

Caribbean cooking a mix

Caribbean cooking is a mix of this and that because of the mixing of cultures and traditions. The name of any one dish may have different names on different islands. With the different waves of immigrants the influences of the British, Dutch, French, Spanish, East Indian, West African, Portuguese and Chinese were introduced. In order to satisfy his own nostalgia the author, Dustan Harris, of 'Island Cooking Recipes from the Caribbean' learned to cook as well as starting his own import business to make sure he had the right ingredients. Staples that are included in many of the dishes are fish, cassava, sweet potato, pumpkin, papaya and pineapple.

I have seen plantains at our local store and have wondered how to use them. Plaintains are a member of the banana family and can not be eaten raw. Plaintains turn black when they are ripe. The following recipes are from 'Island Cooking Recipes from the Caribbean' by Dustan Harris.

Fried Green Plantains
1 large green plantain, peeled and cut into 3/4 inch diagonal slices
vegetable oil for frying
salt

Soak the plantain in salted water for 30 minutes and then drain on paper towels. Heat oil in heavy skillet over medium high heat. Add the plantain slices and fry on both sides for about 2 minutes. Turn the heat down and continue to fry, turning constantly, for 5 more minutes. Remove slices from skillet, place a paper towel over then flatten with the palm of your hand to about half of the original thickness. Return to the skillet over high heat and fry until golden on both sides. Drain on paper towels and salt lightly. Serves 4 to 6.

pat schiefen

- postscript

This is often eaten with meat or fish but is good eaten alone. Allow two to three slices per serving. Kids enjoy flattening the hot pieces of plantain with their hands.

Fried Plantains in Butter
3 very ripe plantains
1/4 cup butter
1 tablespoon coconut oil
1 tablespoon lemon juice
sugar
Peel the plantains and cut diagonally into halves and slice the halves into halves so each plantain is cut into 4 slices. The plantains can also be cut into 1 inch pieces. Heat the butter and coconut oil in a heavy skillet. Add the plantain slices and fry for about 4 minutes on each side. Prevent sticking by occasionally lifting each slice with a spatula. Remove and drain on paper towels. Serve on a dish sprinkled with lemon juice and sugar. Serve warm. Serves 4 to 6 with 2 or 3 slices per serving. Coconut oil is not available in stores, the directions to make it follow. Put undiluted rich coconut milk into a saucepan. Bring to a boil. Reduce heat and simmer until the water has evaporated. Skim off the cream. The oil is left. Strain and bottle. Canned coconut cream can not be substituted for coconut milk. Coconut milk is made by cutting the meat small pieces and grate. Moisten with plain hot water of coconut water and liquefy. Before using coconut water from a coconut smell it. Sometimes it is rancid. The rancid water does not hurt the meat. For rich coconut milk squeeze through a wet cheesecloth or sieve. Throw away the solids. One half of a coconut will yield about 2 cups of rich coconut milk.

Passage leads to confusion

A scripture that has caused confusion for some and has led others to believe things that are false is John 6:53-57.

Jesus said in verses 53-55, "Accordingly Jesus said to them: 'Most truly I say to you, unless you eat the flesh of the Son of man and drink his blood, you have no life in yourselves. He that feeds on my flesh and drinks my blood has everlasting life, and I shall resurrect him at the last day; for my flesh is true food, and my blood is true drink.'"

Some may misinterpret this as encouraging cannibalism and be disgusted, while members of many churches have been taught that a type of bread and wine is miraculously transformed into Jesus' body and blood in a sacrament and then served to his followers.

Both of these views is wrong. Why? Because God forbade his followers to consume blood, period.

Leviticus 17:10 says, "As for any man of the house of Israel or some alien resident who is residing as an alien in your midst who eats any sort of blood, I shall certainly set my face against the soul that is eating the



sharon corcoran

- use it or lose it

blood, and I shall indeed cut him off from among his people."

Anyone who drank blood would be put to death. And God's feelings toward that practice have not changed. Acts 15:19, 20 was recorded as instruction for Christians. Those verses say, "Hence my decision is not to trouble those from the nations who are turning to God, but to write them to abstain from things polluted by idols and from fornication and from what is strangled and from blood."

