

What's the Buzz at Reformation?

April 7, 2019

April 13	Sat.	Men's Group
April 14	Sun.	Palm/Passion Sunday
April 15	Mon.	Ronald McDonald House
April 18	Thurs.	Maundy Thursday service 7pm Good Shepherd
April 19	Fri.	Good Friday service 7 pm Good Shepherd
April 20	Sat.	Easter egg hunt at 1, volunteers be here by noon
April 21	Sun.	Easter
April 27	Sat	Rummage Sale (4/26 Friday possible preview day?)

Hymn Tunes, Meters and What They Mean

Ever notice how at the end of most hymns, there is a word or two in capitals, then some more letters or numbers underneath that?

You know how sometimes a hymn is sung to more than one melody? Well, all the melodies are the called hymn tunes. Originally, many hymns were sung to several different tunes; it wasn't until 1621 that a hymnal appeared with each hymn assigned to a specific tune. Even now, it is quite common to open a Congregational or Methodist hymnal and see hymns we Lutherans know, but with different tunes. There are even a few in our ELW (Evangelical Lutheran Worship) hymnal such as "Away in a Manger" and "By All Your Saints" that have two different tunes. Challenge yourself to sing alternate tunes, you might come up with a new way to appreciate an old hymn.

If you count the number of syllables in each phrase, you get the meter. There is a metrical index near the back of most hymnals. Many hymns fit one of these meters; if not, the numbers of syllables are often just listed such as Greensleeves 87876867. Or, if the meter is peculiar, the meter is called PM "Peculiar Meter"!

SM	Short Meter	"Rise up, O Saints of God" "Crown Him with Many Crowns"
CM	Common Meter 8686	examples: "Amazing Grace" "Awake, O Sleeper" "Hark, the Glad Sound" "We Know that Christ Is Raised" "Where Charity and Love Prevail"
LM	Long Meter 8888	"When I Survey the Wondrous Cross" "Lord, Speak to Us That We May Speak"
D	Double, such as DCM 86868686	"Blest Be the God of Israel" "O Christ, Your Heart Compassionate"
PM	Peculiar Meter	"Jesus, What a Wonderful Child" "Shout to the Lord"

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Cheddar-Herb Bread

Time: 3 hours (includes 2 1/2 hours rising time)

Serves: makes 1 loaf, or about 12 slices

1 pkg. active dry yeast, regular or fast-rising

1 1/4 cups lukewarm or warm water, divided

2 tsp. sugar, divided

3 3/4 - 4 cups flour

1 tsp. salt, optional

1/2 tsp. each dried rosemary, thyme, basil, oregano, sage (or to taste)

1/4 tsp. black pepper, or less, to taste

2 T. olive oil

1 cup shredded sharp or extra-sharp cheddar, divided

1 egg, beaten with 1 T. water (this is the egg wash)

In a cup or small bowl, pour 1/4 of the warm water, then add yeast and 1 tsp of the sugar. Let stand 10 minutes (it will bubble and get a little foamy/scummy-looking).

In a large bowl or the bowl of a stand mixer, mix flour, salt if using it, dried herbs, and the remaining 1 tsp. sugar. Make a well in the center if the mixer hasn't already done this..

Pour yeast mixture into the well. Add remaining 1 cup warm water and the 2 T. olive oil. Stir in bowl until it forms a ball. Mix in 3/4 cup of the cheddar and keep mixing (or if your mixer starts to complain, start kneading by hand) until dough is smooth and elastic. Spray the sides of the bowl, cover bowl with plastic wrap or lid, and let dough rise from 1 to 1 1/2 hours or until doubled in size, then punch it down, put it into greased loaf pan, and allow to rise for another hour.

When the rising time is almost done, preheat oven to 400F. Brush the top of the loaf with the egg wash, and sprinkle with remaining 1/4 cup cheddar. Bake 35 minutes, or until loaf sound hollow when tapped on top. If it is browning too fast, tent a piece of tinfoil over it. Remove from oven, run a knife around the edges, and remove from the loaf pan onto a rack or similar to cool.

Lovely with a meal or as a snack. Toasted, it also makes good croutons.

Wascally Wabbits (Rabbits)

With the possible exception of the Trojan Rabbit in *Monty Python & the Holy Grail*, rabbits, hares, and pikas are smallish mammals called Lagomorphs. The primary differences between lagomorphs and rodents are that lagomorphs have 4 incisor teeth (as opposed to only 2 for rodents), and these teeth have enamel on both the fronts and backs (whereas rodent incisors only have enamel on the fronts). Also, lagomorphs are strictly herbivores, whereas rodents can also eat meat.

