain, nausea and vomiting, and decreased blood sugar.

Hop extract may improve sleep and anxiety and is usually a second or third ingredient in herbal sleep aids. Hops are vine-like plants that grow by twisting around poles or ropes, producing unique cone-like structures. The name "hop" is from the Anglo-Saxon word "hoppan," which means "to climb". Hop extract can encourage sleep. It is widely used to preserve and flavor foods and beverages and brewing beer.

Medications or supplements for relief of insomnia may or may not help. How can you tell? By document-

ing your sleep patterns BEFORE you take that first dose, you will have a much more accurate and helpful way of determining whether valerian is helping you.

To help determine whether a sleep aid product is helping you, I recommend using a "symptom diary." In the words of a Chinese proverb, "The palest ink is better than the best memory."

First, decide WHAT you expect/hope the supplement will do for you. If it worked, how would life improve for you? Would you fall asleep sooner? Stay asleep longer?

Next, before you take the first dose, measure where you are NOW. Exactly how long is it taking you to go to sleep? How many times do you wake up in the middle of the night? How many hours of sleep are you getting every night? Write these down as your "before" score.

After starting your supplement, compare your "before" scores to your "after" scores. For valerian root, you should continue taking it for at least 4 weeks to allow it to work before comparing your "before" and "after" results.

**Here are 5 Tips on Taking Valerian Root Safely:**

**1. Be patient.** Compared to prescription sleep agents, valerian takes longer to work. It may take up to 4 weeks or even longer to see its full effect on your sleep.

Valerian may also take longer to work at night; you may need to take it 30-60

minutes before getting into bed, compared to 15-30 minutes for prescription benzodiazepine medications like zolpidem and lorazepam.

**2. Watch out for side effects.**

Side effects reported from valerian root include dizziness and drowsiness, stomach upset, headache, and vivid dreams. If you have liver disease, check with your doctor first. There have been reports of liver damage from chronic use of valerian.

**3. Avoid stopping valerian abruptly.**

Taking valerian root regularly can cause dependence. It's best to decrease your dose of valerian gradually to avoid triggering withdrawal.

**4. Consider combinations with other sleep aids.**

Lemon balm or hops may improve the effectiveness of valerian in improving your sleep.

**5. It smells bad.**

Valerian has a distinctive, unpleasant aroma. If you are sensitive to strong smells, be careful when opening a bottle of capsules or extracts containing valerian.

*Dr. Louise Achey, Doctor of Pharmacy, is a 44-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely.*

Get clear answers to your medication questions at her website and blog, [TheMedicationInsider.com](http://TheMedicationInsider.com).

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- Concert units
- \*Kevin to Buzz in "Home Alone"
- Emphatic no
- Phyllo, alt. sp.
- Chicken of the sea? 14. a.k.a. papaya
- Biblical firstborn
- Aquarium show star
- Type of squash
- \*Like George Bailey's life
- Struggle for air
- Aggregate
- Gangster's gun
- \*Mount Crummit's misanthrope
- They refuse to believe
- \*Howard, directed a movie about #23 Across
- High regard
- Like dental exam
- Bullying, e.g.
- Popular deciduous tree
- Kaa of "The Jungle Book"
- Cleopatra's necklace
- \*Like characters in Will Ferrell's famous Christmas movie
- Use a Singer
- Continuing forever
- Wonder Woman's ability to fly, e.g.
- Galley propeller
- Type of consonant
- Corner chess piece
- \*Nicolas Cage's character gets a glimpse of a different life (2 words)
- Like famous Moulin
- Computer image
- French money
- Alleviated
- Target of a joke
- Iditarod ride
- \*Nick Claus' brother, a repossession agent
- Famous frat house
- Black and green brews