Why would God forbid Christians to consume blood and then miraculously change wine into Jesus' blood and command them to drink it? He wouldn't. So what did Jesus mean in John Chapter 6?

He used a similar illustration ear-

lier in the chapter. Verse 35 says, "Jesus said to them: 'I am the bread of life. He that comes to me will not get hungry at all, and he that exercises faith in me will never get thirsty at all.'"

Did he mean those who come to him would literally never need to eat or drink again? No; that would be impossible.

Verse 40 connects those words to exercising faith and gaining everlasting life: "For this is the will of my Father, that everyone that beholds the Son and exercises faith in him should have everlasting life, and I will resurrect him at the last day."

The hunger and thirst Jesus is referring to here is our spiritual hunger and thirst. This is in line with John 4:34, which says, "Jesus said to them: 'My food is for me to do the will of him that sent me and to finish his work.'"

Jesus referred to doing God's will as food for him, but we know he still ate fish and bread and other foods with his disciples. He had a spiritual

hunger, and so do we.

The apostle Paul refers to spiritual food at Hebrews 4:13, 15: "For everyone that partakes of milk is unacquainted with the word of righteousness, for he is a babe. But solid food belongs to mature people, to those who through use have their perceptive powers trained to distinguish both right and wrong."

Those who are spiritually mature, can understand deeper things in God's word, and their spiritual hunger and thirst are satisfied.

Then we will experience the fulfillment of Isaiah 25:6: "And in the mountain shall the LORD of hosts make unto all people a feast of fat things, a feast of wines on the lees, of fat things full of marrow, of wines on the lees well refined."

What Jesus was telling Christians at John 6:53-57 is that we all need to satisfy our spiritual hunger and thirst by studying the Bible and that we need to exercise faith in his sacrifice, his flesh and blood given in our behalf, in order to gain everlasting life. We feed on his flesh and drink his blood when we do this, not by literally committing cannibalism or by performing a sacrament.

Worship warms the heart



Calvary Gospel Church

Pastor: Rev. Steve Rains
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Sunday: Sunday School: 9:15 am
Morning Service: 10:30 am
Small Group Ministries
Wednesday: Prayer and Worship: 7:00 p.m.
Youth @ the Rock House: 7:00 p.m.

Our Lady of Perpetual Help

Pastor: Father Norbert Dlabal
307 W. 13th • 899-7205
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Mass Schedule:
Saturday: 6 pm, Sunday: 10:30 am
Spanish Mass:
1st & 3rd Sunday: 2 pm

Sonrise Christian Church

Ninth & Caldwell • 899-5398
Minister: Tony Kafka
Youth Minister: Doug Bean
Sunday: Worship Service: 9:30 am
Sunday School: 10:45 am
Wednesday:
Junior/Senior High Meeting: 7 pm
Adult & Children's Classes: 7 pm

Word of Life

Joursquare Church
10th & Clark • 899-5250
Pastor: John Coumerilh
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Bible Baptist Church

Pastor: Glenn Hermanson
Fifth & Broadway
899-7368
Sunday: Sunday School: 9 am
Morning Service: 10 am
Evening Service: 6:30 pm
Wednesday: Evening Bible Study: 7 pm

Church of Jesus Christ of Latter-Day Saints

1200 15th Street • Burlington, CO
(719) 346-7984
Sacrament Meeting: 10 am
Sunday School: 11:15 am
Priesthood/Relief Society: 12 am

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Spanish Speaking Church
Minister: Esteban Ortiz B.
1601 Texas • 899-5275
Daily Prayer: Sunday thru
Saturday: 5 am & 6 pm
Sunday: Sunday School: 10 am

United Methodist Church

Brewster:
Pastor:
Worship Service: 10:45 am CST
Sunday School: 9:45 am CST
Winona:
Minister: Rev. Bob Winters
Worship Service: 9 am CST
Sunday School: 10:15 am CST

First Christian Church

(Disciples of Christ)
Pastor: Loren Strait
Eighth & Arcade • 899-5233
Sunday: Worship Service: 10:30 am
Sunday School: 9:15 a.m.
Activities: Junior High & High School Youth Groups,
Adult Bible Study, Choir, Men's and Women's Groups,
Devotions Study, Monthly Fellowship
Special Notice: Handicap Accessible, Hearing
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Kanorado United Methodist Church

