

## What's the Buzz at Reformation?

July 5, 2020

July 4	Sun.	Independence Day
July 5	Mon.	Independence Day observed (bank holiday)
July 26	Sun.	Christmas in July - TBD

### The Liberty Bell is all it's cracked up to be

The Liberty Bell still hangs in Philadelphia PA. According to tradition, it was tolled in 1776 to announce the Declaration of Independence. Most historians say it probably wasn't rung until July 8, and that there likely other bells rang July 8 as well, celebrating the reading of the Declaration. were other bells

The bell's location has been moved a bit; it used to be in the lobby of Independence Hall but is now in a glass pavilion nearby. It even used to go on tours, but this was stopped because people would take a chip out of it. The famous 13-inch crack supposedly occurred in 1835 after the death of a Chief Justice John Marshall. However, it is still up for a ceremonial tap every year on July 4 at 2 pm eastern standard time.

Workers attempted to repair the crack in 1846, but the "ding-dongs" botched it, even creating a second crack which stopped the sound permanently. Thank goodness there are plenty of other bells across the United States to ring in its place.

The Liberty Bell was on the first Forever postage stamp, and the lackluster design of the stamp is one of the reasons that a number of the original stamps have still not been used even though they have been out since 2010.

Sources: "Liberty Bell" and "John Marshall", *Wikipedia*.  
Chisholm, N. Jomiylo, "The Simple List: 13 Inches", *Real Simple*, July 2015

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## **Chocolate Monkey Bread** (adapted from Back in the Day Bakery)

\* Note, this yeast-risen coffeecake-type treat only keeps 3 days unless you wrap it tightly and freeze it up to 1 month. But it tastes so good it's worth the time & effort!

Makes wonderful French toast or bread pudding.

Time: 4 hours      Makes 1 loaf (16 pull-off pieces)

### **Dough**

2 3/4-3 c. flour  
1/4 cup sugar  
1 1/2 tsp. fast yeast  
4 T. butter, room temp.  
1 egg yolk  
1 cup milk

### **Chocolate Filling**

1 cup semisweet chips, or  
6 oz. chopped chocolate  
1/2 cup sugar  
2 tsp. unsweetened cocoa  
powder

### **Lemon Glaze (opt)**

1 c. powdered sugar  
1 tsp. grated zest  
2-3 T. lemon juice

Mix dough using the dough hook if you have one, for about 6 minutes, until dough is smooth. Form dough into a ball, spray the mixing bowl with nonstick spray, put dough back in bowl, cover bowl with lid or plastic wrap, let rise 2 hours, or until doubled in size.

In a small bowl, mix filling.. Lightly spray a 9x 5" loaf pan with nonstick spray. Position the oven rack in middle level.

Remove risen dough from the bowl, divide it in half, and form each half into 8 equal balls of dough. Arrange 8 dough balls in the bottom of the loaf pan. Sprinkle with half of the chocolate filling. Place the other 8 dough balls on top, and sprinkle with the rest of the chocolate filling. Cover the loaf pan with sprayed plastic wrap, a lid, or another loaf pan turned upside down. Allow dough to rise 1 hour (it will be close to, or higher than, the sides of the loaf pan). Preheat oven to 325F.

Put the loaf in the oven and bake about 20 minutes, rotate pan and bake another 10-15 minutes, then remove from oven and cool at least 10 minutes before drizzling with optional glaze.

Make the glaze in a small bowl. Sift together the confectioner's (powdered) sugar, grated lemon zest, and the lemon juice until smooth. If necessary, use up to 1 T. more lemon juice. To serve, let people pull off a dough ball. Store in airtight container up to 3 days (no need to refrigerate), or wrap tightly and freeze up to 1 mo. Also makes wonderful French toast or bread pudding.

# What's the Buzz at Reformation?

July 12, 2020

## National Birds - match the country with its bird

- |                                            |                       |
|--------------------------------------------|-----------------------|
| ___ 1. Andorra                             | A. European robin     |
| ___ 2. Australia                           | B. Bald eagle         |
| ___ 3. Cambodia                            | C. Indian peacock     |
| ___ 4. Canada                              | D. Congo peafowl      |
| ___ 5. Croatia (also Iran)                 | E. African fish eagle |
| ___ 6. Democratic Republic<br>of the Congo | F. mute swan          |
| ___ 7. Denmark                             | G. kiwi               |
| ___ 8. France                              | H. doctor bird        |
| ___ 9. Gibraltar                           | I. Palestine sunbird  |
| ___ 10. Grenada                            | J. giant ibis         |
| ___ 11. India                              | K. Canada goose       |
| ___ 12. Jamaica                            | L. Gallic rooster     |
| ___ 13. Namibia (also S. Sudan)            | M. Grenadian dove     |
| ___ 14. New Zealand                        | N. Philippian eagle   |
| ___ 15. Philippine Islands                 | O. common nightingale |
| ___ 16. Palestine                          | P. emu                |
| ___ 17. United Kingdom                     | Q. Barbary partridge  |
| ___ 18. USA                                | R. Bearded vulture    |