The adult rabbits are called bucks and does, and the babies are called kittens or kits. Rabbits are sometimes also called bunnies or leverets. Especially in the wild, the places they raise their litters are called nests, colonies, warrens, or fluffles (a human habitation or building for business with small rooms is often described as a rabbit warren). A gathering of rabbits can be called a herd.

Rabbit kits are born blind and altricial, which means they are hairless. Hares, on the other hand, have good vision and a fur coat when born.

Rabbits live in the wild and are also domesticated as pets or as food for people or other animals, fur pelts, or in the case of the Angora rabbit, the fur can be spun into yarn. Some people even use them to keep greenhouses warm in winter. Rabbit meat is more economical to produce than beef, and almost as economical as chicken. However, it is so lean that it should not be the only source of protein in a human diet. Welsh rabbit or "rarebit" doesn't contain rabbit meat, it's a cheese dish.

In myths around the world, rabbits are usually beneficial, especially in the Orient where they are associated with the moon and the New Year. In some cultures, rabbit is a trickster, such as Kalulu of central Africa and Brer Rabbit in the US. Some Native American groups held that Nanabozhu was vital in the world's creation.

Famous fictional rabbits include these stories: *The Velveteen Rabbit*, *The Runaway Bunny*, Rabbit in the A.A.Milne books *Winnie-the-Pooh* and *The House at Pooh Corner*, Peter Rabbit and The Two Bad Bunnies in Beatrix Potter's books of the same names, the White Rabbit in *Alice's Adventures in Wonderland*, the rabbits in *Watership Down* by Richard Adams (for adults or young adults), and of course Bugs Bunny who taught classical music with humor in many Warner Brothers cartoons. By the way, "fud" is an old word which means, among other things, a rabbit's tail.

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Easter Bunny Cake (with optional coconut flakes)

Time: under an hour

Yield: 1 bunny cake about 16-18" long (or if you don't have a serving platter that long, you can just stack the layers or make a 9x13, a Bundt or tube, or 24 cupcakes, and decorate however you like)

1 box white cake mix (not angel food), prepared and baked according to pkg. directions, with 1/2 cup of coconut (optional) mixed in, in two 8" or 9" round cake pans

1/2 to 1 cup coconut flakes to sprinkle on frosted cake (optional)

1 container white frosting, or make your own from 2 cups powdered sugar, 6 T. softened butter, and a few teaspoons of milk until easily spreadable

**food coloring & jelly beans for eyes, nose, mouth, and bowtie
either black writing icing or thin strips of black
licorice for whiskers**

After the two round cake layers are baked, let them sit 5 minutes and then remove from pans right next to each other, touching onto an 18- 20" long serving platter. One of the round layers will not be cut at all, it will be the face. Cut the other layer into two ears along opposite sides, and save the middle to be the bow tie. Position the ears and bow tie.

Take slightly more than half of the frosting, add 1/2 cup coconut to it if you like, and then frost the face and outer parts of the bunny ears.

Divide the rest of the frosting in half. Make a half of it pink, for the inside of the ears, and the rest either yellow or blue for the bowtie. Frost the insides of the ears and the bowtie. Decorate the face and bowtie.

What's the Buzz at Reformation?

April 21, 2019

Dining Etiquette Around the World - Part 1 - best to watch and copy the locals!

In Bulgaria, don't put yellow flowers on the table, they signify hatred.

Chile - don't eat with your hands! Even fries are eaten with a fork.

China - it is polite to serve others first. This means pouring tea for others, and only pouring for yourself if nobody offers to do it. At a banquet, when dishes are placed in the middle of the table, often the eldest male at the table serves everyone the first time, sometimes serving the oldest guests first. Food and drink are usually passed clockwise. If using chopsticks, don't use the mouth end to grab food from communal plates (use the other end if no serving spoon is provided. Rest your chopsticks on your dish or on chopstick holders, but never stand them upright in your rice, as that is how food is offered to spirits of the dead. Leave a tiny bit of food on your dish when finished, otherwise your host might keep refilling it. Slurping your noodles is ok, as is putting the bowl of rice or soup up to your mouth; for a soup or rice bowl (not a plate), you then push the food into your mouth with chopsticks and gently slurp the soup. Leaving a little mess on the table or dish is also ok, showing that you ate enthusiastically. A small burp is a compliment to your host in China, but is considered impolite in most other countries, especially Canada, India, or Germany.

In the U. K., ask for a serviette, not a napkin. A nappie is a diaper! Don't crook your pinky when drinking tea, and rest the spoon on the saucer after use. Don't forget to pass the port (to the left), or your companion might say "Do you know the Bishop of Norwich? He was a very good chap, but he always forgot to pass the port."

