

Biscuit bliss delivered with sun-dried tomato and goat cheese combination



Sun-dried Tomato & Goat Cheese Biscuits

Photo Susie Iventosch

By Susie Iventosch

These savory, buttermilk biscuits, full of flaky layers and loaded with sun-dried tomatoes and goat cheese, are rich, delicious, and perfect for breakfast, lunch or dinner. In my opinion, goat cheese and sun-dried tomatoes are the perfect match and always taste so wonderful together. The goat cheese adds to the rich flavor in this recipe and makes for an especially tender crumb. If you serve them for dinner, try adding a

little Boursin cheese on top for an extra-special dinner roll.

You might wonder how to add goat cheese to your biscuit dough, but it's easy. Simply cut it into the dries along with the chilled butter. Make sure that both the butter and the goat cheese are firm and cold before you add them to the mixture. Use a pastry cutter or your cold fingertips to cut the cheese and butter into the dries.

The best way I've discovered to make biscuits flaky with lots of buttery layers is to

fold the dough in half after you press it out onto your cutting board. If you do this about three times, you will find plenty of layers in your biscuits. You can also cut the dough in half and stack it before you roll it out again for the second or third time. This gives plenty of great air space and creates the layering effect.

The key to nice flaky biscuits is to chill them once you've cut them for about 20 minutes before baking them. The colder the butter when you bake them, the better the

chance that the butter will melt more slowly and the biscuits will rise higher, while maintaining their shape. If the butter is too soft, the biscuits will spread out quickly and become flat and more misshaped. They will still taste great, but will look a little funny!

One last little note is that I always use aluminum-free baking powder. Have you ever made baked goods that end up tasting metallic? That can be due to too much baking soda or baking powder with aluminum. I've switched to Rum-

ford aluminum-free baking powder and use it for anything that calls for baking powder. My family has been so happy with the results of using this product.

So, now you are ready to go ... chill your butter and cheese, use a light touch when handling the dough and make lots of layers with your dough! As always, don't forget to send me an email with any questions or comments.

Sun-dried Tomato & Goat Cheese Biscuits

Makes 12 two-inch biscuits

INGREDIENTS

2 cups all-purpose flour
1 1/2 tsp. baking powder (aluminum-free)
1 tsp. salt
1 tbsp. granulated sugar
1/2 cup chilled butter, cut into small cubes (1 stick or 4 oz.)
1/3 cup crumbled goat cheese
1/2 cup sun-dried tomatoes, chopped (drained of any oil, or use sun-dried tomatoes not packed in oil)
2/3 cup milk

DIRECTIONS

Line a baking sheet with parchment paper and set aside.

Place flour, baking powder, salt and sugar in a large mixing bowl. Using a pastry cutter, or your cold fingertips, cut butter and goat cheese into the dries until the butter and cheese are about the size of tiny peas. Mix in the sun-dried tomatoes.

Stir in milk with a fork or wooden spoon and mix until all dries and milk are incorporated into a dough. Roll dough out onto a floured cloth or cutting board to about 1-inch thick. Fold dough in half and roll out again. Repeat this process two more times.

On the last fold and roll, cut the biscuits and place onto the prepared baking sheet. Refrigerate for at least 15 to 20 minutes.

While the dough is chilling, preheat the oven to 400 F.

Remove chilled biscuits from the refrigerator and bake for approximately 14-16 minutes, or until the tops are golden-brown.

Serve with a spread of labneh, goat cheese, Boursin cheese, eggs, or just plain!

These biscuits freeze very well for several weeks, too. Just thaw for about 10 minutes before reheating to serve.



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. Or visit <https://treksandbites.com>



Family Focus

Parents need a pat on the back

By Margie Ryerson, MFT

It's natural for parents to doubt themselves at times, especially if their child experiences a behavioral, social or academic challenge. When a child is struggling, conscientious parents tend to first look at themselves and what they did or didn't do that contributed to the problem. If 10-year-old Skylar wasn't included in a classmate's sleep-over party, not only might her parents feel bad for her, but they may blame themselves for not getting to know the classmate's parents or for not inviting the child to their house, or for not helping Skylar learn to navigate her social environment better.

In addition, there's what I call the "compare and despair" syndrome that all too often results in parents feeling unhappy with their own situation while seeing supposed evidence of other people or families being much more successful. A previous Family Focus column explored how comparing yourself to others can lead to negative feelings about yourself and your life. It's important to realize that we can't always see behind the scenes of others' lives to be able to

evaluate accurately. If you find yourself automatically making comparisons, try to become aware that you're doing this and tell yourself it's counterproductive. It may take a while to first catch yourself doing it and then to block it. A tool in this process is to think of all that you have to be grateful for instead of feeling diminished by making comparisons.

