

Caramelized Onions

Makes about 2 1/4 cups

4 tablespoons butter
1 teaspoon dried thyme
1 teaspoon garlic powder
1/4 teaspoon red pepper flakes
1/2 teaspoon smoked paprika
8 medium yellow onions, thinly sliced
1/2 teaspoon salt

Cook, stirring constantly, for 30 seconds.

Add the onions and salt, then stir well to coat.

Cover and cook for 5 minutes.

Reduce heat to low and cook, covered, for another 25 minutes, stirring every 5 or so minutes.

Uncover the pot, stir, then cook for another 10 minutes, stirring occasionally to prevent sticking.

Increase heat to high and cook for a final 10 minutes.

In a large Dutch oven over medium-high, melt the butter.

Add the thyme, garlic powder, pepper flakes and smoked paprika.



THE ASSOCIATED PRESS

Make a big pot of caramelized onions on Sunday and you can have a variety of tasty meals all week long. This pizza uses the onions in place of traditional sauce and is topped with Kalamata olives and crumbled blue cheese or feta.

Onions: Five quick dishes

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Add chopped cooked bacon and grated Parmesan.

Toss until melted, then add cooked pasta and several tablespoons of the pasta cooking water.

Toss, then season with salt and pepper.

Meal 3

Sandwich. Slather some of the onions, warm or cold, onto a thick slice of bread.

Top with deli-sliced smoked turkey and provolone cheese.

Toast in a 400-degree oven until the cheese is melted.

Pizza. Get yourself a ball of dough or a ready-made crust.

Top it with caramelized onions, chopped Kalamata olives and crumbled blue cheese or feta.

Bake at 500 degrees until the crust is done and the cheese melted.

Meal 5

Dip. Still have more onions? Mix the with sour cream and eat with carrot sticks or chips.

Or to make it even richer, blend the sour cream with cream cheese in a food processor, then stir in the onions.



Backcountry Horsemen's Larry Baysinger will be among those teaching horse packing and the Leave No Trace program to the public at Sequim Bay State Park in May.

Girl elicits memories of other younger riders

DRIVING PAST MY neighbor Jeanne Wolfe Johnson's indoor arena a few days ago I observed a dainty little girl astride a lesson horse.

The child, who looked about 6, sat up straight and proud and sported a big grin on her face.

She looked so cute with her little Western-boot clad feet sheltered in stirrups, which hung about halfway down the horse's belly.

It reminded me of when Jeanne gave lessons to my niece, **Brooke Stromberg**, when she was 6. At 9, Brooke took up barrel racing, and in her teens won two state championships.

Further reminiscing took me back to decades ago when I was 6 and riding rental horses on a guided trail ride in Southern California with my two best friends, twins **Carole** and **Mary Harris**.

Our friendship began in preschool, where we'd take turns "galloping" a plastic horse with springs attached to its four legs.

Our love of horses stayed with us. As teens, Carole and I preferred trail rides and Western games while Mary pursued English and jumping.

Fast forward to the present: I've got my horses with me in Sequim while Carole keeps her horse at the equestrian center in Southern California owned by Mary.

The facility is home to about 450 horses and five horse trainers who specialize in various riding disciplines.

Now 17, my niece works for Mary and is in charge of exercising and grooming 20 horses.

A few weeks ago, Brooke texted me, ecstatic that a jumping instructor was giving her free lessons.

Last weekend, Carole e-mailed me, "Brooke is doing great! Has a lot to learn but great potential."

Remembering what knuckleheads Carole and I were at 17, I read her words and chuckled — and really, don't we all have great potential and a lot to learn at 17?

I'm delighted Brooke has such a wonderful opportunity to pursue her love of horses among many knowledgeable riders and trainers.

PENINSULA HORSEPLAY

Karen Griffiths



wood ELC at Sequim Bay State Park.

Preregistration required by Saturday, and a \$10 donation reserves meals and training materials.

Donations support the Active Trails Grant provided through the National Park

Foundation.

