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April Newsletter

Baking, Blossoms, and a Dash of Wine

April is one of the most beautiful months of the year—tulips and daffodils are in full bloom, the birds are singing, and baby birds are hatching. Spring is in the air, and it's the perfect time to open the windows, let in the fresh breeze, and get inspired in the kitchen.

In March, I had the pleasure of visiting Vancouver, BC for a wine tasting luncheon. Each entrée was paired with both a red and a white wine from top wineries across the U.S. and Canada. The food was exquisite, and I had a wonderful time with my daughter-in-law, Linh. I've included a few photos from the event, see below.

Back at home, Easter was a blast! The horses and I dressed up and filmed a few festive videos. If you're a horse lover like me, you might enjoy watching them—two of my greatest passions are baking and horses, and this spring, both have kept me busy and inspired. Easter Video with

Horses <https://vimeo.com/1076995812>

Baking News: Book Two Is in the Works

The second volume of *German Heritage Baking* is coming along! I'm currently deep into retesting pound cakes before diving into the bread chapter. This time, I'm exploring how different flours influence flavor—some loaves are made with just yeast, others with a mix of yeast and sourdough, and there's even a French sourdough bread. It's a delicious journey, and I can't wait to share the results with you.

Bonus Recipe & Magazine Feature

I'm thrilled to share that my book *German Heritage Baking, volume I* was recently reviewed by the Paris Post Intellingencer in Tennessee featuring the Apricot Almond Cream Tart! The recipe is easy to make and delicious with or without the optional almond paste (though if you like to use it, I recommend the Solo brand—it's soft, flavorful, and adds an almondly richness).

The Paris-Post Intelligencer page with the recipe is posted at the end of this newsletter. You can also find the recipe on page 77 in my German Heritage Baking Book, Volume I.

Enjoy the recipe, enjoy the springtime, and as always—happy baking! Viel Spass beam Backen!

Button





Learning about, dealing with lactose intolerance

Lactose intolerance is common among people who struggle digesting lactose.

Lactose is a sugar that is found in milk and dairy products. When someone struggles with lactose intolerance, they lack the enzyme lactase that helps them digest lactose. When lactose remains undigested, one may experience bloating, gas, abdominal pain or cramps and nausea.

The severity of lactose intolerance varies from person to person. The most ordinary form of lactose intolerance is when lactase production decreases over time. But there are other forms as well. Such as an infection in the stomach or someone is born without the ability to produce lactase.

There is no cure for lactose intolerance, but there are ways to minimize symptoms that one may experience with lactose intolerance. To minimize symptoms, you can avoid products with lactose or switch to lactose-free products, take lactase supplements to help digest lactose or probiotics, or choose dairy-free alternatives such as almond milk. It is important to find out what works best for you so you can still enjoy a variety of food.

Here are some foods that are safe for lactose intoler-

ance: yogurt with probiotics, nondairy milk like coconut milk and rice milk, and hard cheeses because they have lower amounts of lactose in them.

To see if you have lactose intolerance, it is a promising idea to speak with your doctor. It is important to work with a nutritionist to ensure you are getting the necessary nutrients like calcium and vitamin D. While having lactose intolerance is inconvenient and uncomfortable, you can live a healthy and full life without the discomfort of dairy.

For additional information, contact your local registered dietitian.

Here are some recipes to enjoy if you are lactose intolerant, from Taste of Home:

LEMONY CHICKEN AND RICE

2 cups water
1/2 cup reduced-sodium soy sauce
1/4 cup lemon juice
1/4 cup olive oil
2 garlic cloves, minced
2 teaspoons ground ginger
2 teaspoons pepper
16 bone-in chicken thighs, skin removed (about 6 pounds)
2 cups uncooked long grain rice
4 tablespoons grated lemon zest, divided
2 medium lemons, sliced

In a large shallow dish, combine the first seven ingredients. Add chicken; turn to coat and cover. Refrigerate for 4 hours or overnight.

Preheat oven to 325°. Spread 1 cup rice into each of 2 greased 13-by-9-inch baking dishes. Top each with 1 tablespoon lemon zest, 8 chicken thighs and half the marinade. Top with sliced lemons.