- DOWN
- Not many (2 words)
  - Japanese soup
  - Architectural drawing
  - Sudan, in French
  - Rides the wave
  - Ear bone, a.k.a. anvil
  - Jezebel's idol
  - \*Griswold family's pastime
  - Epic poem
  - Waterproof canvas
  - Part of B.Y.O.
  - Synagogue scrolls
  - Like a Druid
  - Master of ceremonies
  - Engagement symbol
  - Prepare carrots, sometimes
  - R2-D2, e.g.
  - Accustom
  - Bruce Willis' ex
  - Use the blunt pencil tip
  - Autumn laborer
  - Lots and lots
  - Regale with a tale, e.g.
  - \*Human from North Pole comes to NYC
  - \*Bill Murray movie, inspired by Charles Dickens
  - Water-covered sandbank
  - Corn cob
  - Orthopedic device
  - In the buff
  - Dryest, as in humor
  - Vacuum, pl.
  - Be theatrical
  - Katy Perry's 2013 hit
  - Yorkshire river
  - Trivial lies
  - Drug smuggler
  - Pi times square of radius
  - Show of agreement, pl.
  - Game official, for short

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.



# Holiday — RECIPES —

FLAVORFUL DISHES AND DESSERTS  
FOR THE SEASON OF CELEBRATING



# RECIPES:

- B2** Noodle Kugel
- B3** Holiday Turkey
- B3** Basil Mashed Potatoes
- B4** Chicken & Peanut Stew
- B5** Crispy Akara
- B6** Pumpkin Pie
- B6** Raspberry Jam Doughnuts
- B7** Gingerbread



## Dig into a sweet *and* traditional noodle dish

When preparing meals for Chanukah celebrations, some families may want to serve kugel. Kugel is a Jewish dish that is similar to a casserole or pudding. Kugel originated more than 800 years ago in southern Germany. Kugel soon became a staple within Jewish households throughout eastern Europe and eventually the United States.

There are many ways to make kugel. Some recipes feature potatoes, bread or rice as the main starchy ingredient. Kugel also can be sweet or savory. "Lokshen" (noodle) kugel is perhaps the most traditional. It blends light and airy egg noodles with moist and creamy dairy ingredients. Chanukah celebrants can try this recipe for "Noodle Kugel," courtesy of Taste of Home.

### RECIPE:

#### Noodle Kugel

- 1 package (1 pound) egg noodles
- ½ cup butter, melted
- 8 large eggs
- 2 cups sugar
- 2 cups sour cream
- 2 cups 4 percent cottage cheese

#### Topping

- ¾ cup cinnamon graham cracker crumbs (about 4 whole crackers)
- 3 tablespoons butter, melted

1. Cook noodles according to package directions; drain. Toss with butter; set aside. In a large bowl, beat the eggs, sugar, sour cream and cottage cheese until well blended. Stir in noodles.
2. Transfer to a greased 13 x 9-inch baking dish. Combine the cracker crumbs and butter; sprinkle over top.
3. Bake, uncovered, at 350 F until a thermometer reads 160 F, 50 to 55 minutes. Let stand for 10 minutes before cutting. Serve warm or cold.



