

EVENTS

How to use a mandoline slicer — and keep your fingers

BY JAMES P. DEWAN  
CHICAGO TRIBUNE (TNS)

Let’s talk about a piece of equipment that is underutilized in most kitchens: the mandoline.

You need to learn this

Mandolines make quick work of many tasks that normally are performed with a chef’s knife, including french fries, veggie chips, potato casseroles (see accompanying recipe) and all sorts of other goodies. Using one gives you wonderfully consistent pieces of whatever you’re cutting quicker than you can shout, “WATCH YOUR FINGERS!!!”

The steps you take

First of all, some of you may not have heard of the mandoline or are confusing it with the similarly named musical instrument, the mandolin. Note that our device includes an extra letter “e” at the end, like those creepy cats that Hemingway had with the extra toes. Though mandolines come in several designs, they share their main feature: a flat surface at the end of which sits a stationary blade. By running a potato, for example, across that flat surface into the blade, it produces evenly sized slices.

Now, before I go on, I want to remind you of something I tell my students all the time: Mandolines are very, very, very, very, very sharp. (Note: However many “very”s my editor left in that last sentence, you

can be sure there were about 37 more he took out. Those things are all-caps SHARP! Like Pierce Brosnan as Bond. Like Darlene Edwards singing “I Love Paris.” Sharp, I tell you.)

Full disclosure: OK, I admit it. I cut myself on my mandoline just this past Christmas. I was rushing (of course) to get 5 pounds of potatoes sliced in 5 minutes. Unfortunately, I was moving too fast to notice the slices piling up under the mandoline until they up and blocked the blade, stopping my potato in its tracks. The forward momentum sent my thumb careening off the potato and into the waiting blade like a wayward dove into the window of a gleaming glass skyscraper.

Fortunately, though my poor thumb was no match for the accursed contraption, the jammed potato stopped its forward trajectory so the blade did not remove completely a thumbly slice. Instead, it created a flap, like a fleshy trap door that I was able to slam closed and seal with a bandage before I even got to my third f-word.

Here’s the takeaway: Sure, I cut myself. But, I’ve cut myself a dozen times with a regular knife. It’s part of working with knives. As Jeb Bush can tell you, things don’t always go the way you planned.

Anyhoo ... The good news is, your mandoline probably comes with a safety guard that comes between the food and your tender, tender digits. Personally and ironically, I



MICHAEL TERCHA | TNS

Mandolines make quick work of many tasks that normally are performed with a chef’s knife, including french fries, veggie chips, potato casseroles and all sorts of other goodies.

don’t use it because I feel that extra layer of protection reduces, somewhat, the control I feel over the whole process. On the other hand, eschewing that extra layer of protection comes with the price of possibly removing a portion of yourself with mohel-like precision — see above cautionary tale. That’s your call.

Another protective device you could get would be a glove made out of chain mail, like something Lancelot might have worn if he’d worked in a deli. Once again, I’d rather just practice slowly until I get to where I can work quickly and safely.

Here are three common blades that come with most mandolines:

- 1. Main blade. It usually

runs straight across the flat plate, though some are V-shaped. The thickness of the cut is varied by the distance between the blade and the flat plate. Depending on the mandoline, that distance is adjusted via the blade itself or the flat plate.

2. Corrugated blade. This is for waffle fries. When I demo these in my classes at Kendall College, inevitably, some student gasps, “Cuuuuuuuuute!!!” as if I’ve just birthed a baby lemur. True enough, waffle fries are cute and easy to make: Adjust the height of the corrugated blade to produce one very thin chip, like a potato chip with one ruffled side. Rotate the potato 90-degrees, and make another pass over the blade to produce the waffle chips

### Pommes Dauphinoise (aka Au Gratin Potatoes)

*Prep: 20 minutes*

*Cook: 40 to 60 minutes*

*Makes: 10 to 12 servings*

Because we want the starch from the potatoes to thicken our sauce, do not store them in water after peeling and slicing.

**2 cups heavy cream**

**1 clove garlic, smashed**

**2 pounds russet potatoes, peeled, sliced into 1/8-inch thick rounds**

**Salt as needed**

**Freshly ground black pepper as needed**

**Small pinch nutmeg**

**1 pound Gruyere cheese, shredded**

**Parmesan cheese as needed**

1. Heat cream and garlic to a simmer in a heavy-bottomed saucepan.
2. Layer half the potatoes in the bottom of a greased

baking dish large enough to hold them all, and season with salt, pepper and a very small dusting of nutmeg.

