



## Destination: Oregon

**2022 Member's Handout** written by Faye Spencer, KAFCE State Vice-President

**GOALS:** To encourage attendance to 2022 National FCE Conference. To learn fun facts and information. To try recipes from Oregon. **Community Activities:** Present this lesson to another group. Plan themed celebration such as Recognition Day or Oregon Trail Days.

**2022 NAFCE Conference - Destination: - Oregon.** The site will be Monarch Hotel and Convention Center, 12566 SE 93 Ave, Clarkamas, OR 97015, 800-492-8700, website is monarchhotel.cc, Thursday, July 14 through Sunday, July 17, 2022. Airport arriving attendees may get their luggage then call the hotel for pick-up. Departures from hotel will need to be arranged 24 to 48 hours ahead of time. Visit [www.nafce.org](http://www.nafce.org) for more details about the conference, hotel reservation, and a video, "Visit Oregon".

Attendees could be adventurous and create their own "Oregon Trail", whose, in the 1800's, primary starting points were Independence, and Kansas City, MO. Later expeditions departed from Weston or St. Joseph; MO; Fort Leavenworth or Atchison, KS.

**The following recipes highlight top Oregon agricultural products: dairy products (butter, cheese) hazelnuts, pears, cranberries, marionberries, salmon, and beer.**

**Tangy Pear and Blue Cheese Salad.** By Loral, Allrecipes.com. Yield 6 servings

- 1/3 cup ketchup
- 1/2 cup distilled white vinegar
- 3/4 cup white sugar
- 2 teaspoons salt
- 1 cup canola oil
- 2 heads romaine lettuce, chopped
- 4 ounces crumbled blue cheese
- 2 pears, peeled, cored and chopped
- 1/2 cup toasted chopped walnuts
- 1/2 red onion, chopped

In a small bowl, mix ketchup, vinegar, sugar and salt. Gradually pour in oil, stirring constantly, until well blended. In large serving bowl, toss together lettuce, blue cheese, pears, walnuts and red onion. Pour dressing over salad and toss well to coat.

**Lemon Rosemary Salmon.** From allrecipes.com; Serves 2

- 1 lemon, thinly sliced
- 4 sprigs fresh rosemary
- 2 salmon fillets, bones and skin removed
- Coarse salt to taste
- 1 tablespoon olive oil, or as needed

Preheat oven to 400 degrees F. Arrange half the lemon slices in a single layer in a baking dish. Layer with 2 sprigs rosemary, and top with salmon fillets. Sprinkle salmon with



salt, layer with remaining rosemary sprigs, and top with remaining lemon slices. Drizzle with olive oil. Bake 20 minutes in the preheated oven, or until fish is easily flaked with a fork. Suggestion: served with asparagus spears

**Oregon Salmon Patties** Excellent for canned or fresh salmon. By Jonnylen; Allrecipes.com.

- 1 (14.75 ounce) can salmon
- 2 tablespoon butter
- 1 medium onion, chopped
- 2/3 cup cracker crumbs
- 2 eggs, beaten
- 1/4 cup chopped fresh parsley
- 1 teaspoon dry mustard
- 3 tablespoons shortening (or vegetable oil)

Drain the salmon, reserving 3/4 cup of the liquid. Flake the meat. Melt butter in a large skillet over medium- high heat. Add onion, and cook until tender. In a medium bowl, combine the onions with 1/3 of the cracker crumbs, eggs, parsley, mustard and salmon. Mix until well blended, adding reserved salmon liquid as needed, then shape into six patties. Coat patties in remaining cracker crumbs. Melt shortening in a large skillet over medium heat. Cook patties until browned, then carefully turn and brown on the other side.

**Easy Cheddar Cheese Biscuits** from Tillamook.com/recipes

- 2 cups all-purpose flour, plus extra for dusting
- 1 tbsp. baking powder
- 1/4 tsp. baking soda
- 1 tsp. fine salt
- 6 tbsp. very cold Tillamook unsalted butter, cut into small cubes
- 1 cup Tillamook Farm-style Thick Cut Sharp Cheddar Shredded Cheese
- 2 tsp. honey or granulated sugar
- 3/4 cup plus 2 tbsp. whole milk, chilled (see note)

Preheat oven to 425 degrees F. Line a baking sheet with parchment paper.

In a large bowl whisk together the flour, baking powder, baking soda and salt. Quickly, keeping butter remaining cold, cut the butter into the flour mixture until it resembles coarse meal. Toss in the cheese. Stir in the honey and milk until just combined. DO NOT overmix, the dough will be messy looking. Turn out onto a floured surface and dust the dough with flour. Gently pat until it is a 3/4 inch thickness. Use a 2-inch round biscuit cutter to push straight down, not twist, through to cut out circles. Place biscuits on the baking sheet, spacing 2-inches apart. Reform the scrap dough working as little as possible, cut out more circles. Sprinkle each biscuit with more cheddar shreds. (The unbaked biscuits can be frozen, storing in an airtight container until ready to bake. Bake straight from the freezer, adding a couple more minutes to the baking time.) Bake the biscuits until golden brown, about 12 to 15 minutes. Serve warm.

**NOTE:** Substitute 1 cup buttermilk for a more tangy and complex flavor and looser texture OR 9 ounce plain yogurt for a more moist texture.



**Hazelnut Special Bread** by Riki Kongtong, from allrecipes.com. Recipe developed by Riki's mother, who grew up in Oregon, the hazelnut capital of the world.