Bake, covered, 40 minutes. Bake, uncovered, until a thermometer inserted in chicken reads 170°-175°, 15-20 minutes longer. Sprinkle with remaining lemon zest.

SESAME BEEF AND ASPARAGUS SALAD

1 beef top round steak (1 pound)
4 cups cut fresh asparagus (2-inch pieces)
3 tablespoons reduced-sodium soy sauce
2 tablespoons sesame oil
1 tablespoon rice vinegar
1/2 teaspoon grated gingerroot
Sesame seeds
Optional: Lettuce leaves, julienne carrots and radishes, cilantro leaves and lime wedges

Preheat broiler. Place steak on a broiler pan. Broil 2-3 inches from heat until meat reaches desired doneness (for medium-rare, a thermometer should read 135°), 6-7 minutes per side. Let stand for 5 minutes before slicing.

In a large saucenpan, bring a half-inch of water to a boil. Add asparagus; cook, uncovered, just until crisp-tender, 3-5 minutes. Drain and cool.

Mix soy sauce, sesame oil, vinegar and ginger; toss with beef and asparagus. Sprinkle with sesame seeds. If desired, serve over lettuce with carrot, radishes, cilantro, and lime wedges.

EMMA JONES is a junior dietetics major at the University of Tennessee at Martin.

COOKBOOK REVIEW

German treat: Apricot almond cream tart



APRICOT ALMOND CREAM TART

With a smooth, creamy filling, this tart features a deep almond and custard flavor, with bursts of palate-teasing tartness from the apricots. The tart develops its flavor when given time to rest and tastes even better the next day. Although very tempting to eat right away, give it at least a few hours to cool before serving. For extra decoration, garnish with dollops of buttercream before serving.

For crust

1 1/4 cups unleached all-purpose flour plus extra for working dough
2 tsp baking powder
pinch of salt
1/3 cup sugar
1 egg
2 tsp vanilla sugar or 1 tsp vanilla extract
8 tbsp unsalted butter, cold

For filling

1 1/2 cans apricots (about 14 to 16 apricot halves)
1 cup blanched almond meal
1 cup powdered sugar
2 tbsp potato starch
1 egg
4 ounces almond paste
1/2 cup heavy whipping cream, scantly measured
pulp of 1/2 of a vanilla bean, or
1 tsp vanilla extract or
2 tsp vanilla sugar
1 tsp almond extract
1 tbsp almond liqueur, optional
15 whole blanched almonds or sliced almonds for decoration

Prepare the crust: Set aside 1/4 cup of the measured flour to use as needed while working the dough and pressing into the form. Sift the remaining flour and baking powder onto a large marble

well. Cut butter into small pieces, approximately 1/4 to 1/2 inch. Distribute the pieces over and around the flour. Using the tip of a metal dough scraper, stir the egg as if gently scrambling. Begin carefully pushing the dry ingredients into the well's center. Work to combine all ingredients, first with the dough scraper and then with your hands, until a ball of dough forms. Add flour sparingly or chill as necessary if the dough becomes too sticky.

Refrigerate the dough for 30 minutes.

Drain the apricots into a colander and set aside.

Make the filling: Measure the ground almonds into a large bowl. Sift the powdered sugar with the potato starch over the ground almonds. Mix the dry ingredients together. Crack the egg into a separate medium-sized bowl and beat as if scrambling, just long enough to incorporate the yolk and white. Using a fork or hands, work the almond paste into the egg. Mix until incorporated, breaking up lumps in the process. Once all the egg is incorporated, blend smooth with an electric mixer on medium for 1 minute. Slowly pour and mix the unwrapped heavy whipping cream into the egg and almond paste mixture; add the vanilla, almond extract, and optional almond liqueur.

