

# Cookbook teaches art of making your own sauces

Are you looking for an alternative to the preservative- and sodium-laden sauces sold in the grocery store? Grace Parisi in "Get Saucy" provides 500 simple and flavorful sauce recipes. The following information and recipes are from her book.



**pat schiefen**

• postscript

A sauce is served with or over food and is pourable. A sauce can be an accompaniment, a condiment, a pesto or salsa or it can be a base for stews, soups, soufflés, gratins, ice creams, frostings.

**Alfredo**

There are many versions of this classic sauce and the simpler the better. Classic Alfredo is light and delicately flavored with sweet cream, nutty parmesan and a pinch of nutmeg. Fettuccine is the pasta of choice.

- 1 cup heavy cream
- 1/4 cup (1/2 stick) unsalted butter
- pinch of freshly grated nutmeg

1/2 cup freshly grated parmesan cheese, plus more for serving  
salt and freshly ground black pepper

Using a small saucepan combine cream, butter and nutmeg and bring to a boil. Reduce heat to medium. Add parmesan, season with salt and pepper. Cook just until melted. Best used immediately.

Makes 1 1/4 cups, enough for 1 pound pasta (4 to 6 servings).

**Primavera Sauce**

This sauce is named for the fresh vegetables of spring. Traditionally it had asparagus, baby peas and

leeks, along with cream, butter and ham. Over time this sauce has come to include zucchini, carrots, yellow squash, red peppers, green beans and broccoli. Any vegetable can be used. For a vegetarian version leave out the ham or prosciutto. The best pastas to use are penne, rotini, fettuccine or spaghetti.

- 1 pound thin asparagus, bottoms trimmed and cut into 1 inch pieces.
- 1/2 cup fresh or frozen baby peas
- 1 tablespoon unsalted butter
- 1 tablespoon extra-virgin olive oil
- 4 ounces prosciutto (one 1/4 inch thick piece, cut into 1 inch cubes)
- 2 small leeks (white and tender green parts), cut in half lengthwise, washed well and thinly slice crosswise.
- 1 1/2 cup heavy cream

1/3 cup freshly grated parmesan cheese  
salt and freshly ground black pepper

In a medium sized pan bring salt water to a boil. Add the asparagus and cook about 3 minutes until tender. Transfer the asparagus to a plate using a slotted spoon. Heat the salt water to boiling again and add the fresh peas only. Cook until tender about 5 to 6 minutes. Drain the peas and add to the asparagus.

In a large pan over medium heat melt the butter in the olive oil. Add the prosciutto and cook until warmed clear through but not browned. Cook the leeks with stirring until softened, about 4 minutes. Add cream and bring to a boil. Reduce the heat to low and simmer about 8 minutes until thickened. Add asparagus and peas and simmer until thoroughly heated. Stir in parmesan and season with salt and

pepper. Use immediately.  
Makes 2 1/2 to 3 cups, enough for 1 pound pasta (4 to 6 servings).

**Classic Marinara**

This sauce is very versatile. All types of pastas work well.

- 2 pounds vine ripened tomatoes or one 28 ounce can peeled whole tomatoes, drained. (Save the juice).
- 2 tablespoons extra-virgin olive oil
- 1 large clove garlic, lightly smashed
- pinch of red pepper flakes
- pinch of sugar
- salt and freshly ground black pepper

1 tablespoon finely chopped fresh basil leaves  
Bring a medium pan of water to a boil if using tomatoes. Also fill a medium sized bowl with ice water. Cut a shallow x in the bottom of each tomato with a sharp knife. Blanch the tomatoes in the boiling

water for 15 to 20 seconds. Remove with a slotted spoon and plunge immediately into ice water to cool. Peel whether using fresh or canned if necessary. Core, seed and coarsely chop the tomatoes.

In a medium pan over medium high heat, heat the oil until simmering. Add garlic. Cook, stirring until golden and fragrant for about 2 to 3 minutes. Add red pepper flakes and cook for 10 seconds. Add the tomatoes and their juices and sugar. Season with salt and pepper and simmer over medium heat. Stir frequently until slightly thickened 15 to 20 minutes.

Mash the garlic against the side of the saucepan using a fork. Stir in the basil. The sauce will keep, tightly covered, in the refrigerator for up to 5 days or in the freezer for a month.

Makes 2 1/2 to 3 cups, enough for 12 ounces of pasta (4 servings).

## Agency receives thousands of complaints about telemarketers

Dear Attorney General Kline: I'm having a problem with telemarketers calling my home phone, mostly in the evenings. What kinds of calling restrictions are placed on telemarketing businesses?



**phill kline**

• attorney general

Dear Kansas Consumer: Despite laws regulating the operation of telemarketing businesses in Kansas, my Consumer Protection Division receives thousands of complaints concerning telemarketers each year. As a matter of fact, for the year 2004 the Division received more complaints concerning telemarketers than for any other category.

To curtail the number of these calls, you should register your phone number on the No-Call list.

You may do so on-line at [www.donotcall.gov](http://www.donotcall.gov) if you have an active e-mail address or by calling toll-free 1-888-382-1222, from the number you wish to register.

Be sure to register all of your home phone numbers if you have more than one line. More than one million Kansas phone numbers are now registered on the No-Call List.

Many of the complaints we receive are against debt collectors, which are exempt from the No Call

Act. If you have questions about debt collection calls you may want to consider calling our Consumer Information line at 785-296-2424 and listen to category 5, message 2. All eight messages recorded in category 5 address the topic of unwanted communications.

Kansas telemarketing laws prohibit calls to residential telephone numbers on the Kansas No-Call list, but there are two exceptions:

1. A company may call you in response to your express request.
2. A company may call you if you have an established business relationship with the company within the preceding 36 months, unless

you have objected to such calls and requested that the company stop.