- 1/2 tablespoon active dry yeast
- 1 tablespoon white sugar
- 1 1/8 cups warm water (110 degrees F.)
- 1 1/4 cups bread flour
- 1 cup whole wheat flour
- 2/3 teaspoon salt
- 1 tablespoon sesame seeds
- 1 1/2 tablespoon sunflower seeds
- 2 cups chopped hazelnuts (or walnuts as a substitute)
- 1 1/2 tablespoon vegetable oil

Combine yeast, water, and sugar in a bowl. Let it sit for 5-10 minutes until foamy. Add remaining ingredients, stirring to form dough. Knead for 8-10 minutes, either by hand or stand mixer. Cover, and allow the dough to rise in a warm place until doubled in size, 1 to 1 1/2 hours.

Turn out dough onto a floured surface. Punch down to release air bubbles. Knead by hand gently, 3-6 times, to redistribute yeast. Shape into loaf.

Place loaf in oiled pan and cover. Allow to rise in a warm place until doubled in size, approximately 1 hour.

Bake at 350F for 30-40 minutes or when tapped, loaf bottom sounds hollow.

**Oregon Marionberry Deep-dish Pie** by Sheryl Faulkner from justapinch.com

6-8 cups fresh marionberries (found in Oregon, but substitute for common blackberry)

1/4 cup sugar or more if berries are on tart side

3-5 tablespoons cornstarch

Favorite pastry for 2 –crust pie

Egg Wash-1 egg and 1 Tbsp. water

Sanding or granulated sugar to sprinkle on top upper crust, optional

Roll one pastry disk to fit a deep dish pie pan with a bit of overhang. If you don't have a deep dish, a regular size is fine, you can cut back on the filling if needed. If your deep dish is large, then add another 2 c of berries and increase your thickening agent by about 1 Tbsp.

Gently fold the sugar and cornstarch into the berries and carefully mound them into your prepared pastry. Top the pie with the second crust. Fold the top crust edges under the bottom crust edges and seal as decoratively as you wish. Brush the top with a simple egg wash made with 1 egg and 1 Tbsp. of water. Sprinkle with sanding or granulated sugar if desired. Cut 4-5 small vents in the top.

Bake at 400 for about 40-45 mins. Until filling is bubbling and crust is golden. Serve warm with a nice spoonful of good vanilla ice cream. This is also great cold - as my father-in-law used to say, "We always had pie for breakfast on the farm."

**The Difference between Blackberries & Marionberries:** They are two different species of the same genus. Both the common (Allegheny) blackberry and marionberry are members of the blackberry family. The common blackberry has been growing in North America, South America and Europe for thousands of years. The marionberry is a recent



hybrid of two other types of blackberries, the Chehalem and Olallieberry, developed in 1948 by Dr. George Waldo in Corvallis, Oregon. It took on the name of the Oregon county, Marion, where it was field tested.

**Cranberry Oatmeal Cookies** by Sarah Parker, from allrecipes.com Yield 2 dozen, Oregon cultivates about 27,000 acres to grow cranberries on the southern coast.

10 tablespoons butter  
2/3 cup packed dark brown sugar  
1 teaspoon vanilla extract  
2 eggs  
1 1/2 teaspoons baking soda  
1 pinch salt  
1 2/3 cup whole wheat flour  
1 cup rolled oats  
2 cups chopped cranberries (or dried cranberries)  
3/4 cup chopped walnuts

Preheat oven to 350 degrees F. Blend butter and sugar until fluffy. Add eggs and vanilla and mix well. In a separate bowl sift flour, baking soda, and salt together. Stir into butter mixture. Stir in the oats. Fold in nuts and cranberries. Drop spoonful of cookie dough onto ungreased cookie sheets, spaced at least 2 inches apart. These cookies spread. Bake 8 to 10 minutes in the preheated oven, until the edges are crisp and the centers appear dry. Cool on wire racks and enjoy.

**Oregon Beer Cheese Dip** By McCormick Spice from allrecipes.com. Oregon has more breweries per capita than any other state. Use your favorite brew, its tailgate ready in no time. Pretzels make the perfect dippers, along with crusty bread or chips. Servings 32, Yield 4 cups

4 tablespoons butter  
1/2 cup flour  
1 (1.12 ounce) package McCormick Cheesy Taco Seasoning Mix  
1 1/2 cups milk  
1 cup beer, such as an IPA from an Oregon Brewery or your favorite local IPA  
2 cups shredded Mexican cheese blend  
2 cups shredded Swiss cheese.

Melt butter in large saucepan on medium heat. Sprinkle with flour and Seasoning Mix. Cook and stir 1 minute. Slowly whisk in milk and beer until smooth. Stirring constantly, cook 5 minutes or until sauce starts to thicken. Gradually whisk in cheeses until melted and smooth. Transfer cheese mixture to warm fondue pot or slow cooker to keep warm, if desired.

What is an IPA? India Pale Ales (**IPAs**), which encompass numerous styles of **beer**, get their characteristics largely from hops and herbal, citrus or fruity flavors. They can be bitter and contain high alcohol levels, though the final product depends on the variety of hops used.

Easy Substitutions for IPA beer: Use chicken broth, ginger ale, white grape juice, or white wine if your recipe calls for a light beer. Use beef broth, chicken broth, mushroom stock, apple juice, apple cider, root beer, or coke instead of dark beer.

**Resources:** Websites Allrecipes.com; Justapinch.com; Tillamook.com/recipes