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Elucidations & Elaborations

I like to read lists. I even like to create my own lists from time to time. Recently I read a list of things you don't need after age 50. Here is my list of 3 things that should not have been on that list.

- **A Costco membership.** It's not about the paper towels and toilet paper. Going to Costco is always a new and exciting adventure. It's always fun to go and just walk around. You still have to eat after 50 and they have a wonderful selection of food items.
- **Just one extra shot.** OK, it depends on a shot of what. Tequila? Espresso? Those may be more important than ever. Botox? Maybe not!
- **Another hobby.** Depends on how many (if any) you have already. After all, at some point you will have more time for "stuff".

Brain Teaser

Bill's number is 35, Mary's number is 57, and John's number is 47. What is Jane's number?

See page 3 for the answer.

Mission Accomplished?

Meriwether Lewis
(1774-1809)

William Clark
(1770-1838)

If this is not on the test, chances are that the youth of America have no clue who Captains Meriwether Lewis and William Clark were. It turns out that on November 15, 1805, this pair of brave

explorers along with the Corps of Volunteers for Northwestern Discovery reached the Pacific Coast at the mouth of the Columbia River. This was one year, six months, and one day after leaving St. Louis, Missouri in search of the legendary Northwest Passage to the sea.

Visionaries had long believed that the continent could be crossed using a ladder of rivers. They carried maps which indicated that the Missouri River, which flowed east, and the Columbia River were separated by a "ridge of hills" at the Continental Divide. They followed the Missouri River to its headwaters in what is now Montana. They soon found out that it was more than a ridge of hills! Instead, they found a daunting range of mountains which took weeks to cross. By the time they reached the Pacific, they knew that the Northwest Passage did not exist.

Even if they failed in their primary mission, they had found the source of the Missouri and the major tributaries of the Columbia. They had followed the Columbia to the sea and collected detailed information about the plants, animals, geography, and inhabitants of the region.

From the Kitchen

The gadget guy is back. This time with a very useful toy. We had a food scale that wasn't very good. The new scale is an EatSmart Precision Pro Digital Kitchen Scale. It weighs in grams, kilograms, ounces, or pounds and is actually a multifunction weighing apparatus for a variety of tasks around the house. It will weigh an object as light as 1 gram or up to 11 pounds. (How many times have you needed to weigh an oversized envelope or package you are mailing?)

One of the nicest features of this scale is the tare function. This allows you to automatically return the scale to zero at any time, enabling you to subtract the weight of a plate and know the weight of only the food on the plate. Cool!

This scale operates on 2 AAA batteries which, believe it or not, were included. The batteries supposedly last up to a year if you use the scale less than 3 times a day. That works for me. We'll see.

Peanut Butter: Regular or Low-Fat

Low fat does not always mean healthier food. Here is an example.

Reduced-fat peanut butter might seem like an easy way to save a few calories, but is it healthier? The manufacturer probably took out much of the fat in the peanuts and used soy protein and corn-syrup solids in its place. That means you're trading healthy fat for double the carbs, all to save a measly 19 calories.

Featured Recipe: Glen's Sunday Scramble

Scrambled eggs don't have to be boring. Yes, they are good with just eggs, a little milk, salt, and pepper then scrambled in a little butter. They can be even more interesting if you add a few more ingredients.

Look in the fridge and see what's there or start from scratch with your favorite ingredients. Here is my version for an easy Sunday morning breakfast.



Photo by Glen

4 large eggs
1/2 cup onion, coarsely chopped
1/2 cup green pepper, coarsely chopped
1 Roma tomato, coarsely chopped
1/2 cup mushrooms, sliced (optional)
1 to 2 tablespoons butter
1/2 cup cheddar cheese, shredded

Preheat oven to 350 degrees. Butter two individual au gratin dishes and set aside.

Melt butter in skillet and sauté onions, green pepper, and mushrooms (if using) until onion is clear, about 3 minutes. Whisk eggs with a tablespoon of milk until blended. Add tomatoes and stir. Add egg mixture to onions and green pepper in skillet. Shove eggs about with spatula, turning if necessary until eggs are firm. Divide eggs between au gratin dishes. Top with grated cheese. Place in oven until cheese is melted. Serve with sour cream, salsa, or pico de gallo. Makes 2 servings.

Note: Add a couple more eggs, vary the ingredients slightly, and you have a wonderful breakfast for 4. Add a side of bacon or sausage to make it perfect.

Words about Wine



It seems that every year at this time people start thinking about wines to serve with Thanksgiving dinner. If you are one of those who think that certain wines must be

paired with certain foods, you have a daunting task ahead of you. There are just too many different foods. To add to the problem, all these foods are usually on the table at the same time. It's not like you have one course followed by another.

Maybe the cabernet and the zinfandel should be saved for another occasion, but there are many other choices. Merlot and Chardonnay always come to mind but you can probably be more creative than that.

Here are some of my choices. Pinot Noir is light in body and low in alcohol. It will not overpower any food on the table. For something different, try a viognier. Even though it's not the most popular wine, its citrus, peach and apricot flavors will compliment the food.

You're not going to tell your guests what to bring--and they probably will bring something. Everyone has their own idea of what goes with Thanksgiving!

Don't forget the champagne. It seems to go with everything any time.

When it comes down to it, my philosophy is to drink what you like. Chances are that most of the wine will be consumed without food anyway! Whatever you have, enjoy. Happy Thanksgiving!

Beyond Pumpkin Pie

I love pumpkin pie. It seems that the Thanksgiving meal would not be complete without it, but this year how about trying something else, either in addition or in place of the pie.

Here is a recipe for you. (You even get to use that spring-form pan that you got for making cheesecake!)

This Pumpkin Cake with Candied Pecans and Bourbon Whipped Cream will delight all your guests. It is a spice-rich cake with the seasonal taste of pumpkin. Try dressing up the plated slices "Southern Style" with lightly sweetened whipped cream spiked with bourbon and vanilla. For a little extra decoration, top the whipped cream with a few candied pecans and a mint sprig. This is a decadent dessert, but not difficult to make.

You can find all the recipes on one page. Here is the link: [Spiced Pumpkin Cake with Candied Pecans and Bourbon Whipped Cream](#). Happy Thanksgiving!

A Final Word

Thanks again for reading the November edition of the newsletter. Enjoy the Thanksgiving holiday with family and friends. Pass the newsletter along if you know someone who might enjoy it. Send ideas, comments, and questions to Glen@Glen's Place.

Until next time remember:

A GOAL WITHOUT A PLAN
IS JUST A WISH

Answer to brain teaser: Jane's number is 30. (Sum of the values of the letters with A = 1, B = 2, etc.)

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