3. Sprinkle half the Gruyere over the potatoes.
4. Construct a second layer with remaining potatoes and Gruyere, being sure to season potatoes. Pour in the heated cream, discarding garlic.
5. Bake, covered, in a 350-degree oven until potatoes are tender, 30 to 45 minutes.
6. When potatoes are tender, uncover, sprinkle with Parmesan, increase oven temperature to 450 degrees and bake until top browns, 5 to 10 minutes. Serve immediately, or cool and refrigerate up to 5 days. To reheat, cut into squares and bake in a 425-degree oven on a parchment-covered sheet pan until warmed through, about 10 minutes

which the French call gaufrettes.

3. Stick blades. Some mandolines have another set of blades that either can be attached or moved into place. They are used for cutting sticks such as french fries or juliennes.

Along with chips and fries, here are some other great ideas for your mandoline:

1. Cucumbers, tomatoes or onions for sandwiches or salads.
2. Lengthwise slices of zucchini or carrot. Blanch them in boiling water, and shock in an ice bath for flex-

ibility, then line them on the inside of a biscuit cutter, fill with cooked rice, quinoa or other starch, and remove biscuit cutter. Your starch stays in place, held in a tight and fancy, schmancy circle by the colorful vegetable.

3. Cabbage shredded on flat blade for cole slaw.

4. Zucchini pasta (use flat blade or julienne blade).

5. Root vegetable slices for baked chips: Toss with olive oil, season with salt and whatever other spices you like, then bake in a single layer on greased parchment at 325 for 20 to 30 minutes.

Things to Do

BANGOR — Workshop on new and changing solar options in Maine, 5:30 p.m. Friday, April 8, COE Space, 48 Columbia St. Free and open to all. [revisionenergy.com/events](http://revisionenergy.com/events) or 589-4171.

BANGOR — “Search Images,” wood-block prints by artist Amy Guadagnoli, through April 14, Robert E. White Gallery, Husson University. Amy Guadagnoli at 370-9202 or [art@amyguadagnoli.com](mailto:art@amyguadagnoli.com), Kathi Smith at [smithk@husson.edu](mailto:smithk@husson.edu).

BANGOR — Guest speaker photographer Jim Nickelson at Eastern Maine Camera Club meeting, 6:30 p.m. Thursday, April 7, Bangor Parks and Recreation, Senior Room, 647 Main St. Nickelson was a NASA engineer and corporate lawyer and now teaches at Maine Media Workshops in Rockport. Examples of work at [jimnickelson.com](http://jimnickelson.com). Open to public. Free.

BAR HARBOR — Steven Sader, professor of forest resources and director of the Maine Image Analysis Laboratory, University of Maine, talking on “Mapping and Monitoring 40+ Years of Forest Change in Maine’s North Woods” during MDI Science Cafe, 5:30 p.m. Wednesday, April 6, McKay’s Public House, 231 Main St. Free. 288-3147 or [mdibl.org](http://mdibl.org).

BAR HARBOR — Genevieve LeMoine, curator and registrar, Peary MacMillan Arctic Museum and Arctic Studies Center, talking about Admiral Peary’s Arctic expeditions and connection to Maine and the Jesup, 7 p.m. Friday, April 8, Jesup Library. 288-4245 or [kchagnon@jesuplibrary.org](mailto:kchagnon@jesuplibrary.org).

BAR HARBOR — Book launch: “Creating Acadia National Park” by Dr. Ronald Epp, 6:30 p.m. Thursday, April 7, Jesup Memorial Library. Books available for purchase and signing. Portion of proceeds will benefit Friends of Acadia and the library. 288-4245 or [kchagnon@jesuplibrary.org](mailto:kchagnon@jesuplibrary.org).

BLUE HILL — MOFGA workshop on how to

grow your own organic garden led by homesteader and farmer Jo Barrett, 6-9 p.m. Wednesday, April 6, Blue Hill Public Library. Free. Registration required at [bhpl.net](http://bhpl.net) or 374-5515.

BLUE HILL — Sedgwick resident Peter Neill to speak on new book “The Once and Future Ocean: Notes Toward a New Hydraulic Society” 7-9 p.m. Friday, April 8, Blue Hill Public Library’s main room.

BREWER — Bangor Singles Club dances, 8 p.m.-midnight Fridays, Brewer Eagles Club, 22 Atlantic Ave.: Murky Waters, April 8; Mainely Country, April 15; Prairie Dogs, April 22; Country Mist, April 29. Marilyn, 827-5751.

