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Flavor for Everyday Life | January/February 2017

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Southwest Ohio

January/February 2017

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Hide & Shake



Find the shaker in this issue and be entered to win a \$10 grocery card.

Visit our website, thesaltmagazine.com, and click on the Shaker Contest link at the top and enter your contact information. Your name, street number, street name, city and zip code are required. Only your name and city will be published. All entries must be received by Jan. 25, 2017. Only online entries will be accepted.

In the November/December issue, the shaker was hidden in the photo on page 32.

Congratulations to our most recent winner, Elinda M. Rees, of London.

You could be our next winner!

Salt Scoop

Send us your favorite recipe. We may feature it in an upcoming issue.

Visit our website, thesaltmagazine.com, and click on the Recipe Submission link at the top to be entered. Include a photo of your dish, too, if you've got one. All entries must be received by Jan. 25, 2017.

Every submitted recipe will be entered in a drawing for a \$25 grocery card.

On the Cover

Maple syrup is boiled over a roaring fire at Caesar Creek Pioneer Village.

Photo taken by Sarah Allen March 2016.



Correction

In the November/December 2016 issue, in the story with the Laurel and Hardy shakers sent in by Bruce D. McCollum, it should have asked readers to Google "The Chimp Tent" instead of "The Chimp Net."

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Salt

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TRISTEN PHIPPS

Tristen does most of her cooking after a midnight rerun of "Gilmore Girls." A recent Ohio University graduate from Peebles, she aspires to build a cupcake empire, and obsesses over sunsets, twinkling lights and candles that smell like food.



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Beverly is a writer for Salt magazine. She lives in Wilmington with her husband, Jeff. They also live with a dog, a cat, a parrot, chickens and bees.



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Publisher's Note

My
one word:

LISTEN

By Pamela Stricker

For the past several years, I have focused my attention on a single characteristic to pursue in the new year. I heard about the "My One Word" project and sought out more information and referenced its website, myoneword.org.

This process has replaced the traditional list of New Year's resolutions that tends to be broken by February and forgotten till the following January. This has been such a successful experiment for me.

Here's how it works, according to the website.

"Step 1: Determine the kind of person you want to become. The first step is to simply take some time and decide what kind of person you want to be at the end of this year. This goes beyond simply being healthier and wealthier, but it must drive deep into your soul. What about the condition of your heart? What about the person that God Himself has created you to be?

"Step 2: Identify the characteristics of that person. Get a picture of that person and then simply identify their major characteristics. Is that person gentle? Is that person generous? What are the qualities of the person you want to become?

"Step 3: Pick a word. Once you have a list of the characteristics, simply pick a word. There might be 15 things that you want to change, but you must resist the temptation to promise you will do them all. Instead, simply commit to ONE WORD.

"This will provide you with a lens to see the changes you need to make, as well as a way to determine whether or not change is actually happening. Understand that this process is hard, but staying focused on your word will help you to struggle in the right direction so that you can actually see God working in your life."

"Joy" was my word for 2016, which I shared with all of you in my column in Salt in January 2016. It has been a remarkable pursuit!

I will caution you, should you choose to embark on this "one word" journey with me, you will be challenged. If you are serious about making a change, it is inevitable that there will be resistance. But, alas, that is how our one word becomes part of who we are and want to be.

In my quest for joy, I was confronted with much heartache, loss, change, irritation, disappointment and frustration. But there were also times of delight, of much happiness and bliss.

I determined to experience a deeper level of joy, a deep feeling or condition of happiness or contentment not contingent on circumstance.

I hang my hat on these verses from Philippians 4:11-13: "11 I am not saying this because I am in need, for I have learned to be content whatever the circumstances. 12 I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. 13 I can do all this through him who gives me strength."

My one word for 2017? "Listen."

My hope is that I will hear more keenly; that I will listen before I consider my reply; that I will hear what those around me may not be saying; that the listening ear of my heart will be sensitive even to a whisper.

I like this quote I found as I started to explore the word "listen," from Peter Drucker: "The most important thing in communication is hearing what isn't said."

And a couple more:

"Most people do not listen with the intent to understand; they listen with the intent to reply," from Stephen R. Covey.

"We have two ears and one tongue so that we would listen more and talk less," from Diogenes.

I will let you know how it's going throughout the year.

In the meantime, please pass the Salt!



Pamela Stricker sits on the steps of the West Union Christian Union Church in West Union, Ohio, where her Grandad Mills pastored for 50-plus years.

Reader Recipes

SWEET POTATO BISCUITS — Cindy Litchfield, London

Ingredients:

1 pound sweet potatoes, cooked and peeled (or canned, drained and heated)
1/2 cup butter
1/2 cup sugar
Dash salt
2 tablespoons milk
3 1/2 cups flour
4 teaspoons baking powder
2 teaspoons cinnamon

Directions:

Preheat oven to 400 F.
Add to hot potatoes the butter, sugar, salt and milk. Mix well.
In a separate bowl, mix flour, baking powder and cinnamon. Stir dry ingredients into potato mixture. Knead gently. Chill 2 to 3 hours.
Roll out on lightly floured surface to 1/2-inch thickness. Cut. Bake on lightly greased cookie sheet for 15 minutes.



Front Porch

Profile

Front Porch Profile offers a personal glimpse into the lives of notable people in our communities

By Lora
Abernathy



Anneka Collins

Highland County Prosecuting Attorney
Highland County

Which celebrity do people say you look like?

Sarah Palin.

What do you find most beautiful in nature?

To me, nature is a farm pasture. I grew up on a farm and I am raising my kids on a farm. To me, there is nothing more beautiful than an undisturbed field of hay or tall grass.

Would you rather sit on a bench by the lake or by the ocean?

The ocean because my kids love the ocean, and I would want them to be with me and having fun.

Fiction or non-fiction books?

Either. I am an absolute nerd and I love to read. I will read anything. I like to read military non-fiction and I love true-crime novels. But I also love fiction, like Harry Potter and anything John Grisham writes.

What do you love most about your community?

