

A tasty citrus trio of flavor for your turkey tenderloin



Citrus Turkey Tenderloin

Photo Susie Iventosch

By Susie Iventosch

Turkey is anything but boring! We love turkey and it gives chicken a break for those who don't eat red meat or pork. It's accommodating and delicious and lends itself to so many different styles of marinades, sauces or condiments. Even though turkey most often signals Thanksgiving, we love grilling up a whole turkey or tenderloins any time of the year. This

recipe is simple but very flavorful and can be grilled up in a matter of minutes on the barbecue. A citrusy trio of lemon, lime, and orange juice combine with crushed pepitas, cilantro, chipotle, and cumin to create a tangy and smoky flavor. Just the smell of the marinade is delicious. Whisk a teaspoon or so of cornstarch into the reserved marinade and boil until slightly thickened for a perfect finishing sauce.

Citrus Turkey Tenderloin

(Serves 4 as a main course)

INGREDIENTS

2 lbs. turkey tenderloin
 Marinade:
 2 tablespoons olive oil
 1/2 cup fresh-squeezed orange juice
 1/4 cup fresh-squeezed lime juice
 1/4 cup fresh-squeezed lemon juice
 2 tablespoons minced cilantro leaves
 1/4 cup roasted pepitas (green pumpkin seeds), pureed in the food processor
 2 garlic cloves, minced
 1 teaspoon sea salt
 1 teaspoon chipotle powder
 1 teaspoon ground cumin
 1/2 teaspoon cayenne pepper
 1/2 teaspoon chili powder
 1 teaspoon oregano
 1 teaspoon black pepper
 1 teaspoon cornstarch for final sauce

DIRECTIONS

Mix all marinade ingredients except the cornstarch in a mixing bowl. Stir with a whisk to combine well. Set aside 1/2 cup of the marinade for the glaze. Cut tenderloin in half lengthwise (i.e. butterfly the tenderloin). Place in a container with a tight-fitting lid. Pour marinade over tenderloin and marinate for at least 2 hours.

When ready to grill, preheat grill to medium-hot. Remove turkey from marinade and place directly on grill and cook for about 5 minutes per side, or until a meat thermometer registers 165 F when inserted into the center of the tenderloin. Meanwhile, heat remaining marinade in a small sauce pan. Slowly whisk in cornstarch and cook, stirring all the while, until sauce thickens slightly to coat the back of a spoon. This makes a perfect glaze for the tenderloin. Remove meat from grill and drizzle glaze over meat.



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'My Dog Stupid' – a French film based on an American novella



Image provided

By Sophie Braccini

In the French film "My Dog Stupid" – released by the International Film Showcase and now available online – Henry is a man in his mid-50s who feels he has become a loser. Who is responsible for his painful back, his failures, and his lack of inspiration?

His four children of course. He used to be a successful author, 25 years ago. Now he is full of regrets, thinks of the cars he will never drive, and of the women he will never love. As he wails into self-pity, an enormous, very obnoxious dog shows up in his garden. He is delighted by the bad rule-breaking behavior of the dog, that wreaks havoc among the family members, especially with Cécile, his wife, whose unwavering devotion starts to crack. Once the children and the wife are gone, will inspiration return?

Yvan Attal, the director and main character in the movie, got his inspiration for the film from John Fante's eponymous novella. Like Fante in his story, Attal is not afraid to bare his worst, as a disappointed and disappointing self-centered aging male. The leading tone in the first part of the movie is ironic, even sarcastic and often very funny. The dog is obnoxious; the kids, in their early 20s, are disappointing – they constantly ask for money and hang on the beautiful family home like parasites. The still pretty wife takes anti-depressants and drinks a bit too much. Yet, they are affluent, live in a wonderful home close to the beach and seem to have a full rewarding

social life. How could they be so miserable?

The first part of the film questions with humor a central myth of middle-class life: having children does not in fact bring fulfillment and happiness, it creates boring routines, adds stressing responsibilities, and crushes creativity.