BUCKSPORT — Maine Short Film Festival celebrates Maine and its people with films on Maine rivers, farms, social justice and original screenplays in all genres: documentary, fiction, experimental, comedy and horror. Screening of 14 shorts by Maine filmmakers, “Penobscot River” by Justin Lewis, Laura Rose Day and Michelle Stauffer, 7 p.m. Thursday, April 7, Alamo Theatre, 85 Main St. [www.maineifilm.org](http://www.maineifilm.org)

GARLAND — Contradance with caller John McIntire and live music by Some Reel People, 7-10 p.m. Friday, April 8, Garland Grange Hall, Oliver Hill Road. All dances taught; all ages welcome. Admission \$7 singles, \$12 families. Jim Bunn, 924-3925, or Georgia Prickitt, 277-3961.

OLD TOWN — Wednesday trivia nights, 7-9 p.m., through April 6, Old Town American Legion Post 75, 20 Water St. Cost \$1. Teams will be set up. Food, drinks and 50/50. Open to public. 827-4378.

ORONO — Free performance of “The Poets and the Assassin” on the plight of women in Iran and their struggles with religious and cultural tyranny while countering stereotypes about Muslim women, 7:30-9 p.m. Thursday, April 7, Minsky Recital Hall, Class of 1944 Hall, University of Maine. Performance to conclude with the cast, director and playwright

taking questions from the audience. 581-1913.

ORONO — Public lecture on “Feminism in Contemporary Iran” by Reza Jalali, coordinator at Multicultural Student Affairs, University of Southern Maine, and playwright of “The Poets and the Assassin,” 12:30-1:45 p.m. Thursday, April 7, Bangor Room, Memorial Union, University of Maine, as part of the Socialist and Marxist Studies Lecture Series. 581-1913.

ORONO — Penobscot Valley American Association of University Women, 65th annual book sale, 9 a.m.-3 p.m. Saturday, April 9, Church of Universal Fellowship, 82 Main St. Free and open to all. Early Bird hour, 8-9 a.m., \$10 admission fee. Coffee, tea and snacks available for purchase. Children’s room. Author Ardeana Hamlin signing copies of her books, 11 a.m.-1 p.m.

Donated books may be dropped off 9 a.m.-5 p.m. Wednesday and Thursday, April 6-7, or 9 a.m.-noon Friday, April 8. Proceeds will go toward scholarships for nontraditional women students. 866-4557.

PORTLAND — Jared Paul performance, 6 p.m. Thursday, April 7, Institute of Contemporary Art, 522 Congress St. Coincides with National Poetry Month. Question-and-answer session. Free and open to all.

PORTLAND — Free reading and discussion group led by Dr. Jeanine Uzzi, University of Southern Maine; and Kyle Elsea, U.S. Army, 6:30-8 p.m. Wednesday, April 6, 13 and 27; May 4, 11, 18 and 25, Woodfords Church, 202 Woodford St. Combat veterans of all eras invited. Space limited and registration required. Rita Siavelis, 780-3584. Offered in partnership with Portland Vet Center.

PORTLAND — Registration for Maine Academy of Modern Music’s MAMM SLAM — Maine’s High School Rock Off preliminary round, April 9, Bay-side Bowl; finals, May 14, Portland House of Music & Events. [maintoday.com/mammslam](http://maintoday.com/mammslam).

TURNER — Cabin Fever Concert Series: Auburn native Dave Rowe, 7-9:30 p.m. Saturday, April 7, First Universalist Church of Turner Center, 450 Turner Center Road. Supports purchase of musical instruments for area school students and recordings for Turner Library. \$10 at the door or in advance at Brown Paper Tickets, 800-838-3006. Paula Anderson, 754-0954.

UNION — Union Historical Society meeting with speaker Marion Gray giving illustrated talk on nine-year life of Good Neighbors newspaper, 7:30 p.m. Wednesday, April 6, People’s United Methodist Church, 21 Depot St., behind the post office. Free. 785-5444.

UNION — Ashwood Waldorf School early childhood teacher Beth

Lunt leading seasonal puppet play, simple morning circle and-or simple craft activity for young children, 10:30-11:30 a.m. Friday, April 8 and 29, and May 6. Free and open to the public. 785-4733 or [voselibrarian@voselibrary.org](mailto:voselibrarian@voselibrary.org).

For a complete listing of calendar items or to submit your event, visit [www.bangordailynews.com](http://www.bangordailynews.com).