I love the giving nature of our county. We aren't a handout kind of place, but are definitely a hand-up kind of place; and when someone needs help, our county residents will literally give their last penny to help their fellow citizens. It gives me cold chills just thinking about the amazing things our county has pulled together to accomplish.



Show your Valentine their love language with dinner

By Andrea Chaffin

I was scrolling through Facebook last year when I came across one of those silly quizzes.

“What is your love language?”

Whatever that means, I thought. But, alas, the power of the clickbait. I decided to take the test.

The quiz is based upon a classic book by Gary Chapman called, “The Five Love Languages: How to Express Heartfelt Commitment to Your Mate.”

Basically, it says every person is wired differently. And as loving individuals, we should use different tactics to communicate and show our love to our partners “in their language.”

Those languages are receiving gifts, quality time, words of affirmation, acts of service (devotion) and physical touch. By figuring out which “language” your

partner uses, you can improve your relationship.

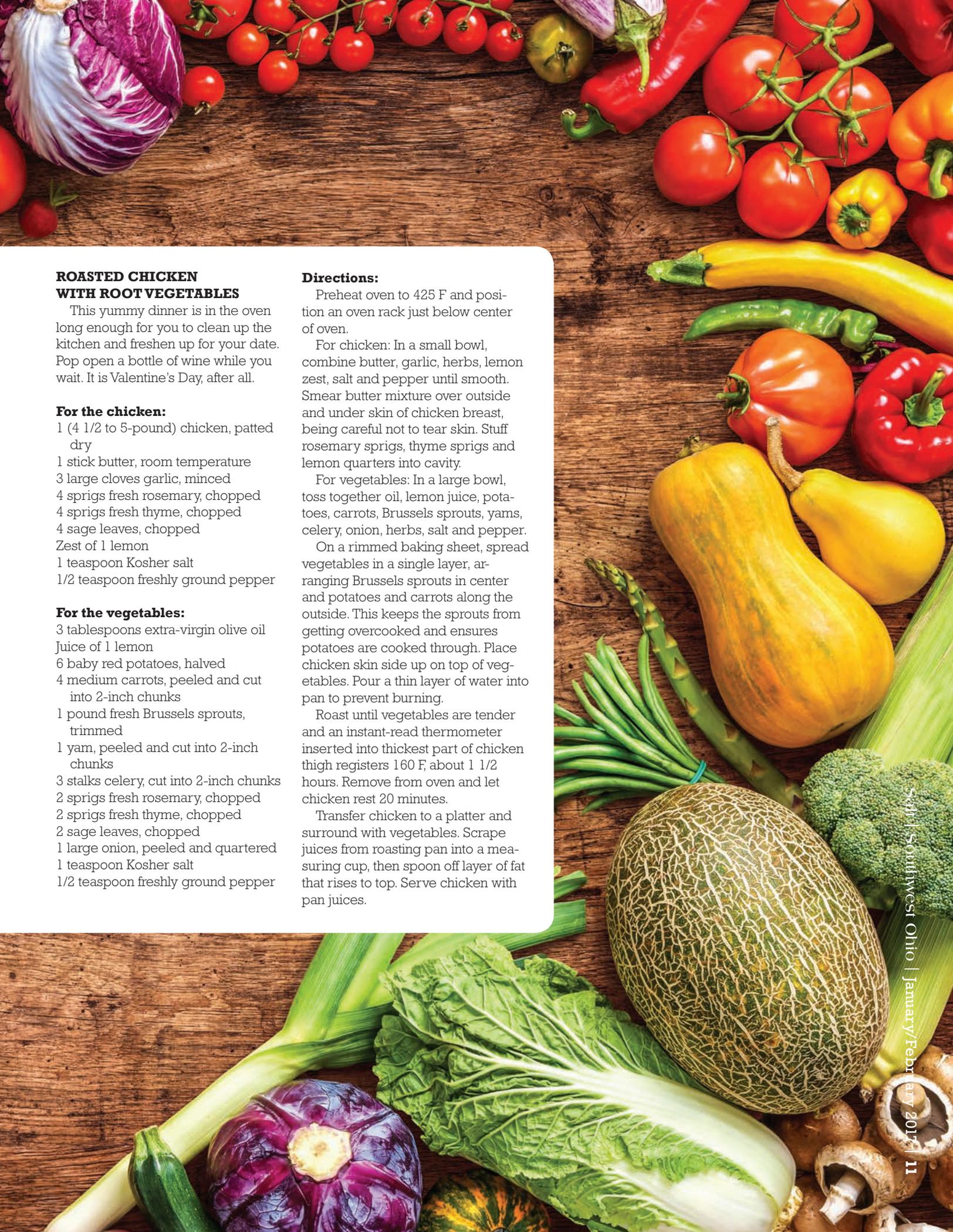
And as Valentine’s Day approaches, this could be some handy information.

According to the very scientific quiz, my language is acts of service (devotion). Those acts could include cooking a meal, emptying the dishwasher, changing the baby’s diaper, picking up a prescription and keeping the car in operating condition. They require thought, planning, time, effort and energy.

Perhaps your Valentine’s love language is the same. What better way to show your love on this day of love than cooking an impressive-looking meal, especially when going out to eat has become so much more common?

This comforting, but not-too-rich dinner will prove actions speak louder than words.

**“What better way to
show your love
on this day of love
than cooking an
impressive-looking
meal?”**



**ROASTED CHICKEN
WITH ROOT VEGETABLES**

This yummy dinner is in the oven long enough for you to clean up the kitchen and freshen up for your date. Pop open a bottle of wine while you wait. It is Valentine's Day, after all.

For the chicken:

- 1 (4 1/2 to 5-pound) chicken, patted dry
- 1 stick butter, room temperature
- 3 large cloves garlic, minced
- 4 sprigs fresh rosemary, chopped
- 4 sprigs fresh thyme, chopped
- 4 sage leaves, chopped
- Zest of 1 lemon
- 1 teaspoon Kosher salt
- 1/2 teaspoon freshly ground pepper

For the vegetables:

- 3 tablespoons extra-virgin olive oil
- Juice of 1 lemon
- 6 baby red potatoes, halved
- 4 medium carrots, peeled and cut into 2-inch chunks
- 1 pound fresh Brussels sprouts, trimmed
- 1 yam, peeled and cut into 2-inch chunks
- 3 stalks celery, cut into 2-inch chunks
- 2 sprigs fresh rosemary, chopped
- 2 sprigs fresh thyme, chopped
- 2 sage leaves, chopped
- 1 large onion, peeled and quartered
- 1 teaspoon Kosher salt
- 1/2 teaspoon freshly ground pepper

Directions:

Preheat oven to 425 F and position an oven rack just below center of oven.