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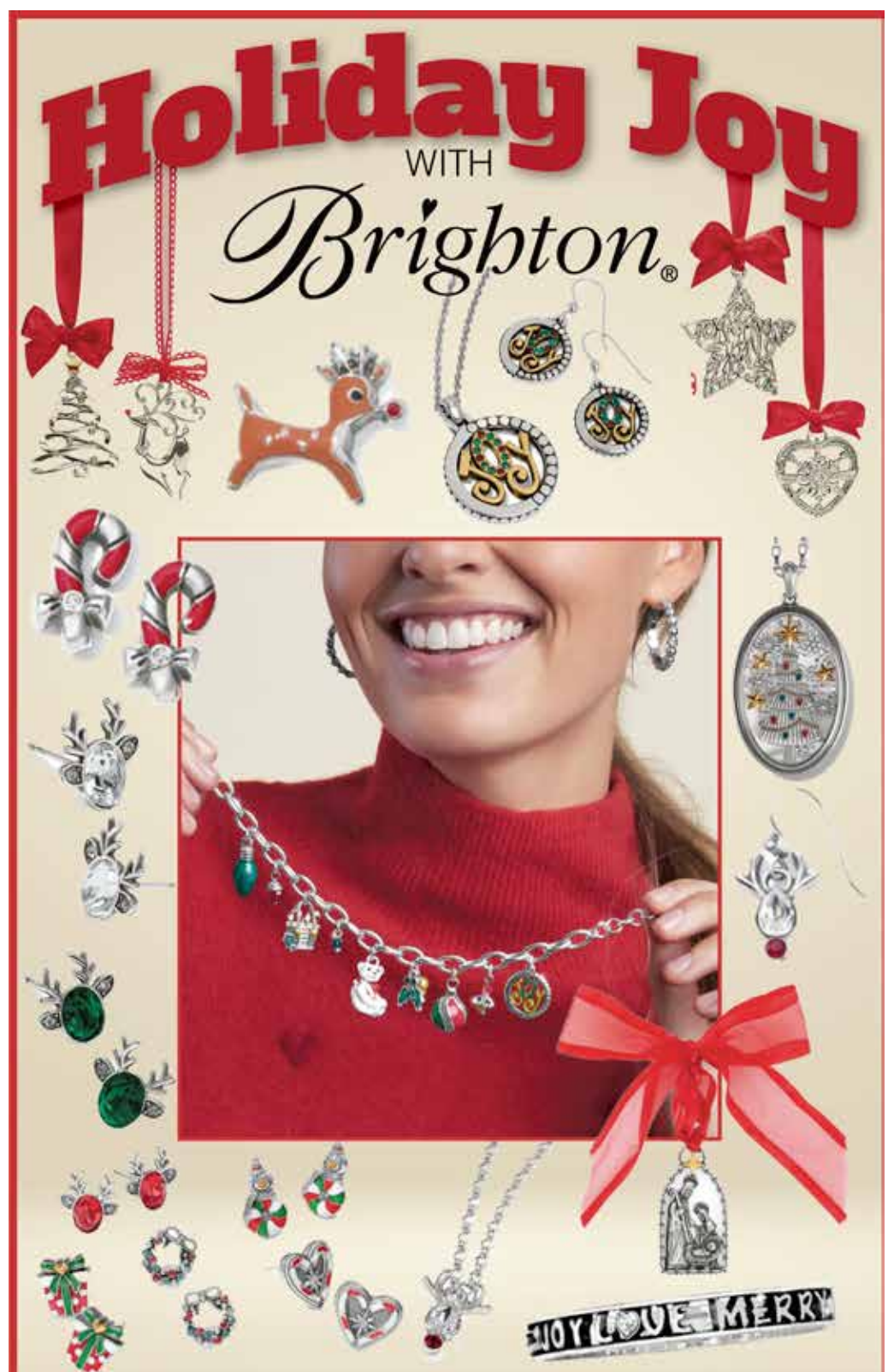
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## Simplify your feast by slow cooking your Thanksgiving turkey

Food features prominently in many holiday celebrations, but perhaps no holiday is more closely associated with eating than Thanksgiving. In fact, Thanksgiving and food are so closely connected that many people lovingly refer to the holiday as “Turkey Day,” which is an homage to the popular main course that finds its way to millions of Thanksgiving dinner tables across the country each year.

Side dishes abound on Thanksgiving dinner tables, but turkey still takes center stage. That reality can put some pressure on hosts tasked with preparing the

meal for their family and friends. Unlike some other dishes that require a laundry list of ingredients and lots of prep work, turkey is a relatively hands-off main course. However, home cooks know a dried out turkey is not on anyone’s holiday wish list. Slow cooking can help to avoid such a result. This recipe for “Holiday Turkey,” courtesy Andrew Schloss’ “Cooking Slow” (Chronicle Books), calls for slow cooking the bird. Such an approach should result in a delicious and mouth-watering main course that satisfies anyone who’s anxious to sit down at the Thanksgiving dinner table this year.

### RECIPE:

#### Holiday Turkey

Makes 15 servings

- 1 fresh turkey, about 15 pounds, preferably free-range
- 1 tablespoon olive oil
- 1 quart apple cider
- 2 teaspoons dried poultry seasoning
- Coarse sea salt and freshly ground black pepper

Remove the giblets from the turkey and discard (or save for another use). Rinse the turkey inside and out and pat dry with paper towels. Rub it all over with salt and pepper. Refrigerate, uncovered, for at least 12 hours and up to 24 hours. During that time, the surface of the turkey will become visibly dry and the skin will tighten; this encourages a nice crisp skin on the finished bird.

