

New cooking column starting in paper

Welcome to the first edition of my cooking column, *Who's Cookin' Now?* I will be sharing my views and news of food and cooking, providing helpful information and appealing, delicious recipes, along with my favorite cooking tips and culinary techniques.

As a chef and culinary instructor, I am convinced cooking is absolutely essential to good meals and a healthy lifestyle, and it is my intent to inspire you in the kitchen. Whether you're cooking for two, a large family, or just for dinner guests, I hope to streamline and simplify cooking, making it enjoyably easier via this column.

Each month as you read *Who's Cookin' Now?*, I will look forward to your feedback. I know you will be investing your time, ingredients, and energy into any of the recipes you try, so I will want to hear about successes (and failures if they happen) as well as how you adapt the recipes to make them your own.

Suggestions, compliments, and constructive criticism will always be taken to heart and appreciated, and please feel free to provide me with "food for thought" for upcoming column topics—I will love hearing from you.

Now You're Cookin',
Chef Alli

Cooking with Herbs: Irresistibly Easy!

Summer's on its way and I'm thrilled. I've been dreaming of home grown vegetables and trips to the Farmer's Market, while the boys are already asking for pizza



on the grill – can't wait. And, I'm especially anxious to get back into my herb beds to get them in shape for the season, allowing me an escape from purchasing those crazy little packages of fresh herbs in the produce department at the grocery store. Talk about expensive – each one of those packages weighs less than an ounce and costs anywhere from \$3-\$5 – ouch! Yes, I think they're worth the cost in the dead of winter, but by now I'm anxious to have access to my herb bed for all my favorite summer recipes.

I have found not only is raising my own herbs more economical, its great therapy to get out there and dig in the dirt now and then.

My beds are home to some pretty common herbs but I like to have several "flavors" within each type. For instance, in my basil family, I like to have purple, Italian, and Thai as well as cinnamon basil. And, since I'm a mojito nut, it's a must to have lots of spearmint growing, but I also cultivate chocolate and orange mint, as well. (Please note – I recommend growing mint in pots ONLY – mint can quickly take over everything in your flower/herb beds!) Oregano,

thyme, chives and rosemary are other definite herb favorites, too, and they all have special spots in my beds. I wish I could grow cilantro successfully, since I love to make salsa fresca often, but as of last summer, I've not mastered it!

I'm often quizzed about how to use fresh herbs in my cooking classes, so we often spend a great deal of class time discussing all the ways to incorporate them.

I think it's great how the revival of culinary arts and various ethnic cuisines have caused a surge of renewed awareness in herbs.

Not only can herbs add great flavor to our dishes, it's good to know they add nary a calorie, nor one bit of fat – definitely a bonus when your intent is healthy cooking. And though there are no hard, fast rules when it comes to using fresh herbs in the kitchen, here are a few Chef Alli pointers and ideas to get you started:

The more you mince, the stronger the flavor.

Let's say you're adding cilantro to a salsa fresca and you're hoping that if you mince it finely enough your picky kids won't notice it in

the mix. This approach will backfire on you every time because with each cut you make, more essence (oil) is released from the cilantro, intensifying the flavor. Instead, chop the cilantro in larger pieces, which easily allows eaters to move it aside if they don't care for the flavor.

Fresh herbs are not equivalent in measure to dried herbs (spices).

Because fresh herbs are less concentrated in flavor than dried herbs, you are likely to need to add more herbs to your dish. All herbs and spices vary slightly, but a good starting place is this: 1 Tablespoon fresh = ½ tsp. dried. Start sparingly until you become familiar with the herb you are cooking with – aromatic oils aren't as appetizing if too much is used!

Extended cooking times reduce the flavor of fresh herbs.

Add fresh herbs to your skillet or pot just about 15 minutes before the cooking time is to be completed. As an example, when I make Pasta Fagioli for my family, I don't add the minced oregano until there's about 10-15 minutes of simmering time left.

Fresh herbs made fragrant bouquets for your kitchen counter.

When I'm not cooking with fresh herbs, I'm at least using them to make my kitchen smell great.

Place a large bouquet of fresh herbs into a tall mason jar filled with water; each time you pass by, simply rub the leaves to release their essence into the air – delightful!

Homemade herbal butters and cream cheeses make lovely host-

ess gifts.
One stick of unsalted butter (1/2 cup) or 1 block of cream cheese (8 oz) blended with 1 Tbs. finely minced fresh herbs is yummy! To serve, let come to room temperature for about 30 minutes, then serve on your favorite crackers or toasted baguette slices.

Please be sure to try the recipes I've included below. The tomato sauce is very flavorful and so quick to make - you will never purchase store-bought again!