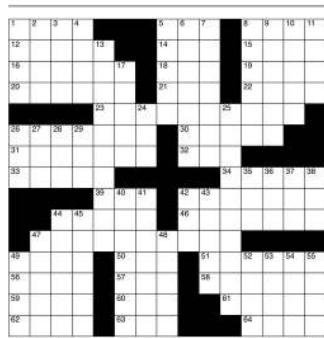
Pour the egg, almond, and cream mixture into the dry ingredients. With a wire whisk or large spatula, gently fold and stir until incorporated.

Position a rack in the

Mold dough into pan: Slice the chilled dough horizontally into three discs. Lay the discs into the prepared pan so they lean partially against the sides. The pieces may overlap. With flour-dipped fingers, push the dough together and out, rather than pressing it down, to cover the pan evenly. Pull the dough about 1 1/2 inches up the side of the pan. Even out any thin spots to get the dough to a fairly consistent thickness.

Assemble for baking: Pour the filling into the crust and place one apricot, stone-side up, in the center. Arrange the rest, also stone-side up, in concentric circles. Ensure that none touch the pan's rim. Place one whole or sliced almond into the curved middle of each apricot. The apricots will resemble little cradles or boats for the almonds. If the crust extends more than 1/2 inch above the filling, gently push it down.

Bake for 55 to 60 minutes, until filling appears set and golden brown. Cover the rim with a pie crust shield for the last 20 minutes if the edges get too dark. If necessary, cover the entire tart loosely with aluminum foil shaped into a dome. Insert a wooden skewer gently between the crust and rim to check doneness. The crust should be firm and lift away without leaving dough on the skewer. Also insert the skewer through the tart's center. There may be a few kernels of filling on it, but it should not present wet filling or underbaked dough. Place pan on a



CLUES ACROSS

1. Baaed sheep
5. Rock TV channel
6. 3,000 years
11. Concerning
14. Expression of recognition
15. Greek goddess of youth
16. All in one
18. Acid beverage
19. Marlene and Walkie are two
20. Make a pretty verbal attack
21. Tyrion Lannister's nickname
22. Painted ends of pens
23. Wristwatches
25. Sandy part
30. Made a mistake
31. Adjusted
32. Turkish heraldic title
33. Yell
34. Historic Alabama city
39. 29% off
42. Type of sea bass dish
44. Is a (sarcasm)
46. Unfortunate
47. Separate oneself from others
48. Heretical theories
50. Form 655
51. Open spaces in a forest
56. Innermost brain membranes
57. Fortune
58. Hunting expedition
59. Dovetail joints
60. Royalty's little brother
61. Type of soap
62. Scotch tax
63. Soviet Socialist Republic
64. An increase in price or value

CLUES DOWN

1. Works of heart
2. Abu... hotel politician
3. A desert in Asia
4. Eat greedily
5. Doomed French queen

FACTRIVIA CONTEST

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the first 3 THURSDAYS of each month.

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CLUES FROM ADS
IN THE FACTBOOK:
FOR THURSDAY, MARCH 13

ANSWER:
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ANSWER:
PAGE #



1. 1st Mortgage Loans	_____
2. Computer Classes	_____
3. Right price. Right here...	_____
NAME: Name: _____ CONTACT PHONE: Contact Phone: _____ EMAIL: Email: _____	
February Prize Winner: MARILYN OLIVER 205 N. MARKET ST. <small>THE FIRST ENTRY DRAWN WITH ALL 3 CORRECT ANSWERS WINS! ENTER AS MANY TIMES AS YOU WISH. COPIES OF ENTRY FORM NOT ELIGIBLE TO WIN. ENTRIES MUST BE RECEIVED OR POSTMARKED BY MARCH 21, 2025. WINNERS ELIGIBLE TO WIN MONTHLY PRIZE TWO TIMES DURING CONTEST FROM NOVEMBER 2024 TO OCTOBER 2025.</small>	



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or wooden board. Form a well in the middle and sprinkle the salt around the edge. Add the sugar, egg and vanilla into the

middle of the oven and preheat to 375 F. Butter and flour the pan in preparation for assembly. Set aside.

rack to cool. After about an hour, transfer to the refrigerator to continue cooling for a few hours or overnight before serving.

GOT NEWS?



We want to hear!

Call (731)642-1162 or email news@parispi.net



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