

Dining • Dining •

**Vanilla Bean "Ice Cream"**

Cold, smooth and creamy with the exotic flavor of vanilla bean! Add a scoop to any dessert or enjoy alone.  
 Yields: 1 quart  
 Special Equipment: Ice cream maker or Kitchen Aid frozen ice cream bowl attachment with paddle, glass pitcher.

**INGREDIENTS**

- 2 cups regular coconut milk\*
- 1 1/2 cups light coconut milk, chilled
- 1/2 cup agave nectar or clover honey
- 6 large organic egg yolks
- 1 tablespoon real vanilla extract or 2 vanilla beans

**DIRECTIONS**

In a saucepan, heat 1 2/3 cup regular coconut milk, 1/2 cup agave nectar or honey over medium-high heat until it simmers (170 degrees). If using a vanilla bean, split lengthwise and use the back of a knife to scrape out the seeds. Put the seeds and pod into the coconut milk to simmer. After it comes to a simmer, remove vanilla bean pods and set aside.  
 In an electric stand mixer, with whisk attachment, beat egg yolks on medium-high about 5 minutes until pale and light and a thick ribbon runs off the whisk when lifted. Reduce to low speed and slowly drizzle in 1 cup of hot coconut milk/honey.  
 Pour egg/coconut milk mixture back into saucepan of the remaining coconut milk, remove vanilla bean pod. Whisk constantly over medium-high heat until it is thick and at 180 degrees. Dip a spoon into mixture and wipe a clean line across the middle of the spoon. If the line stays clean and the mixture does not run down into the line, it's done, otherwise continue to cook a little longer and test every minute. If you overcook it, it will curdle.  
 Add remaining chilled light coconut milk, 1 tablespoon real vanilla extract if you did not use vanilla beans and whisk. Pour into a glass pitcher, cover mixture and refrigerate 6 hours or until 38 degrees. Be sure you have a thermometer in your refrigerator and keep it between 34-38 degrees-over 40 degrees is optimal temperature for bacterial growth!  
 Follow the manufacturer's ice cream machine instructions to churn. When finished churning, pour into plastic containers and freeze for 8 hours or overnight for premium ice cream texture, or eat a little of it now, which will be soft serve consistency. Scoop and enjoy!  
 \*Note: you can use all light coconut milk, but the texture will not be as creamy.

This recipes are available on our web site.

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**SPORTS**

**LAMORINDA'S LOCAL SPORTS NEWS**

**Look Out for Highway 24**

*Lamorinda Teams Rock the Blocks at County Meet*  
 By Jean Follmer



lane 1 - Barbara Lanier, lane 2 - Ashley Jennings, lane 3 - Shelby Burman, lane 4 - Dana Holt, lane 5 - Lauren Bugglin, lane 6 - Alex Toohey, lane 7 - Mia Tittle

Lamorinda swimmers made waves at the 49th Annual Contra Costa County swim meet at Acalanes High School last weekend. Local teams took five Top 10 placements in Division I alone and recorded eight High Point winners.

Orinda Country Club (OCC) finished in second this year, bumping Springbrook from their 2008 finish to this year's third place. Maddie Murphy was an essential contributor to OCC's success, taking first in the 11/12 girl's individual medley. High Point winner Charlie Wisner, 14, followed Murphy with an IM win, smashing a 1985 meet record by nearly three seconds with a time 53.83. Wisner turned on the burners again in the next event to break a 1996 meet record with a time of 26.91 in the 50-yard breaststroke preliminaries. The OCC 7/8 Girls won both the medley and the freestyle relays with team members Ryan Hagglund, Paige Hanley, Sophie Cortese and High Point Winner Sophia Kosturos.

Springbrook's third place finish came with help from twelve-year-old Nicholas Inserra first place in freestyle and butterfly, just narrowly missing meet records in both. Inserra anchored his free-relay team to take first place and a meet record

of 1:44.76 with teammates Brady Aiello, Dylan Foster and Nathan Brickman. A disappointing disqualification in the medley relay kept Inserra from the seeded fourth blue medal.

Lafayette-Moraga Youth Association (LMYA) leapt from tenth in Division II last year to seventh in Division I. Alec Baker placed first in the 7/8 boys 25-yard freestyle to just miss a meet record with a time of 13.86. Baker turned on the gas again to win the 25-yard butterfly for the High Point trophy. Baker's medley relay with teammates Jack Larsen, Christopher Rogers and Reider Martinsen secured Baker a third blue medal.