Also, as a general rule, the laws do not apply to calls of a charitable or political nature.

Telemarketers are also not allowed to send information by fax or computer after the consumer requests that such transmissions be stopped.

The laws also prohibit the withholding of the display of a telemarketer's number from a caller identification service when that number is being used for telemarketing purposes and the telemarketer's equipment is capable of allowing the display.

In addition, telephone solicitors are required to promptly terminate a call if you give a negative response.

Federal telemarketing laws prohibit the sending of unsolicited faxes that contain commercial messages and prohibit the use of a recorded solicitation to a consumer's home unless the consumer requests the call or has an existing business relationship with the company or the company is a non-profit corporation.

If you believe a telemarketer has violated any of the Kansas or Federal laws, you should get the name, address and phone number of the telemarketing company and the name of the company whose product or service is being offered.

Note the date and the time of the call and contact my Consumer Protection Division to file a complaint. By understanding the Kansas and

Federal telemarketing laws and by registering your telephone numbers on the Kansas No-Call List, you will be able to limit the number of unwanted telemarketing calls you receive.

Attorney General Phill Kline offers this public service to help you avoid becoming a victim of consumer fraud. Although some of the details have been changed, the cases appearing in this column are based on actual complaints or questions.

For further information or to file a complaint, please write Attorney General Phill Kline, Consumer Protection Division, 120 SW 10th Ave., 2nd Floor, Topeka, Kansas 66612, or call the toll-free Consumer Hotline, 1-800-432-2310.

## matters of record

**District Traffic**

District Court reports no longer contain the person's age or hometown or how fast those with speeding tickets were going because of the court's change of computer program. The following fines were paid in the Sherman County District Court:

- Aug. 15** — Terrence L. Amrine Jr. \$231 for speeding.
- Aug 21** — Jeremy A. Sage \$114 for speeding.
- Sept. 3** — Heather L. Renne \$164 for speeding.
- Sept. 25** — Bradley S. Rhodes \$90 for speeding and \$10 for no seat belt.
- Oct. 8** — Siby M. Chandran \$186 for speeding.
- Nov. 8** — Tosie T. Palikna \$159 for speeding.
- Dec. 28** — Markus O. Darien, \$150 for speeding.
- Jan. 13** — Ruben F. Arroyos \$300 for speeding.
- Feb. 1** — Dickie L. Johnson \$114 for speeding.
- Feb. 15** — Corey T. Bragg \$210 for tractor trailer violations.
- Feb. 22** — Delane E. Branch \$360 for driving under suspension and \$126 for speeding.
- Feb. 25** — Chase E. Rangel \$440 for speeding.

- Feb. 28** — Teresa D. Parham \$114 for speeding and \$10 for no seat belt.
- Alissa L. Mayberry \$181 for speeding.
- March 4** — David A. Schaefer \$231 for speeding.
- March 18** — Richard J. Ito \$120 for speeding.
- March 20** — Marcilena F. Lobendahn \$195 for speeding and \$120 for no license.
- March 24** — Regina L. Loreda \$126 for speeding and \$20 for no seat belt.
- March 25** — Ivan K. Johnson Jr. \$360 for driving under suspension.
- April 8** — Pedro E. Delesma \$240 for speeding.
- April 13** — Joseph M. Obrien \$360 for driving under suspension.
- April 14** — Dave L. Pyper \$360 for driving under suspension.
- April 15** — Marion R. Armstrong \$186 for improper parking.
- April 16** — Thomas S. Spainhower \$126 for speeding.
- April 19** — Brandon Gardner \$126 improper parking.
- April 20** — Kristine M. Cardinal \$120 for speeding.
- April 23** — Zachariah A. Seeling \$120 for speeding.
- Karen J. Montez \$126 for speeding.

- May 2** — Jay D. Potter \$150 for speeding.
- May 4** — Jeffrey B. Smith \$168 for speeding.
- Lenny H. Hoffman \$132 for speeding.
- Esmail Nooriala \$126 for speeding.
- May 5** — Paul M. Brown \$138 for speeding.
- May 6** — Ryan M. Thele \$186 for speeding.
- Timon D. Coots \$114 for speeding.
- Antonio Esquivel \$177 for speeding.
- March 8** — Jeffrey L. Welsh \$65 for speeding.
- May 9** — Angela S. Moulin \$144 for speeding.
- May 13** — Tina M. Mullen \$177 for speeding.
- May 14** — Nathan A. Vigil \$138 for speeding.
- May 15** — Shirley J. Sobus \$252 for speeding.
- May 17** — Matthew R. Eggleston \$168 for speeding.
- May 19** — Gary M. Elder \$116 for speeding and \$10 for no seat belt.
- May 21** — John J. Maheu \$168 for speeding and \$10 for no seat belt.
- Gillian R. Mann \$120 for speeding.

- George A. Hayes \$126 for speeding.
- May 22** — Jeb S. Shouse \$150 for speeding.
- May 23** — Jonathan A. Vorba \$120 for speeding and \$60 for no license.
- Caleb T. Scalf \$159 for speeding and \$10 for no seat belt.
- Joseph A. Oblas \$159 for speeding.

- Rodney L. Boyce \$120 for improper parking.
- May 24** — Samantha M. Spreng \$132 for improper parking.
- May 25** — Candice L. Zayas \$186 for speeding.
- Roberto C. Sarinana \$80 for no child restraint.
- Sara K. Perez \$114 for speeding.

- Bryson J. Davis \$114 for speeding.
- Jacob S. Duarte \$204 for speeding.
- Marion A. Marshall Jr. \$132 for improper parking.
- May 26** — Enrique Retana \$210 for motor carrier safety rules and regulations.



## LIGHT THE WAY TO A CURE

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