

# Cookbook has information on, recipes with walnuts

Diamond is a cooperative of nut growers that began in the late 1800's in California that originally sold just walnuts. There was a native species of walnut but the Old World species was better suited to commercial production.

Spanish Franciscan priests were thought to have planted the first Persian walnuts as early as the late 1700s.

This information and the following recipes are from "Nuts" from Diamond of California by Tina Salter with Steve Siegelman.

## Hazelnut, Beef and Green Bean Stir-Fry

1 pound beef flank steak (strip steak, top round or sirloin can be also used)

2 tablespoons soy sauce

1 tablespoon plus 1 teaspoon cornstarch

1 teaspoon Asian sesame oil

1/3 cup dry vermouth, dry sherry or stock

1 tablespoon Chinese black bean garlic sauce

1 teaspoon sugar

1/8 to 1/4 teaspoon crushed dried red chiles

1/2 cup chopped hazelnuts

2 tablespoons peanut oil or vegetable oil

4 green onions, cut diagonally into 1 inch pieces

2 teaspoons minced fresh ginger

1 clove garlic, minced

1/2 pound green beans, ends



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• postscript

trimmed, cut into 2 inch pieces (asparagus can be used when in season) Cut steak in half lengthwise and then cut crosswise into thin slices on an angle. Combine beef, 1 tablespoon soy sauce and 1 teaspoon cornstarch and sesame oil in a medium bowl. Set aside.

Stir vermouth, 1 tablespoon soy sauce and 1 teaspoon cornstarch, black bean garlic sauce, sugar and crushed chiles in a small bowl. Set aside.

Over medium high heat heat a wok or large frying pan. Toast hazelnuts for 3 to 4 minutes, stirring, until lightly browned and fragrant. Remove nuts from wok and cool. Raise heat to high under wok.

With swirling to coat pour 1 tablespoon of oil into hot wok. Add beef and cook. Stir and toss until beef is barely pink, 1 to 2 minutes. Using a slotted spoon remove beef to a plate. Reduce heat to medium high. Pour remaining tablespoon of oil into wok and swirl to coat. Add green onions, ginger and garlic. Cook with stirring until fragrant about 30 seconds. Add green beans.

beans are tender but crisp and sauce thickens. Serve topped with hazelnuts and with steamed rice. Serves 3 to 4.

## Spaghetti Alle Noci (Spaghetti with Walnuts)

1 1/2 cups walnuts

1 slice firm white sandwich bread, torn into several pieces

1 pound dried spaghetti

1/4 cup extra virgin olive oil

2 tablespoons walnut oil

3 cloves garlic, minced

1/8 teaspoon crushed dried red chiles

1/2 cup chopped fresh flat leaf parsley

Approximately 2 cup freshly grated Asiago or Parmesan cheese

salt

freshly ground pepper

Preheat oven to 350 degrees.

Spread walnuts on a baking sheet or shallow pan. Bake with stirring until lightly browned about 10 to 12 minutes. Cool slightly and chop coarsely.

Whirl bread pieces until coarse crumbs form in a food processor. Cook spaghetti in a large pot of

boiling salted water according to package directions. Spaghetti should be tender but still firm. Drain. Save 1/2 cup of the cooking water.

Heat olive and walnut oil in a large frying pan over medium heat. Add

garlic and cook, stirring 30 seconds to 1 minute. Stir in chiles, walnuts and bread crumbs. Cook until bread crumbs until lightly browned and crisp about 5 to 7 minutes. Stir in pasta water and parsley and cook until hot about 1 to 2 minutes. Re-

move from heat.

Add spaghetti to frying pan. Stir and toss to coat. Add 1/2 cup of grated cheese and toss again. Taste and add salt and pepper if needed. Divide spaghetti onto 4 warm plates. Pass extra cheese. Serves 4.

## Cowgirl defense holds Ulysses back



Cowgirl Whitney Archer tried to keep Ulysses' Heather Zerr from throwing the ball in during the game Friday at the Orange and Black Classic in Colby. See story on Page 12.

Photo by Greg Stover / The Goodland Star-News

## Goodland broadcaster wins \$25,000

A Goodland broadcaster started the new year off with a bang, winning \$25,000 on \$5 lottery ticket.

Curtis Duncan, program director and news director at KLOE, bought a Casino Nights ticket at Presto, 2510 Commerce Rd., Friday, Jan. 9, at 11:30 a.m. and won the top prize.

"It was presto-changeo," he said.

Duncan said he had the ticket verified and signed at the counter, then on the way out, a truck driver said, "I hope you win something."

Duncan said he told the man he won \$25,000, and the trucker didn't believe him.

But many people who have heard have been happy for the broadcaster. A lot of people are glad the money's staying in the area, Duncan said, that someone local won.

Duncan thinks of it as either a late

Christmas present or an early birthday present.

"I'll be 50 at the end of July," Duncan said. "Winning \$25,000 is a great way to start off the year."

Duncan has been in the broadcasting business for 38 years and enjoys his work.

"I love my job because everyday I can expect something different to happen," he said. "You never know what is going to happen."

Duncan is the chairman of the Sherman County Red Cross and is involved with the Methodist Church council. He said he plans to help the church, Red Cross and Genesis.

"I want to spread it around and help others," he said, "and still have some left for myself."

Duncan said his daughter, Malia, 27, was happy for him.

"She was overjoyed and couldn't believe it," he said.

Malia lives in Kansas City, Kan., and works for Sprint.

Duncan said he likes to play Kansas Lottery instant scratch tickets, so he decided to buy one.

"I went to the gas station, and the Casino Nights ticket caught my eye," he said. "I liked the color and the design of the ticket."

Although Duncan was excited when he first found out that he won, he still went back to the radio station after he heard the good news.

"I wanted to let the people at the station see my ticket," he said.

Duncan has some plans for the money.

"I want to buy a washer and dryer," he said. "I also want to make some donations and buy my daughter some jewelry."

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