

# Low carb experts don't agree on including grains

Brigit Binns maintains that the low carb diet is a change to a low carb lifestyle. Vegetables and fish are mainstays of this style of eating combined with a free hand in using spices, herbs, most condiments, fantastic vinegars, olive and nut oils.

Low carb experts don't all agree on including grains. Studies are showing that some grains are needed.

Binns' book "The low-carb gourmet" maintains the goal of the lifestyle is to eat lots of vegetables, salads, fish and chicken and a little meat with a bit of cheese and a few whole grains. The following recipes are from Binns' book.

**Wild rice with portobello mushrooms and hazelnuts**  
3 1/2 ounces wild rice (about 1/2 cup), rinsed  
1 cup canned beef broth or water



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• postscript

1 cup veal demi-glace (This can be found in your supermarket in the fresh or frozen section. Do not substitute a nonperishable product.)  
1/2 teaspoon fine sea salt and freshly ground black pepper  
2 medium portobello mushrooms, brushed clean  
minced or grated zest of 1 large orange (about 1 1/2 teaspoons)  
3 tablespoons unsalted butter, cut into three pieces  
1/3 cup chopped hazelnuts  
In a large pan combine wild rice, beef broth, veal demi-glace and salt.

Bring to a boil over high heat. Adjust heat so the liquid simmers gently. Cover and cook for 45 minutes. The rice should not be quite tender.

While rice is simmering, discard the stems of the mushrooms and scrape away the brown gills with the edge of a spoon. From the edges inward peel the mushrooms by just pulling up on the skin. Chop coarsely. Stir mushrooms, few grinds of pepper and about two thirds of the orange zest into the wild rice. Cook, uncovered, unstirring occasionally for 5 to 10 minutes more until mushrooms are tender and rice is done. Drain off any excess liquid in a colander. Transfer to a covered serving bowl. Let stand in a low oven for 8 to 10 minutes.

Over medium heat place a small skillet and add butter. When foam has subsided and butter is beginning to brown. Add hazelnuts and sizzle for two to three minutes.

Drizzle the hazelnuts and all the butter over the wild rice. Sprinkle with the remaining orange zest. Serve at once. Serves four.

**Star anise flan with blackberries**  
Flan, creme caramel, pots de creme and creme brulee are all variation on a basic egg custard.  
1 1/4 cups whole milk  
2/3 cup heavy whipping cream  
4 pods star anise or 1 tablespoon broken pieces  
grated or minced zest of one scrubbed orange  
2 cinnamon sticks  
3 large eggs  
3/4 teaspoon vanilla extract  
3/4 teaspoon orange-flower water

(optional)  
2 tablespoons granular Splenda  
ground nutmeg and cinnamon for serving  
1 cup fresh blackberries, wiped clean  
Butter a 4 cup souffle dish or individual ramekins. Preheat oven to 325 degrees.

Combine milk, cream, star anise, orange zest and cinnamon sticks in a saucepan. Bring the mixture over medium-high heat to just below boiling. Remove from the heat and let stand for 30 minutes. This will allow the liquid to absorb the flavors.

Put a kettle on water on to boil. Whisk the eggs for a minute, until frothy. While whisking drizzle the infused milk mixture through a strainer into the eggs. Discard the solids.  
Stir in vanilla, orange flower wa-

ter and Splenda. Pour the custard into the baking dish or dishes and place in a pan a little larger than the dish.  
Pour in boiling water to a level about halfway up the sides of the baking dishes and cover with foil. Bake for 35 to 40 minutes or until custard is set through to the center. Remove the baking dishes from the water and cool to warm room temperature.

This can be served immediately or chill up to 6 hours, covered. (Remove custard from the refrigerator and allow to warm up for 15 minutes.

This allows the flavors to wake up. Sprinkle the top of the custard generously with nutmeg and cinnamon. Spoon custard straight from the dish.

Scatter some berries on top of each serving. Serves 4 to 6.

