



# The Helena Locavore

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Try roasting some potatoes in olive oil with shallots, rosemary, salt, and smoked paprika. Your taste buds will thank you.

## A Message for our Members

Calling all volunteers! We have a work day scheduled at Wild Sage Botanical Labyrinth and Gardens for THIS weekend, Saturday, October 11 from 8:00am-12:00pm. Want to help plant ground covers around the labyrinth? Bring your work gloves, and if you have them, a shovel and/or hand trowel, and a great attitude! Tasha will cook you lunch for all your hard work. She would appreciate knowing how many to cook for, so if you plan to help out, please call her or send her a text to let her know you are coming. Her number is 406-431-3626. Right now the forecast is calling for beautiful weather on

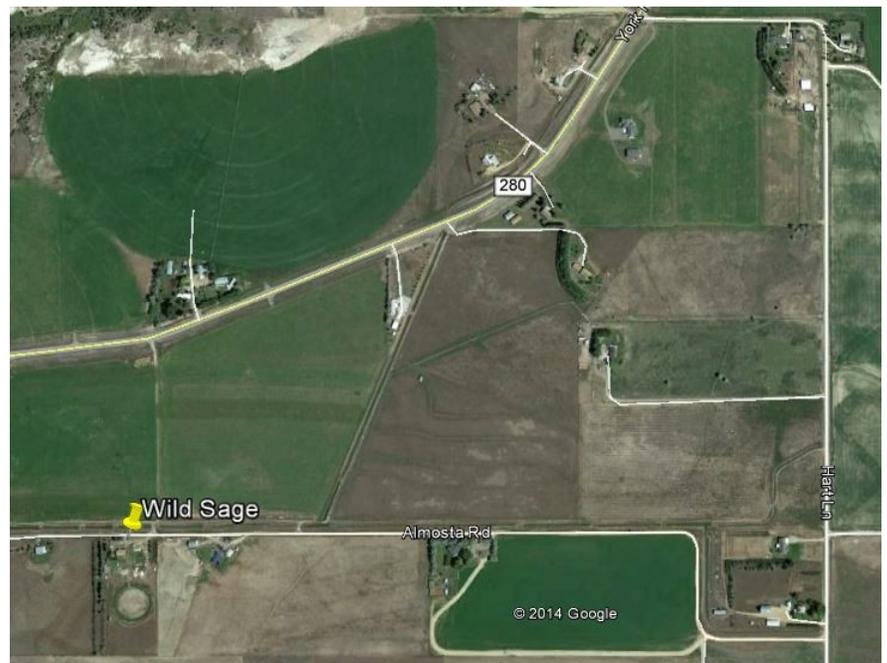
Saturday, but if things take a nasty turn for the worst, Tasha won't make you toil in rain, sleet, or snow. If things seem questionable, give her a call to find out if the planting is still on.

Need to know how to get there? Here's a handy-dandy map and directions:

From the Custer Exit on I-15, take York Road east for about 9.75 miles. You will

go past the Helena Regulating Reservoir. Hart Lane is about 3 miles past the turn off to the Regulating Reservoir. You will turn right onto Hart Lane. After about 0.75 miles, you will turn right onto Almosta Road. Wild Sage is about 3/4 mile down Almosta Road on the left.

I'll be traveling for the next couple of weeks, so no newsletter again until October 28!





## Old-fashioned Onion Rings

I've got 2 onion recipes for you to choose from, depending on how you like your onion rings: beer-battered or old-fashioned crunchy. Take your pick and enjoy!

1 large onion, cut into slices  
 1 1/4 cups flour  
 1 t. baking powder  
 1 t. salt  
 1 egg  
 1 cup milk, or more as needed  
 3/4 cup dry bread crumbs

Salt or seasoned salt to taste  
 1 quart oil for frying

In a small bowl, combine the flour, baking powder, and salt. Mix well. Dip the onion slices in the flour mixture until they are all coated. Set aside.

Whisk the egg and milk into the flour mixture. Dip the floured onion rings into the batter to coat, then place on a wire rack to drain until the batter stops dripping.

Spread the bread crumbs

into a shallow dish. Place rings into crumbs, scooping crumbs over the ring to coat. Give each ring a tap to remove excess crumbs. The coating should stick to the rings well. Repeat with the remaining rings.

