

Another kind of meat

In April Marlene Peters presented a program promoting raising goats for meat for ethnic food markets. Goat meat is a favorite among dishes from the Middle East, Greece and Spain. I requested some recipes and they sent me these recipes from the American Meat Goat Association.

Cabrito is meat from very young (4 to 8 weeks) milk fed goats. Chevon is meat from goats 6 to 9 months of age and 48 to 60 pounds. Capretto is from the Italian for kid goat. Authentic cooking practices are either baked or barbecued (asado) or stewed (guisado) with traditional cumin, garlic and chili pepper spices. The caloric value is roughly equivalent to chicken and half of beef per serving. The cholesterol content is slightly higher than beef or chicken.

Goat meat loses its moisture and toughens quickly if exposed to high, dry cooking temperatures because of the low fat content. Two rules to follow are to cook slowly and with moisture. Tender cuts are usually best when roasting, broiling or frying. Less tender cuts are best braised or stewed.

Cabrito Guisado #1 (Stew)

4 pounds kid goat meat, cubed
1 tablespoon vegetable oil
2 teaspoons salt
4 teaspoons mixed spices (peppercorns and cumin)
3 garlic cloves
1 8 oz. can tomato sauce
2 tablespoons flour
1/2 cup water
Cut meat in cubes and brown in oil; add salt. Grind spices and garlic and add a small amount of water. Add spices, tomato sauce



pat schiefen

- postscript

and enough water to cover meat. Simmer for 30-40 minutes. Blend flour and 1/2 cup water. Stir into meat to make gravy. Serve with flour or corn tortillas. Serves 8 to 10.

Curried Cabaret

1 pound chevron
salt to taste
3 ounces butter
2 tablespoons minced onion
2 tablespoons finely cut celery
1 tablespoon flour
1 tablespoon curry powder
2 ripe tomatoes, stewed and strained
1/2 cups water
2 tablespoons diced apples
Cut meat into 1 inch squares; salt meat and sauté in butter. Add onion, celery and apples, sauté thoroughly. Sprinkle mixture with flour and curry powder and cook until flour colors. Add strained tomatoes and water, cover saucepan and let cook slowly until done. Serve with steamed rice. Yields 5 servings.

Tomato Stuffed with Cabaret

2 cups diced cooked lean cabaret (16 ounces)
4 medium tomatoes
1 cup sliced radishes
6 tablespoons dairy sour cream
2 tablespoons mayonnaise

1 tablespoon snipped fresh parsley
1/2 teaspoons curry powder
1 teaspoon lemon juice
1/8 teaspoon ground black pepper
2 medium avocados, sliced
Cut tomatoes into eighths (cut to within 1/8 inch of bottom). Combine goat, radishes, sour cream, mayonnaise, parsley, curry powder, lemon juice and pepper. Spoon 1/4 goat mixture in center of each tomato. Garnish with avocado slices. Serves 4.

Cabrito and Vegetable Casserole

1 10 ounce package frozen lima beans
1 1/2 cups thinly sliced carrots
1 cup boiling water
2 tablespoons chopped onion
1 tablespoon fat or vegetable oil
1 10 1/2 ounce can cream of mushroom soup
1 1/2 pounds ground goat meat
1/2 cup vegetable liquid
1 1/2 teaspoons salt
1/4 teaspoon thyme
6 tomato slices, 3/4 inch thick
1/2 teaspoon salt
2 tablespoons grated Parmesan cheese
Add lima beans and carrots in boiling water. Cook covered until tender about 15 to 20 minutes. Drain and save cooking liquid. Preheat oven to 350 degrees. Cook ground cabrito and onion in fat until cabrito is lightly browned and onion is transparent. Pour off drippings. Add soup, vegetable liquid, vegetables, salt and thyme. Mix well and pour into a 2 quart casserole. Arrange tomato slices on top of mixture. Sprinkle with salt and cheese. Bake 35 to 40 minutes. Serves 7.

