

# EDSO NEWS

November 2021



3102 SE Balboa Drive, Vancouver, Washington 98683

RESERVATION LINE: (503) 892-3082

[WWW.EDSO.Info](http://WWW.EDSO.Info)

## Event Reservations

Please call our reservation line (503) 892-3082 to make or cancel reservations for most events. Call by 11:59 pm of the cut-off date. The line is not monitored after the cut-off date. To reserve or cancel an event after the cut-off date, please do not call the reservation line. Instead, call Ann Stumpf at 503-459-6410 or email her at [stumpf3743@comcast.net](mailto:stumpf3743@comcast.net). She will notify you of the availability of seats. You are responsible for any restaurant charges for reservations not cancelled before the deadline. If edso is charged for your meals, please understand we will need to bill you.

## November Dining Event – La Carretta of Gresham on Tuesday, November 9th



Another EDSO in-person event is planned for November 9, Tuesday thanks to Wayne Schweinfest. A Mexican evening will help us get back

into in-person events in time for the holidays. La Carretta of Gresham Restaurant offers dinner menu choices beyond the quick basics. La Carretta is located at 660 NE Burnside, Gresham. ([LaCarrettaofGresham.com](http://LaCarrettaofGresham.com)). We meet at 6:30 and eat at 7 PM. Wayne says, you will make your dinner choice **at the restaurant (not when you call)** from the following:

- Combo Fajitas (chicken and steak),
- Chicken Mole (with traditional chocolate-tinged sauce, or
- Carne Asada burrito (using roasted beef), or
- Chicken Flautas.

The servings are substantial – you may not have room for the small ice cream finish. All this for member discounted price of \$22 (non-members price \$25.) A Wine Note: La Carretta does Not allow outside wines. The tradition is beer, and they have selections of Mexican and domestic beer. Three house wines are available, sold by the glass. To reserve your spot at this feast, call the EDSO reservation hotline by the evening of November 6.

## EDSO Winter Events.


Watch your email for more information about our EDSO Holiday Party and Our EDSO beach Weekend.

## News from Ron and Kristin Milio in Mérida, Yucatán, Mexico.

These two have been kind enough to provide us with a food report from their exciting new home area. Best of luck to them in their new house. Hopefully, their house is our house.

**Below is part of their report.** A continuation will appear next month.

We have lived here for almost 7 months now. We spent the first few months staying in various AirBnBs as our house renovation was finished. We are delighted to report that, since early August, we have been living in the house. If you enjoy our comments about the food in Mexico, feel free to drop us an email at [rkmilio@comcast.net](mailto:rkmilio@comcast.net)

- A local regional speciality is *Cochinita Pibil*, pork and onion marinated in bitter orange juice and slow roasted inside a banana leaf. You can eat it with tortillas or as a torta (sandwich on “francés,” a popular, soft French loaf), usually with pickled red onions on top. Word on the street is that it tastes even better if you buy it in a village, where it has been cooked underground. Many places in town sell *cochinita* on Sundays only, for the weekly family dinner.
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- *Cochinita* and other specialties are served at *loncherías* (breakfast/lunch cafes) that are very common, especially at the local mercados (markets). We live about a 10 minute walk from the *Mercado Santiago*. Have you ever watched the Netflix Series **Salt/Fat/Acid/Heat?** The *Acid* episode features several scenes of our new city, Mérida, and its environs. The scene where the host meets with a local to compare different salsas was filmed at **La Lupita**, one of the *loncherías* in Mercado Santiago.
  - Another specialty of *loncherías* and all kinds of restaurants locally is *aguas frescas* (fresh flavored fruit waters). Flavors include watermelon, papaya, dragonfruit, cucumber-lime, and our favorites, chaya with pineapple or chaya with lime. Chaya is a local spinach-like vegetable. Whirred up in a blender with ice, fruit juice, water, and sugar, it's such a refreshing drink.