Heat oil in deep fryer or skillet to 365 degrees F. Deep fry the rings 2 to 3 minutes, or until golden brown. Drain on paper towels. Season with salt or seasoned salt, and serve.

## Apple Doughnut Muffins

This recipe is from a food blog called "Annie's Eats." A healthier alternative to an apple fritter if you need breakfast on the go.

5 medium apples, peeled and coarsely chopped  
 1 1/2 T. butter  
 1 T. sugar  
 1/2 t. cinnamon  
 Pinch of salt

Melt butter in large skillet over medium heat. Stir in remaining ingredients and cook, stirring occasionally, 15-20 minutes or until apples are tender and browned. Remove from heat and cool.

1 cup oat flour\*  
 2/4 cup all-purpose flour  
 1/2 cup wheat flour  
 1/4 cup sugar  
 1/4 cup brown sugar

1 t. baking powder  
 1 t. baking soda  
 3/4 t. salt  
 1/4 t. cinnamon  
 1/4 t. nutmeg  
 6 T. butter, melted  
 3/4 cup milk  
 1/2 cup low-fat Greek yogurt or sour cream  
 1 large egg

Combine dry ingredients in a large bowl. Whisk wet ingredients together in a separate bowl. Pour wet ingredients into dry mix. Fold together until just incorporated. Fold in the apples.

Scoop batter into greased or paper-lined muffin pans until each muffin cup is about 2/3 full. Bake at 350 degrees F for about 20 minutes, or until the muffins are lightly browned

and just set. Let the muffins cool in the pans for about 5 minutes, then remove from pans to cool completely on a wire rack.

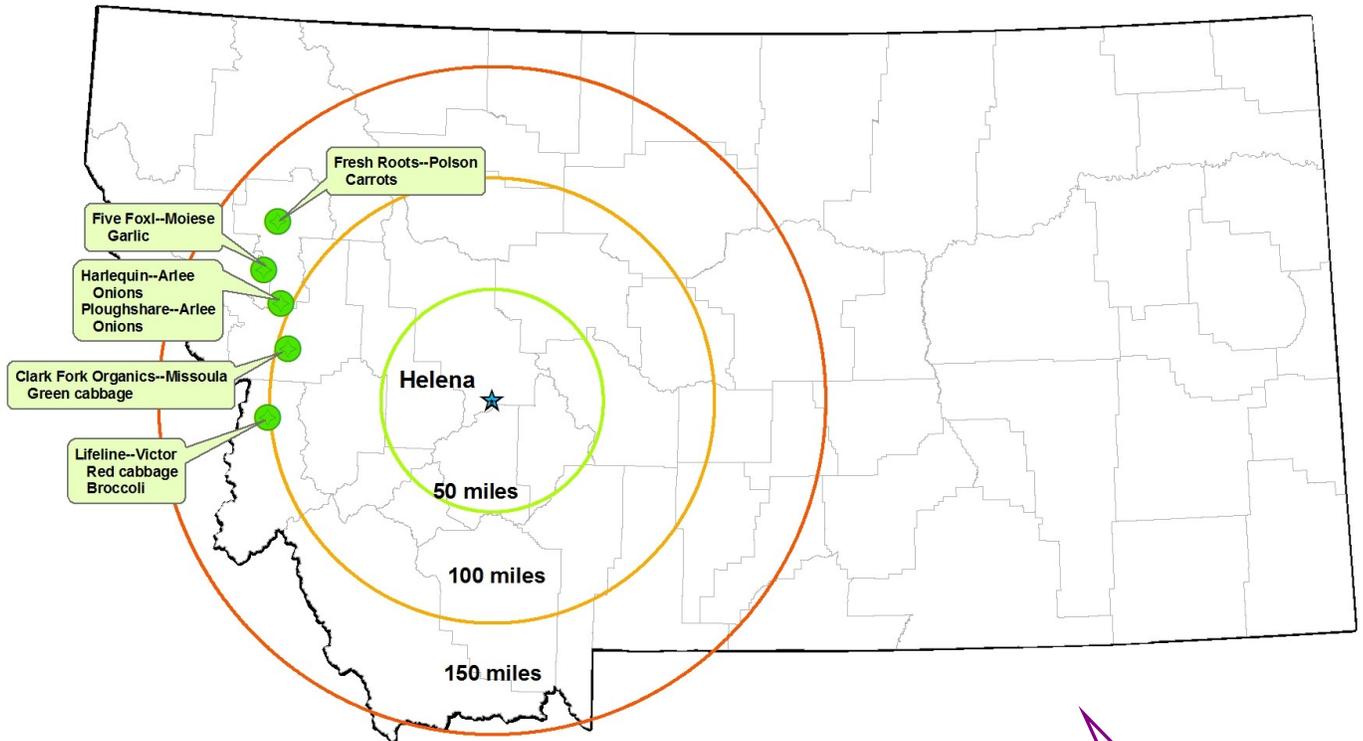
Now for the "doughnut" part. You need  
 3 T. butter  
 1/4 cup sugar  
 3/4 t. cinnamon  
 1/4 t. nutmeg