Rockies tickets turn into real bargain

Sometimes, you stumble onto a bargain. It was like that last week, when we got four tickets for the Rockies-Royals game that Friday night. We rounded up Tom and Bill from the office and took off to see the game.

First, you have to remember that we started out with the Royals in 1969, their first year. I remember being assigned to write a crowd story at the first game ever at what is now Kauffman Stadium. It was a preseason exhibition, and I can't tell you who the Royals played or who won, but I got to interview Ewing Kauffman that night. The pharmaceuticals mogul was in the stands in a silk smoking jacket, I swear. We grew up as fans with the Royals. The company had tickets, and we could go any time we wanted. I have a lot of favorite memories:

- The day Harmon Killebrew came to bat for the Royals, after a storied career as a hitter for the Twins.
- The two no-hitters Steve Busby pitched one summer. I got to listen on the radio.
- Watching George Brett learn to hit and play like a Hall of Famer.

We had tickets to the first two league playoffs the Royals made, though the Yankees trounced them both years.

Then we moved to Colorado, up in the



steve haynes

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mountains where you couldn't even get the games on the radio. We had to watch the 1985 World Series on television, but it sort of made it worth the wait.

Then came the Rockies. Having a team in Denver was heaven, though you still couldn't pick up much on the radio where we lived. We strained our ears and followed the Rocks.

And the first couple of years, through their short but glorious run at the playoffs, were wonderful. We marveled at the way Don Baylor put together a team from the ragtag expansion draft and made them both exciting and effective.

Then reality set in.

We got to see a no-hitter, though it was thrown by Hideo Nomo of the Dodgers. But we're still Rockies fans. And the chance to see the two teams play was more than we could resist.

Sometimes, of course, a bargain is not

quite what it seems. We soon realized that, other than broadcaster Denny Matthews, who's been with the Royals since Day 1, the only guy in the stadium who had been with the Royals when we were in Kansas City was the Colorado manager, Clint Hurdle.

Through five innings, the Rocks led 4-1. Life was good. Then came the rain. We never finished the top of the fifth, and the game was called off.

Tom and Bill had to go home, but we had a room and a lunch date the next day. After lunch, we strolled back to the ballpark for the rain date. And we traded the two unused tickets for two seats to a Dodgers game in July.

The Rockies had rough time of it that day, losing two to Kansas City, but hey, it was a lot of baseball on four tickets. And we still have two to use.

The Rocks at least made it interesting, coming from way back to make the final score 15-13, but lose they did. Lost the regular game that night, too.

If we work this right, though, we'll wind up with about two and a half complete games off those tickets. And that is a bargain. I just hope the weather is better in July.

Finding the right cure for high cost prescriptions

By Congressman Jerry Moran

Kansans are struggling to pay for health care. A woman from northeast Kansas recently wrote to tell me that she went to refill her two prescriptions, only to learn that the cost of these drugs had increased by more than 800 percent. Unfortunately, high-priced prescription drugs are not uncommon. The affordability of health care is a top issue for me in Washington, D.C. The current debate over including a prescription drug benefit under Medicare is one of the most important issues Congress will address this year. I believe prescription drugs for those in need should be a part of Medicare. Modern medications are an integral and essential part of medicine today.

The issue of prescription drugs is important for our seniors. As new technology and medical breakthroughs allow us to develop better medication to keep us living longer, their importance increases. And while this issue of high-priced drugs affects seniors, it affects everyone — young as well as old — who needs prescriptions filled.

I am working to see that the prescription drug bill passed by Congress is done right and is good for Kansas. While it is important that a drug benefit is established, we need to develop a program that meets our senior's needs and is something we can afford. A massive, new, no-end-in-sight entitlement program that will bankrupt Medicare and burden our children and grandchildren must be avoided. This legislation must not be a political benchmark for the next election. Politics needs to be put aside so that we can develop a responsible plan that's good for Americans — young and old.