Despite a tenth place finish, Moraga Country Club did boast a few first place finishes. Dana Holt, 16, took home four blue medals with wins in the 100-yard freestyle and backstroke, medley relay with teammates Alexandra Toohey, Lindsey Mascheroni and Madeleine Smith and the freestyle relay with Smith, Toohey and Lizzie Peiros.

Moraga Valley's strength came in 8-year-old Megan Colpo, who won both the 25-yard breaststroke (18.25) and backstroke (17.66) for the High Point tie with Kosturos of OCC.



Chase Lanier (13), Sam Anderson (14), Megan Dietrich (13) and Katie Greer (14) Photo Doug Kohen



Photos Doug Kohen



High point winner Nicholas Inserra, Springbrook Swim Club



Andi Mishimi, Moraga Ranch Swim Club Photo Doug Kohen

Lamorinda High Point Winners		
6 & under Girls	Molly Midthun, Campolindo Cabana Club	37
	(Midthun tied Anelise Kiepen of Round Hill CC for High Point)	
7/8 Girls	Megan Colpo, Moraga Valley Pool	40
	Sophia Kosturos, Orinda Country Club	40
7/8 Boys	Alec Baker, LMYA	40
	(Baker tied Ryan Iannaccone of ECS for High Point)	
9/10 Boys	Stephen Schmidt, Orinda Country Club	40
11/12 Boys	Nicholas Inserra, Springbrook Swim Team	40
13/14 Boys	Charlie Wisner, Orinda Country Club	40
15/18 Girls	Dana Holt, Moraga Country Club	40

Lamorinda Team Points		
<b>Division I</b>		
2 <sup>nd</sup> Place	Orinda Country Club	1,186
3 <sup>rd</sup> Place	Springbrook Swim Team	948
7 <sup>th</sup> Place	Lafayette Moraga Youth Association	588
9 <sup>th</sup> Place	Sleepy Hollow Legends	556.50
10 <sup>th</sup> Place	Moraga Country Club	541.50
<b>Division II</b>		
4 <sup>th</sup> Place	Moraga Ranch Swim Team	217.50
5 <sup>th</sup> Place	Miramonte Swim Club	197.50
6 <sup>th</sup> Place	Sun Valley Swim Team	180.50
9 <sup>th</sup> Place	Rancho Colorados Swim Team	124
11 <sup>th</sup> Place	Campolindo Cabana Club	106
12 <sup>th</sup> Place	Moraga Valley Pool Swim Team	105
14 <sup>th</sup> Place	Orinda Park Pool Swim Team	85.50
15 <sup>th</sup> Place	Meadow Swim & Tennis Club	85
<b>Division III</b>		
10 <sup>th</sup> Place	Oakwood Athletic Club	27
11 <sup>th</sup> Place	Las Trampas Swim Team	21

**Twist, Flip to the Top**

*Sherman Swim School Holds Annual Invitational Dive Meet*



Asher Lichtig receiving silver medal from Steve Sherman Photo Ohlen Alexander



Maren Kjell of Moraga Photo Ohlen Alexander

Divers from around Northern California traveled to Sherman Swim School in Lafayette last weekend to compete in the 49th Annual Sherman Invitational Diving Meet. The one-meter springboard witnessed 66 divers of all ages--from seven year old Jayden Briggs,

winner of the 7 & under boy's event, to International Masters Diving Champion Bob Sherman, winner of the 80-89 year old contest.

While out-of-towners had a good run, local divers proved to be tough competition. Sherman Diver Asher Lichtig placed second with 286.15 points in the 14-15 year-old Junior Olympic Boys despite practicing only twice in the last month. Although competition is fierce, this invitational event is a welcoming to novice divers, called "Future Champions." These new divers compete in one of five Future Champion levels and skills include forward and backward jumps, or forward and backward falling entries, "line-ups."

**Submitted by Steve Sherman**

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Joe Zachrin, a Moraga resident, competed and won his first diving meet with 107.2 points. Zachrin performed four skills in two dives.

Among the local Masters from Sherman Divers -- those 20 years and older -- Marie Estorge of Walnut Creek dived one of her best meets, taking second place in the women's 40-49 age group with 311.70 points. Mike McGowan of Berkeley won in the men's 60-69 age group with 284.55.