Pastor: Leonard Cox
399-2468
Sunday: Sunday School: 9 am
Worship Service: 10:15 am

Church of the Nazarene

Pastor: Matthew Delp
Third & Caldwell
899-2080 or 899-3797
Sunday: Sunday School: 9:45 am
Worship Service: 10:50 am
Evening Service: 6 pm
Wednesday: Evening Service: 7 pm

First United Methodist Church

1116 Sherman
899-3631
Pastor: Rev. Janet Hernandez
Sunday: Sunday School: 9:15 am
Worship Service: 10:30 am

Goodland Bible Church

109 Willow Road • 899-6400
Pastor: Chad DeJong
Sunday: Sunday School: 9:45 am
Morning Worship: 11 am
Evening Worship: 6 pm
Wednesday: AWANA (Winter)
and prayer: 7 p.m.

First Baptist Church

Pastor: Bud Chester
Fifth & Center • 899-3450
Sunday: Sunday School: 9:15 am
Morning Worship: 10:30 am
Evening Worship: 6:30 pm
Tuesday: Mens' Prayer Group: 6:00 am
Thursday: Night Bible Study: 7:00 pm

St. Paul's Episcopal Church

13th & Center
Church 890-2115 or Rectory 890-6969
Priest: Father Jerry Jones
Deacon: Sister Gretchen T. Good-Pankratz
Morning Prayer: 9:30 am, 4th & 5th Sundays
Holy Eucharist: 1st, 2nd and
3rd Sundays: 9:30 a.m.
Sr. Warden for emergencies during the week 899-3320

Grace Fellowship Church

104 E. Hwy 24 • 899-6423
Pastor: Bob Snyder •
Residence: 890-0134
Sunday: Sunday School: 10 am
Worship Service: 11 am
Youth Group at Gattshall's at 5:30 pm
Adult Bible Study 6 pm

Seventh Day Adventist Church

1160 Cattletrail
Pastor: Arlin Cochran • 785-332-2888
Saturday: Sabbath School: 9:30 am
Worship Service: 11 am

Emmanuel Lutheran Church

13th & Sherman • 899-6161
Pastor: Scott Grimshaw
Sunday: Christian eduction/fellowship:
10:15 a.m.
Worship Service: 9 am
Wednesday: Confirmation: 6 pm

Church of Christ

401 Caldwell
899-6185
Sunday: Bible Study: 9:45 am
Worship Service: 10:45 am
Wednesday: Bible Study: 7 pm

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Kyle W. Gordon attends top industry conference

Kyle Gordon recently attended the 2003 National Sales and Education Conference hosted by Linsco/Private Ledger (LPL), the nation's number one independent broker/dealer (Based on revenues as reported in *Financial Planning* Magazine, June 1996-2003).

The conference, held in San Diego, is the largest national conference for independent investment professionals. More than 3,500 individuals from around the country assembled for the opportunity to learn new skills, expand their knowledge in numerous product areas and to network with peers and industry experts. They also heard from keynote speaker Sen. Bob Dole on the importance of leadership.

At the conference, Kyle was recognized for providing exceptional client service as a member of LPL's Freedom Club, comprising only 11% of LPL's more than 4,700 investment professionals.

"Our representatives understand the importance of offering objective financial advice to help clients meet their individual financial goals," said Todd Robinson, Chairman and CEO of LPL. "We are proud to support America's finest independent representatives who continue to deliver the highest levels of service to their clients."

The LPL National Conference is the premier sales and education event in the industry. Through the more than 100 business sessions, technology training and continuing education courses, representatives are able to gain valuable insight to help them serve their clients and operate their businesses more efficiently.

LPL has been the nation's number one independent brokerage firm for eight years in a row. Unlike many of the major investment companies, LPL does not develop its own investment products, so advice from its representatives is based solely on the individual and institutional investors meet their financial goals by managing and investing more than \$45 billion for them annually.

Mr. Gordon's office is located at 1208 Main Street in Goodland. He can be reached at 899-5531 during normal business hours.



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