

# TASTE



## In Season

**A calendar of food-related activities in Douglas County**

To submit an event, send info to [food@nrtday.com](mailto:food@nrtday.com)

### WEDNESDAY

**Canyonville Farmers Market** — Closed. Returns May 2020. Information: 541-375-0725 or [www.canyonville-farmersmarket.org](http://www.canyonville-farmersmarket.org).

### THURSDAY

**Lookingglass Grange Farmers Market** — Closed. Returns spring 2020. Information: Elee Hadley 541-530-3955.

### FRIDAY

**Sutherlin Farmers Market** — Closed. Returns spring 2020. Information: 541-315-0553 or Sutherlin Farmers Market on Facebook.

### SATURDAY

**Umpqua Valley Farmers Market** — 9 a.m. to 1 p.m., First United Methodist Church, 1771 West Harvard Avenue, Roseburg. Locally grown produce/plants, handmade arts/crafts, prepared food. Information: 541-530-6200 or [www.uvfarmersmarket.com](http://www.uvfarmersmarket.com).

### TUESDAY

**Glide Farmers Market** — Closed. Returns spring 2020. Information: 541-430-8792 or Glide Farmers Market on Facebook.

### WEDNESDAY, FEB. 18

**Canyonville Farmers Market** — Closed. Returns May 2020. Information: 541-375-0725 or [www.canyonville-farmersmarket.org](http://www.canyonville-farmersmarket.org).

### CHERRY OAT CRUMBLE

#### Ingredients

- 6 Tablespoons sugar
- 1 1/2 Tablespoons cornstarch
- 4 cups tart cherries, pitted, fresh or frozen
- 3/4 teaspoon vanilla
- 6 Tablespoons whole wheat flour
- 6 Tablespoons old fashioned rolled oats
- 3 Tablespoons brown sugar
- 1/8 teaspoon salt
- 2 Tablespoons butter or margarine, melted

#### Directions

1. Preheat the oven to 350° F.
2. Mix the sugar and cornstarch together in a large bowl.
3. Add the cherries and stir to mix. Add the vanilla and mix again.
4. Pour the fruit into an 8 x 8 baking pan or 2 quart casserole.
5. In a separate bowl mix together the flour, oats, brown sugar, and salt. Add the melted butter and mix together until the texture is coarse with some clumps. Distribute the oat topping over the fruit.
6. Bake in the preheated oven for about 30-45 minutes, or until the juices are bubbling and the oat toping is golden brown.
7. Refrigerate leftovers within 2 hours

### CHERRY SCONES

#### Ingredients

- 1 cup whole wheat flour
- 3/4 cup all-purpose flour
- 1/3 cup sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup dried cherries, or chopped fresh, canned or frozen and thawed cherries. Drain canned or frozen cherries well.
- 1/4 cup margarine or butter, melted
- 2/3 cup buttermilk
- 1 teaspoon vanilla

#### Directions

1. Preheat oven to 400 degrees F.
2. Combine the whole wheat flour, all-purpose flour, sugar, baking powder, baking soda and salt in a medium bowl. Mix well.
3. Add the cherries and mix lightly.
4. In a small bowl, combine the melted margarine or butter, buttermilk and vanilla. Add to the dry ingredients and mix gently.
5. Spoon the dough into 10 equal mounds on a greased baking sheet. Bake until well browned, 18 to 20 minutes.
6. Serve hot or at room temperature. Store leftovers in an airtight container at room temperature for 2 or 3 days.

### CHERRY PUFF PANCAKE

#### Ingredients

- 3 eggs
- 1/2 cup nonfat or 1% milk
- 1 teaspoon vanilla
- 1/2 cup all-purpose flour
- 1 Tablespoon sugar
- pinch of cinnamon
- 2 Tablespoons margarine or butter
- 2 cups halved, pitted sweet cherries, fresh or frozen, thawed and drained
- 1/4 cup sliced almonds (optional)

#### Directions

1. Preheat oven to 450 degrees F.
2. In a medium bowl or blender, beat the eggs, milk and vanilla together until well blended.
3. Mix the flour, sugar and cinnamon together. Add to the liquid ingredients and mix until there are no lumps.
4. Put 2 tablespoons of margarine or butter in a 10- or 11-inch oven proof skillet or a 2 1/2- to 3-quart baking dish. Place the skillet or dish in the hot oven until the margarine or butter is melted and bubbly. Remove from the oven. Quickly spread the cherries across the bottom of the hot skillet or dish.
5. Pour the batter over the cherries and sprinkle with almond slices, if using.
6. Return to the oven and bake for 15 to 20 minutes until the edges are browned and the puffs in the middle are golden. Cool slightly before cutting into 4 pieces. The center puffs will flatten during cooling.
7. Refrigerate leftovers within 2 hours.

