

Lemon Mousse

8 servings

6 lemons (approximately)
¾ cup plus 2 tablespoons sugar
4 eggs
1 stick (½ cup) unsalted butter, melted
1 cup heavy cream
½ teaspoon vanilla
Fresh berries

1. Squeeze: Zest 2 lemons into a large heavy saucepan. Squeeze all lemons and measure out ¾ cup juice; pour into the pan. Whisk in ¾ cup sugar, the eggs and butter.
 2. Thicken: Set pan over medium heat and whisk until thick, 5-6 minutes. Press this tart lemon curd through a fine-mesh sieve

into a clean bowl.
 3. Chill: Let cool. Cover and chill.
 4. Whip: Use an electric mixer fitted with the whisk attachment (or a handheld whisk and muscle) to whip cream, remaining 2 tablespoons sugar and the vanilla to sturdy peaks. Pour in chilled lemon curd and whip briefly to combine.
 5. Serve: This pale yellow mousse is lovely heaped into small glass bowls and topped with fresh berries. For spring holidays, I like to pile the mousse into a 2-quart glass jar, stuff the remaining space with yellow Peeps, and seal. But hey, that's me.

Lemon Mousse will brighten spring

BY LEAH ESKIN
 CHICAGO TRIBUNE

The striver promises to give it his all. More: 110 percent. He pledges himself to effort. More: to redouble that effort. Leading us off-message, distracted by brawny syntax.
 Redo means do, twice. Review means view, twice. Redouble means double, once.
 This undercount is unfair. It's a rebuff of "re." It's a wrong we vow to right. We are printing up double-sided placards in support of a quadruple-strength redouble. We plan to hoist them at the next convention of the Modern Language Association.



MICHAEL TERCHA | CHICAGO TRIBUNE | TNS

A tangy lemon curd gets double flavor from juice and zest before being folded into whipped cream for a billowy mousse.

Should that campaign fail, we'll focus on local change — like doubling up on double-strength lemon cream bolsters household approval ratings — four-fold.



SARAH WALKER CARON | BDN

Strawberry Banana Green Smoothies.

Yes

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This week I am sharing a smoothie recipe my kids and I love, which they had a hand in creating. It combines a pair my daughter loves — strawberries and bananas — with my son's desire to have green smoothies.

In deciding to share this, I had to ask myself if you — or I or anyone — needs a smoothie recipe. The answer was a resounding yes.

Sure, smoothies largely are toss-it-in-the-blender-and-blend drinks. But it's not the process you need to know about so much as the mix of ingredients. If there's anything I've learned while making smoothies, it's that balancing the ingredients is so important to the enjoyment of smoothies.

You can't just grab whatever's available, blend and go. I mean, technically you can, but the results — well, they aren't always so good. Too sweet, not sweet enough, too much of one flavor, too many flavors.

My kids and I have experimented a lot with smoothies using a variety of fresh and frozen ingredients. We've found that mango isn't a favorite for us, and ginger can quickly overpower any flavor. Bananas are great for adding flavor and natural sweetener, but you don't always want your smoothie to taste like bananas. Apples can also work as a natural sweetener with less of an impact on the overall flavor.

It was my son's idea to add something green to our smoothies. Perhaps cucumber or kale, he said. I'd tucked away a bag of spinach just for smoothies, so we went with that. While we like kale in our smoothies, the assertion that "you can't even taste it" is like my mother telling me ev-

Strawberry Banana Green Smoothies

Serves 2

1 cup frozen strawberries
1 banana, peeled
½ cup frozen chopped spinach (still frozen)
1 cup chilled coconut water
¾ cup vanilla yogurt
2 fresh strawberries, for garnish (optional)

Combine the frozen strawberries, banana, spinach, coconut water and yogurt in the bowl of a blender. Process until smooth. Pour into two glasses and garnish with a fresh strawberry, if desired. Enjoy immediately.

everything "tastes just like chicken" when I was a child. Adding kale to a smoothie just tastes like adding kale to a smoothie — read: It's earthy — so we use it on occasion and in moderation.

But spinach? It's nutritious and tasteless. And although it means that smoothie turned from a pleasant shade of pink to a mossy green, the flavor is still decidedly strawberry banana, which is always delightful.

And you know what else is delightful? The spoils of saying yes — laughter, enjoyment, fun and memories. What can I say yes to today?

Sarah Walker Caron is the senior features editor for the Bangor Daily News and author of "Grains as Mains: Modern Recipes Using Ancient Grains," available at bookstores everywhere including The Briar Patch and Bull Moose in Bangor. For more delicious recipes, check out Maine Course at mainecourse.bangordailynews.com.

hand for a couple of weeks to share with company or just enjoy as a quickie appetizer with drinks while watching the news before dinner — if you ever do that sort of thing.

Send queries or answers to Sandy Oliver, 1061 Main Road, Islesboro 04848. Email sandyoliver47@gmail.com. For recipes, tell us where they came from, list ingredients, specify number of servings and do not abbreviate measurements. Include name, address and daytime phone number. And make sure to check out Sandy's blog at tastebuds.bangordailynews.com.

Campbell Soup to switch to BPA-free cans

REUTERS

Campbell Soup Co., the world's largest soup maker, said it would completely switch to cans that do not use the chemical bisphenol A, or BPA, for its linings in North America by the middle of 2017.

Bisphenol A is used to stiffen plastics that some studies suggest pose health risks. It is a component in metal can coating and protects food from directly contacting metal surfaces.