Chef Alli's Meatballs and Tomato Basil Sauce over Polenta

Tomato Basil Sauce
2 strips bacon
1 small yellow onion, diced
2 cloves garlic, minced
28 oz. crushed tomatoes
1 1/3 cup minced fresh Italian parsley

1 Tbs. granulated sugar
½ - 1 tsp. red pepper flakes
¼ cup fresh basil, chiffonade
Kosher salt and freshly ground black pepper, to taste

In a saute pan or skillet, cook bacon until crispy over medium high heat; remove to a paper towel-lined plate to drain. In bacon drippings, cook onion over medium heat until translucent, approx. 6-8 minutes. Stir in garlic and continue to cook another 30 seconds, or just until garlic is fragrant. Add tomatoes, parsley, sugar, and pepper flakes. Simmer 15-20 minutes; stir in basil, then season sauce to taste with salt and pepper.

Meatballs

8 oz. ground sirloin
8 oz. ground turkey
1 egg
1 tsp. dried parsley
¼ cup grated parmesan
½ tsp. fennel seeds
1 slice white bread, torn into small pieces

Kosher salt and freshly ground black pepper, to taste
1 cup dried polenta

In a large mixing bowl, combine sirloin with turkey, egg, parsley, parmesan, fennel seeds and bread; mix well, then season with salt and pepper. Shape mixture into meatballs approx. 1 ½ - 2 inches in size and place into a greased and bake for 20 minutes for in preheated 450 degree F. oven, until nicely browned. Remove cooked meatballs from any fats that have accumulated in the baking dish and place into prepared Tomato Basil Sauce; simmer for 15-20 minutes. Meanwhile, cook 1 cup dried polenta according to package directions.

To serve, pour sauce over bowls of soft, warm polenta then top with meatballs; garnish with freshly shredded parmesan, if desired.

Who's Cookin' Now? I hope it's you!

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Lawrence company designs anti-cancer drugs

By Ron Wilson

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What is a kinase? Some kind of playing card? No, a kinase is a protein which controls nearly every type of cell function inside the human body. Each cell contains an intricate network of interacting kinases that act like a complex circuit. The human genome encodes 520 interacting kinases, so their regulation is very important. Conversely, their dysregulation, often through mutation, can cause over fifty human cancers and various immunological maladies. Now an innovative Kansas company is developing drugs to block runaway mutated kinases so as to fight cancer and other terrible diseases.

Dan Flynn is president and CEO of Deciphera Pharmaceuticals in Lawrence. Dan has rural roots, having grown up at Russell, population 4,567 people. Now, that's rural.

Flynn went to University of Kansas pharmacy school and later received his Ph.D. in medicinal chemistry from KU as well. His distinguished career in the pharmaceutical industry took him to Michigan, Illinois, Missouri, California, and Cambridge, Mass.

In 2003, he sought to pursue a new idea in how to design drugs which would selectively block cancer-causing kinases. That led to the creation of a biotech company he called Deciphera.

Why Deciphera? Flynn said, "We decipher kinases. We decipher what makes them disease-causing and then we decipher how to block them with drug candidates."

Investors in Lawrence and Kansas City supported him as did the Kansas Technology Enterprise Corporation, so he relocated the company to Lawrence. Proximity to KU was important for collaborations and for recruiting talented scientists who wished to remain in the area. Deciphera recently moved to a new

research and development laboratory in downtown Lawrence.

So what exactly is a kinase? "Kinases are a type of cell messenger," Flynn said.

Through intricate communication networks, kinases send signals inside the cells that tell them what to do, such as to grow, die, survive or respond to a variety of external stimuli. Kinases are regulated inside of cells by control of their shapes, Flynn explains. When a kinase adopts an OFF shape, the kinase does not send a signal. When it adopts an ON shape, the kinase sends a signal. Then most kinases are supposed to revert to the OFF shape.

"Kinases regulate their shapes by the use of embedded molecular switches with the kinase protein," Flynn said. "Mutational disruption of these switches often leads to a kinase that is no longer regulated. Such a mutated kinase can become oncogenic, and thereby cause cancer."

Deciphera has found a way to inhibit the malfunction of these oncogenic kinases in a highly selective way. "The approach has great promise for fighting cancer," Flynn said.

This high-tech company works with preeminent academic researchers around the world, from Harvard to the University of Milano in Italy. Deciphera is currently conducting clinical trials at various research universities on its most advanced drug for treatment of patients with refractory chronic myeloid leukemia.

Such research trials are long term and capital intensive. Flynn said, "It does require patient investors who are willing to take a long view."

Deciphera has 30 employees, of which 15 have Ph.D.s and another five or ten are graduate interns or post-docs. This creates a wonderful opportunity for our most well-educated young people to pursue their careers in Kansas.

Most importantly, this com-

pany can produce life-saving medicines.

"Our emphasis is on oncology and immunology," Flynn said. "Our most advanced work is in leukemia. Our other programs are advancing treatments for malignant melanoma, gastrointestinal stromal tumors, mast cell leukemia, invasive solid tumor cancers and a new program designed to protect cancer patients against bone metastases. We are also now advancing a program in autoimmune diseases. We have an advanced drug candidate which looks very promising in the

treatment of rheumatoid arthritis. It might also be used to treat multiple sclerosis, Lou Gehrig's disease, and other autoimmune diseases." For more information, go to www.deciphera.com.

What is a kinase? Now you know that it is a type of protein which controls cell growth, and can be blocked with novel drug candidates to fight cancer and immunological diseases. Dan Flynn and the people of Deciphera are making a difference by pursuing this high-tech medical research. For biotech in Kansas, it is an ace in the hole.