Wednesday prime time

MOVIES

	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM
BROADCAST	2 NBC 207 Inside Ed.	Heartbeat (N) (HD)	Law & Order: SVU	Chicago P.D. (HD)	News				
	4 CBC Dragons' Den (N)	X Company (N)	The National (N)	CBC News	Coronation	Rick Mercer			
	5 CBS Big Bang	Broke Girl	Survivor (N) (HD)	Criminal Minds	Criminal Minds	News			
	52 CW Family Guy	Arrow (N) (HD)	Supernatural (N) (HD)	News	Seinfeld	Cougar			
	6 NBC 207 Inside Ed.	Heartbeat (N) (HD)	Law & Order: SVU	Chicago P.D. (HD)	News				
	7 ABC Wheel	Jeopardy!	The Middle	Goldbergs	Mod Fam	blackish (N)	Nashville (N) (HD)	News	
	WAGM FOX The Insider	Ent. Tonight	American Idol (N)	Empire (N) (HD)	News	Big Bang	Big Bang		
	8 ABC Wheel	Jeopardy!	The Middle	Goldbergs	Mod Fam	blackish (N)	Nashville (N) (HD)	News	
	MPBN PBS PBS NewsHour (N) (HD)	Nature (HD)	NOVA Expeditions and settlements of Vikings. (N)	C. Rose					
	9 IND Criminal Minds	Arrow (N) (HD)	Criminal Minds	News-Lisa	CTV News	Daily Show			
KIDS	13 CBS Ent. Tonight	The Insider	Survivor (N) (HD)	Criminal Minds	Criminal Minds	News			
	22 FOX Mod Fam	Mod Fam	American Idol (N)	Empire (N) (HD)	FOX 22 News at 10 (N)	The Closer			
	33 IND M*A*S*H	M*A*S*H	Andy Griffith	Andy Griffith	Happy Days	Laverne	Hogan Hero	Hogan Hero	C. Burnett
	38 IND Big Bang	Big Bang	The Closer (HD)	The Closer (HD)	WBZ News (N) (HD)	Seinfeld			
	NICK Henry	Thunder	Thunder	Bella	Full House	Full House	Full House	Full House	Friends
	DISN Austin	Stuck	Stuck	Bunk'd	Backstage	Best Fr.	Liv-Mad.	Stuck	Girl Meets
	FREE (6:00) Paul Blart: Mall Cop	Young	Baby Daddy		** Hocus Pocus (1993, Comedy)	Bette Midler. (PG)			700 Club
	HIST American Pickers	American Pickers	American Pickers	American Pickers	Pawn Stars	Pawn Stars	Join or Die		
	DISC Bering Sea Gold	Bering Sea Gold: Dredged	Bering Sea Gold: (N)	Bering Sea Gold: (N)	Survivorman: Wild	Bering Gold			
	TLC My 600-Lb. Life	My 600-Lb. Life: Where	My 600-Lb. Life: Where	My 600-Lb. Life: Where	(0:1) Two in a Million (N)	600-Lb. Life			
LEARN	A&E Duck D.	Duck D.	Duck D.	Duck D.	Wahlburgers (N)	Donnie	Donnie	Wahlbrgs	
	ANPL River Monsters	River Monsters			(0:1) River Monsters: New Depths (N)	Tribal			
	CSNE Celtics Pre.	NBA Basketball New Orleans Pelicans at Boston Celtics. (L)	Celtics	SportsNet	Sports				
	ESPN NBA Basketball Cleveland Cavaliers at Indiana Pacers. (N) (L)	NBA Basketball Houston Rockets at Dallas Mavericks.							
	ESPN2 MLB Baseball Philadelphia Phillies at Cincinnati Reds. (N Subject to Blackout)	MLB Baseball: White Sox at Athletics							
	NBCSP NHL Live (N) (L)	NHL Hockey Philadelphia Flyers at Detroit Red Wings. (L)	(4:5) NHL Overtime (N)						
	NESN MLB Baseball Boston Red Sox at Cleveland Indians.	Extra	Red Sox	Sports	Sports	Sports			
	CNBC Billion Dollar Buyer	Shark Tank	Shark Tank	Follow the	Secret Lives	Shark Tank			
	CNN Erin Burnett OutFront (N)	Anderson Cooper 360	Anderson Cooper 360	CNN Tonight	Cooper 360				
	FNC Greta Van Susteren	The O'Reilly Factor (N)	The Kelly Factor (N)	Hannity (N)	O'Reilly				
NEWS	MSNBC Hardball Chris Matthews	All In With Chris Hayes	Rachel Maddow Show	The Last Word	All In With				
	AMC Lost World: Jurassic Park	** Jurassic Park III (2001) Sam Neill. (PG-13)	*** Die Hard (1988) Bruce Willis. (R)						