Remove the turkey from the refrigerator 1 hour before you plan to start roasting. Preheat the oven to 450 F.

Put the turkey on a rack set in a large, flameproof roasting pan. Drizzle the oil over the top.

Roast for 1 hour. Reduce the oven temperature to 175 F. Pour the cider into the roasting pan and sprinkle the poultry seasoning

in the liquid. Continue roasting until an instant-read thermometer inserted into the thickest part of a thigh (but not touching bone) registers to 170 F.

Transfer the turkey to a carving board, tent loosely with aluminum foil, and let rest for about 15 minutes (see tip). Meanwhile, skim the fat from the surface of the liquid in the pan. Put the roasting pan over two burners and bring the pan drippings to a boil over high heat. Cook until the juices reduce and thicken slightly, enough to coat a spoon, about 10 minutes. Taste for seasoning. Carve the turkey and serve with cider pan juices.

Resting tip: Slow-roasted meats need far less resting time (pretty much none) than those that are traditionally roasted. The reason for resting meat that has been roasted at a high temperature is to allow juices that have collected in the cooler center time to migrate back into the dryer (hotter) exterior sections after it comes out of the oven. Because slow-roasted meats are cooked evenly and a temperature that keeps most of the juices in place, a resting period is largely unnecessary. A brief resting time does allow the meat to become a little firmer as it cools, making it easier to carve.

## Give a beloved side dish a fresh new taste this Thanksgiving

A typical Thanksgiving dinner table is loaded with familiar foods. Turkey, of course, takes center stage, but side dishes also garner their fair share of attention during Thanksgiving dinner.

Hosts don’t have much room to experiment when preparing turkey for Thanksgiving dinner. Though turkey can be roasted, slow cooked, smoked, or even fried, recipes for seasoning the bird are likely to feature similar ingredients. Hosts have much more leeway when it comes to side dishes. New and bold flavors can add a little something special to side dishes this Thanksgiving, and guests might appreciate a break from the norm. That’s just what this recipe for “Irresistible Basil Mashed Potatoes” from Marlena Spieler’s “Yummy Potatoes” (Chronicle Books) provides. The fresh basil can add some unique flavor to a beloved side dish.



### RECIPE:

#### Irresistible Basil Mashed Potatoes

Serves 4 to 6

- 2 pounds floury, baking-type potatoes, peeled and cut into chunks
  - Salt
  - 2 to 3 cups fresh basil leaves of any type (2 to 3 ounces – a nice big bunch)
  - 2 cups heavy (whipping) cream or half-and-half
  - 4 tablespoons butter
  - Black pepper
1. Place the potatoes in a saucepan and fill with water to cover. Add a big pinch of salt. Bring to a boil and cook, covered, for about 10 minutes, or until the potatoes are just tender. Drain, return to the heat and shake out; turn off the heat, cover the pan and keep warm.
  2. Meanwhile, blanch the basil. Plunge it into a saucepan of

boiling water, cook a moment or two until the leaves wilt and slightly change color and lift out of the pot using a slotted spoon, then plunge into a bowl of ice water. Leave for about five minutes or until it turns brightly colored, then lift from the ice water.

3. Heat the cream in a saucepan until bubbles form around the edge of the pan.
4. Squeeze the basil in your hands gently to rid it of excess water from cooking. Place in a food processor and whirl to purée. Slowly pour the hot cream into this puréed basil and whirl until it forms a fragrant, pale green cream.
5. Coarsely mash the potatoes with a masher, then add the basil cream and mash it in; work in the butter, and season to taste with salt and pepper. If you’re serving duck or lamb, serve the potatoes with a drizzle of the port reduction around the edge.

## Home for the Holidays

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# Traditional foods add something special *to* Kwanzaa celebrations

**K**wanzaa is a traditional holiday that is celebrated by Black Americans, Afro-Caribbeans and others of African descent around the world. Kwanzaa was the creation of Maulana Karenga, a college professor who was inspired by South African first-fruits celebrations and other Swahili traditions. There are many components of Kwanzaa, but the culmination of the celebration is a feast known as Karamu on December 31.