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Answers: 1-R, 2-P, 3-J, 4-K, 5-O, 6-D, 7-F, 8-L, 9-Q, 10-M,  
11-C, 12-H, 13-E, 14-G, 15-N, 16-I, 17-A, 18-B

### **Turkey and Pesto Panini** (adapted from Real Simple, July 2012)

Time: 25 minutes

Serves: 4

**1 loaf fresh French bread (about 12 oz.), split**  
**1/3 cup pesto (basil or tomato)**  
**8 -12 oz. sliced roasted turkey or sliced turkey deli meat**  
**4-6 oz. sliced Swiss cheese**  
**1/4 medium red onion, sliced thin (optional)**  
**3 T. olive or canola oil**  
**2 T. red wine vinegar**  
**Kosher salt and pepper to taste**  
**1 small head (about 4-6 cups) red or green leaf lettuce, in bite-size pieces**  
**1 avocado, cut into bite-size pieces (optional)**

Spread the bottom half of the French bread loaf with pesto. Top with turkey, cheese, and onion (if you are using it). Make a sandwich with the top part of the loaf, and then cut into 4 pieces. Brush the outside of the sandwiches with a total of 1 T. oil.

Heat a grill pan (or substitute a frying pan) over medium heat. and cook the sandwiches, pressing down with a spatula every now and then, until the bread is crisp and cheese is melted, about 3-6 minutes per side.

Meanwhile, in a large bowl, whisk the vinegar, 2 T. oil, and salt and pepper if using. Add lettuce and avocado to the oil/vinegar mixture and serve as a side salad.

# What's the Buzz at Reformation?

July 19, 2020

## Let it (Guilt) Go

We Lutherans sometimes joke that we suffer from just as much guilt as any other religion, but guilt can be crippling. So here are some ways that experts say might work:

**Exorcise your regrets.** Sarah Ban Breathnach tells how the Victorians used to write down their regrets and then have a good-riddance party.

**Apologize better.** Guy Winch says to ditch the excuses and just come out with "I'm sorry."

**Make sure there's a victim.** June Tangney says maybe you should consider, "If a friend were in my shoes, should he/she feel guilty?" or "Is there a reasonable basis for me to feel guilty?" Perhaps nobody was hurt and your action was well-intentioned or accidental. In other words, no harm intended and no harm done?

**Don't expect yourself to be perfect.** I know we are told to "be the best ..." , but we tend to leave off the words "...you can" at the end of it. Brigid Schulte instructs us to "recognize that what you do is good enough."

**Change guilt into motivation.** John Fugelsang gives the example that if you accidentally cut someone off in traffic, you might resolve to be more alert to other cars in the future.

Sources: Webber, Rebecca, "5 Ways to banish Guilt", *Real Simple*, Jan. 2015

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## **Strawberry Fudge with only 2 or 3 ingredients (no thermometer needed)**

Adapted from *SheKnows.com*

Time: 1 hr. 15 minutes (includes 1 hour chilling time)

Makes: one 8x8" square pan

**12 oz. white "chocolate" (also called white/vanilla baking chips), melted**

**1 container strawberry whipped frosting**

**sprinkles (optional)**

Line an 8" square pan with parchment paper (I don't think foil is strong enough). Set aside.

Mix melted white chocolate and whipped strawberry frosting completely.

Stir in most of the sprinkles.

Put the fudge into the square pan, sprinkle the remaining sprinkles evenly on top, and chill at least 1 hour. After it has set, cover it with plastic wrap or a zip-top bag.

### All about Chopsticks

Chopsticks have been used for at least 3000 years. They reportedly were invented by the Chinese, and then spread to the rest of East Asia and also to countries with Asian communities. A pair of bronze chopsticks dating back to 1200 BC was found in China. The word chopsticks is thought to come from the pidgin English term "chop-chop" (quick).