For chicken: In a small bowl, combine butter, garlic, herbs, lemon zest, salt and pepper until smooth. Smear butter mixture over outside and under skin of chicken breast, being careful not to tear skin. Stuff rosemary sprigs, thyme sprigs and lemon quarters into cavity.

For vegetables: In a large bowl, toss together oil, lemon juice, potatoes, carrots, Brussels sprouts, yams, celery, onion, herbs, salt and pepper.

On a rimmed baking sheet, spread vegetables in a single layer, arranging Brussels sprouts in center and potatoes and carrots along the outside. This keeps the sprouts from getting overcooked and ensures potatoes are cooked through. Place chicken skin side up on top of vegetables. Pour a thin layer of water into pan to prevent burning.

Roast until vegetables are tender and an instant-read thermometer inserted into thickest part of chicken thigh registers 160 F, about 1 1/2 hours. Remove from oven and let chicken rest 20 minutes.

Transfer chicken to a platter and surround with vegetables. Scrape juices from roasting pan into a measuring cup, then spoon off layer of fat that rises to top. Serve chicken with pan juices.





Photo by Lora Abernathy

Wilmington's newest flavors

By Beverly Drapalik

Firefighter by day, Brewmaster by night.

Sounds like a fictional action hero, but in reality, this is a description of Travis Brausch, owner of Brausch Brewery.

Since 2007, he has been a full-time firefighter for the city of Mason, but in the summer of 2015, he opened the brewery at 1030 S. South St. in Wilmington. Thursdays through Saturdays, the corner lights up with flags, food trucks and patrons' cars.

Beer was not always the passion. The plan was to become an artist, which he did. He received his degree from AIC College of Design in Cincinnati.

"Once I graduated, I worked for Chesapeake Group, a packaging design firm where I designed packages for many popular products that are currently found on grocery store shelves," he said.

He worked there for four years.

In 2005, he worked with his brother, Todd, who owns a mural business, Brausch Studios, in Lithopolis, Ohio.

"At one point, we were contracted out to a company that works with surrounding Catholic churches," Brausch said.

That company, Trinity Church Supply, sent the brothers to Italy to learn about restoring statues. While there, he learned about restoration. He also learned he loved beer.

He spent time in Germany and Prague, learning that extra steps are valuable when making beer. When he returned, he and his wife, Christine, put away their wine-making kit and started experimenting with making beer.

Brausch keeps perfecting his beer, the most well-known being the Wilmington Lager.

One of the favorite beers is the Oatmeal Peanut Butter Lager. Another favorite is the Red Whiskey Lager, which ferments in maraschino cherries for an extra long time.

At least nine different beers are listed on the chalkboard behind the bar. Next to the chalkboard is the logo that Brausch designed. Brausch Brewery T-shirts and growlers are also on display behind the bar, and board games and books line one wall.

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Tim Brausch pours a Golden Belgium Ale in the spring of 2015.

Photo by Nathan Kraatz



Beer and music go together, and Brausch has chosen Charlie Nicol to sing on Thursday nights from 7-10 p.m. Nicol covers just about any artist, and if you ask nicely, he might sing one of his original songs. More entertainment will be added on Fridays and Saturdays, and the hope is to add a stage and dance floor.

Adding to the friendly atmosphere is the bartender, Tim Brausch, another brother. He is at home behind the bar, but he is also at home on Sunday mornings leading the choir at St. Columbkille, and working at the church during the week.

"Opening our own business has come with many challenges and hurdles, but we have been blessed with many amazing customers that come out and support us weekend after weekend," Brausch said.

He also said his 10 siblings and Christine's 15 siblings have provided much appreciated loyalty.

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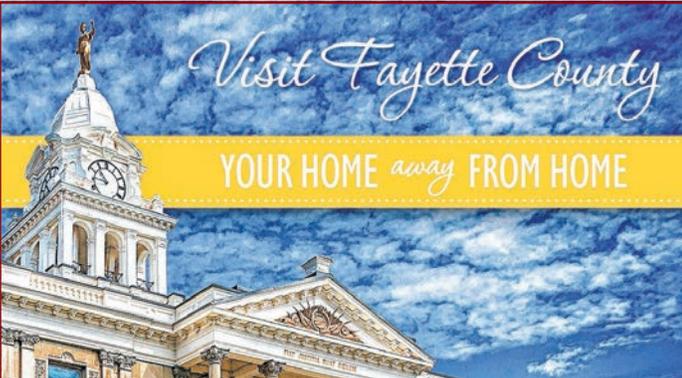
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A rustic wooden fence made of weathered posts runs across a lush green field. In the background, a dark wooden barn is visible under a clear blue sky with some light clouds. The scene is bright and sunny, with shadows cast on the grass.

A

Sweet

trip to the past



Caesar Creek Pioneer Village hosts annual pancake brunch

By Sarah Allen

The slow transition from winter to spring means one thing for volunteers at the Caesar Creek Pioneer Village: maple syrup.

"I think people take a lot of pride in it because it's local," said Caesar Creek Park naturalist Erin Shaw, when Salt magazine visited in 2016.

The Maple Syrup and Pancake Brunch is an annual event that, Shaw added, has been a part of the village for a "long time." Along with the brunch, guests can also go on tours which explain the syrup-making process.

Shaw said that Ohio, along with Vermont, is among the country's top producers of maple syrup. Ohio has "a good sugar maple crop," she said, adding that, at Caesar Creek,

approximately 100 maple trees are tapped.

"There's an art and a science to it," Shaw said.