African foods are a big part of Karamu festivities. Peanut stew, also called "maafe" or "mafe," is a West African staple comprised of lamb, steak or chicken in a hearty tomato and peanut base. The stew varies by region, but the general result is a nutty and spicy dish that is warming and filling. Enjoy this recipe for "West African-Inspired Chicken & Peanut Stew" courtesy of Delish and Brooke Caison.



## RECIPE:

## West African-Inspired Chicken & Peanut Stew

*Yields 6 to 8 servings*

- 1 teaspoon freshly ground black pepper
- 1/2 teaspoon ground cumin
- 1/4 ground cardamom
- 4 teaspoons kosher salt, divided
- 1 2-inch piece of ginger, peeled, minced, divided
- 4 cloves garlic, minced, divided
- 3 tablespoons peanut or neutral oil, divided
- 1 1/2 pound skinless, boneless chicken thighs
- 1 medium onion, finely chopped
- 2 medium carrots, peeled and cut into 1/2-inch pieces
- 1 Scotch bonnet pepper or habanero chile, halved
- 2 tablespoons chopped fresh thyme leaves, plus more for serving
- 2 tablespoons tomato paste

- 1 1/4 pound Roma or beefsteak tomatoes, finely chopped
- 1 cup smooth peanut butter
- 4 cups low-sodium chicken broth, divided
- 1 medium sweet potato, chopped into 1/2-inch pieces
- 2 tablespoons fish sauce
- 3 cups cooked white rice
- 3/4 cup chopped roasted peanuts, for serving

**Step 1:** In a small bowl, combine pepper, cumin, cardamom, and 2 teaspoons salt. In a medium bowl, combine 2 1/2 teaspoons seasoning mix, half of ginger, half of garlic, and 1 tablespoon oil. Pat chicken dry with paper towels and add to bowl, tossing to coat. Let chicken sit at room temperature at least 15 minutes or refrigerate up to 2 hours.

**Step 2:** In a large Dutch oven or pot over medium heat, heat remaining 2 tablespoons oil. Arrange chicken in a single layer and cook, undisturbed, until a golden brown crust starts to form, 5 to 6 minutes per side. Transfer chicken to a plate.

**Step 3:** In the same pot, cook onion, carrot, and remaining seasoning mix, stirring occasionally and scraping up browned bits in bottom of pot, until softened, about 5 minutes. Add pepper and remaining ginger and garlic and cook, stirring, until fragrant, about 1 minute. Add thyme and tomato paste and cook, stirring frequently, until paste darkens in color, about 4 minutes. Add chopped tomatoes and 2 teaspoons salt and cook, stirring occasionally and breaking up tomatoes with a wooden spoon,

until mostly broken down, about 20 minutes.

**Step 4:** In a large bowl or measuring cup, whisk peanut butter and 1 cup broth until smooth. Add remaining broth 1 cup at a time, whisking until smooth and combined. Add broth mixture and potatoes to pot, stirring occasionally, until potatoes are tender and soup is thickened, about 30 minutes.

**Step 5:** Chop chicken into bite-size pieces. Remove pepper from pot, then return chicken to pot. Add fish sauce and stir until chicken is heated through.

**Step 6:** Divide rice among bowls. Ladle stew over rice and top with peanuts and thyme.



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# Celebrate Kwanzaa *with* this beloved West African dish



**K**wanzaa is an annual celebration of African American culture that begins on December 26 and includes the feast of Karamu, which typically is celebrated on December 31. The feast of Karamu is evidence that Kwanzaa celebrations, similar to other holiday-related festivities, simply would not be complete without food shared with loved ones.

Kwanzaa celebrants typically look to incorporate African foods into their celebrations. According to the Food Network, akara has been a popular street snack in West Africa for quite some time. That popularity has extended beyond Africa's borders, and the fritters are now available in many locations, including the American South, where Atlantic Creole foods are enjoyed. This Kwanzaa, families can cook up this recipe for "Crispy Akara with Savory Smoky Sesame Sauce" courtesy of the Food Network.