We have eaten two fantastic meals at the Lebanese Club (*Club Libanés*), and hope to return there soon. They served all kinds Lebanese favorites, including dolmas (stuffed grape leaves; amazing cabbage leaves, too), hummus, baba ghanouj, spinach pies, pita, lentil and rice pilafs, and Ron's favorite, raw kibbeh [raw ground beef with onions, bulgur]. It used to be a buffet, but for now, they keep bringing you all the food you want, for about \$15/person. There has been a large Lebanese population in Merida and other parts of the area. **Ron and Kristin Milio**

# Recipes

If You are up North and not in Mexico You might be happy it is fall but feeling the chill. Enjoy this Game of Thrones recipe by the fire.

A New York Times article about pop-culture- inspired cookbooks contained an intriguing recipe for lemon cakes. Apparently lemon cakes feature strongly in the series “Game of Thrones” and fans of the series consider them a “pop-culture totem.” I was never into this series, but I sure do like lemons!

The NYT article included a recipe for these “cookieliike treats, dense in texture, bright in flavor, with a tart-sweet lemon glaze.” Perhaps you can impress a ”Game of Thrones” fan in your life, or just enjoy these yourselves. My adult children are not easy to impress, but I did like the cookies.

## Lady of Winterfell’s Lemon Cakes

### INGREDIENTS

Cakes:

1 and 2/3 cup flour  
3/4 cup gran. sugar  
6 TBS salted butter  
zest of 2 lemons,  
lemon juice  
1 large egg + 2 large egg yolks.

Glaze: 1/3 cup confec. sugar

Yield: About 32 cookies

Time: 40 minutes at 350 degrees, plus cooling on sheets.

### PREPARATION

Step 1. Heat Oven to 350 degrees. Line 2 baking sheets w parchment paper.

Step 2. In large bowl, combine flour and granulated sugar. Cut in the butter w a pastry blender or two knives to form crumb with some pebbly bits, then add zest. In another small bowl, combine egg and egg yolks. Add 1 TBS of lemon juice to egg mixture. Pour the egg mixture into the flour mixture, and gently stir until the dough comes together.

Step 3. Roll the dough into 1-inch balls and space 2 inches apart on the prepared sheets. Bake, 1 sheet at a time, until the tops look just set and dry for 12-13 minutes. Cool completely on the sheets.

Step 4. In a small bowl mix the confectioners sugar and 1 and 1/2 tsps. Lemon juice ( I needed more) and stir until smooth. Drizzle over cooled cookies. Let set.

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## Lunch or Dinner Out? Try Borikén Restaurant



Borikén is a unique restaurant find. This place is tiny, charming and homey – if your home is the countryside of Puerto Rico. With “el sabor de criollo” the food is Puerto Rican home cooking. The name is the ancient Taino Indian name for the Island. Check out the menu and times on their website: [borikenrestaurant.com](http://borikenrestaurant.com). This delightful island getaway is somehow located at 12800 SW Canyon Road, Beaverton 97005, next to a TV Repair shop. Owners Sam and Awa serve traditional dishes like Pernil (slow-roasted pork), mofongo, yellow rice, and amazing beans, and house made desserts at very reasonable prices. It seems popular and takes reservations. [\(503\) 596-3571](tel:5035963571) Their house-made bottled sauces are for sale too. Cocktails, bottled beer, basic wines available. Corkage fee.

## Wine Recommendation

Jeanne Kennedy reports that any of the wines in the Saviah Cellars Jack Collection are really good and less expensive too.

## EDSO Zoom Board Meeting

EDSO Zoom Board Meeting, November 11, 7:00 p.m. Board Members will receive Zoom invitation soon. Non-Board members who desire to attend, please contact Linda Jaress at [ljaress@yahoo.com](mailto:ljaress@yahoo.com) to be placed on the invitation list.

## From the Editor

Next month (December) is my last month as editor. So, an early thank you to all contributors, and especially to Ann Stumpf for formatting and editing the editor's text. I hope to post upcoming events info in December. I have even written to Santa and asked him to help me out. Hint, hint. Plus, I will include the rest of the Milio's wonderful Mexico travelogue. Here's hoping we will all enjoy a festive, healthy and active holiday season.



Happy Thanksgiving