The 2016 Maple Syrup and Pancake Brunch was held on March 19 and 20. The tours were ongoing, and began with a 12-minute video in the village's schoolhouse. There, guests sat on primitive benches, with a projector screen in front of them and a toasty fire behind them.

The video described the history of maple syrup, from its many uses by Native Americans to its place on modern-day grocery store shelves.

Syrup is gathered when "winter's almost over," as described by the video's child narrators. The trees are tapped and the sap collected. The video defined sap as mostly water with "a little bit of maple sweetness."

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2017 MAPLE SYRUP AND PANCAKE BRUNCH

March 18-19

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As the water inside the tree melts, the sap drips through the tap and into collection buckets. The sap is then taken to sugar houses, where it is boiled and filtered until the final end product, which can include: syrup, with some water remaining; maple cream, with less water; or maple sugar, with no water at all.

The video ended by describing the health benefits of maple syrup, saying that it contains calcium and other important minerals. Syrup, the video added, is "natural and pure and delicious for sure."

Following the video, a guide waited to begin the tour. Bill Lindaur, an Ohio certified volunteer naturalist, led guests into the nearby woods and further explained the tapped trees and local sap.

He then led them to the village's own sugar house. There, volunteers Al Stapleton and Terry Johnson explained the way they make maple syrup.



▲ Natural maple syrup is poured over one of the waffles cooked over a hearth at the Hawkins Cabin during the 2016 Maple Syrup and Pancake Brunch.

◀ Terry Johnson demonstrates how to test boiling sap during the brunch.



▲ Inside the Hawkins Cabin, homemade waffles are made over a hearth.

Unlike commercial maple syrup, which is made through reverse osmosis, the syrup at Caesar Creek is made over a wood fire. It is filtered by passing it through a cheese cloth three times, which will “take out about 99 percent” of the debris, Johnson said. It is then filtered one final time through a felt-like material.

Stapleton described the overall process, saying that the sap must be “steam(ed)... off slowly.”

“It will smell very good in here when you’re cooking the maple syrup,” Johnson added.

They also discussed the process of gathering sap. The maple trees, Johnson said, “will heal themselves” after the tapping. However, next year, harvesters should tap the tree three inches away from the previous

year’s hole.

“If you’re careful, the tree will live for a long, long time,” Johnson said.

He added that, from start to finish, making maple syrup is a “labor of love.”

Following the trip to the sugar house, guests could stroll through the rest of the village. At the Bullsken Inn, a pancake brunch, served with the village’s own maple syrup, was available.

In the Hawkins Cabin, house mother Patty Frazee made waffles over an open hearth. Assisted by volunteer Bobbi McLaughlin, Frazee poured the from-scratch batter into a waffle iron and then set it in the hearth, where it was warmed by the fire.

During the pioneer days, Frazee said, a waffle iron “would



▲ Many buckets collect sap at Caesar Creek State Park.

have been a perfect gift” for young couples.

Waffle or wafer parties, she added, were a common winter event, where neighbors could gather and, possibly, meet future husbands and wives.

Other key sites at the village include a blacksmith shop, general store, meetinghouse, and other family cabins. One, the Heighway Cabin, was once considered among the oldest inhabited cabins in Ohio.

Tapping into a sweet and sticky hobby

By Sarah Allen

For many, the last weeks of winter can be a dull time. The festivities of Christmas have ended, and the new beginnings of spring are still a distant dream. It can be a lackluster time — that is, until maple syrup season.

That season begins during the transition from winter to spring, and it is a busy time for everyone who collects the sticky sweetness that can only come from nature and hard work.

Pat Quackenbush, a naturalist for the Ohio Department of Natural Resources, described maple syrup production at its most basic as a boiling process. The sap collected from trees contains sugar and water, and the excess water needs to be boiled away.

At the start of each maple syrup season, Quackenbush said, there will be a higher sugar content. The start of the season, he said, “all comes down to weather.”

Quackenbush said when the temperatures fluctuate between “cold, hold, cold, hot,” then it is time to start collecting sap. Once the season begins, there is a “very short window” for sap collection, about four to six weeks.

When the leaves have started to bud, “it’s

done,” he said.

And while making maple syrup may be an “age-old process,” Quackenbush said it is not without its intricacies.

Perfecting it can take “a lot of practice,” he said. “You’ve got to learn the hard way or have a great teacher.”

Quackenbush recommended attending maple syrup festivals or touring farms. He added that there are few solely maple syrup-based farms.

“Most maple syrup farmers are farmers,” he said.

They usually collect maple syrup as a way to supplement their income.

While attending those, he said, you can “really get in there and see how it’s done.” Quackenbush said most Ohio maple syrup festivals are held in March.

That is especially true, he said, of tapping the trees.

“It’s better if somebody shows you the first couple of times,” he said.

The spiles, commonly called taps, should not be placed too deeply into the tree. They should be tapped into the trees, not hammered, hence the term “taps.”

If a person is very careful, Quackenbush said, there is no reason one tree could not provide sap for five generations of a family.

One spile should be used for every 10 inches of the tree’s diameter. As an example, Quackenbush said that a tree 20 inches in diameter should have two spiles. Also, sugar makers should not take more than 10 percent of the tree’s sap.

“I always equate it to us giving blood,” Quackenbush said.

Taking some of the tree’s sap will do no harm, but if too much is taken, the tree will suffer.

It takes about 40 to 80 gallons of sap to make 1 gallon of syrup, he said.

Once the sap is collected, it can be boiled over the stove. All an amateur sugar maker needs is a big pot and a candy thermometer.

However, Quackenbush warned that there will be a lot of steam, which can cause significant wallpaper peeling.

Some people, he said, make homemade fireboxes outside. That is especially helpful if there are more than just a few trees.

Once the sap has been boiled, the end result is something pure and simple.

“It’s an extremely natural product,” Quackenbush said.

In fact, he added that, in order for something to actually be called maple syrup, there must be no additives.



Photo by Sarah Allen

Bill Lindaur, an Ohio certified volunteer naturalist, points out maple trees to a watching crowd on a tour during the 2016 Maple Syrup and Pancake Brunch.