The company said it began using cans with linings made from acrylic or polyester materials in March and will continue to introduce the new linings across the United States and Canada through 2017.

The products that will be packaged in non-BPA lined cans include all varieties of Campbell's soups and gravies, Swanson broth and SpaghettiOs pasta, Campbell said.

The company said it was



REUTERS FILE

A worker restocks Campbell's soup cans inside a Fresh & Easy store in Burbank, California in October 2012. Campbell Soup Co. said it would completely switch to cans that do not use the chemical bisphenol A, or BPA, for its linings in North America by the middle of 2017.

on track to have 75 percent of its soup portfolio in non-BPA lined cans by December.

California regulators last year added BPA to a list of chemicals known to cause harm. Containers contain-

ing any chemicals in the list may soon be required to carry a label explaining their dangers.

Bard

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"All the restaurants in Spain are rustic," said Shannon Bard, who has worked with on culinary projects in the past.

"Everything is here. This brought it all together," said Tom Bard, coming in from the backyard where the barn will soon be erected.

Behind the house, a hand-pegged post-and-beam barn will be wedding central.

"That will be our event barn," said Tom Bard, who

foresees being able to accommodate approximately 200 people for nuptial bash.

The husband and wife team looked for years in the Forest City for the right venue for a Spanish tapas restaurant, but nothing clicked. This rambling house had been on the market for two and a half years. It allows them to do much more.

"It's ideal," said Shannon Bard, who will have room to expand her popular bold cuisine with a catering office and has an apartment to house visiting chefs from

Spain. "It will allow us to grow faster."

Open year-round, the establishment will attract diverse crowds. Appealing to locals is important to the couple, who live in town.

"We are catering to locals. And tourists want to be where the locals are," said Shannon. Their brood of teenage children will work here, too.

"It fulfills a need for the community and Tom and I at the same time."

Toroso, 149 Port Road, opens in June. Salud Bistro and the barn will open afterwards.

Market

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"I went to Budapest one time and was so amazed by the markets," Perkins said. She was aiming for an open-air feel with a variety of vendors representing countries in Europe and beyond.

"We wanted to offer something different," she said.

I never knew Bangor was home to so much culture until I stepped inside the market and had conversations with several vendors. Many of them have been participating for years.

Some, such as Elizabeth Kalogeris of Panteli's Greek Cuisine — she also is known as Betty — have been around since its inception. She keeps coming back for a simple, heartfelt reason: "I do this to honor him," she said of her late husband, Leo. "It's my motivation."

Leo was a Greek chef, and Kalogeris joked he never let her cook anything — but it's funny how a person's influence is realized after they're gone.

"I never realized how much I learned just being around him," Kalogeris said. Her signature dish is baklava. At gatherings in her previous hometown of Lynn, Massachusetts, the Greek women there gave her what she considers the highest compliment for the sweet, sticky pastry: "For not being a Greek girl, you make the best baklava."

"If I was ever going to retire, I would just do this farmers market."

BOB BOWEN, SUNSET ACRES FARM AND DAIRY

Kalogeris said with a laugh.

Kalogeris makes everything at her stand, from the baklava to spanakopita — a tantalizing combination of spinach, scallions, dill, eggs, unsalted butter, feta and phyllo dough — to kariofita, also known as Greek walnut cake.

Bob Bowen of Sunset Acres Farm and Dairy in Brooksville doesn't offer European flavor and flair, but he does offer hugs.

"Come here," Bowen said to one of his regulars, who he said "makes the trip here just for the hugs." Bowen is a kind man who worked for 30 years in sales but took on the farm life 26 years ago. He's one of the market's original vendors and has been coming almost every weekend since it began 20 years ago.

Bowen offers fresh Maine meats from various Maine farms and goat cheese made from the milk of the 120 goats on his farm.

"Originally, I was thinking I was gonna get rich quick," Bowen said with a chuckle. "I thought, 'Oh, Bangor, that should be a gold mine.'"

He didn't get rich quick, but he did make many friends and said this market is the most consistent of

all those he has attended over the years and important for maintaining a loyal customer base.

"If I was ever going to retire, I would just do this farmers market," Bowen said.

Steve Sleeper has built a following as well with his Mediterranean food stand.

"They're mostly my grandmother's recipes," Sleeper said. "She came from Lebanon 100 years ago."

From grape leaves and cabbage rolls to tabbouleh and Lebanese almond fingers made with almonds, phyllo dough, butter, sugar, orange blossom water and lemon, Sleeper has quite a selection and is always try-

ing to come up with something new to offer, including the homemade beet hummus that was on his stand when I visited.

"These were the staples I grew up eating," he said.

The market is small, but the conversations among people there were conversations among friends. The vendors were all friendly and happy to tell me about their food, the recipes and themselves.

As I left the greenhouse, I heard Rick Gilbert laugh. He offered a rose to a passer-by from his flower stand. For only \$5 you can get 10 roses.

"Five dollars will buy you happiness, right here," he said.

Oliver

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I realize liver is not everyone's favorite item, but if you are among the liver partisans of our world, you probably will enjoy this mild concoction of onions, liver, brandy and cream. You could, of course, enjoy it spread on a piece of toast, crostini, cracker or slice of baguette. It also is very good cradled in the hollow of an egg white, sprinkled with a little crumbled yolk.

Chicken liver mousse keeps reasonably well, so you can double the recipe below and have mousse on

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