



Times Remembered
Betty A. Young
BYoung505@Outlook.Com

Valentine's Day

Valentine's Day is a night for lovers and since restaurants have limited seating and social distancing, I'm planning a celebration for me and Bob.

Bob always makes sure I have a dozen roses and my job is to make him a delicious meal. Some of his favorite foods are shrimp, lobster, steak and chocolate, so I'll make my version of beef tenderloin and something rich for dessert.

I'll probably set us a table in front of the fireplace and have a fire going... real romantic and intimate.

When I really want to please Bob, I prepare a good choice piece of meat, stuffed beef tenderloin.

Stuffed Beef Tenderloin

- (1) - 1 1/2 pound beef tenderloin
- 1 Tablespoon butter
- 1/4 cup chopped onion
- 1 cup chopped fresh mushrooms
- Salt and pepper to taste
- Soy sauce

1. Preheat oven to 400 degrees
2. Butterfly the beef tenderloin by cutting the beef lengthwise down the center to within 1/2 inch of the other side. Set the beef aside.

3. In a medium skillet, (I use iron,) melt the butter and cook the onions over low heat until tender, about 5 minutes. Add the mushrooms and cook over low heat about 5 minutes, until the liquid is reduced by half.

4. To stuff the tenderloin, open the beef and sprinkle the inside with salt and pepper and rub with the soy sauce. Spoon the mushroom mixture down the center of the tenderloin. Bring the two sides of the tenderloin up around the filling to meet. Using butcher string, tie the tenderloin together at 2 inch intervals. Place the tenderloin in a roasting pan. Roast for 45 minutes for medium rare with (150 degrees on a meat thermometer). Let stand 10 minutes before slicing. Serves 2

Garlic Mashed Potatoes

Garlic mashed potatoes are popular everywhere. They are great with beef.

- 3 medium baking potatoes, peeled and chopped

- 1 teaspoon salt
- 4 tablespoon (1/2 stick) butter at room temperature
- 1/4 cup sour cream at room temperature
- 1 teaspoon finely minced garlic
- Whole milk, start with 1 tablespoon, at room temperature or warmed, salt and pepper

1. In medium saucepan, cook the potatoes in salted water until tender, about 15 minutes. Drain the potatoes and return to the saucepan.

2. Add the butter, sour cream, and garlic. Mash potatoes with a potato masher or the back of a fork until the ingredients are blended. Add the milk, 1 tablespoon at a time, until the potatoes are of desired consistency. Taste and add salt and pepper if desired.

Asparagus

- 8-10 asparagus spears, washed. Snap off the tough ends.
- 1/2 cup olive oil
- 1/4 cup grated parmesan cheese
- 1 Tablespoon garlic salt

1. Preheat oven to 375 degrees
2. Place asparagus on a cookie sheet, then sprinkle and roll in olive oil, parmesan cheese and garlic salt.
3. Bake for 15 to 18 minutes watching until golden brown.

Dessert - Molten Lava Cakes

- 6- 1 ounce squares bittersweet chocolate
- 2- 1 ounce squares semi-sweet chocolate
- 10 tablespoons butter (1 1/4) sticks

- 1/2 cup all-purpose flour
- 1 1/2 cups confectionary sugar
- 3 large eggs
- 3 egg yolks
- 1 teaspoon vanilla extract
- Whipped cream or ice-cream

1. Preheat oven to 425 degrees, grease six- 6 ounce custard cups (Ramekins)

2. Melt the chocolates and butter in the microwave at full power for 1 minute until melted. If microwaving, check the chocolate after 1 minute, stir, and continue microwaving for 10 seconds, until melted. Transfer the chocolate mixture to a large mixing bowl.

3. Add the flour and sugar to the chocolate mixture. Stir in the eggs and egg yolks until the mixture is smooth. Stir in vanilla. Divide the batter evenly among the custard cups. Place the cups on the baking sheet

4. Bake for 13 minutes. The edges will be firm, but the center will be runny. Run a knife around the edges to loosen and invert onto dessert plates. Serve with whipped cream or ice cream.

Nothing says Valentine's Day like roses. To keep roses fresh cut them at an angle under water that way the rose soaks up water instead of air. That will prevent the droopy-head thing. Set your table with the best table cloth and dishes, then sprinkle the table with rose petals. Wrap your napkins with ivy and sprig of jasmine. Put tea lights or votive candles everywhere. If you have a fireplace, get it going.

HAVE A LOVELY VALENTINES DAY
- IT'S SUNDAY - 14 FEBRUARY!!

VETERANS ASSISTANCE OFFICER TO ASSIST AREA VETERANS

Mike Miller, field representative for the Kentucky Department of Veterans Affairs for Estill County is limited to work electronically and cannot meet in person due to COVID restriction. However, veterans and their families will still be provided assistance in filing claims for state and federal benefits. This is a free service provided by the state of Kentucky. For more information, or to answer any questions you may have please call Mike Miller, Field Representative II for the KDVA, at (859)-531-9144.

