

On the Beat

COLBY POLICE
Thursday
12:07 a.m. – Criminal damage to property report filed for damage to vehicle at Twister’s.
1:12 a.m. – Security check at Twister’s.
3:01 a.m. – Subject advised of an attempted rape. Report filed.
6:44 a.m. – Caller reported object in the roadway around College and Range. Unable to locate.
7:09 a.m. – Assisted Highway Patrol.
7:38 a.m. – Caller reported bike found in bushes last week. Bike brought to station.
12:41 p.m. – Took photos for call at 12:07 a.m.
1:09 p.m. – Caller reported accident earlier at Walmart.
2:26 p.m. – Helped ambulance crew.
5:40 p.m. – Caller reported racoon at Dennen Field.

7:19 p.m. – Caller reported possible drunk driver heading to Colby. Unable to locate.
8:16 p.m. – Disorderly conduct: caller advised of male with shotgun. Report filed.
THOMAS COUNTY SHERIFF
Thursday
7:57 a.m. – Helped Highway Patrol on County Rd. 26 between County Rds. M and N.
12:23 p.m. – Provided block for subject moving cattle across U.S. 83 by Rexford.
1:12 p.m. – Robert Carl Derauf arrested on warrant.
7:19 p.m. – Caller reported possible drunk driver leaving Brewster heading to Colby. Unable to locate.
7:45 p.m. – Report filed on traffic stop on I-70.
8:16 p.m. – Provided assistance to Colby Police Department.

‘Passing on’ farms topic of workshop

K-State Research and Extension River Valley District will hold a Planning for the Future Conference, “Passing on the Family Farm or Agri-Business,” from 9 a.m. to 4 p.m. Saturday, March 31, in Concordia.
Designed to address the needs of farm and agribusiness families and others in the transition process, the conference will be held on the campus of Cloud County Community College.
“The transition planning process is often hard to begin,” said John Forshee, extension district director, “so we are offering this conference as a first step where family members and close non-family persons that are to be included in the estate plan can come together, gather background information, and begin to plan.”
The program will kick off with keynote speakers Ron Hanson of the University of Nebraska and Roger McEowen of Iowa State University. Hanson draws on years of experience working with farm families and will share both humorous and serious tales of family farm estate planning.
McEowen offers experience working with farmers, farm families and farm entities on the legal and tax aspects of estate planning.

He will outline concepts and issues affecting farm succession planning.
In the afternoon, participants can attend three breakout sessions. Topics include:
• How Much Did Your Lawyer Cost Our Family Farm Estate?
• Wills and Trusts: The Basics of the Planning Process.
• Planning for the Next Ranching Generation.
• Family talk: Making it Work.
• Can Junior Really Come Home to the Farm?
• What if the “What If” Actually Happens to Your Family?
• Estate Planning: Temporary Certainty.
• Continuing Your Family Farm Legacy: Time for Your Questions.
• Summer Ranch and Range Internship.
• Charitable Giving.
Pre-registration is required by Monday, March 19. The cost of the workshop is \$50 for the first person. Additional family members or students may attend at a cost of \$35.
Information, including registration brochures and flyers, is available at any local extension office or online at www.rivervalley.ksu.edu.

Chocolate Pavlova makes elegant sweetheart confection

Pavlova is a meringue-based dessert said to be named in honor of the famous Russian ballerina, Anna Pavlova, during or directly following her 1920s tour of New Zealand and Australia.

When I think of her namesake, this elegant confection, I can easily envision how beautifully and gracefully she must have danced. It is likely she attracted great attention, just as you will, upon the presentation of Pavlova to your dinner guests. It is also probable you will find them bickering over who gets the first slice, just as New Zealand and Australia fought for years over who could take the credit for the creation of this glorious dessert!

The Recipe
4 large egg whites, room temperature
1/8 teaspoon cream of tartar
1/8 teaspoon table salt
1 cup granulated sugar, plus 2 tablespoons
1 1/2 teaspoon cornstarch
1 tablespoon red wine vinegar
1/4 cup unsweetened Dutch-process cocoa powder
1 cup heavy whipping cream
1 teaspoon fresh tangerine zest
1 1/2 cups fresh berries (I like the combination of raspberries, blueberries, and blackberries, with a bit of chopped kiwi fruit for added color)

Position a rack in the center of the oven and preheat oven to 350 degrees F. Cut a piece of parchment paper so it fits flat on a baking sheet. With a pencil, trace a circle around a 9-inch cake or pie pan in the center of the parchment. Line the baking sheet with the parchment, pencil side facing down, still allowing you to see the circle.

