

Mauricio's Pan Integral con Cervesa

By Susie Iventosch



Mauricio's little grass hut restaurant

Photos Susie Iventosch

Last month my husband and I had the opportunity to visit the Sian Ka'an Biosphere Reserve just south of Tulum on the Yucatan Peninsula. After driving down a very bumpy dirt road for about an hour and a half, with an amazing view of the Caribbean to our east and a view of the enormous lagoon and mangrove channels to the west, we arrived at our accommodations, Sol Caribe.

Approximately 1.3 million acres in size, Sian Ka'an (translated from Mayan as "where the sky is born" or "gift from the sky") was established in 1986 as part of UNESCO's Man and the Biosphere Program. It is the largest protected area in the Mexican Caribbean and is home to 336 known bird species, 103 mammal species and dozens of Mayan archaeological sites. In fact, many of the locals actually still speak the Mayan language in addition to Spanish.

Scuba diving is not allowed in the Sian Ka'an, but it is a famous destination for fly fishing for bone fish, tarpon and permit (a very elusive fish and a prize catch, though one I'd never heard of before this

trip) in the salt water lagoons and in the ocean. Barracuda and dolphins also swim in the lagoon, and they say there are crocodiles, though we never saw them as we kayaked along the lagoon. Thank goodness!

The wind was on high alert during our trip, so the fishing was not so good. As I am not really a fisherman in any case, I enjoyed the sun and the excellent food that Chef Mauricio and his staff prepared for us, three times a day, all in the middle of nowhere!

Each morning at breakfast, they put out this amazing homemade bread that we enjoyed with jam. On the last day of our stay I inquired as to the recipe and Mauricio gladly obliged. As is the case in every foreign country, the measurements are in the metric system, so it took me a while to gather the nerve to make the conversions. Finally, here they are for you try at home. Even though the main liquid for this recipe is beer, you won't even taste it when you eat it, so no worries if you wish to indulge for breakfast!

Mauricio's Pan Integral con Cervesa

(Makes one loaf)



INGREDIENTS

- 4 cups flour (1 cup whole wheat, 3 cups white)
- 1 tablespoon sugar
- 1 packet yeast
- 1 1/2 teaspoon salt
- One 12-ounce bottle of beer (Coors, Pacifico or other light lager)
- 1/4 cup water (or as much as you need to incorporate flour into dough)
- 1/4 cup millet
- 1/4 cup oats
- 1/4 cup pumpkin seeds
- 1/4 cup sunflower seeds

DIRECTIONS

In a large bowl, place whole wheat flour, 2 1/2 cups of the white flour, sugar, yeast, salt, millet, oats, pumpkin seeds and sunflower seeds. Mix well. Stir in beer and mix into dough. Add remaining 1/2 cup white flour and water as needed to form dough into ball.

Turn dough out onto a floured surface and knead for about 5 minutes. Place in a greased bowl and cover with a damp cloth. Allow to rise until double, approximately 30 minutes to 1 hour.

When the dough has risen, form into a loaf and place on a baking sheet sprinkled with cornmeal (to prevent sticking). Brush loaf with water and let rest for about 10 minutes. Then bake at 325 degrees for 20 to 25 minutes, or until crust is golden brown and dough appears to be baked. Cool and slice. This bread is great for dinner, but also delicious with butter and jam for breakfast!

Susie Iventosch is the author of Tax Bites and Tasty Morsels, which can be found at Across the Way in Moraga, www.amazon.com, and www.taxbites.net. Susie can be reached at suziventosch@gmail.com.
This recipe can be found on our website:
www.lamorindaweekly.com. If you would like to share your favorite recipe with Susie please contact her by email or call our office at (925) 377-0977.



Hats Off to St. Perpetua School Class of '13

Submitted by Monica Chappell



Photo Christine Curran

Thirty-one eighth-grade students graduated Saturday, June 1 from St. Perpetua School after celebrating one last Mass together. Many of the students have been classmates since their kindergarten year. Leading up to graduation day, the students shared an off-campus retreat, trip to

six-flags and memories night, which reflected on their past nine years together at St. P's. Graduates will go on to attend top-notch area high schools including Acalanes, Campolindo, Carondelet, De La Salle, Miramonte, Head Royce and Webb.

As Seen in Lamorinda: Get Along, Lil' Doggie!



Photo Cathy Dausman

It was roundup time recently as cowboys on horseback moved cattle forward across the sun-drenched Moraga hillside.

Lamorinda Weekly

is an independent publication, produced by and for the residents of Lafayette, Moraga and Orinda, CA

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letters@lamorindaweekly.com
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schooldesk@lamorindaweekly.com
 General interest stories/Community Service:
storydesk@lamorindaweekly.com
Staff Writers:
 Sophie Braccini; sophie@lamorindaweekly.com
 Cathy Tyson; cathy@lamorindaweekly.com
 Laurie Snyder; laurie@lamorindaweekly.com
 Cathy Dausman; cathy.d@lamorindaweekly.com
 Sports Editor: Caitlin Graveson
sportsdesk@lamorindaweekly.com
 Teen Coach: Cynthia Brian;
cynthia@lamorindaweekly.com
 Food: Susie Iventosch; suziventosch@gmail.com
Contributing Writers: Andrea A. Firth, Conrad Bassett, Moya Stone, Rosylyn Aragones Stenzel, Michael Sakoda, Symon Tryzna, Rebecca Eckland, Marissa Harnett, Lou Fancher, Nick Marnell, David Killam, Lian Walden, Barry Hunau (cartoonist)
Photos: Tod Fierner, Ohlen Alexander, Kevin Nguyen
Layout/Graphics: Andy Scheck, Jaya Griggs.
 Printed in CA.
Lamorinda Weekly,
 P.O. Box 6133, Moraga, CA 94570-6133
 Phone: 925-377-0977; Fax: 1-800-690-8136;
 email: info@lamorindaweekly.com
www.lamorindaweekly.com

Editor: Lee Borrowman;
lee@lamorindaweekly.com
Associate Editor: Jennifer Wake;
jennifer@lamorindaweekly.com
Advertising: 925-377-0977
wendy@lamorindaweekly.com
 Circulation: 26,600 printed copies; delivered to homes & businesses in Lamorinda.

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