Melt the butter in a small bowl. Combine the sugar and spices in a separate bowl. Dip the top of a muffin in the melted butter, then into the cinnamon-sugar mixture. Repeat with remaining muffins.

\*If you don't have oat flour, you can make your own by grinding oatmeal (either old-fashioned or quick-cooking oats) in a food processor until they are finely ground.

# How Far Did My Food Travel?

How far did your food travel for Week 15? Check out the map below. Happy local eating!



## Beer-battered Onion Rings



The Battle of the Onion Rings continues with this beer-battered recipe. Which recipe do you prefer? Make them both and let your taste buds duke it out!

- 3 cups flour
- 2 eggs, separated
- 1 cup beer
- 4 T. melted butter
- 1 t. salt
- 3 large onions, sliced into rings

1 quart oil for frying (don't use olive oil—safflower, canola, or vegetable oil is fine)

Sift flour into a large bowl. In another large bowl, whisk egg yolks. Mix in beer, butter, and salt. Set aside 1 cup flour in a shallow bowl for dipping the onion rings. Slowly stir the egg yolk mixture into the remaining 2 cups flour and mix well. All the mix to stand at least 30 minutes and up to 1 hour.

Beat the egg whites until stiff peaks form. Gently combine with the batter.

Heat the oil in a deep fryer or skillet to 375 degrees F.

Coat each onion ring with flour and dip into the batter.

Deep fry the battered rings until golden brown. Drain on paper towels and sprinkle with additional salt.



## Veggie Nuggets

Did you see this recipe in Parade this weekend? I thought it sounded pretty good, so I thought I'd pass it along. You can substitute winter squash or even regular potatoes for the sweet potatoes if you like. The recipe calls for frozen cauliflower and spinach, but of course you can always use fresh.

2 medium sweet potatoes (or 1 large winter squash or 2 regular potatoes)

8 ounces chopped (frozen and thawed) cauliflower (about 1 1/2 to 2 cups)

10 ounces chopped (frozen and thawed) spinach

1 cup grated Parmesan cheese

4 eggs, divided

2 1/4 cups bread crumbs, divided

1 t. salt

3/4 t. garlic powder

1/4 t. cayenne pepper (optional)

Ketchup, honey mustard, or ranch dressing, for dipping

Preheat oven to 350 degrees F. Roast sweet potatoes, whole and unpeeled, until very tender, about 1 1/2 hours. Cool.

Peel sweet potatoes and mash flesh until smooth. Pulse cauliflower and spinach in a food processor until finely chopped. Add to sweet potatoes. Stir in 1/2 cup Parmesan, 1 egg, 3/4 cup bread

crumbs, salt, garlic powder, and cayenne, if using.

Line 2 cookie sheets with parchment paper. Beat remaining 3 eggs in a medium bowl. In shallow bowl, toss remaining 1 1/2 cups bread crumbs with remaining 1/2 cup Parmesan cheese.

Shape veggie mixture into 1 inch ball. Place on a plate in a single layer. Dip one nugget at a time into the egg, then roll in bread crumb mixture. Place on baking sheet.

Bake nuggets at 450 degrees F, flipping once, until golden brown, about 30 minutes.

Serve with dipping sauce of your choice.

## Contact Us



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**Thanks for eating  
like a local!**

Looking for more yummy recipes?  
Check out the following blog:  
[theblondetressedrunner.wordpress.com](http://theblondetressedrunner.wordpress.com)



Beer pretzel salted caramels