First and foremost, we need to lower the underlying cost of prescription drugs. Drug costs have skyrocketed in recent years. A recent study showed that, in 2001, prices of the 50 drugs most often prescribed for seniors rose at nearly three times the rate of inflation. Last year, the nation spent \$192 billion on prescription drugs — up from \$82 billion in 1996. Before we ask Medicare to pay for prescription drugs, we should first take steps to reduce the cost of the underlying drug. We should not shift the costs of drugs from one system that cannot afford to pay the bill to a Medicare system that already struggles to pay for hospitals, doctors, and home health care.

We also must avoid a managed care approach to delivering a prescription drug benefit under Medicare. Managed care has never worked in rural Kansas, where population density is low and health care providers are few. We should not create a new drug benefit on a program that fails to serve rural America. In addition, we should not adopt a plan that cuts out our hometown pharmacists. Their expertise is important. Under some proposals, people will only be left with a postage stamp and a computer terminal for mail orders and internet service.

An important debate is currently under way. As we develop a prescription drug bill, I'll work hard to see that Kansans are better off when we're done. If we're not careful, the "cure" may be worse than the ailment.

where to write

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U.S. Sen. Sam Brownback, 303 Hart Senate Office Building, Washington D.C. 20510. (202) 224-6521

U.S. Rep. Jerry Moran, 1519 Longworth House Office Building, Washington, D.C. 20510. (202) 225-2715

State Rep. Jim Morrison, State Capitol Building Rm. 174-W, Topeka, KS 66612. (785) 296-7676

State Sen. Stan Clark, State Capitol Building Rm. 449-N, Topeka, KS 66612. (785) 296-7399

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Law enforcement ready checks to catch drunk drivers

By Deb Miller

Kansas Secretary of Transportation Kansans know how to make the most of the Fourth of July holiday. That's certainly the case in years like this, when the Fourth falls on a Friday to create a natural three-day weekend.

At the Kansas Department of Transportation, we know this is one of the busiest times of year on our state's highway and road system.

It's also a time when traditional barbecues and outdoor events have a way of turning deadly when people wash down those hot dogs and burgers with too much alcohol and then get behind the wheel of a motor vehicle. Of the 511 people who lost their lives on Kansas roadways last year, 102 died in alcohol-related crashes.

That's why the department and law enforcement agencies are teaming up during the next few weeks to remove impaired drivers from Kansas roads.

From Friday through Sunday, July 13, 21 sobriety checkpoints paid for by the state will be conducted throughout the state to make sure people are not driving under the influence of alcohol or drugs. About 80 other law enforcement agencies are expected to conduct their own impaired driving enforcement. This concentrated effort is being made in conjunction with the National Highway Traffic Safety Administration's "You Drink and Drive. You Lose." Campaign.

And impaired drivers will lose. Persons 21 and older who are caught at a checkpoint with a breath alcohol concentration exceeding .08 will be arrested. They also stand to go to jail.

In Kansas, there's a zero tolerance law for anyone under the age of 21 with a breath alcohol concentration .02 or above. (For most teens, that's less than one beer.) Those teens could lose their license and driving privileges.

What's amazing is even though we ad-

vised the public that officers will be extra vigilant — and we publicize the dates and locations of the checkpoints — thousands of people take their chances anyway. Last year, sobriety checkpoints contributed to the more than 21,800 arrests statewide.

It's scary to think of the number of drunk drivers who manage to avoid getting caught. A significant number of them pay the price for that behavior with their lives. Even if you don't drink and drive, you're vulnerable to others on the road who do. Ask any family who has lost a loved one to a drunk driver.

We're hoping to cut down those tragedies in the coming weeks. And we're asking your cooperation. It only takes a few minutes to go through a checkpoint. So be patient and know these checkpoints are saving lives. Even more important, don't drink and drive. Don't let friends or family members do so either.

If you choose to drink, just don't get behind the wheel after you do. Find a safe way home. You'll be helping yourself — and everyone who shares the road with you — have a happy Fourth of July. That, in itself, would be cause for celebration.

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