## RECIPE: Crispy Akara *with* Savory Smoky Sesame Sauce

*Yields 4 to 6 appetizer servings*

- 1 pound dried black-eyed peas, picked through and any pebbles removed
- 1 1/4 cups minced shallot
- 1 cup diced "stoplight" bell peppers (red, yellow and green bell peppers)
- 1/2 cup finely snipped green onion, dark green parts only; save the bulb for another use
- 2 tablespoons minced garlic
- 1 teaspoon kosher salt
- Freshly ground black pepper
- 1 1/2 cups rice flour
- High-heat threshold oil, such as refined coconut oil or non-hydrogenated organic shortening, for frying
- Savory Smoky Sesame Sauce, recipe follows, for serving
- Savory Smoky Sesame Sauce
- 1/2 cup organic tahini sauce (made from roasted — not raw — sesame; see Cook's Note)
- 1 tablespoon smoked paprika
- 1 1/2 teaspoons blue agave
- 1 teaspoon dried minced onion

- flakes, preferably organic
- 1 teaspoon granulated garlic or garlic powder
- 1/2 teaspoon kosher salt
- Zest and juice of 1/2 lemon
- 2 tablespoons unseasoned rice vinegar

Remove and discard the pea skins in one of two ways: either rub the damp black-eyed peas (about 1/4 cup at a time) between the palms of your hands (the ancient African way); or pulse the beans in a food processor with some of the soaking water for a few minutes, then rinse and strain in batches, picking out and removing/discarding the pea skins in each session.

Transfer the peeled peas to a food processor and process, adding about 1/2 cup fresh water, into a thick paste. Mix in the shallot, bell peppers, green onion, garlic, salt and pepper to taste by pulsing until a smooth paste forms. Transfer the paste to a bowl, add the rice flour and stir until a thick batter forms.

Melt a few inches of coconut oil

or shortening in a medium to large cast-iron skillet (within at least an inch from the top rim of the skillet so the oil doesn't spill once hot). Heat over medium-high heat to 375 degrees F.

In batches, gently and carefully place individual scoops (at least 1 tablespoon) of the mixture into the oil using a cooking spoon with a long handle. Deep-fry until golden brown, 2 to 3 minutes per side. Drain on paper towels before relocating to a serving tray. Bring the oil back to temperature between each batch. Serve with the Savory Smoky Sesame Sauce. To make the Savory Smoky Sesame Sauce:

Pour or spoon the tahini into a measuring cup with at least a 2-cup capacity and a spout (large enough to stir or whisk in the ingredients and later pour from). Add the paprika, agave, onion flakes, granulated garlic, salt and lemon zest and juice and whisk or stir vigorously to combine.

Add the rice vinegar and stir; you'll notice the mixture converts to a paste-like consistency, but

don't panic — this is a normal reaction of sorts. Stir in 1/4 cup warm water until the mixture converts back to a creamy consistency.

Stir and pour from the measuring cup into a festive dipping bowl; or perhaps pour into individual tiny condiment dishes used for dips and sauces.

**Cook's Note:** The peas/beans can soak for up to 24 hours (at room temperature on the counter part of the time, then covered in the refrigerator or a cool room for overnight). The longer the soak, the easier it will be to remove the external bean skins. However, if a few of the black specks or bits of "black eye" from the pea skins stay in, that's fine. Tahini consistencies vary greatly by brand — this one is based on using a creamy, liquidy style or version that doesn't easily separate (sesame oil from paste). Don't panic when the creamy texture of the tahini turns into a dense, almost flaky paste after the vinegar is added; that's what the warm water is for — to loosen it back up!

*Sip, Sip, Hooray!*

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# Homemade pie makes for a perfect ending to a holiday meal

Millions of people insist no holiday meal is complete without some pie for dessert. Pie served with coffee certainly makes for a fitting end to a holiday meal, and hosts can serve any type of pie and still end up with some satisfied guests.

Though pie aficionados typically have their own go-to pie, pumpkin pie is especially popular at the

holiday dinner table. Hosts who want to cater to the masses can serve up the following recipe for "Pumpkin Pie" courtesy of Emily Luchetti's "Classic Stars Desserts" (Chronicle Books). Featuring homemade pumpkin purée and cream, this recipe is sure to make guests happy this holiday season.

