

Editorial Page

Name that tune –

Lamb, mutton, snipe huntin' . . .

by
Joy Hudler

Oh, the times they are a-changin' . . .

With all due respect to Bob Dylan, those changes he sang of failed to mention one enormous indicator of our changing times: *Cookbooks*.

Truly, nothing can highlight the changes that our nation has seen over the past 70 or so years better than the way we prepare, cook, serve and eat those three meals a day.

As reflected in cookbooks.

Right off the bat, while most of us adhere to the *three squares a day*, more than a few have discovered that many more, smaller servings interspersed over a 12- or 15-hour period end up better for their particular health and/or weight problems.

No need to go there.

We also realize that the staggering amount of items on display in our local grocery stores are a far cry from those available to us 50 years ago.

I read that the average number of products carried by a typical supermarket has more than tripled since 1980, from 15,000 to 50,000.

No surprise there either.

What I'm talking about is what we find between the covers of cookbooks.

And there's no better source of reference material than that old standby: *The Joy of Cooking*, by Irma S. Rombauer.

I have two editions of this kitchen tome.

The first came from my paternal grandmother's kitchen with a copyright date of 1931. It is in terrible shape, its 884 pages dog-eared, its blue cover faded and worn, its spine not even attached to its ragged cover anymore . . .

It's also home to any number of Nanny's and her son's favorite hand-written recipes that slip out when I turn the pages.

And the second?

My second was a gift received shortly after its 1997 publishing date, still under the name of Rombauer, but this from a grandchild of the original author.

This one's book jacket is still in almost pristine condition.

Its 1136 pages are still crisp.

I've referred to it many times over the last 18 years, but by the time it joined my other cookbooks, I'd already filled out the majority of my cooking repertoire from any other number of volumes with which I had become far more familiar.

I also discovered the joy of looking up recipes on the internet; just plug in your main ingredients on Google, hit *enter* and there you are; literally hundreds from which to choose.

Still, I enjoy the comparison of the two books.

What a total hoot!

Take meats, for example.

Nanny's *Joy of Cooking* discusses lamb and mutton, describing the former as a tender meat and calling mutton "*lamb grown-up*".

"Its flavor is a bit strong, so it is boiled or stewed more frequently than roasted in this country. You may substitute mutton for lamb in any of the following recipes. Allow 5 to 10 minutes longer per pound for cooking it."

My new *Joy* describes mutton as "*the meat of sheep over two years old . . . rarely available in the United States – which is unfortunate, because it can be quite good, despite its bad reputation.*"

As we've grown over the years, so have our taste buds and our whole approach to food preparation.

I wouldn't go so far as to call my second *Joy* a bit on the hoity-toity side, but cannot find any casserole recipes within its pages. The closest I can get to the word *casserole* is *cassoulet*, which is a dish of slow-baked beans and various meats.

Nanny's *Joy* calls for cream of mushroom or asparagus, etc. soup additions to many recipes, including its casserole listings . . . so not a part of the latest *Joy's* entries, which would have you working from scratch rather than taking such an egregious shortcut.

The original book also lists *snipe* with its small bird recipes, along with squab, quail and pigeons.

(Back in the day, we always took Smoky Hill newcomers on snipe hunts and I seriously thought they didn't exist. Though being marsh birds, they certainly didn't in Eastern Colorado.)

One of my favorite comparisons involves the word *timbales*.

While Book No. 2 describes the savory custard baked in a small mold, inverted and unmolded for serving, it only gives two vegetable recipes.

Not so Nanny's. There's broccoli and cauliflower timbales; mushroom timbales; corn, egg and cheese; asparagus; ham; scrapple timbales; celery and cheese; chicken; chicken and ham; chicken liver; veal; Creole; fish; tuna fish; oyster . . . the list goes on.

Apparently Irma liked her timbales.

Perhaps the most fun to read are the differences in buying, preparing and storing foodstuffs.

That's a no-brainer; look how our kitchens are equipped today compared to yesteryear's.

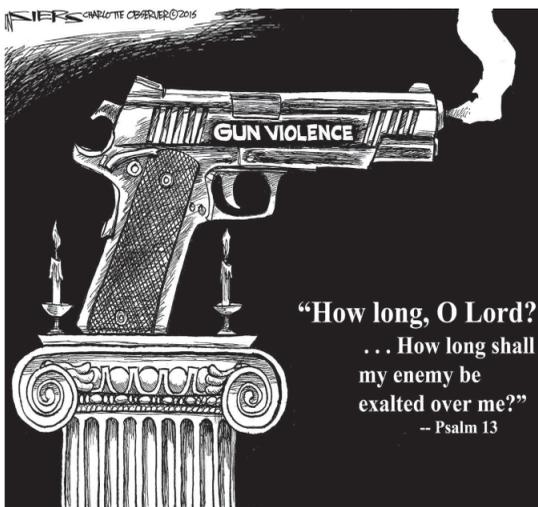
Try this kitchen tip from Nanny's on for size:

Deep custard cups are useful for serving small amounts of left-overs. Fill them with moistened, seasoned food, cover the tops with pieces of buttered paper secured with string or rubber bands, and place the cups in a pan partly filled with boiling water. Steam the food on top of the stove or in the oven until it is thoroughly heated. Remove the papers. If desired, the tops may be sprinkled with bread crumbs dotted with butter or sprinkled with cheese and browned under a broiler.

Seriously, I can "name that tune" in four words:

Nuke for one minute!

