

Turtle Talk

SPECIAL EDITION MAY 2020

A Newsletter for Pickawillany Condominium Residents

www.littleturtle.org



ANNUAL MEETING DELAYED

Reminder: Due to the COVID-19 pandemic and the Ohio Governor's restrictions on social distancing and gatherings of ten (10) or more people, the annual meeting set for May 27 has been postponed. An alternate date for the Pickawillany Annual Meeting on Wednesday, June 24th, 2020.

Please continue to check the Pickawillany website at www.littleturtle.org weekly for any updates

MISSING AN INGREDIENT?

A few neighbors asked me to do a special edition on substitutions. The following is culled from the Internet (basically good old Google), my own notes plus an old vegan cookbook, *Washington Post* and the *New York Times*. This will allow you to search for your missing items by category. I did not include a lot of items - such as herbs and spices, meats, and flour. (To my knowledge, you really can't fully substitute for flour - just substitute the type of flour.) Had to leave something for you to do, didn't I?

Hopefully, the information below will offer you some ideas, but keep in mind that when you substitute one ingredient, you have altered the recipe - perhaps making it better, maybe not. Just accept it is not going to be an exact replica.

YEAST: Equal parts lemon juice and baking soda. If a recipe calls for 1 teaspoon, use ½ teaspoon of lemon juice to ½ teaspoon of baking soda. The bread will not need the typical proofing time and the bread will rise right away.

You Tube - "Cultivate your own wild yeast starter."

Equal parts milk, baking soda and vinegar.

Sour Dough Starter - takes five days to form. You can use one cup of sour dough starter to replace two teaspoons of yeast.

Per Keith Shiban: "I always have a sourdough starter going. It helps to start it with a little rye flour because rye ferments more quickly. If you're starting from scratch you need to refresh it every couple days for a week until you have a good culture going. Once you get it going, it needs to be refreshed every few days or it will ferment too much and kill the yeast. You can keep it in the fridge and then take it out and refresh it a couple days before using it.

Recipe :

¼ cup lukewarm water

2/3 cup bread flour

2 tablespoons whole wheat flour

This is called a "stiff levain" in French baking so it's not as wet as some starters. It helps to start it with a little rye flour because rye ferments more quickly. If you're starting from scratch you need to refresh it every couple days for a week until you have a good culture going. Once you get it going, it needs to be refreshed every few days or it will ferment too much and kill the yeast. You can keep it in the fridge and then take it out and refresh it a couple days before using it."

EGGS: It appears that a general rule of thumb is to figure on adding back ¼ cup liquid per egg. If a recipe calls for more than 2 eggs, it may be better to find a different option.

Milk: If you are making something fairly dense - such as a chocolate cake - use ¼ cup milk instead of egg. Egg free French toast - soy milk doctored with turmeric for color and Indian black salt for characteristic sulfurous aroma and taste.

Applesauce and milk: Long favored swap in for eggs and fat, some favor using it in conjunction with milk - ¼ cup of each per egg. Applesauce adds moisture.

Soiken tofu and milk: If the recipe calls for two eggs, use ½ cup silken tofu blended with milk or other liquid in the recipe.

Yogurt: Use ¼ cup per egg and expect it to shine in situations where moisture is good, such as cake, muffins and quick breads.

Mayo: Mayo includes eggs and the spread can serve the same emulsifying purposes as what it is replacing. Good swap to consider in cakes in particular with 2 to 3 tablespoons per egg.

Breading: The typical three step process is flour, eggs and then bread crumbs. Instead of the egg, try a mix of cornstarch and water.

Glazing: Egg washers are a standard final flourish on many baked goods. Try a glaze of melted apricot jam, or a mix of maple syrup and milk though nothing can be as shiny as eggs.

DAIRY: The ingredients below are ordered from thinnest to firmest; if you don't have the desired substitute for a specific item, feel free to move up or down the list.

Milk: Half-and-half or heavy cream thinned with water, evaporated milk, light coconut milk, light cream, oak milk, nut milk soy milk.

Half-and-half: Thicken milk with a little cornstarch or flour (about 1 tablespoon per cup of liquid) or thin heavy cream with a splash of water.

Heavy cream: For 1 cup heavy cream, substitute ¾ cup milk plus ¼ cup melted butter or simply thicken 1 cup milk with 1-2 tablespoons cornstarch or even flour. (Whisk the milk into the dried ingredient little by little.) Other options include coconut milk or coconut cream or even softened cream cheese whisked

with a little water. Be aware that you won't be able to beat alternatives into fluffy whipped cream.

Buttermilk: For 1 cup buttermilk, add 1 tablespoon fresh lemon juice to a measuring cup and add enough milk to reach 1 cup. OR thin one part yogurt, sour cream or other creamy dairy product with one part milk, or thin two parts yogurt or other creamy dairy product with one part water.

Butter: If using to conduct heat, you could use olive oil or other fats. For flavor substitutions - like stirring butter into risotto to add richness - a number of creamy option like heavy cream or mascarpone will achieve results.

CREAMY DAIRY PRODUCTS: Tangy, textural ingredients like crema, crème fraiche, mascarpone, Neufchatel, Quark, queso fresco, sour cream or yogurt of any variety can be used interchangeably.

OILS AND FATS

Neutral Oils (high smoke point):" Canola oil, coconut oil, corn oil, grapeseed oil, peanut oil, vegetable oil.

Flavored oils (medium or high smoke point): Avocado oil, nut oils, olive oils, sesame oil, sunflower oil.

Solid Fats (low smoke point)" Bacon fat, butter, chicken fat, lard, margarine, vegetable shortening.

STOCK: If a recipe calls for a little stock, you can substitute water. If it calls for a lot of stock, use water seasoned with one of the following : beer or white wine, juice (such as orange juice or apple juice), melted butter, milk (dairy, coconut, nut or soy milk), miso paste, mushroom stock (liquid from soaked dried mushrooms), olive oil, soy sauce, tea.

CRIME RATES DURING CORONAVIRUS

Have you been wondering how the crime rates have been effected by coronavirus? Columbus police said the number of burglary reports dropped from 437 in March 2019 to 334 in March 2020. However, commercial break-ins — those occurring at businesses — in the Downtown and Short North areas of the city have increased about 40% through March, police said.

As the government-imposed shutdown amid the coronavirus crisis brings central Ohio's economy to a crawl, crime rates for most offenses have either dropped or been flat, a *Dispatch* review of statistics provided by law enforcement finds.

But some crimes, including business break-ins and domestic violence, are on the rise.

For violent crimes such as homicides, the numbers have stayed steady since Gov. Mike DeWine began announcing aggressive closures in an effort to slow the spread of the coronavirus in early March.

Columbus Dispatch April 15, 2020

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City of Columbus Service Center 3-1-1

Columbus Fire-Non Emergency 614.221.2345

Columbus Police Department 614.645.4545

Columbia Gas Hotline 800.282.0157

Crime Reports: www.communitycrimemap.com

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and
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