

A perfect pairing in this super summertime dessert



Dark Chocolate Pistachio Butter Cups

Photo Susie Iventosch

By Susie Iventosch

One day my son decided to pick up the ingredients to make dark chocolate pistachio butter cups. That sounded like a great idea to me! He loves Trader Joe's Dark Chocolate Almond Butter Cups, and since we all really love pistachios, he thought it might be a fun experiment. What's not to love ... dark chocolate, pistachios and sea salt? Plus it's a fun project for the family to do in the kitchen. They turned out so well that we recently made our second batch. They make a fun dessert to bring to a party and they keep really well in the freezer until you're ready to eat them. In fact,

we eat them frozen and they are really great that way – nice and cold for hot summer days! We made ours in mini muffin tins with liners so they are easy to get out of the pan.

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.



Dark Chocolate Pistachio Butter Cups

(Makes about 20 -24 mini muffin size cups)

INGREDIENTS

12 ounces bittersweet or dark chocolate (Trader Joe's Dark Chocolate bar or Ghirardelli Dark 60% Cacao Chocolate Chips)
1 cup unsalted, roasted pistachios
4 teaspoons pistachio oil (La Tourangelle packages this), or almond oil
1/2 teaspoon sea salt

DIRECTIONS

Line two mini muffin tins with paper liners and lightly spray with cooking spray. Set aside.

Melt the chocolate in a small saucepan. Spoon enough chocolate to cover the bottoms of the muffin liners with a thin layer of chocolate. Freeze until firm.

Meanwhile, purée pistachios in food processor until very fine and getting mushy. Add enough oil to form a thick paste. Using a round half teaspoon measuring spoon or small melon baller, form pistachio butter into small balls and slightly flatten into a disc that will almost fill the width of the muffin tins, allowing a little room around the edge to pour the final chocolate shell. Chill until firm.

Place pistachio discs on top of the chocolate bottom in the muffin tins. Spoon remaining melted chocolate (you may need to re-melt the chocolate) over the pistachio filling, allowing the chocolate to completely cover the top and sides of the pistachio butter. Freeze or chill for about 10 minutes and then bring them out of the refrigerator and sprinkle the sea salt over the top. I actually just use my Himalayan pink salt grinder for this part, grinding a little salt over the top of each pistachio cup. Place back in the refrigerator or freezer until the chocolate is completely firm. Store in the refrigerator or freezer in an airtight container until ready to serve.



La Tourangelle Pistachio Oil is available at Diablo Foods in Lafayette.

What will colleges look like in the fall?

By Elizabeth LaScala, Ph.D.

When asked about the impacts of COVID-19 on college campuses, University of Virginia's President, Jim Ryan, nailed it in a recent Face the Nation interview: "College campuses are difficult and challenging places for contagious viruses." Soon after, as if to verify this statement, the California State University system announced that classes at its 23 campuses would largely take place online. While colleges and universities nationwide are agonizing over whether they can safely welcome students back to campus in the fall or figure out how to offer a robust educational experience online, the overarching issue for school is their long-term financial viability.

Refunds for unused housing and dining plans account for the bulk of losses so far. For example, University of California President Janet Napolitano wrote in a letter to Gov. Gavin Newsom, "UC has already lost hundreds of millions in housing and dining revenue from students choosing to leave campuses, and anticipates losing more revenue by the end of the spring term." Making matter worse, some public colleges and universities are starting to see their budgets cut with surprising speed, as states reckon with the economic fallout of the pandemic. And, unlike bailouts for airlines and the

cruise ship industry, the rescue plan for colleges presently looks bleak.

Faced with these challenges, the next pressing concern for colleges, especially those already financially stressed, is 'If we open, will they come?' The answer is 'It depends.' COVID-19 and its trajectory will impact different types of college systems in different ways, and school size, its location and surrounding community's population density will each play a role in what schools decide to do. Take, for example, large public state universities like Georgia Tech, UC Berkeley and University of Michigan that are popular with both in- and out-of-state students. Aside from revenue losses, these systems may face political pressures to keep resident tuition and fees low.

Some states may also insist that their public universities offer more residents seats in their freshman and transfer classes. If that happens, to compensate, public universities could raise tuition and fees to non-residents and give them lower priority for scholarships. In this case it is likely that many families of non-resident students, especially those who are experiencing financial stresses, will look for a better offer from a private college or opt to attend their home-state university. This will have a domino effect by compounding the fiscal viability of public university systems.

Large public state universities with honors colleges may fare better in terms of student enrollment, especially those that are more geographically isolated. Honors colleges offer the academic experience of traditional liberal arts colleges – small classes, faculty attention and undergraduate research opportunities – but at a lower price tag and with the social and cultural benefits of that make larger schools so popular with high school students. Certain rural state university systems, like those in Louisiana and Iowa, are making plans to open in the fall. University of Iowa, for example, states that 90% of their student body is under 35 years of age and at lower risk of serious COVID complications. Still, these universities face challenges like protecting older faculty and keeping staff and students with underlying health conditions safe.

In contrast to large public universities, small liberal arts colleges as well as mid-sized private research universities will have different challenges with enrollment. Built around a residential campus experience, if forced to teach remotely in some capacity, these colleges will lose the unique quality that gives them their competitive advantage. The most highly ranked and well-endowed colleges, like Harvard and MIT, may offer incentives to make it worthwhile to enroll, including tuition and fee reductions, but

less selective colleges with fewer resources may be forced to close their doors or combine with other colleges in order to stay solvent.

Here are two concrete California college examples, one public and one private:

One of California's most popular and selective CSU campuses, San Diego State University announced the "SDSU Flex" plan, which will offer certain lab, art studio, and performance-based courses in person, including clinical offerings required for licensure, while offering lecture-based instruction via virtual modalities. They are investing in training faculty to adapt coursework instruction to enhance student engagement and success using online modalities. Loyola Marymount University in Los Angeles announced that they are working to bring students back on campus on time in August for in-person instruction, likely ending the semester at Thanksgiving break, creating a January term for mostly online classes, and starting the second semester the first week of February. Staggered class schedules are also being considered.

Beyond California, some schools plan to open in the fall but offer another remote semester while others expect to offer in-person instruction with social distancing regulations in place. I believe most will plan on some sort of remote learning component, possibly just for large lectures,

and offer students and faculty a choice between classroom and online instruction. Some universities, like Penn State and Arizona State already have a time tested, well-tuned capacity to offer online degrees, however, the capabilities of other schools vary greatly. More college plans for fall should be announced by the end of June.



Elizabeth LaScala, PhD personally guides each student through each step of selecting and applying to well-matched schools for undergraduate and graduate school study. Over the past two decades, Elizabeth has placed hundreds of students in some of the most prestigious colleges and universities in the U.S. The number of clients taken is limited to ensure each applicant has personalized attention. Contact Elizabeth early in the process to make a difference in your outcomes. Write elizabeth@doingcollege.com; Visit www.doingcollege.com; or Call: 925.385.0562.

"CAN I REOPEN MY BUSINESS?"

Local journalism keeps us informed. Tell your legislators to save local journalism.

cnpa.com/legal/savelocaljournalism