Simple and versatile, chopsticks are two sticks of equal length. Chinese chopsticks are the longest, traditionally at about 27 cm, and also a little bit thicker than those of other countries. Other countries, and less expensive restaurants, use chopsticks about 23 cm long. Chopsticks can be used as cooking and eating utensils, although plastic ones are not used for cooking. Chopsticks have been made from wood (bleached), gold, silver, bronze, porcelain, jade, and ivory. Some Japanese people carry their own set of chopsticks with them wherever they go, in a special case. The environmental effects of disposable wooden chopsticks is being studied.

Japanese, Vietnamese, and Korean chopsticks are usually pointed, but Chinese chopsticks are usually blunt-ended and longer. In Thailand, restaurants sometimes match the chopsticks with whichever cuisine is being eaten. Each country has different etiquette regarding chopsticks, but some general guidelines are:

Chopsticks are held in the dominant hand. The lower chopstick is stationary. Just as you hold knife and fork shows your upbringing, Asians notice the way you hold your chopsticks. A Chinese adage says that you will marry well if you hold your chopsticks a little more towards the thick end. In general, one waits for the elders at the table to pick up their chopsticks first. Family members are permitted to use their chopsticks to move choice morsels to the plates or bowls of the elderly, but never dig out the best pieces for yourself (called digging your grave) unless specifically told to. Especially at banquets, the oldest male might dictate who is served first, even with the pouring of the tea. If no other serving implement is provided, if you have already put your chopsticks in your mouth, you can use the other end for subsequent helpings (after making sure everyone else is served and your elders have had a chance to have seconds before you).

It is ok to hold the food bowl up to the mouth and hold the two chopsticks together to scoop food into the mouth. For all but the most formal or business meals, the Chinese permit slurping and sometimes even burping, since it indicates enjoyment.

Chopstick rests are usually made out of porcelain, in myriad shapes including flowers, dogs, poultry (some quite amusing to children as well). All are washable, and generally only 2-3" long, so they make charming and usually quite inexpensive souvenirs that won't burden your luggage (do I hear the word "collection"?). You don't have to match all the chopstick rests around the table. Chopstick rests are rare at Chinese restaurants,

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but Japanese diners sometimes improvise chopstick rests out of the paper sleeves that contained the chopsticks. Never stand the chopsticks upright in the rice unless at a shrine making an ancestral offering! If you need to equalize the length of your chopsticks, do it in the bowl, not on the table. Avoid making noise by tapping chopsticks on the edge of the bowl, that is what beggars do to in some Asian countries to attract attention.

At formal occasions, you might see some people putting chopsticks back in the paper wrappers at the end of the meal.

### **Shrimp & Broccoli (or Broccolini) Stir-Fry with Rice**

Time: 45 minutes, or 20 minutes if rice is already cooked

Serves 4

**1 cups long-grain white rice or jasmine rice**

**4 T. sesame seeds, divided**

**3 T. canola oil**

**1 lb. raw peeled and deveined large shrimp**

**1 bunch scallions, sliced or chopped**

**2 cloves garlic, minced (optional)**

**1 T. peeled, grated fresh ginger (or just slice into 2-3 slices)**

**1 small red chili, chopped small OR chili flakes to taste**

**1 large bunch broccoli or broccolini, cut into 2" pieces**

**1/4 cup rice vinegar**

**1/4 cup soy sauce of your choice**

Cook rice. Meanwhile, toast the sesame seeds in a small skillet over medium heat until they just start to smell good & turn golden brown (they continue to cook a few seconds after pan is removed from heat, so better to be slightly under-done than burnt). This takes 5-15 minutes depending on heat and the pan. Remove from heat.

In a large skillet, heat 1 T. oil, Stir-fry shrimp 2-4 minutes, stirring and flipping them until opaque. Transfer shrimp to a plate, and then put 2 T. oil in the same skillet. Stir-fry the scallions, ginger and garlic (if using) about 3 minutes or until scallions are tender. Add broccoli or broccolini and about 1/2 cup water. Cook, stirring every once in a while, about 3-5 minutes, until broccoli is just tender.

Add in the shrimp, vinegar, and soy sauce and stir-fry 2-3 minutes, until broccoli and shrimp are coated with sauce. Serve the broccoli-shrimp mixture over the rice, with more sesame seeds in bowls at the table or sprinkled on top of individual servings.

If you are using chopsticks (and especially if serving over rice, better to serve in smallish "rice" bowls than on plates. It is ok to hold the bowl up close to your mouth and scoop the food into your mouth with the chopsticks held next to each other.