CRUNCHY BAKED SALMON

Ingredients:

- 1 1/3 cups French Fried Onions (canned)
- 1 teaspoon fresh dill, diced, or 1/2 teaspoon dried
- 1 teaspoon lemon rind, grated
- 1/2 teaspoon dried parsley
- 2 tablespoons Dijon mustard
- 1 tablespoon maple syrup
- 4 portions salmon fillet

Directions:

Preheat the oven to 375 F.
Mix fried onions, dill, lemon rind and parsley in a Ziploc bag. Roll with a rolling pin to crush onions.
Mix the mustard with the maple syrup and brush over the salmon, then pat the seasoned onion crumbs over the top. Bake on a foil-lined sheet for around 15 minutes, until opaque and easy to separate with a fork.

(Recipe from ODNR.)

BLUEBERRY MAPLE MUFFINS

Ingredients:

- 1/3 cup whole flaxseeds
- 1 cup whole-wheat flour
- 3/4 cup plus 2 tablespoons all-purpose flour
- 1 1/2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 2 large eggs
- 1/2 cup pure maple syrup
- 1 cup nonfat buttermilk, (substitute regular milk and add 1 tablespoon lemon juice or vinegar)
- 1/4 cup canola oil
- 2 teaspoons freshly grated orange zest
- 1 tablespoon orange juice
- 1 teaspoon vanilla extract
- 1 1/2 cups fresh blueberries
- 1 tablespoon sugar

Directions:

Preheat oven to 400 F. Coat 12 muffin cups with cooking spray.

Grind flaxseeds in a spice mill (such as a clean coffee grinder) or dry blender. Transfer to a large bowl. Add whole-wheat flour, all-purpose flour, baking powder, cinnamon, baking soda and salt; whisk to blend.

In a medium bowl, whisk eggs and maple syrup until smooth. Add buttermilk, oil, orange zest, orange juice and vanilla; whisk until blended.

Make a well in the dry ingredients and stir in the wet ingredients with a rubber spatula just until moistened. Fold in blueberries. Scoop the batter into the prepared muffin cups. Sprinkle the tops with sugar.

Bake the muffins until the tops are golden brown and spring back when touched lightly, 15 to 25 minutes. Let cool in the pan for 5 minutes. Loosen edges and turn muffins out onto a wire rack to cool slightly.

(Recipe from eatingwell.com.)

MAPLE COOKIES

Ingredients:

- 1 cup butter, softened
- 1 cup brown sugar, packed
- 1 egg
- 1 cup real maple syrup
- 1 teaspoon vanilla extract
- 4 cups all-purpose flour
- 1/2 teaspoon salt
- 2 teaspoons baking soda
- 1/3 cup granulated sugar for decoration

Directions:

Preheat oven to 350 F. Grease cookie sheets.
In a large bowl, cream the butter and brown sugar. Add the egg, syrup and vanilla. Mix until well blended.

In another bowl, sift together the flour, salt and baking soda. Stir into mixture until well blended.

Shape into 1-inch balls and roll in sugar. Place on cookie sheets about 2 inches apart and flatten slightly.

Bake 8 to 10 minutes. Let cool on wire rack.

(Recipe from allrecipes.com.)

EVENTS

Maple Madness Driving Trail,
March 4-5 and 11-12: ohiomaple.org

RESOURCES

Ohio Maple Producers Association:
ohiomaple.org
Ohio Department of Natural Resources:
parks.ohiodnr.gov/maplesyrup

Order in!

Comfort soups are on your winter menu

By Tristen Phipps

For years, I avoided Italian wedding soup. Frankly, it looked funny and I was certain it was impossible for something that doesn't look good to taste good.

If I was going to taste this soup, it was going to be in an Italian restaurant — that was settled. It's like my dad always says, "Don't go to a steakhouse and order chicken." You've got to eat what earned them their reputation.

With Dad's advice in mind, naturally, as I sat in an Italian restaurant, I should have gravitated toward spaghetti; but with a stroke of independence, I turned my head to the waitress and said, "Give me the salmon pasta."

Without the details, I'll just tell you the moral of the story: Listen to your dad. Do not, I repeat, do not go to an Italian restaurant and order salmon. My sour seafood dish led me to my sister's Italian wedding soup, and suddenly I wasn't so bitter that I had ordered poorly.

Nothing belongs in soup more than chicken. Soup without chicken is like hot chocolate without marshmallows. This is arguably the simplest soup you'll ever prepare. Now, the simplicity may or may not directly correlate with my neglect to purchase rice, but nonetheless, it's yummy. (Adulthood, i.e. remembering to bring a grocery list after work, is proving more difficult than I anticipated.)

SHREDDED CHICKEN SOUP

Ingredients:	48 ounces chicken broth
1 1/2 tablespoons olive oil	1/2 teaspoon cumin
2 cloves garlic, minced	1/2 teaspoon coriander
1/2 white onion, diced	1 tablespoon fresh lime juice
3 chicken breasts, thawed and sliced	2 tablespoons cilantro
	1/2 teaspoon black pepper

Directions:

In a large pan, heat olive oil over low-medium heat. Once heated, add garlic and onion. Then add chicken. Meanwhile, in a large pot, heat chicken broth. Once heated, add cumin and coriander to broth.

Cover until chicken is fully cooked.

Once cooked, shred chicken in pan. Add lime juice and simmer for 5 minutes. Combine chicken and contents of pan with broth. Add cilantro.

Leave covered on low heat for 5 minutes. Serve.

HEARTY ITALIAN WEDDING SOUP

Ingredients:	shredded
3/4 one small onion, grated	1/2 cup Parmesan, grated
1/3 cup fresh parsley, chopped	1/2 teaspoon dried basil leaves
1 large egg	1 pound ground pork
1 clove garlic, minced	8 cups chicken broth
1 teaspoon salt	1/2 cup fresh spinach
1 teaspoon pepper	6-8 ounces pasta (your choice but should be mini)
1 slice white bread (crusts trimmed), grated or	

Directions:

Stir the onion, parsley, egg, garlic, salt, pepper and bread crumbs in a large bowl to blend. Then add the cheese and pork. Shape the mixture into 1/2-inch meatballs and place on a baking sheet. Don't be alarmed, you aren't baking them.

