

YUMMY NORTHWEST

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HAPPY HOLIDAYS!

It seems to me it just isn't Christmas without lots of lovely things to eat and drink: candy canes, cookies, eggnog ...

Many of you readers have food-filled memories of happy holidays. Read page two to catch a glimpse of these.

This issue of Yummy Northwest is dedicated to the hundreds of people in Seattle who would have no Christmas dinner except for the efforts of Seattle's Union Gospel Mission.

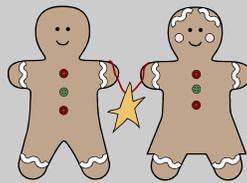
May everyone have enough to eat this holiday season!



Mission Possible: Feed the Hungry

Seattle's Union Gospel Mission (UGM) aims to give over a thousand homeless people something to eat on Christmas Day.

Guiding this massive task is Robert Shephard, head cook for the event, who says he doesn't need to read recipes to



Everybody celebrates

Of course, Christmas isn't the only December holiday. People also observe Hannukah and Kwanzaa.

During the eight days of Hannukah (yes, children get gifts each night!), also known as the Festival of Lights, candles are lit, a dreidel (top) is spun and the story is retold of the miracle of the Temple oil, which lasted longer than it reasonably should have. Food fried in oil, such as doughnuts and potato pancakes, are enjoyed.



During Kwanzaa, African-Americans focus on their African heritage and basic family values. In keeping with its harvest theme, earthy foods, such as sweet potato pie and peanut soup, are savored.



provide breakfast, lunch and dinner for the folks coming this year.

Robert, who managed a similar feat for Thanksgiving at UGM, plans to use 200 hams, 100 pounds of potatoes, 10 cases of #10 cans of sweet potatoes, 50 pounds of fresh vegetables, 100 pies and "all the fresh fruit we can get."

He is assisted by 125 volunteers, most of whom signed up to help six months ago. Church groups, eager individuals and people with nowhere else to go for the holiday arrive at the Men's Shelter for shifts that begin every two hours from 5 a.m. until 7 p.m.

Throughout the year, UGM serves an average of 1200 meals daily. It is the only Seattle mission that provides 3 meals a day, 7 days a week, 365 days a year.

UGM buys what doesn't come in through donations, so both food and money are appreciated as holiday gifts.

Seattle's Union Gospel Mission Men's Shelter
318 2nd Ave. (corner of 2nd & Washington)
Seattle, Wash.
(206) 723-0767
www.ugm.org



MAKE MINE CIDER

At our house, it just isn't Christmas if Mama doesn't make her spiced cider. I think it smells almost as good as it tastes! The good thing is that it's non-alcoholic, so kids can enjoy it, too. No matter where I've lived in the years since I've left home, I've always made it a point to make this around the holidays. It never fails to take me back home. It's super simple, too!

Mama's Apple Cider

1 cup brown sugar
2 cups water
1 tablespoon whole cloves
2 cinnamon sticks
1 ½ quarts apple juice
4 cups orange juice
½ cup lemon juice

In a large soup pot over medium-high heat, combine apple, orange and lemon juices.

In a small saucepan over medium heat, combine water, sugar, cinnamon and cloves. Cook until syrupy. Strain out cinnamon stick and cloves and add to juice mixture.

- M., Huntersville, N.C.



Sweet memories

My grandma, Gladys Walker, had a sugar cookie art extravaganza each Christmas, with card tables set up in the living room for me and other neighborhood children. Little dishes contained different colors of icing, little silver balls, multicolored sprinkles and sugar glitter. She turned out tray after tray of sugar cookies in the shapes of trees, stars, bells, Santas, reindeer ... and we children would decorate them carefully (with many surreptitious licks of frosting, plus we got to eat any broken cookies so some got broken accidentally on purpose). Then they would be placed in tins, and I would deliver them as presents to all the nice neighbors.

- S., Long Beach Peninsula, Wash.



What are you having for dinner?

For Christmas, I will be making my "famous" pumpkin cheesecake. When I worked on "The Young and the Restless," the announcer (Bern Bennett) would always make desserts. He was diabetic, loved to bake, but couldn't consume. So our office always had treats. The pumpkin cheesecake was a fall favorite.

-J., Los Angeles, Calif.

About a fancy recipe...nope, not this year. We'll be lucky if I roast another turkey, and we'll just spend our day praying for relief [from storms].

- S., Poultney, Vt.

Christmas dinner in my experience does not always equal great food; some of my best food experiences have been non-holiday events. ... [One of] my favorites is a pork and tomatilla stew.

- M., Seattle, Wash.



A chili Christmas Eve

Back in Iowa, my family has always had chili on Christmas Eve, along with assorted appetizers, rolls and a cheesecake for dessert. Well, Mom called it cheesecake, but it was really a kind of pudding in a graham-cracker crust.

The next day Mom had to cook the turkey that we took to her aunt's house. The family gathering included my grandparents, two uncles and their families, six great-aunts and two great-uncles plus their spouses, and all those children and grandchildren! These were small-town Iowa people, and the dishes they brought were very traditional – ham in addition to the turkey, stuffing, gravy, scalloped corn, two or three kinds of potatoes, green-bean casseroles, Jell-O salads and at least five kinds of homemade pie. Everything got smushed together on the plate, but it all tasted wonderful. And no alcohol in my aunt's house – she had signed the "pledge" during Prohibition!

- M., Seattle, Wash.



My Christmas memory on the farm

Our grandmother and grandfather, Agnes and Ben Smith, had all the children and grandchildren over every Christmas. Grandma had a brown bag made up for all 30 (Irish Catholics, you know!) grandchildren with oranges and walnuts inside. There were 7 aunts and uncles. Grandma also gave each grandchild \$10 for Christmas, which seemed like a million bucks! Her standard and delicious meal was pot roast and green beans (grown on the farm of course) with bacon, mashed potatoes and gravy, and angel food cake. Mmm. She also had Macadamia nuts, and one year we tallied the calories we had consumed and figured it was about 7,000! My mother gave us chocolate "Dutch wooden shoes" in our stocking every year. I wonder if they still make those? They were delicious.

- K., formerly of Kent, Wash.



About YUMMY NORTHWEST

Each monthly issue highlights an edible delight available in the Pacific Northwest.

Contact the editor

Comments, corrections, topic ideas and submissions are all most welcome.
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