Natalie, the mother of three young children, expressed how she felt her life was very routine and that she felt generally unappreciated. She thought that anyone could perform her tasks and child-caretaking, and that there was nothing special about her. Natalie put her children and husband first. Because she was also an exceptionally giving person to her extended family and friends as well, Natalie sometimes felt that no one was looking out for her. People in her life expected her to be responsible and loving, and Natalie felt taken for granted.

We all hear and read about self-care being important. Natalie was already doing positive things for herself such as monthly massages and regular exercise and yoga classes. She was in good shape physically but needed an emotional tune-up.

If you are in a similar posi-

tion of needing more affirmation from others, it's important to take action for yourself. Try not to let pride or embarrassment stand in your way. Let those close to you know how you're feeling. Some will offer validation right away, whereas others may need a cue that you could use a boost. Ask what they see you doing well and how they view you as a parent, a partner, a friend and as a person. You can ask older children to tell you what they like about you (and to skip the critiques for now). You can ask younger children to draw a picture of you and tell you about it. Chances are it will be a loving effort.

Parents are urged to listen carefully and offer positive, encouraging comments to their children. Yet, what too often goes unaddressed is that parents would love to receive this as well. A systematic approach ensures that everyone in the family can have this need met – being heard and receiving caring and encouragement.

If you establish a family meeting time for sharing concerns and problem-solving, you can incorporate validation for everyone each time. Take turns having everyone share specific things that they appreciate about each member of the family. In addition, you

may want to have a time when everyone can share something they are proud of about themselves and then receive some affirmation. If you don't want to have regular family meetings, you can do this exercise on an impromptu basis. The important thing is to do it regularly. Your children will become used to noticing positive behavior among family members and learn how to share their observations. Not only will they offer others some compliments, but they will also get reinforcement for their own positive words and actions.

It is more meaningful if you can give an example of something you have seen or heard, rather than just offering a generalization. If you want to tell Kevin he was being considerate, let him know that you saw him share a toy with his little sister or let a friend go first in a game. Be careful not to use labels, such as honest, smart, talented, etc. Labeling one child a certain way can cause another child to feel less adequate. If one child is labeled as smart and another is labeled as kind, each may think he or she lacks or doesn't have enough of the quality the other has. Use action words, not nouns or adjectives. For example, you saw that Olivia

studied hard and did well on her math exam. Or you appreciated that Sam was being thoughtful by unloading the dishwasher.

The hope is that you will be able to receive recognition and appreciation from those whose opinions are most meaningful to you. Many of us receive validation from our jobs, but it's important to look for ways to fill up our personal and emotional tanks. We can ask others to help with this from time to time. And we can set up a systematic approach within our family.



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Her books, "Family Focus: A Therapist's Tips for Happier Families," "Treat Your Partner Like a Dog: How to Breed a Better Relationship," and "Appetite for Life: Stories of Recovery from Anorexia, Bulimia and Compulsive Overeating" are available from Amazon.com.

Lafayette Library Bookmark Contest winners announced



Back row, from left: Jonah Mateo, 7th, St. Perpetua School, Ruby Bogan, 7th, Stanley Middle School, Matt Roberts, 5th, Lafayette Elementary, Sofie Kemper, 6th, Stanley Middle, Gabby Schaffer, 5th, Burton Valley Elementary, Phaley Kim, 6th, Stanley Middle; front row: Taylor Baker, 8th, Stanley, Avery Parkin, 4th, Happy Valley Elementary, Evelyn Bard, 1st, Lafayette Elementary, Kai Takahashi, 2nd, Springhill Elementary, Oliver Semenov, K, St. Perpetua School, Ekaterina Fadeeva, 3rd, Springhill Elementary.

Submitted by
Laurelle Miles

After a year's absence due to the pandemic, the Lafayette Library Bookmark Contest returned this year. Students at all Lafayette elementary and middle schools were given an opportunity to draw a bookmark for the contest. The winning bookmarks were chosen from among the hundreds received. An awards ceremony was held

on April 27 at the library. Winners received gift certificates to Bel & Bunna's Book Shop and the Friend's Corner Book Shop, complimentary framing of their bookmark by Anthony's Custom Picture Framers, and eight printed bookmarks for their family and friends. The winning bookmarks are available at the local elementary and middle schools, Lafayette Library, and the Friend's Corner Book shop.

Photo Ellen Reintjes