## RECIPE:

### Pumpkin Pie

Serves 8

- 3 large eggs
- 1/2 cup firmly packed light brown sugar
- 1/2 cup dark corn syrup
- 1 1/2 cups heavy whipping cream
- 1 1/2 cups pumpkin purée, home made (see below)
- 1 tablespoon rum
- 1 teaspoon ground cinnamon
- 3/4 teaspoon ground ginger
- 1/2 teaspoon salt
- 1 prebaked 9 1/2-inch pie crust
- 1 recipe chantilly cream
- (see below)

Preheat the oven to 350 F.

In a large bowl, whisk together the eggs and brown sugar until blended. Add the corn syrup and whisk until smooth. Whisk in the cream, pumpkin purée, rum, cinnamon, ginger, and salt until well mixed. Pour into the prebaked pie crust.

Bake until the filling is set, about 30 minutes. Let cool to room temperature. Serve with the chantilly cream.

#### Chef's Tip:

The pie may be made a day in advance, covered and refrigerated. Bring to room temperature before serving.



Cover and refrigerate until serving.

#### Chef's

**tip:** You can whip the

### Chantilly Cream

Makes about 2 1/4 cups

- 1 cup heavy whipping cream
- 1/2 teaspoon vanilla extract
- 1 tablespoon granulated sugar

Put the cream, vanilla and sugar in a bowl and whip by hand with a whisk or with an electric mixer on medium speed until soft peaks begin to form. The cream should hold its shape but still be very smooth.

Cover and refrigerate until serving. Put the cream, vanilla and sugar in a bowl and whip by hand with a whisk or with an electric mixer on medium speed until soft peaks begin to form. The cream should hold its shape but still be very smooth. If it sits longer than that, it will start to thin out and you will need to rewhip it lightly before using. A few quick stirs with a whisk will do the trick.

### Pumpkin Purée

Makes 2 1/2 cups

- 2 1/2 pounds sugar pumpkins
- 1/4 cup water

Preheat the oven to 325 F. Cut

each pumpkin into sixths. Scrape out the seeds and any stringy pulp. Put the pumpkin pieces, cut-side up, and the water in a baking pan and cover the pan with aluminum foil. Bake until soft when pierced with a fork, about 1 hour and 10 minutes.

Remove from the oven and, when cool enough to handle, scoop out the flesh with a spoon and purée in a food mill or food processor. If the purée is watery, place it in a large sauté pan and cook over medium heat, stirring frequently, until thick. The timing will depend on how watery the purée is.

Let cool, cover and refrigerate until using.

# Doughnuts make a great Chanukah treat

Chanukah is a Jewish celebration also known as the Festival of Lights. Chanukah commemorates the miracle of the Temple menorah, during which a minimal supply of oil somehow lasted for eight days. As a result, oil features prominently

in Chanukah traditions, and many faithful Jewish people include foods fried in oil as part of their holiday dinners or desserts.

This recipe for "Raspberry Jam Doughnuts" from BBC GoodFood produces a delicious treat for Chanukah celebrations.

*This recipe features metric volumes and weights, so use the correct measuring conversion in countries where the metric system is not employed.*

## RECIPE:

### Raspberry Jam Doughnuts



Makes 20

- 130 ml whole milk
- 1 vanilla pod, split lengthwise
- 500 grams strong white bread flour
- 40 grams golden caster sugar
- 1 teaspoon fine sea salt
- 7 grams fast-action yeast
- 3 medium eggs, lightly beaten
- 120 grams unsalted butter, softened
- Vegetable oil, for proving and deep-frying
- 350 grams raspberry jam

#### For the icing

- 400 grams icing sugar, sieved
- Pink food coloring
- Freeze-dried raspberries, to decorate (optional)

Pour the milk into a saucepan and add the split vanilla pod. Slowly bring to a simmer and, once it begins to steam, remove from the heat and pour into a measuring jug. If it has reduced, top with up to 130 ml extra milk, then leave to cool until tepid.

Put the flour into the large bowl of a stand mixer. Stir through the sugar, salt and yeast. Using the hook attachment for your mixer, begin combining the dry ingredients, then add the vanilla-infused milk and eggs. Keep mixing for 10 minutes until you have a smooth, elastic dough. Scoop small spoonfuls of the softened butter and gradually add to the dough. When all the butter has been added, continue mixing for a further 5 to 6 minutes or until it is well incorporated and the dough is sticky and stretchy.

