

Flaky, fluffy buttermilk biscuits a perfect jam accompaniment



Photo Susie Iventosch

By Susie Iventosch

It's fresh fruit season, which also means it's going to be canning season soon. I have never buckled down to make a production of homemade fresh fruit jams, instead relying on my friend who always sends us a care package of her homemade jams. But I am definitely going to be making huckleberry jam this summer. Here is an amazingly fluffy buttermilk biscuit for serving up your homemade jam, and if you like to give jam as a gift, a batch of these biscuits would make your friends and family extra happy!

The key to making flaky, fluffy biscuits is to use cold butter. Take it right out of the refrigerator just when you're ready to use it in the recipe. During the baking process, the steam from cold butter as it melts creates pockets in the dough, which help make the biscuit flaky. Handle the dough as little as possible, because the more the dough is handled, the warmer the butter becomes. I like to use a pastry cutter for cutting the butter into the flour instead of using my fingertips for biscuits, because it results in the butter staying colder for longer.

Buttermilk Biscuits

(Makes 6-8)

INGREDIENTS

1 ½ cups all-purpose flour
1 tablespoon granulated sugar
½ teaspoon salt
2 teaspoons baking powder
¼ teaspoon cream of tartar
6 tablespoons COLD butter
½ cup + 2 tablespoons buttermilk
1 tablespoon Egg Beaters (or any liquid egg whites)

DIRECTIONS

Preheat oven to 450 F. Cover a baking sheet with parchment paper.

Place flour, sugar, salt, baking powder and cream of tartar in a large bowl. Mix well with a whisk.

Cut butter into small pieces with a knife and put directly onto the dry mixture. Using a pastry cutter, cut the butter into the dries until the butter is the size of small peas.

Mix the Egg Beaters into the buttermilk and mix into the dries. Form into a ball and place on a floured board. Flatten to about ¾ inch in thickness. Cut out the biscuits with a 2 or 2 ½-inch biscuit cutter. Gather remaining dough, and continue until all of the dough is used up.

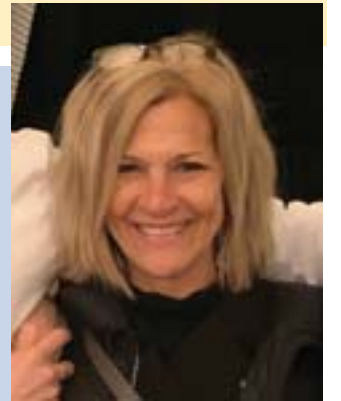
Place the cut biscuits onto the baking sheet and bake for 10 minutes, or until golden brown on the outside and done on the inside. Serve immediately with your favorite jam! Store any extra biscuits in an airtight container and reheat in a toaster oven just until warm and crispy.

If your dough seems too dry to incorporate all the flour, add more buttermilk as needed, a tiny bit at a time. You don't want the dough to get too wet.

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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.



STARS 2000's ABBA-solutely fun production of 'Mama Mia!'



Photo provided

Submitted by Brian Purcell

Stars 2000, which includes 15 Lamorinda cast members, will bring the storytelling magic of

ABBA'S timeless songs and the enchanting tale of love, laughter and friendship to the stage starting July 19 at the Diablo Valley Performing Arts Center.

On the eve of her wedding, a daughter's quest to discover her father's identity brings three men from her mother's past back to an is-

land paradise. Featuring over 20 ABBA hits, including "Mamma Mia," "Dancing Queen" and "Take a Chance on Me," this high-spirited, feel-

good musical will have audience members singing and dancing in the aisles. The show runs from July 19 through Aug. 4. For tickets, visit www.stars2000.org.

Stars 2000, a nonprofit organization was created in 1992 so that local aspiring young actors could refine their theatrical skills and talent, while performing in a full-scale, Broadway-style musical.

Lamorinda-based cast members and their characters include:

Nora Schultz - Ensemble
Jocie Purcell - Donna
Kacie Hennessy - Tanya
Olivia Harris - Ensemble
Maddie Ikeya - Ensemble
Kiera Glenn - Ali/Lisa
Tess Hornbeck - Ali/Lisa
Maggie Heiskell - Donna
Max Younger - Sky
Sabrina Gottlieb - Sophie
Matthew Shieh - Ensemble
Jessica Noal - Ensemble
Kat Daniel - Ensemble
Sydney Lauer - Ensemble
Kai Echeverria - Ensemble



Photo provided

Students perform at Music Teachers Association convention

Submitted by Chris Casado

Lamorinda piano teacher Katharine Austin had six of her students perform at the Music Teachers Association of California convention in San

Jose over the June 29 weekend. The kids were among 250 selected from over 23,000 in the State of California to perform based on the quality of their Certificate of Merit evaluation that took place earlier in the year.

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A bitter subject at Sweet Thursdays author talk

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"It's really only the tip of the iceberg that gets counted," said Chang in a phone interview. "It's an underground thing ... they [victims of trafficking] can be boys, girls, men, women. You don't need to be moved across borders to be trafficked," added Chang,

referring to the two definitions of human trafficking under Section 103 of the Victims of Trafficking and Violence Protection Act of 2000.

HEAT Watch also acknowledges the difficulties of acquiring reliable statistics, part of the reason being that human trafficking can also intersect with other types of sexual assault, including do-

mestic violence, make it harder to clearly identify trafficking victims.

Living in an area where human trafficking is particularly widespread makes "The White Devil's Daughters" by Julia Flynn Siler a compelling book to read. Siler narrates a dark moment in the history of San Francisco and reminds us of the importance to take a

brave step to help those in need in our communities.

If you or someone you know is a victim of human trafficking, contact the National Human Trafficking Hotline at 1-888-373-7888 or text "BeFree" to 233733. If you want to make an anonymous report, call the HEAT Watch Tip Line: (510) 208-4959. If you want to support

the fight against human trafficking, you can donate to the Polaris Project, an anti-human trafficking organization which operates the National Human Trafficking Hotline, at <https://polarisproject.org>.

For information about the next author discussion at LLLC, visit www.lllcf.org.