In a large pot, bring the broth and spinach to a boil. Add the meatballs (uncooked) and simmer for a few minutes, stirring occasionally to make sure they don't stick. Add the pasta and cook (covered) at a low boil for approximately 20 minutes or until meatballs are cooked through.

After finally having a taste of the peculiar little soup, I opted to recreate it. I did a little research on what's in a typical Italian wedding soup and I twisted it a bit.

Now, before you try this, do heed my warnings:

1. The broth came out a bit salty for my taste, but my sister drank it up like Kool-Aid. If you aren't a salty person, dilute the broth with 50 percent or equal parts water, according to your preference.

2. The meatballs aren't attractive. I used ground pork, not beef. Pork doesn't brown the way that beef does, so if you want your soup to be picturesque, stick to beef.

3. I used tortellini and mini penne because I love cheese and I couldn't find Acini di Pepe. I had good intentions with tortellini, and it would have been brilliant if I had read the box and gotten cheese tortellini. So, read the box. Tortellini will totally work and it will be wonderful if it has the proper cheese in it, or in my case, cheese at all.



WARMING UP *to the past*

Lynchburg store rooted in town's history

By Sarah Allen

In the village of Lynchburg, housed in a building that has seen the turn of two centuries, is a shop where the past and present live comfortably together.

The Back in Time Stove Shop, according to store manager Brandy Williams, is "like a small, family business," even if the people there are not actually related.

She said that, in addition to herself and owner Charlie Simpson, "We basically just have two employees" who service and install the stoves sold there.

The store specializes in free-standing wood, pellet and gas stoves. Inserts for those are also available, as are outdoor wood-burning units. The store also services the stoves.

The inspiration for the store came when Simpson, the owner, "found interest in this field, so he went with it," Williams said.

The store's ultimate goal, she said, is to provide cheaper and more efficient ways to heat homes.

"Today, energy is the problem," Williams said. "So, we offer the solution."

And, while the store aims to address a modern issue, its roots are set deep in the past. The store's current location, Williams said, was built in 1848 and originally used as a distillery.

"This was like the main distillery in Ohio," Williams said.

Later, the building became a feed mill for "years and years," she said. After that, the location housed craft and antique stores until it finally became home to the Back in Time Stove Shop.

"It's such a good place of history," Williams said, adding that, for the store, remodeling it for its current use was a "fun time."

Renovations include refurbished floors and islands added to display the stoves.

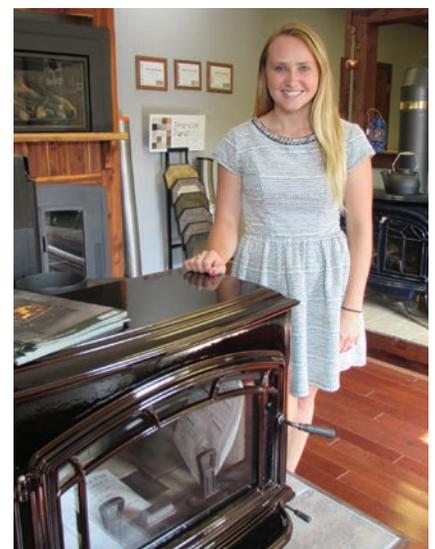
This year marks the store's fifth in the building. The Back in Time Stove Shop has been in business for a total of nine years.

Williams said that, among other stove stores in Ohio, the Back in Time Stove Shop has been "number one in sales and service since 2010."

"We like to specialize in customer relations," she said. "We have a lot of customers who became friends."



**BACK IN TIME
STOVE SHOP**
401 N. Main St.,
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charles@back
intimestoves.com
backintimestoves.com



At right,
Brandy
Williams.
Photos by
Sarah Allen



Back in the day...

By Kay Frances

There are many ways to know for sure that you are getting older:

1. The phone rings and you hear yourself saying, "It's 8 p.m.! Who could be calling at this hour?"

2. When a website asks for your year of birth, your finger cramps from scrolling down to find it.

3. But the most telltale sign of all is when you hear yourself saying, "Back in the day..."

It's hard not to compare how things are today with how they used to be, well, back in the day. The most glaring change is parenting styles. For example, when my parents told me to do something, they meant right now. Young parents today give their kids three counts to stop their offending behavior.

"Now, Jason, I told you to get out of that tiger's cage. I'm going to give you THREE COUNTS to do it!"

"One."

"Two."

"Jason, that tiger is chewing on your face. Get out of the cage!"

"Two-and-a-half!"

I do think it's nice how they celebrate graduation these days. Graduation from pre-school. And kindergarten. And fifth grade. And middle school. And on and on.

Back in the day, we only had one graduation and it was from high school. And I didn't even get a party. What I got was a set of luggage. The implied meaning was, "Your job here is done. Get out!"

Don't get me wrong. I love modern society and all of its trappings. There is no way I'd want to go back to hanging laundry on the line, although I have to admit that nothing quite beats the smell of fresh air and bird poop on your pillow case.

And, I love many of the technological advances. Things that we could only dream of in days of yore. Look at phones. We all walk around with our own personal phone, even if you never actually use it to call anyone. It's amazing!

Back in the day, we had one phone that we had to share with the entire family, and one phone line that we shared with the entire neighborhood. It was called a "party line," but it was anything but a party. You always had that one nosy neighbor. You could

hear her click on.

"Edna, I can hear you breathing!"

"No, I'm not..."

Cars were completely different back in the day. No seatbelts or car seats. The baby rode in Mom's lap in the front seat like a human projectile. I'm surprised a strong gust of wind didn't come up and blow the baby out of the window. Yes, the windows were "rolled down" because there was no air conditioning. Young people don't even know what "rolling down the window" means since all they do is push a button.

Cars didn't even have air bags. The only thing that happened upon collision is that the glove box would fly open and a bunch of S & H Green Stamps would come flying out. (If you understand that reference, you are officially Older Than Dirt.)

Reflecting on how things were back in the day is a good thing as long as we only occasionally visit there, but mostly live in the present. Progress is inevitable and we never really get old unless we stop learning and embracing change.