Keeping Troopers Closer to Home

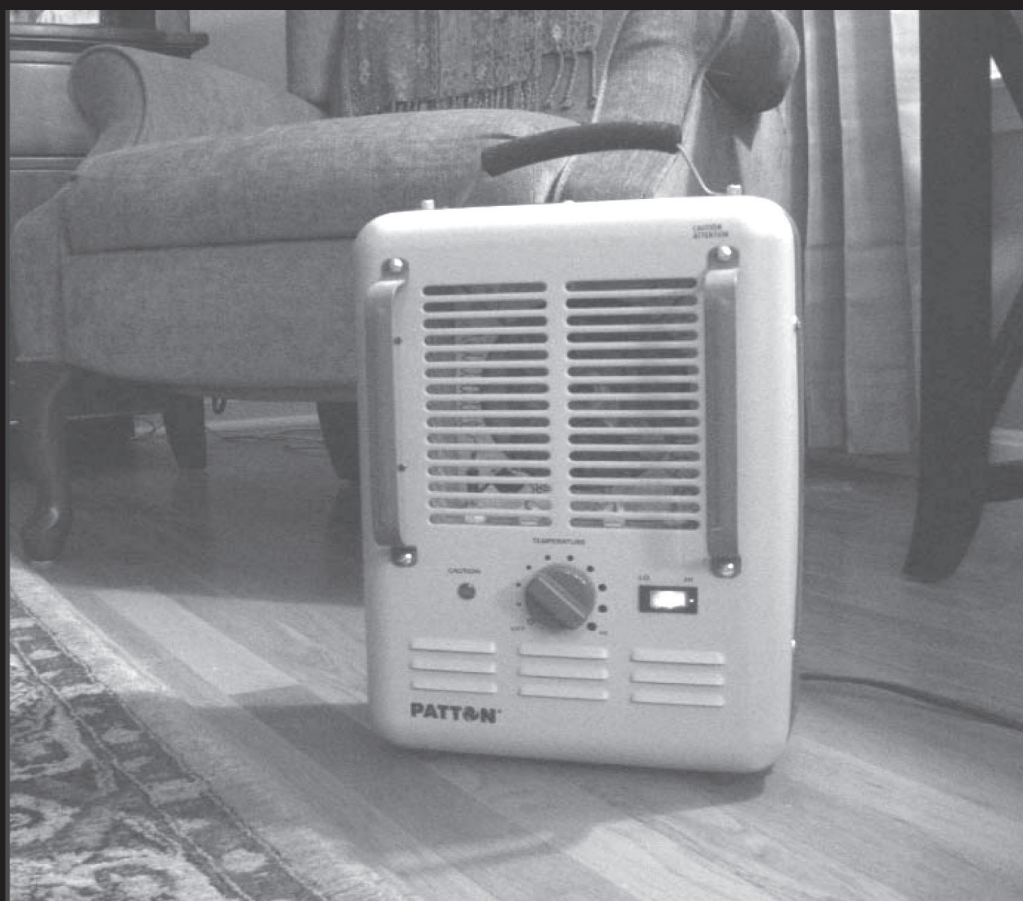
The Kentucky State Police (KSP) are accepting applications for their next academy class and changing protocol in an effort to offer troopers a post assignment closer to home. New troopers will have the opportunity to 'Pick Three' posts that they would prefer to be assigned to. In doing so, the new trooper would know that when they graduate the academy, they would be assigned to one of their top three selected posts.

Wednesday, March 3, 2021 at 1:30pm Blue Grass Chemical Destruction

Mark your calendar for the Kentucky Chemical Demilitarization Citizens' Advisory Commission and Chemical Destruction Community Advisory Board Meeting on Wednesday, March 3 at 1:30 p.m. This will be a Microsoft Teams virtual meeting due to the COVID-19 pandemic. This meeting is a good opportunity to learn more about the Blue Grass Chemical Agent-Destruction Pilot Plant at the Blue Grass Army Depot. For more information, or if you are interested in attending the meeting, call 6-2-6-8-9-4-4.

Did you know?

Space heaters are responsible for 44 percent of home heating fires, according to the National Fire Protection Association



- * Place your space heater on a level, non-flammable surface
- * Make sure your space heater has an auto shutoff function
- * Never pair your space heater with an extension cord
- * Never leave a space heater unattended when in use
- * Keep space heaters at least 3 ft. from all flammable items

A 1,500-watt space heater operating 12-hours a day will add about \$67 to your monthly bill



Ladies' Healthy Heart Couch Conversation

Thursday, February 18th
12 - 1 p.m.

Join us on Zoom from your phone, computer or tablet for a conversation with Dr. Paula Hollingsworth, Cardiologist, Baptist Health Lexington.

February is American Heart Month.

According to the American Heart Association, heart disease is the number one killer of women; that's approximately one woman every minute.



Please call 606-726-8185 to register for this free event and receive your Zoom invitation/event information.

All attendees will be entered in a gift basket drawing.

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