Limited scholarships are available, and overnight camping will be on site.

Training is sponsored by Olympic National Park.

For information and registration, go to www.clallam.wsu.edu/lnt or call the Clallam County Extension Office at 360-417-2279 or Sherry Baysinger at 360-327-3611.

Congratulations to the Backcountry Horsemen of Washington's Peninsula and Buckhorn Range chapters for receiving the 2010 President's Achievement Award.

It recognized their untiring efforts in working with the Olympic National Park to keep backcountry trails open. Members logged more than 3,000 volunteer hours in 2009.

Jefferson County show

On Saturday, May 8, Jefferson County Silver Spurs 4-H Club and Horse Project are hosting their annual Open Schooling Show at the Jefferson County Fairgrounds in Port Townsend.

Performance classes will start at 9 a.m. and Western Games will follow. Early-bird prices are \$4 each for performance classes and \$3 per Western Games class — if postmarked by Monday.

An additional \$1 per class is added for entries postmarked after Monday or paid on the day of show.

Stalls are available on first-come, first-served basis; a \$15 deposit is refundable if the stall is left clean.

High-point prizes will be awarded for all divisions.

Concessions will be available.

Show forms are available at most feed and tack stores and the Washington State University Extension

office in Port Hadlock.

For more information or show forms, call Lisa Smith at 360-765-4444.

Events

■ Today, 6 p.m.: Arab Club meeting hosted by Debra Hinds, 110 Coppertop Trail, Port Angeles. Phone 360-457-5399.

■ Saturday, 9 a.m. to 2 p.m.: Tack Sale and educational talks hosted by Backcountry Horseman and 4-H horse groups at Clallam County Fairgrounds. Sellers can reserve space in advance at 360-683-3306 or 360-582-7526.

■ May 7, 7 p.m.: Backcountry Horsemen Buckhorn Range Chapter meets at Chimacum Saddlery & Tack, 1091 Chimacum Road. Program: Equine Therapeutic Riding, presented by Ally Stratton. Horse enthusiasts and those interested in keeping trails on public lands open for equestrian use are welcome to attend. Phone Bob Hoyle at 360-531-2337 or e-mail bobhoyle@usa.net.

■ May 8, 10 a.m. to 4 p.m.: Tack and Rummage Sale and Equestrian Demonstrations, co-hosted by Buckhorn Range Chapter-BCHW and Chimacum Saddlery & Tack, 1091 Chimacum Road. For information, donations and table reservations, phone Judith Hoyle at 360-732-5042.

■ May 8: Freedom Farm Horse Show & Play Day, 493 Spring Road, Port Angeles. Contact Mary Gallagher at 360-457-4897 or freedomfarms.net.

■ May 22, 10 a.m. ride out: BCH Peninsula Chapter ride at Miller Peninsula. Phone Tom Mix at 360-582-0460.

■ BCH Peninsula Chapter meetings are on the fourth Monday of the month at 6 p.m. at the Clallam County Courthouse (a new location) in Port Angeles; phone Betsy Wyatt 360-457-3102.

■ Cow sorting: 6 p.m. Saturdays at Chimacum Saddlery & Tack, 1091 Chimacum Road, Port Hadlock. Contact Bethel Moore at 360-301-1547 or e-mail: bambam@olympen.com.

Karen Griffiths' column, Peninsula Horseplay, appears every other Wednesday.

If you have a horse event, clinic or seminar you would like listed, please e-mail Griffiths at horse.play.kbg@olympus.net at least two weeks in advance. You can also write Griffiths at PDN, P.O. Box 1330, Port Angeles, WA 98362.

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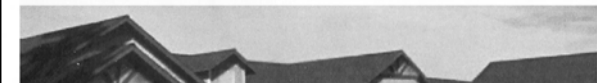


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Sequim

HEALTH AND REHABILITATION

...helping people live better



Al fresco

On May 14-16, Backcountry Horsemen's local chapters invite all outdoor enthusiasts to take part in a Leave No Trace program at Ramble-