So, if you are spending too much time thinking about how things were "back in the day," I will give you three counts to stop it!



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That's the icing on the cake



By Lora Abernathy

My husband said the cake was absolutely delicious, but that I really should change its name.

"It's kind of unappetizing," Gary said.

"I'm not going to change its name! That's what we called it growing up, so that's what I'll always have to call it," I protested with a smile, but throwing in a harrumph for good measure.

"OK, OK," he said, smiling back.

I had just baked for us my grandma's chocolate cake with what we always called "mashed potato icing." I know, I know, you're already siding with my husband, but hang tight. It's not actually made with mashed potatoes, it just looks like them. OK, maybe that's still not the best argument, but consider this: It's made with a lot of sugar and also contains butter, va-

nilla, shortening and flour. It's absolutely the sweetest, most delicious icing I've ever had. It's also "ours."

The cake was always baked for birthdays, Easter, Thanksgiving, Christmas and my favorite times of year, just because.

A year or so after I started cooking, I asked Grandma for the recipe. She gladly gave it to me. I started writing it down with the excitement that Ralphie has in "A Christmas Story" when he locks himself in a room to decode the Little Orphan Annie Secret Circle message.

But when I asked her to repeat one of the ingredients, she shocked the heck out of me with these words: "Or, you could also get the cake recipe off the back of the Hershey's chocolate box."

"What? You mean you're not the only person who makes this?" I was thinking. "There are other people in America eating

this cake right now?"

Suddenly, I felt Ralphie's disappointment when he discovered all the super-secret message said was, "Be sure to drink your Ovaltine."

"Ovaltine?" Ralphie asked out loud.

"Hershey's?" I thought to myself.

At least she said the icing was her own, which helped my incredulity dissipate, and it was still Grandma's special chocolate cake after all, no matter how many other grandmas out there were making it.

I haven't made it in years, but I got a hankering for it recently and tried it the weekend before Thanksgiving. Why did I wait so long? The cake was so moist and the icing was extra "mashed potatoey" (sorry, Gary). It was like I was right back at Grandma and Grandpa's kitchen table.

When I made it, I looked for

the recipe on "the back of the Hershey's chocolate box." It was still there. I'm not sure if it was the same one Grandma used, because I never looked at it that day. If it was, it was certainly altered over time. Vegetable oil must have been swapped for shortening, it called for milk instead of buttermilk, and there were variations on the measurements and the directions.

Grandma hasn't made the cake in years, so, I took a photo of the cake and texted it to my mom, uncles, siblings and a cousin. Most everyone lives back home in West Virginia.

"Hey, Kris," Uncle Rod asked my mom. "Is that the cake that has the mashed potato icing?"

I promised everyone I'd make it again and bring it with me on my next visit back home. I didn't make it back for Christmas, though, so it looks like I'll need to visit very soon so they can have their cake and eat it, too.

Jesse Pohly, PA

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CHOCOLATE CAKE WITH 'MASHED POTATO' ICING

Make the icing first because a portion of it needs to get cold in the refrigerator. If you prefer a thicker layer of icing like I do, or want extra so the grandkids have enough to get a few decent licks from the bowl after you've frosted, go ahead and just double the recipe.

Icing Ingredients:

1/2 cup (1 stick) unsalted butter, cold
1/2 cup shortening, cold
1 cup milk
5 tablespoons flour
Pinch salt
1 cup sugar
1 teaspoon vanilla

Cake Ingredients:

1 3/4 cups sugar
2/3 cup shortening
2 eggs
1 teaspoon vanilla
2 1/2 cups cake flour, sifted

1 1/2 teaspoons baking soda
1/2 teaspoon salt
1 cup whole buttermilk
1/2 cup boiling water
1/2 cup Hershey's cocoa

Icing Directions:

Keep butter and put shortening in refrigerator for several hours until very cold.

In a small pan on medium heat, with a whisk, cook milk, flour and salt until thick. Don't stop whisking once you start. You can't get the mixture too stiff. Put mixture in refrigerator for several hours, covering with wax paper, to get as cold as you can.

Cream together well shortening, sugar and butter. Add in milk and flour mixture and beat on high speed. You can't beat too long. Add vanilla and blend well.

Cake Directions:

Heat oven to 350 F Grease and flour two 9-inch cake pans.

In a large bowl, cream the sugar and shortening together until light and fluffy. Add eggs, one at a time, beating well after each addition. Add vanilla.

In another bowl, sift together the flour, baking soda and salt. Add dry ingredients alternately with the buttermilk to sugar mixture.

In a small pan, bring water to boil.

In a small bowl, make a heavy, smooth paste of the cocoa and boiling water. Cool slightly. Add to mixture and blend well.

Pour into prepared pans and bake for about 35 minutes or until done. Let cakes cool completely. Frost cake between layers, on top and on sides.





Photos by Sarah Allen

A *delicious* dream come true

30 | Salt | Southwest Ohio | January/February 2017

Liz's Bake Shop offers baked goods, candies and more

By Sarah Allen

The best small-town secrets are often tucked away — a sentiment that is certainly true of Liz's Bake Shop.

Owned by Liz Beechy, the Amish bakery is located outside of Hillsboro, off of U.S. 50, at 7960 Overman Road. The bakery sits at the end of a long lane.

And while the store may be hard to find on a map, the goodies that wait inside are impossible to overlook.

The bakery, not quite 2 years old, is the culmination of a dream Beechy has had since

she was young.

"I had this in my mind when I was a school-age child," Beechy said. "I had dreams about it."

When Beechy was 23, she began selling her baked goods and other products at roadside stands. Now, at 25, she has her own bakery.

Beechy's day starts at 4:30 a.m. From then until 10 a.m., she prepares cookies, breads, cinnamon rolls, pies and candies. Once a week, she also makes homemade noodles.

Weekends, however, are her busiest days. On Friday and Saturday, the bake shop is "an all-day thing," with baking

starting at 3 a.m. On those days, special treats are added to the menu: fried pies on Friday and Saturday and soft pretzels on Saturday.