7-9-2015



Fight foreign subsidies, don't unilaterally disarm

By Rick Palkowitsh

Colorado's farmers and ranchers are at risk of a lot more than just drought and hailstorms nowadays.

We are also fighting a flood of new global subsidies and predatory trade practices that have the potential to leave us out in the cold.

The sharp rise in foreign subsidies and trade abuses was on full display recently in the House Agriculture Committee during a first-of-its-kind congressional examination of the tactics used by China, India and others to gain a competitive advantage.

During that hearing, U.S. lawmakers rightfully cried foul. The panel's top Republican and Democrat both suggested it was time to challenge foreign subsidies in the World Trade Organization. They are right.

China now devotes \$109 billion a year to support for corn, wheat and rice, and India is plowing nearly \$50 billion a year into subsidies – both outspending America many, many, many times over.

And that's just the subsidies for three crops in two countries. There are other big subsidizing countries and huge outlays for sugar, cotton and other crops, too.

When you hear stats like these, it is almost unthinkable that there are continuing calls for unilaterally disarming U.S. farm policies emanating from D.C.

But that is exactly what is happening, as a handful of inside-the-Beltway think tanks and special interest groups have launched yet another attack on America's farm policies even before the ink is dry on the 2014 Farm Bill.

These critics conveniently ignore the monumental reforms and transformations that U.S. farm policy has undergone in recent years, and they pretend that American agriculture is not part of a global market that is affected by our competitors.

Instead of attacking agriculture, people should ap-

plaud all that America has accomplished on the farm policy front. Farm policy spending in this country has gone down. We have removed the government from planting and marketing decisions, and we have eliminated the old system of direct payments to farmers.

America now embraces crop insurance, which is funded in part by farmers and is financially backed by insurance companies to reduce taxpayer burden and minimize taxpayer risk exposure.

U.S. farmers now contribute nearly \$4 billion from their own pockets to buy discounted insurance policies administered by efficient private-sector companies. In other words, we usually get a bill in the mail instead of a check.

And policies are offered on more than 100 different crops, meaning U.S. policy is more available and open to everyone regardless of what you grow, where you grow it or who you are.

Unfortunately, agricultural critics are aiming to weaken the crop insurance system with legislative proposals that make policies unaffordable and unavailable to many and make participation from private-sector insurers less economically viable.

It's a shortsighted plan, and it will not lead to freer markets as some claim because U.S. farm policy isn't the problem.

China now accounts for one-third of global agricultural subsidies and spends as much as five times on farm supports than we do.

Unilateral disarmament will do nothing to help U.S. consumers or a U.S. economy that depends on a thriving agricultural sector. It will only reward China and other bad actors, while leaving hardworking American farmers powerless the next time storm clouds gather.

Palkowitsh farms in Burlington and is co-chairman of the Colorado Corn Growers Association's public policy committee.

OPINION

Pixar's lesson for kids – and adults

We need all our emotions to be healthy, even the ones that hurt.

By Jill Richardson
OtherWords

Pixar's latest flick holds some major life lessons for kids – and adults, too.

Inside Out takes place inside the head of an 11-year-old girl, Riley, as she and her parents move from Minnesota to San Francisco. The main characters are cute personifications of the main characters inside of each of us: Joy, Sadness, Anger, Disgust, and Fear.

Joy, played by Amy Poehler, runs the show, attempting to keep Sadness from bringing Riley down as she struggles with her family's move. As far as Joy's concerned, Sadness is a downer. And really, what's the point of being sad anyway?

Riley's parents pile on by encouraging her to be happy all the time and praising her when she manages a smile.

You might recognize this parental behavior, because it's a common one.

At one point or another, parenting means finding yourself in a situation when your child's emotions are really, really inconvenient. Sometimes in a public place, frequently over an issue that – to you, as an adult – is no big deal, and often with loud sobs and crocodile tears.

What do you do?

Some parents try to dismiss their child's emotions. Others use anger: "Stop crying or I'll give you something to cry about!" I've even heard an adult try to scare a kid by telling her that if she didn't cut it out, nobody would want to play with her.

Adults do it to one another, too. Most recently – and most egregiously – I was told to "think positive" when a friend was killed by a drunk driver. "We all go eventually," a would-be counselor suggested. "At least for him it was fast."

No, I'm sorry. I need to feel sad when I'm sad. We all do – and that's the lesson of this movie.

The plot shifts from Sadness-as-a-bummer to Sadness-as-a-hero when another character loses a beloved toy. Joy tries her antics to cheer him up, but they don't work. Then Sadness sits next to him and empathizes. She listens to him, really feels his pain.

The result? He cheers up.

It's only by truly feeling your sadness that you can come back to joy. That's true of anger and fear, too. Yet many of us are conditioned to repress our painful emotions in an attempt to make them go away.

Only they don't. And it's really unhealthy.

This isn't even news. Over 25 years ago, The New York Times reported that people who repress their emotions are more prone to asthma, high blood pressure, and "overall ill health." More recent studies have found links between suppressing anger and migraines.

A Huffington Post writer puts it plainly: "Keeping your emotions bottled up could kill you."

Every parent wants what's best for their kids. But our attempts to get little ones to stop crying might have long-term consequences for their mental and physical health.

It can be uncomfortable to feel a child's pain, to truly empathize with him or her. But Pixar gave us a gift with this movie's moral: We need all our emotions to be healthy – including the ones that hurt.

OtherWords columnist Jill Richardson is the author of *Recipe for America: Why Our Food System Is Broken and What We Can Do to Fix It*.



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