The second undertone is bittersweet. Henry and Cécile have been married for 25 years. A lot of things have aged, including their ability to surprise each other. The nostalgic relationship of the couple as the children leave the nest, is depicted gently and in a very endearing manner. It is a hard transition, and it is shown in the movie with a tender touch. Cécile, who needs anti-depression medication and stimulation, is emblematic of women in their 50s feeling the passage of time, still needing to feel desired, and wanting to have fulfillment beyond having been a mother for all these years. Charlotte Gainsbourg who plays Cécile in the movie brings a lightness and a charm to her character. Attal is as moody as ever, as well as funny

and caustic. The children are obnoxiously perfect.

One interesting twist to the movie is that Attal has been in real life Gainsbourg's partner for 25 years; they have three children, one of them, Ben Attal, plays one of their children, Raphaël. The closeness is such that people have wondered if there was not some autobiographical undertone to the movie.

Attal explained in an interview to a French network that he had read Fante's book 20 years ago without really connecting, but when he did it again recently, after 25 years living with the same woman and raising three kids, he empathized with Henry as he had himself become an "old fart." Both he and Gainsbourg said they had a lot of fun playing these caricatural roles together.

This touching reflection about an aging couple is in fact full of hope as, by the end of the movie, a chapter opens for all of them that will hopefully bring forth a new level of self-realization. Attal said in the interview mentioned earlier that this movie was a love letter to Gainsbourg.

This and other international movies can be accessed on the International Film Showcase website at <http://internationalshowcase.org/>. The films range from \$10 to \$12.

Looking Good in Lamorinda Pandemic style



SewNow in Lafayette

Photos Moya Stone

By Moya Stone

As the pandemic rages on, we move from season to season looking forward to a time when we can get back to something resembling our pre-pandemic lives. With the traditionally big fashion season approaching, we might ask what role does fashion have today? It certainly looks different during shelter-in-place, home schooling, and Zoom meetings, but there's

always a desire for style and our local boutiques are here for us.

Irene Chen from Parker Thatch in Orinda says that fashion is now quality over quantity, and "what's handmade and special ... and what's going to make us happy." Parker Thatch is known for creating local must-have handbags, but since the shutdown Chen and her husband, Matthew Grenby, have stayed busy with regular video updates on their Instagram

feed and stocking new products that speak to the pandemic. One popular item is a line of headbands in patterned fabrics that are just the thing for those perpetual "bad hair days." Soft but sturdy, simply slip the band on your head and instant chic.

To help navigate our new world, the couple designed the Cootie Stick. Made of clear Lucite the Cootie Stick is shaped like a large key and can be used to open doors and punch in numbers on keypads. Masks are an important new accessory and Parker Thatch has designed a line of masks for adults and kids in brightly colored patterns. Some styles have vents and all are adjustable and have a pocket for a filter. These pandemic-friendly items as well as new handbag styles are available at parkerthatch.com and can be shipped or arrangements made for pickup. Follow the shop on Instagram: [parkerthatch](https://www.instagram.com/parkerthatch).

Since the shutdown, SewNow Fashion Studio in Lafayette has offered classes online. Proprietor Susan Goldie says that shifting to virtual classes has been "an interesting ride." But it has also been rewarding as Goldie is happy to be able to provide a creative outlet for kids during this challenging time. The plan for fall is to continue virtual classes with a new schedule coming out soon. Available now is Sketch and Sew at Home, which is a membership program that provides a project kit, online instructions, and weekly online group meetings. Also on the SewNow website there is an instruction video on how



Parker Thatch in Orinda

to make cloth masks and mask kits with all the needed materials that can be ordered. Get more information at sewnow.com.

In local fashion news, Glamorous Boutique in Lafayette has closed its doors, but the same fabulous selection of women's clothing is still available. Eliza Jamkochian says she decided to shift the business online when her daughter was born in 2017. But she hesitated because she didn't want to give up seeing her customers in person. "I love and enjoy the personal care I give," she said. Then the pandemic happened. For now Jamkochian is featuring her stock on Facebook and Instagram, but she plans to have a new website up and running within six months. She says that current fashion is comfy and cozy. "My customers are looking for more casual wear, summer dresses, and sweat sets ... shorts, basic tees, and tanks." Find her latest collections at [glamorouslafayette](https://www.instagram.com/glamorouslafayette) on Facebook and [glamorousoflafayette](https://www.instagram.com/glamorousoflafayette) on Instagram.

Pandemic or not, go forth in style. Moya Stone is a fashion writer at www.overdressedforlife.com.