Lightly oil a large mixing bowl, put the dough in the bowl, cover

and leave in a warm place for 1 hour or until doubled in size.

Divide the dough into 20 equal-sized pieces (if you want to weigh them, they should be around 45 grams each). Roll the dough into balls and place them, well spaced apart, on two lightly oiled baking sheets. Cover with lightly oiled baking parchment, or a light tea towel (if it's too heavy it will keep the dough from rising) and leave for a further 1 hour, 30 minutes or until doubled in size.

Fill a large heavy-based saucepan two-thirds full with oil and place over a low-medium heat, bringing the temperature up to 170 C. Use a cooking thermometer to check, then carefully lift each doughnut and gently lower into the oil to fry in batches of about five at a time. Cook each batch for 5 minutes, turning halfway, until the doughnuts are dark golden brown. Remove with a slotted spoon and transfer to a baking tray lined with kitchen paper. Leave to cool completely.

Spoon the raspberry jam into a piping bag without a nozzle and snip a very small hole in the end. Use a skewer to poke a hole in the side of each doughnut, then push the end of the piping bag into each hole and pipe in a little of the jam. Set aside.

For the icing, mix together the icing sugar and 4 tablespoons water, then a drop or two of the food coloring to make it pale pink. Drop a dessert-spoonful of the icing on top of each doughnut, then use a palette knife to spread and even out the icing. Sprinkle each one with the freeze-dried raspberries, if you like.

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# A version of gingerbread with historical roots



Gingerbread is a popular sweet that often finds its way onto holiday dessert tables. Some people bake and construct lavish gingerbread houses, while others make cut-outs of gingerbread people to turn into cookies.

Legend suggests that gingerbread originally landed in Europe in 992 with an Armenian monk named Gregory of Nicopolis, who brought a

honey-and-spice cake to other monks in France, where it quickly became a favorite and was considered a “food from heaven.” Historians are not really sure if the original gingerbread had any ginger in it at all. In fact, typical medieval recipes for gingerbread include no ginger and the French would later refer to it as “pain d’épices,” or spiced bread.

Gingerbread once was a treat only for the elite, but as the masses discovered it, recipes evolved to include soft cakes to hard biscuits and everything in between. The following recipe for medieval “Gingerbread” produces a chewy, almost candy-like texture with potent ginger flavor. Try it for holiday gatherings, courtesy of “Tasting History” (Simon Element) by Max Miller.

## RECIPE: Gingerbread

Makes 20 to 25 1-inch pieces

- 12 to 14 slices (238 g) stale white bread
- 1 cup (330 g) honey
- 1 tablespoon ground ginger
- 3/4 teaspoon ground long pepper (a spice similar to black pepper but with more heat that typically must be ordered online)
- 1/2 teaspoon sandalwood powder, if desired, for color (one drop of red food dye can be used instead)
- 1/2 cup (50 g) or less sugar (enough for sprinkling)

- 20 to 25 whole cloves
  - Gold leaf
1. Either with a food processor or by hand, grind the bread into coarse bread crumbs. Commercially bought bread crumbs will work as well, though the texture from homemade bread crumbs is preferable.
  2. Pour the honey into a large saucepan set over medium heat, and heat to a rolling boil; the honey will become like syrup. Note that it will boil up quite a bit, so do not use a small

saucepan. Slowly add the bread crumbs to the honey while stirring. The mixture should come together and begin to pull away from the sides of the saucepan. Continue to mix until fully combined. Remove the pan from the heat and quickly stir in the ginger, long pepper and sandalwood, if desired. Turn the mixture out onto a sheet of parchment and spread with a spatula. Then, place another sheet of parchment and, with a rolling pin, roll the gingerbread out to about 1/2-inch thick (1.2

cm). Wrap in plastic wrap and chill in the refrigerator until stiff, about 2 hours.

3. Once the gingerbread is cool, sprinkle sugar on top and cut into 1-inch squares or whatever shape you like. Keep in mind that each piece should be bite size, as they are very strong. They will also be quite sticky, so handle them as little as possible. Insert a whole clove into each piece of gingerbread and fleck with gold leaf. Leave the clove in until serving, then remove it just before eating.

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