

Life in Balance

Last Saturday to Enjoy The Farmers' Market in Morgan City

Saturday is the last day to enjoy the Farmers' Market. The Farmers' Market is located between Steph's Drive Inn and Larry's Spring Chicken Inn. Whether you are looking for Tupperware, unique art, produce or many other items, take time to visit the Farmers' Market. The opening hours of the market are between 9 a.m. and 1 p.m.

If you have a moment on Saturday morning enjoy the fresh autumn air and have a look at what is offered at the Farmers' market. You'll have the opportunity for fresh produce and unique items that can't be found anywhere else.



Just a Pinch

Sharing Hometown Recipes, Cooking Tips and Coupons



By Janet Tharpe

Homemade Soft Pretzels That Can't Be Beat

"Every year, my husband and I have an Oktoberfest party. These little nuggets are a HUGE hit!"

Jess Weible
Virginia Beach, VA
(Pop. 433,746)



There's no two ways about it - I am a pretzel addict. I love pretzels, and in my days of working as a flight attendant, I would plan my layovers so that I'd have time to hit up one of the soft pretzel stands at the airport! So it came as a wonderful surprise when I tasted this recipe and realized that I like these pretzels BETTER than any I'd had before!

Salty and surprisingly light, these little guys are equally delicious served plain, with mustard or topped with a little melted cheese. They're at their best when still warm, but you can serve them cooled as well (do not store, as they lose their wonderful texture). Make plenty...they'll disappear fast!

See step-by-step photos of Jess Weible's Homemade Soft Pretzel recipe and thousands more recipes from other hometown Americans at:

www.justapinch.com/pretzels

You'll also find a meal planner and coupons for the recipe ingredients. Enjoy and remember, use "just a pinch..."

Homemade Soft Pretzels

-Janet

What You Need

- 1 1/2 c warm water
- 1 tbsp sugar
- 2 tsp kosher salt
- 1 pkg active dry yeast
- 4 1/2 c all-purpose flour
- 2 oz unsalted butter, melted
- vegetable oil, for pan
- 10 c water
- 2/3 c baking soda
- 1 lg egg yolk beaten with 1 tbsp water
- extra kosher or pretzel salt

Directions

- Combine water, sugar, & salt in the bowl of a stand mixer. Sprinkle yeast on top. Allow to sit for 5 minutes or until mixture begins to foam, then add the flour & butter.
- Using dough hook attachment, mix on low speed until well combined.

Knead dough until it's smooth & pulls away from sides of bowl (4-5 minutes).

- Remove from mixing bowl & place in a metal or glass bowl slightly oiled with vegetable oil. Cover & let sit in a warm place for about an hour or until dough has doubled in size.

- Preheat oven to 450° F. Line two baking sheets with parchment paper & lightly brush with vegetable oil. Set aside.

- Bring 10 cups of water & the baking soda to a rolling boil in a large saucepan.

- In the meantime, turn dough out onto a slightly oiled work surface & divide into about 16 twenty-four inch ropes. (If you want to make regular shaped pretzels at this point: make a U shape with the rope, holding ends of rope, cross them over

each other and press into the bottom of the U.) Or you can cut the ropes into 2 inch nuggets.

- As you work, place the nuggets or pretzels on your parchment baking sheet. When done, place about a whole rope's worth in the water at the same time. (For the regular pretzels, place 1 by 1 into the boiling water.) After 30 seconds, remove from water with a large slotted spatula and return to one of your baking sheets.

- Brush the top of each pretzel or nugget with your egg wash mixture and sprinkle with salt. (Cinnamon sugar is good too!!) Bake until dark golden brown in color, approximately 12-14 minutes. Let cool on a cooling rack for at least 5 minutes prior to serving.

Submitted by: Jess Weible, Virginia Beach, VA (Pop. 433,746) www.justapinch.com/pretzels

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Creation of the Utah Territory

Why did the US Congress have a problem in 1850? And why did the solution lead to the creation, 160 years ago this month, of a place called Utah?

The lands of the American Southwest - an area now covering California, Wyoming, Colorado, New Mexico, Arizona, Nevada, and Utah - were ceded to the United States following the end of the Mexican-American War in 1848. The problem confronting the US, however, was whether the new lands should become slave states or free. The union of the nation depended on keeping a balance, and for two years, Congress wrestled with the question.

In the absence of any decision, people living in those areas began to organize governing institutions of their own. Mormon leader Brigham Young established an independent government called Deseret, which stretched from the Rocky Mountains to the sea, and petitioned for statehood as a way to secure local independence.

Finally, members of Congress made a deal called the Compromise of 1850, wherein California was admitted to the Union as a free state, while the remaining lands became the New Mexico and Utah Territories, where people were allowed to decide the slavery issue for themselves. The compromise resolved

the immediate crisis, but only delayed the question of slavery in western lands.

Congress also refused to grant statehood to Deseret because the region lacked the required number of eligible voters. Moreover, they objected to the huge size of the proposed state. When selecting a name for the new territory, Congressional support was strong for the name Utah, after the indigenous Ute tribe. Mormons resisted naming the territory after a people they scorned and feared, but the name prevailed.

So, in September 1850, Congress passed a bill organizing the Utah Territory, rejecting the name Deseret and shrinking its presumptuous borders. However, President Millard Fillmore's politically astute selection of Brigham Young as governor made territorial status easier for the Mormons to accept. In gratitude, they named their new territorial capital and its surrounding county after him.

Utah would wait another 46 years for statehood.

Beehive Archive is a production of the Utah Humanities Council. Sources consulted in the creation of the Beehive Archive and past episodes may be found at www.utahhumanities.org/BeehiveArchive.htm

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