	BRV Housewives/NYC	Housewives/NYC	Housewives/NYC	Happens	Housewives/NYC				
	CMT Last Man	Last Man	Last Man	*** Gridiron Gang (2006, Drama)	The Rock, Xzibit. (PG-13)				
	COM Futurama	Futurama	South Park	South Park	South Park	South Park	Broad City	Broad City	Daily Show
	E! News (N)	** Runaway Bride (1999) Julia Roberts. (PG)	Julia Roberts. (PG)	Hollywood Medium	E! News				
	FOOD Diners	Diners	Diners	Diners	Restaurant: Impossible	My, Diners			
	FX *** Iron Man 3 (2013, Action)	Robert Downey Jr., Gwyneth Paltrow. (PG-13)	The Americans (N)	Americans					
	GAC Homes	Homes	Homes	Homes	Homes	Homes	RV 2013	RV 2012	
	HALL Last Man	Last Man	Last Man	Last Man	The Middle	The Middle	The Middle	The Middle	Golden Girls
VARIETY	HGTV Property Brothers	Property Brothers	Property Brothers	Property Brothers	Property Brothers	Property			
	LIFE Little Women: LA	Little Women: LA (N)	Little Women: LA (N)	Terra	Terra	Terra			
	MTV Catfish: The TV Show	Catfish: The TV Show	Catfish: The TV Show	Catfish: The TV Show	Catfish: The TV Show (N)	Suspect			
	OXY Quit Your Day Job	** A Cinderella Story (2004) Hilary Duff. (PG)	Quit Your Day Job (N)	Cinderella					
	SPIKE * Big Daddy (1999) Adam Sandler. (PG-13)	* The Waterboy (1998) Adam Sandler. (PG-13)	Zohan						
	SYFY (5:00) Superman II (1980)	Face Off	Face Off (N) (Part 1 of 2)	The Internet	The Internet	Face Off			
	TBN The Blessed	Potters	John Gray	Turning	Prince	S. Furtick	Living Proof	Blessed Life	John Gray
	TBS Seinfeld	Seinfeld	Big Bang	Big Bang	Big Bang	Big Bang	Conan (N)		
	TCM Keeper of the Flame (NR)	** Frenchman's Creek (1944) Joan Fontaine. (NR)	* New Orleans (1947, Musical) (NR)						
	TCM (6:30) ** Snow Day	** U-571 (2000) Matthew McConaughey. (PG-13)	*** Summer of Sam (1999) (ESP) (NR)						
PREMIUM	TNT Castle	Castle	Castle	Castle	Castle	Castle			
	TRAVEL Expedition Unknown	Expedition Unknown	Expedition Unknown (N)	Expedition Unknown	Expedition Unknown	Expedition			
	TRU World's Dumbest...	Carbonaro	Carbonaro	Carbonaro	Carbonaro	Carbonaro	Billy-Street		
	TVL Andy Griffith	Andy Griffith	Raymond	Raymond	Raymond	Lopez (N)	Soul Man	Jim Gaffigan	
	USA NCIS	NCIS	NCIS (Part 1 of 2)	NCIS (Part 2 of 2)	Mod Fam				
	VH1 Family Therapy	Family Therapy	Love & Hip Hop: Atlanta	White Chk					
	WGN-A *** Jerry Maguire (1996, Romance-Comedy)	Tom Cruise, Renee Zellweger. (R)	Underground (N)	Underg.					
	ENC (6:35) ** The Guardian (2006, Drama) (ESP) Kevin Costner, Ashton Kutcher, Sela Ward. (PG-13)	Outlander Witchcraft trial for Claire and Geillis. (R)	Outlander (ESP)	*** Bull Durham (R)					
	HBO REAL Sports	** Pitch Perfect 2 (2015) (ESP) Anna Kendrick. The Barden Bellas compete at the world championships. (ESP)	Girls (ESP)	(:15) Vinyl Richie grows desperate. (ESP)	Under the Lights				
	MAX (6:55) *** The Longest Yard (1974, Comedy-Drama) (ESP) Burt Reynolds, Eddie Albert. (R)	Banshee (ESP)							
STARZ	(6:30) Murder in the Dark (2013) Luke Arnold. (R)	** Lucky Number Slevin (2006, Crime Drama) (ESP) Josh Hartnett, Morgan Freeman. (R)							
	(:10) ** Rudderless (2014) Billy Crudup. A grieving father forms a band in hope of finding peace. (R)	** Blade II (2002) (ESP) Wesley Snipes. A vampire hunter unites with his prey against a new threat. (R)							