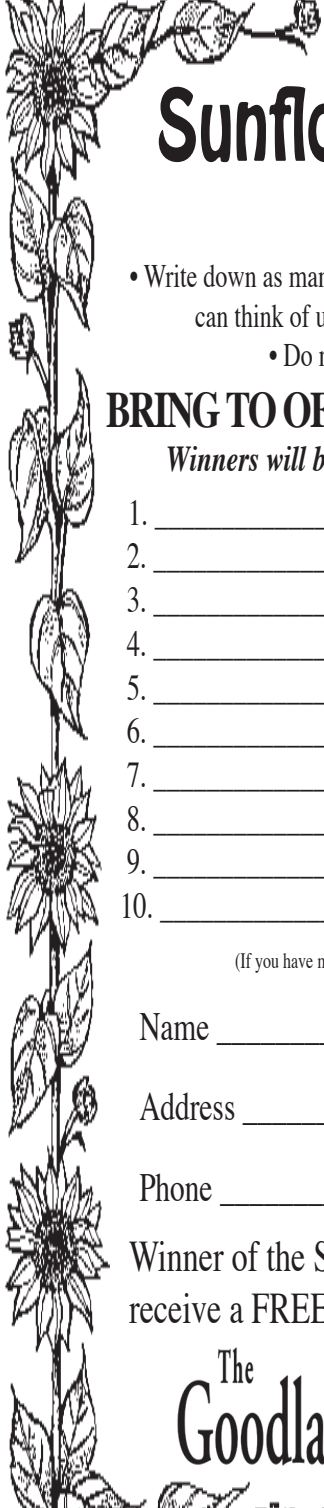
Governor's veto affects rural Kansas

With a stroke of his pen, Gov. Sam Brownback vetoed funding for the Kansas Arts Commission. How does that affect the people of northwest Kansas you ask? If you've ever attended a Western Plains Arts Association show in one of our nine corner counties of northwest Kansas, it was probably funded in some way through the Kansas Arts Commission. This state funded arts group was the funnel for federal money from the National Endowment for the Arts; regional money from Mid America Arts Alliance, and Kansas tax funding for the Kansas Touring Program.

So immediately, the Western Plains Arts Association lost \$9,000 in Kansas Touring Program funds. The Mid America Arts Alliance funding is in question, so that left our organization in a panic as we start our membership drive for the 2011-2012 year. What do we do? The board decided it was in the

best interest of the entire organization to have fewer, larger shows in central locations, rather than so many programs. The board regrets, that for this year at least, the outlying communities will probably not be able to host a show—either because of demanding technical requirements by the larger shows or poor attendance in the past.

Gov. Brownback's vision is that the arts will be privately funded. Whether that is possible or practical remains to be seen. We do hope that our citizens of northwest Kansas will "step up to the plate" and support the arts. Please support the association with a sponsorship this year if you possibly can. Individual memberships are great, but it takes the higher levels of support to bring quality programs to northwest Kansas. Contact your local representative, Eric Yonkey, 890-5877 before Sunday, July 10.



Sunflower Contest

RULES

- Write down as many words (at least 3 letters) that you can think of using the word "Asteraceae"
- Do not use proper names

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2. _____	12. _____
3. _____	13. _____
4. _____	14. _____
5. _____	15. _____
6. _____	16. _____
7. _____	17. _____
8. _____	18. _____
9. _____	19. _____
10. _____	20. _____

(If you have more than 20, please attach an additional sheet)

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Time to call the moving company?

New listings...

1506 Colorado....Spacious family-size home. This ranch offers large living room, dining room with doors to covered patio, kitchen with appliances, three bedrooms, 1 3/4 baths and laundry on the main floor. Basement is finished with family room, two bedrooms, office and storage area. Double car attached garage, beautifully landscaped yard with sprinkler system, central heat and air make this an attractive buy at \$99,000. Please call Donna Moore 785-899-2328 or cell 785-899-8089 to view this home today.

802 E. 5th....Corner lot with circular drive invites you to the remodeled home. Main floor boasts open concept with living room with fireplace, dining room and kitchen, three bedrooms, remodeled bath. The basement has family room, two more bedrooms, bath and laundry room. Attached garage, central heat and air. \$79,500. Please contact Donna Moore to tour this home today 785-899-2328 or cell 785-899-8089.

1614 Center....Great investment property or starter home. This two bedroom home offers hardwood floors, eat-in kitchen, attached garage, central heat and air. Reasonably priced at \$42,500. Please call Donna to see this home.

New lowered price...915 Arcade....Was \$142,000...NOW \$137,000. This multi-level home offers a unique floor plan for the buyer wanting a large house and a big 4+ car garage. 4 bedrooms, formal living room and dining room, large kitchen, family room with fireplace, rec room, office area, two baths (one with jetted tub), hot water heat, central air, fenced yard with sprinkler system. Don't miss out of this home! Please let Donna show you this home today. 785-899-2328 or cell 785-899-8089.

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