Ethiopia - many times, there is just one big plate in the middle, and everybody eats. Sometimes people might feed each other.

France (and most of Europe & Russia) - keep hands on the table, it's ok to rest your wrists on the table. In most of Europe, pepperoni means a pepper, not the sausage meat we Americans put on pizza. Also, Continental style means the fork is in the left hand, the knife in the right, and it doesn't switch after food is cut (now you know why traditional table settings have the forks on the left!). In France & Italy tips are usually included on the bill; you can add more if you wish.

Israel & Jewish communities: break off a piece of challah instead of using a knife.

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Injera is a dark tan colored soft, spongy slightly tart pancake-flat Ethiopian bread, 10-16 inches in diameter, which comes in a package of 4-12 circles of injera in it. Not all African groceries carry it, so call first and ask if they have it, and ask them to describe it to make sure (the store at Courtright and Livingston does not). Like most Ethiopian food, it is eaten with the hands. It can either be arranged overlapping in the middle of the table, or an individual injera can line each person's plate. Lentils or other food is dolloped or arranged on top of it. To eat, wash hands, then break off a 4-6" piece of injera, hold it over the portion of lentils you want, and use injera like a folding umbrella to gather up the lentils. Use only your right hand.

Ethiopian Teff Bread (Injera) with Lentil Stew (Toomtoomo)

Time: 25 minutes or less

Serves: 4-6 as main course (serve a salad on the side if you like)

**1/2 to 1 injera (teff) bread per person, homemade or storebought
if you can't find injera, whole wheat tortillas are ok**

1 cup dried red lentils

2 T. vegetable or canola oil

a 1-inch piece of root ginger, peeled and sliced into 2 or 3 chunks

4-6 cloves garlic, peeled and minced

1 tsp. each as many of these spices as you can: cumin, turmeric, oregano, OR

1 T. Berbere (a mix of spices)

2 carrots, peeled and sliced or diced

2 zucchini, sliced or diced

1 or 2 large red onions, peeled and chopped

2 tomatoes, chopped

1 tsp. coriander for garnish

In a saucepan, cook the lentils in 3 cups of water, boil and then simmer 10 minutes, stirring so they don't stick to bottom of saucepan. Drain off any excess water.

In a another saucepan, saute the garlic and ginger 2 miutes, then remove ginger and add all the spices & vegetables EXCEPT coriander. Cook 5 minutes or to desired tenderness. Add the cooked lentils and coriander.

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April 28, 2019

Dining Etiquette Around the World - Part 2

In France, bread is not an appetizer; eating is a two-handed affair, so if you are not using your knife and fork at the same time, you can use your bread to push food onto your fork. Salad, if included, comes after the meat course. Eating in a car or having only a quick meal is unusual, even many office workers get 2 hours off for lunch. Splitting the bill is considered cheap, so either pay for the entire party or let someone else pay. Never bring mums to your French host, they are funeral flowers.

In the country of Georgia, an alcoholic drink is drunk all at once, not sipped. That's why the glasses are small.

Greece - if your host offers you seconds, if you can handle it, accept it. This will be a compliment to the host and/or cook. Thirds? That's up to you.

India and Thailand - use the fork only to push food onto the spoon. In Thailand, don't ask for chopsticks as it is considered tacky to eat with them.

Israel and Jewish communities - each person breaks off a bit of challah (bread).

Italy - don't ask for cheese unless it is specifically offered. Often the oldest person is served first at meals. Drink cappuccino only before noon.

Japan - tipping may be considered an insult. Don't nibble sushi, eat the entire piece at once to enjoy the combination of flavors.

Mexico - it's common to haggle over who pays, even make a show of it. If you lose the "argument", make sure to offer to treat the next time.

Middle East & Muslim countries - don't eat or touch others with your left hand.

Peru - don't sniff the food, it implies that you don't trust the cook.

Portugal - don't ask for salt or pepper, that insults the cook.

In Russia, don't whistle indoors at any time. It is rude to bypass the coat check & hang your coat on your chair. Ice cream is often sold & eaten outside even in winter.

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Sources: Huffington Post, "Dining Etiquette from Around the World"
Parents.com, "Dining Manners Around the World"
RestaurantChoice.com.uk, "Dining Etiquette from Around the World"

Crock-Pot BBQ Meatballs **recipe from my friends Wanda and Tom (aka Chef Tom) Douglas**

Time: 2-3 hours

Serves: depends on size of bag of meatballs

1 bag frozen meatballs

grape jelly

chili sauce

Put meatballs in crock-pot.

Mix grape jelly and chili sauce, a good medium-mild ratio is 2 parts jelly to 1 part chili sauce.

Turn crock-pot to low heat, check in 2-3 hours.