Using an electric mixer with a whisk attachment, whip the egg whites, cream of tartar, and salt in a large dry bowl on medium speed until foamy, about 30 seconds. Combine 1 cup of the sugar with the cornstarch and add, a tablespoon at a time, to the beaten egg white mixture along with the vinegar; whip on medium high until the whites hold stiff peaks and look very glossy, about 3 to 5 minutes. Add the cocoa powder and mix on low speed until most-



Chef Alli Winter

• Who’s Cookin’ Now?

ly combined, 20 to 30 seconds, scraping the bowl as needed. Finish folding the cocoa into the meringue by hand, using a rubber spatula, until well combined and no streaks of white remain.

Pile the prepared meringue mixture inside the circle on the parchment paper. Using the spatula, spread the meringue to even it out slightly – it doesn’t need to align perfectly

with the circle, and it shouldn’t be perfectly smooth or over-worked. (The natural swirls and ridges give the finished meringue character!)

Bake for 10 minutes at 350 degrees F., then reduce the oven temperature to 300 degrees F. and bake until the meringue has puffed and cracked around its edges, another 45 to 50 minutes. Turn off the oven, prop the oven door open, and leave the meringue in the oven to cool to room temperature, at least 30 minutes. (This allows the meringue time to cool gradually, very important!)

Just before serving, place the cooled meringue onto a serving platter. In a chilled bowl, beat the cream with the remaining 2 tablespoons sugar until it holds soft peaks. Whip in the tangerine zest, making sure it’s evenly distributed. Pile the prepared whipped cream onto the meringue, spreading it almost out to

the edge, and then top with the berries. Slice into wedges with a serrated knife.

Tips for Creating Perfect Pavlova

As you may know, working with egg whites to create meringue can sometimes be tricky. Here are a few tips for taming them:

Eggs separate much easier when cold, yet egg whites gain their maximum volume when whipped at room temperature. Therefore, separate the eggs directly after removing them from the fridge, then let the egg whites sit for 30 minutes to come to room temperature. (I save my yolks to make pudding at a later time.)

Be sure that anything that comes in contact with the egg whites (bowls, fingers, utensils) is as clean and free of oils as possible. If you discover a bit of egg yolk in with your whites,

remove it immediately, using a piece of clean eggshell.

Because egg whites are pure protein, they gain volume from being whipped, especially when at room temperature. Start with your mixer on LOW, increasing the speed in small increments, until you get the consistency and volume you desire.

Beat the egg whites until soft peaks form, then add sugar one tablespoon at a time, continuing to beat until the meringue is shiny and forms stiff peaks. The addition of cornstarch and vinegar is what gives the Pavlova crust its crispness, with a soft marshmallow-y interior.

Alli Winter was raised in Topeka and began cooking at age 4, though it was much later when she attended the Personal Chef Institute in Rio Rancho, N.M., where she acquired her certification. Her website is at www.ChefAlli.com.

‘Dirty Jobs’ show Tuesday features cell-tower builders

By Brett French

The Billings Gazette

BILLINGS, Mont. (AP) – Kevin Reski thought the “Dirty Jobs” staff from the Discovery Channel TV show had made a mistake when they called to ask him about filming an episode with his tower-building crew.

“This is no dirty job, it just sucks,” he said he told them. “Living on the road sucks. Staying in

hotels sucks. Eating restaurant food sucks. The other guys in the crew suck.

“They said sucky is good, we’re down to sucky jobs.”

The episode ends the show’s 50-state tour and airs on Tuesday. Dramatic aerial video clips from the show have already been posted on the “Dirty Jobs” website.

Filming the segment filled a niche the show had long targeted. “We’ve been looking for that

kind of operation for several years now,” said Dave Barsky, co-executive producer of the show for Pilgrim Studios in Los Angeles. “We had one in Oklahoma a couple of years ago and got rained out.”

The show found Reski’s Billings-based company, Great Plains Towers, on the Internet and called last year. The episode was filmed in late April 2011 over two days as Reski’s crew erected a 330-foot tower two miles northeast of Dick-

inson, N.D., on Radar Base Hill.

“It’s such a great show,” Barsky said. “We never know what we’re going to get going in. Sometimes we only get 20 minutes, so we do three segments in a one-hour show. But (Reski’s) operation is so involved and his people are so great we took up the whole hour.”

“It’s such a unique job they do. Obviously, it’s a very vertical job, and not many people can handle that.”

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