Also available at the bake shop are some canned fruits and vegetables.

Her most popular items,

however, are her doughnuts and buckeye candies.

Beechy said as much as she enjoys baking, she also enjoys seeing the people who visit her shop.

"I love my customers," Beechy said. "They come in all smiles."

LIZ'S BAKE SHOP

7960 Overman Road, Hillsboro, OH 45133
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“I love my
customers.
They come in
all smiles.”

— *Liz Beechy*





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Out & About

Compiled by Lora Abernathy

ADAMS COUNTY

March 4

Amish Bird Symposium, 3735 Wheat Ridge Road, West Union.

March 18

Bellamy Brothers, 7 p.m., Red Barn Convention Center, 2223 Russellville Road, Winchester. Call 800-823-9197 or visit redbarnconventioncenter.com.

March 18-20

Serpent Mound Spring Seed and Water Peace Summit, 375 Horner Chapel Road, Peebles. Visit serpentmound.org.

BROWN COUNTY

Jan. 30

Brown County Chamber of Commerce 2017 Business Breakfast, 8 a.m., Georgetown Church of Christ. Call 937-378-4784 or email brchcom@gmail.com.

Feb. 10-11, 18-19

"Fools," 8 p.m., presented by the Gaslight Theater Players. Gaslight Theater, Georgetown. Contact Jennifer Stewart at 937-618-0572 or jas21248@yahoo.com or visit gaslighttheaterplayers.com.

Feb. 11

The fifth annual Blue Jean Ball, 7-11 p.m., Sardinia Life Squad, 159 Winchester St., Sardinia. Visit eventbrite.com and search "Blue Jean Ball."

CLINTON COUNTY

Jan. 21

Phil Dirt & the Dozers, 7:30 p.m., The Murphy Theatre, 50 W. Main St., Wilmington. Visit themurphytheatre.org.

Feb. 4

Hotel California Eagles Tribute, 7:30 p.m., The Murphy Theatre, 50 W. Main St., Wilmington. Visit themurphytheatre.org.

March 11

The Fortunate Sons, 7:30 p.m., The Murphy Theatre, 50 W. Main St., Wilmington. Visit themurphytheatre.org.

March 18

The Drowsy Lads, 7:30 p.m., The Murphy Theatre, 50 W. Main St., Wilmington. Visit themurphytheatre.org.

March 24-25

Southern Ohio Indoor Music Festival, Roberts Centre, 123 Gano Road, Wilmington. Visit somsicfest.com.

FAYETTE COUNTY

Feb. 2

Fayette County Chamber of Commerce fifth annual Groundhog Breakfast featuring Hillsboro Mayor Drew Hastings, 7 a.m., the Mahan Building at the Fayette County Fairgrounds, 213 Fairview Ave., Wash. C.H. Call 740-335-0761, email whitney@fayettecountyohio.com or visit fayettecountyohio.com.

GREENE COUNTY

Jan. 21

WWE Live, 7:30 p.m., Wright State University Nutter Center, 3640 Colonel Glenn Highway, Dayton. Visit nuttercenter.com.

Jan. 27

Celebration of Excellence Gala, 5-8:30 p.m., Holiday Inn Dayton/Fairborn, 2800 Presidential Drive, Fairborn. Call 937-426-2202 or visit beavercreekchamber.org.

Jan. 27-Feb. 5

"Foxfire," Beaver Creek Community Theatre, 3868 Dayton-Xenia Road, Beaver Creek. Call 937-429-4737 or visit bctheatre.org.

Feb. 16

Finding Truth conference, Cedarville University, 251 N. Main St., Cedarville. Visit cedarville.edu.

Feb. 18

Professional Bull Riders Real Time Pain Relief Velocity Tour, 7 p.m., Wright State University Nutter Center, 3640 Colonel Glenn Highway, Dayton. Visit nuttercenter.com.

March 3-12

"Charlotte's Web," Beaver Creek Community Theatre, 3868 Dayton-Xenia Road, Beaver Creek. Call 937-429-4737 or visit bctheatre.org.

March 10

Toby Mac Hits Deep Tour with Matt Maher, Mandisa, Mac Powell from Third Day, Capital Kings, Ryan Stevenson and Hollyn, 6:30 p.m., Wright State University Nutter Center, 3640 Colonel Glenn Highway, Dayton. Visit nuttercenter.com.

March 11

Thomas Rhett with special guests Kelsea Ballerini, Russell Dickerson and Ryan Hurd, 7 p.m., Wright State University Nutter Center, 3640 Colonel Glenn Highway, Dayton. Visit nuttercenter.com.

HIGHLAND COUNTY

Feb. 25

Blues, Brews and Stews Winterfest, Greenfield. Visit g3greenfield.org.

March 3

The fifth annual Ag is Everyone's Business, 8 a.m.-noon, Southern State Community College Patriot Center, 100 Hobart Drive, Hillsboro. Sponsored by the Highland County Chamber of Commerce. Visit thehighlandchamber.com.

March 18

Cabin Fever Arts Festival, 10 a.m. to 5 p.m., Southern State Community College Patriot Center, 100 Hobart Drive, Hillsboro. Visit appartguild.com.

MADISON COUNTY

Feb. 11

The 12th annual Pancake and Sausage Breakfast, 7-11 a.m., Madison County Senior Citizens Center, 280 W. High St., London. Visit fmcpt.com.

March 11

Full Moon Ride, 7:30-10:30 p.m., Prairie Grass Trailhead, Madison County Senior Citizens Center, 280 W. High St., London. Visit fmcpt.com.

ROSS COUNTY

Feb. 11

The McCartney Project, a Wings, Beatles and Paul McCartney tribute, 7:30 p.m., Majestic Theatre, 45 E. Second St., Chillicothe. Call 740-772-2041 or visit majesticchillicothe.net.

Feb. 25

Motown Sounds of Touch, 7 p.m., Majestic Theatre, 45 E. Second St., Chillicothe. Call 740-772-2041 or visit majesticchillicothe.net.

And one more thought...

TREES

are poems that the earth
writes upon the sky.”

— *Kahlil Gibran*

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