## Free throw contest to be held next week

The Goodland Knights of Columbus will hold the local competition of the 2005 Youth Free Throw Championship at 1 p.m. Sunday, Jan. 16, at the high school gymnasium.

All boys and girls ages 10 through 14 are eligible to participate and will compete in their respective age categories. There is no cost, however participants have to provide proof of age and written parental consent.

First and second-place winners, in each gender and age group, will receive a medallion. Each competi-

### matters of record

#### Real Estate

The following real estate transactions were reported by the Sherman County Register of Deeds:

James and Darla Mosbarger an undivided one-half interest to Jack E. and Marilyn K. Eklund, trustees of the Jack E. Eklund Revocable trust, and an undivided one-half interest to Marilyn K. and Jack E. Eklund, trustees of the Marilyn K. Eklund Revocable trust, the SE/4, Sec. 34, and the NW/4, Sec. 35, T6, R39W.

Donald K. Schwendener, trustee of the Ermyl Borgmann Revocable trust, to the Bernard Borgmann Revocable trust, the north 20 feet of Lot 20, all of Lot 21 and the south 15 feet of Lot 22, Block 3, Third Addition in the City of Goodland.

C. Curtis Coffey, trustee of the Coffee Revocable trust, to Richard A. Stefan the S/2, Sec. 4, T9S, R38W.

Pamela S. Parsons, Sally B. Ketter and Esther A. Klassen, trustees of the Klassen Family Trust, to Jerry L. and Reva J. Bauman the S/2 of the NW/4 and the N/2 of the SE/4, Sec. 34, T8S, R41W.

Donald K. Schwendener and Eugene P. Zuspenn II, trustees of the E.F. Schwendener Revocable trust, to the Schwendener Family Trust, Sec. 17 and the SE/4, Sec. 18, T9S, R37W.

#### Municipal Traffic

The following traffic fines have been paid in Municipal Court:

**Dec. 20** — Blake A. Krien, 20, Saint Francis, \$84 for speeding, 32/20.

Lana S. Wilson, 49, Colby, \$84 for speeding, 52/40.

**Dec. 22** — Brian K. Scott, Goodland, \$86 for improper storage of an inoperative vehicle.

Jamie R. Pagura, 20, Osborne, \$84 for speeding, 42/30.

Scott A. Korte, 22, Holyoke, Colo., \$88 for speeding, 53/40.

Paul M. Lobmeyer, 20, Goodland, \$96 for exhibition of speed.

Matthew L. Rivera, 22, Goodland, \$86 for unlawful discharge of fireworks.

Scott A. Korte, 22, Holyoke, Colo., \$96 for speeding, 35/20.

## Teaching children in early years important

During the first years of life, there are times in which the brain is most effective at processing certain types of experiences.

Making the most of these "windows of opportunity" in an enriched learning environment allows brain development to progress more efficiently.

The natural curiosity of the young child lends itself to a wealth of learning opportunities. Nurturing adults should use these opportunities to help the child develop language and problem-



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• smart start

solving skills.

In very young children, birth to four years of age, the brain is open to building social attachments. Speech and verbal skills also develop rapidly during this time pe-

riod.

Children in this age group need to be talked to, read to and loved in order to make the connections between the brain cells and shape a

brain that responds appropriately to later school environments.

Children need to interact with others in order to learn language and other social and cognitive skills.

Motor skills are also progressing during these years. As adults, we must provide experiences that are appropriate for the age of the child and that do not create a stressful environment.

Children, like adults, cannot learn when they are stressed, fearful or over-stimulated.

Safe environments with a moderate level of challenging activities will enhance brain development and increase a child's ability to think on a higher level.

## Goodland couple's grandson going on mission

Ryan Tedford of Castle Rock, Colo., grandson of Lawrence and Evelyn (Macy) Tedford, of Goodland, will be traveling to Nepal on a ministry mission with

Operation Mobilization Ministries. Tedford will head to Germany this month, then continue to Sri Lanka and finally Nepal where he will stay for two years. He will work

with the ministries' church in Nepal, train believers in disci-

ship and bring the message of the Gospel to the Nepali people.

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