### CHERRIES

From page B6

from the Food Hero Cherries Monthly Magazine.

Eat lots of red fruit and vegetables for February to celebrate Valentine's Day and a healthy heart. You can even do this with cherries

for a healthy dessert like cherry oat crumble. Here is to a month full of heart healthy foods.

Mandy Hatfield is the Nutrition Education Program Senior Instructor for OSU Extension Service of Douglas County. Mandy can be reached by e-mail [mandy.hatfield@oregonstate.edu](mailto:mandy.hatfield@oregonstate.edu) or phone at 541-236-3017.



Chopped cherry tomatoes add sweetness and color to pasta with garlicky anchovies and broccoli raab.

### PASTA WITH GARLICKY ANCHOVIES AND BROCCOLI RAAB

**Yield:** 4 servings

**Total time:** 30 minutes

Kosher salt

12 ounces short pasta, such as shells, wagon wheels or rigatoni

2 packed cups parsley, leaves and tender stems

10 anchovy fillets, preferably packed in olive oil (one 2-ounce tin)

1 small bunch scallions, white and green parts, chopped

2 tablespoons capers, drained (optional)

3 tablespoons extra-virgin olive oil, plus more for drizzling

4 garlic cloves, finely grated or minced to a paste

1 (1-pound) bunch broccoli raab, trimmed and chopped into 1-inch pieces

1/2 cup chopped fresh tomato (plum, cherry or grape work well)

2 tablespoons unsalted butter, cut into pieces

3/4 teaspoon grated lemon zest

Pinch of red-pepper flakes

Freshly ground black pepper

Ricotta, for serving (optional)

1. Bring a large pot of heavily salted water to a boil. Cook pasta according to package instructions until 1 minute shy of al dente. Use a coffee cup or measuring cup to save some pasta water, then drain pasta.
2. While the pasta cooks, coarsely chop the parsley, 6 anchovy fillets, scallions, capers (if using) and a pinch of salt. You can chop it all together on a cutting board, or pulse everything briefly together in the food processor; just make sure to keep it coarse.
3. Heat a large skillet over medium. Add oil, remaining 4 anchovies and half the garlic, and let cook, stirring, until anchovies start to dissolve, about 1 minute.
4. Stir in broccoli raab, tomato, about two-thirds of the parsley mixture and a pinch of salt to the pan. Sauté until the raab is tender, 5 to 8 minutes, adding splashes of pasta water as the pan dries out. Taste and season with more salt if necessary.
5. Add pasta to pan along with butter, lemon zest, remaining garlic and red-pepper flakes. Toss until the butter melts and the pasta is combined with the vegetables, adding more pasta water if the mixture seems dry. Season with salt and pepper to taste.
6. Divide pasta among bowls and sprinkle with remaining parsley mixture. Drizzle with olive oil, and serve with ricotta, if you like.



Shells, wagon wheels, or rigatoni all work to make pasta with garlicky anchovies and broccoli raab.

### PANTRY

From page B6

fall, maybe mushrooms, butternut squash and Brussels sprouts. In the cold pit of winter, where we are now, I like to use sturdy greens like broccoli raab, kale or spinach, which add vibrancy to the anchovies' umami funk.

In that last version, I also mix in some chopped cherry tomatoes for a little sweetness and color. Although I cook the anchovies and garlic in olive oil at the beginning of the dish, I stir in some butter at the end, which mellows the inherent bitterness of broccoli raab and rounds out the sauce.

A fat dollop of ricotta gives the pasta some creaminess, which I always crave when the weather gets cold, but it's

not at all essential. And, while I love the saline tang of the capers, you can skip them if they are just one ingredient too many. With all those anchovies in the pan, you probably won't even miss them.

About those

anchovies, for a dish like this, you need to get the good ones. I think the reason so many people are anti-anchovy is that there are a lot of bad, fishy ones on the market. Look for those packed in olive oil, and sample

different brands until you find one you like. Then, stock up. After all, a pantry filled with anchovies is the beginning of many amazing future meals — no matter what other ingredients you have in the house.

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