

# Your Life & Food

Star-Telegram  
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## THE COWGIRL CHEF



It's strawberry time, so why not incorporate the sweet fruit into a salad or scones, among other things. See recipes on 8E.

SPECIAL TO THE STAR-TELEGRAM/ELLISE PIERCE

# Ripe with possibilities

By ELLISE PIERCE  
Special to the Star-Telegram

PARIS — If there's one berry that can make me swoon with crazy delight, it's the strawberry.

I resist — oh, sweet temptation! — to buy the first ones that appear in the grocery store, knowing full well that their white tops signal a not-quite-ready-to-be-picked berry, one that will be more sour than sweet. Impatiently, I wait a week or two, maybe more. Only then, when I can smell the berry's unmistakable sweet scent, do I put them in my basket, the season's first juicy treasures.

I know strawberries. My grandfather had a strawberry patch as big as the eye could see on his farm outside of Ardmore, Okla.

## Celebrate the sweetness of spring's favorite berry with recipes that are the pick o' the patch

Every spring, we'd load up all of the cleaned and saved Borden milk cartons from the winter into our Buick station wagon, and we'd drive to Ardmore and pick berries until our backs ached and our fingers turned red. Because there were always more berries than any of us could eat, we'd line the cartons up on my grandparents' front porch in town, so neighbors could come by and pick up as many as they wanted.

Then we'd go inside and eat bowls of berries with cream. Perfect.

Keeping it simple is the key to the ultimate strawberry happiness. I like strawberries with a light dusting of sugar, or with a bit of marsala wine. Here in France, strawberries are often served with fresh, cracked pepper (try it — it's amazing).

So with the less-is-more idea in mind, here are a few recipes that intensify the strawberry-ness without competing with the berry's innate fabulousness. Strawberry scones make a great Sunday brunch and need nothing more than a bit of

whipped cream. Strawberry granita is one of the purest ways to enjoy strawberries — and one of the easiest. Kids and grown-ups alike will love this dessert, especially as the weather gets warmer.

The arugula strawberry salad with pine nuts and shaved parmesan may seem like an unlikely mix, but it works perfectly — the peppery arugula is a perfect contrast to the sweet strawberry; the salty, crunchy shavings of fresh parmesan add another note; and the balsamic vinegar works

its magic on every component in the bowl, bringing it all together harmoniously. Finally, Eton mess is a silly-sounding dessert that's a take on the strawberries-and-cream classic, with the addition of broken meringues, traditionally served at the Eton-Winchester cricket match.

With roots in Oklahoma, and generations before that in Scotland, I'm sure my family would approve.

May you have a very strawberry spring, wherever you are.

ELLISE PIERCE IS THE COWGIRL CHEF. READ HER BLOG AND WATCH HER COOKING VIDEOS AT [WWW.COWGIRLCHIEF.COM](http://WWW.COWGIRLCHIEF.COM). YOU CAN ALSO FOLLOW HER ON TWITTER: [HTTP://TWITTER.COM/COWGIRLCHIEF](http://TWITTER.COM/COWGIRLCHIEF).

More on STRAWBERRIES on 8E

## CELEBRITY BIRTHDAYS



Cruz

Actress-singer **Ann-Margret** is 69. Actress **Marcia Strassman** (*Welcome Back Kotter*) is 62. *Tonight Show* host **Jay Leno** is 60. Actress **Mary McDonnell** is 58. Rapper **Too Short** is 44.

Actress **Simbi Khali** (*3rd Rock From the Sun*), actress **Bridget Moynahan** and actor **Chris Young** are 39. Rapper **Big Gipp** of Goodie Mob and actress **Elisabeth Rohm** are 37. Actress **Penelope Cruz** is 36. Actress **Jessica Alba** is 29. Actress **Aleisha Allen** is 19.

## NOTABLE DEATH

**1988** On this date, songwriter **B.W. Stevenson** died at 38.

## TODAY'S AGENDA

### TCU Concert Chorale

Eph Ehly will conduct the Texas Christian University Concert Chorale in a concert series performance tonight at 7:30 p.m. in Ed Landreth Auditorium, at the corner of South University Drive and West Canteay Street. The event is free and open to the public, with free parking in a lot north of the hall.

### Art tour

A new kind of art opening will take place today when the Art Institute of Fort Worth throws open its doors for a grand-opening celebration. Classes in advertising, graphic design, fashion design, interior design, photography, Web design and interactive media will be offered. Tours will be available, refreshments will be served, and art events will be happening 4:30-6 p.m. The new campus, a branch of the Art Institute of Dallas, is at 7000 Calmont Ave., Suite 150. [www.artinstitutes.edu](http://www.artinstitutes.edu)

### Suzy Bogguss

One thing is certain: If you happen to set a land-speed record for selling out McDavid Studio, then you're sure to be asked for a return engagement. Which is exactly what happened to clearly popular country artist Suzy Bogguss. Bogguss is back, tonight, for another evening featuring highlights — *Just Like the Weather, Drive South* — from her more than 20 years of song-craft. Show begins at 8 p.m., McDavid Studio, 301 E. Fifth St., Fort Worth. \$35. 817-212-4280, [www.basshall.com](http://www.basshall.com).



BASS HALL  
Suzy Bogguss

Have an item for Agenda? Send it to [listings@star-telegram.com](mailto:listings@star-telegram.com).

WHAT'S AHEAD

**THU** Tune in to our preview **In Your Life** May sweeps

**FRI** A heads-up on local summer concerts **In Go!**

**SAT** Special gifts for graduates **In Your Home**

**SUN** Fort Worth Symphony conductor celebrates 10 years **In Your Life, Arts & Travel**



**MON** Taking tea with Sarah, Duchess of York **In Your Life**

# Strawberries: Mix them with savory, peppery flavors, or give in to a sweet craving

CONTINUED FROM 1E



SPECIAL TO THE STAR-TELEGRAM/ELLISE PIERCE

## Arugula-strawberry salad with pine nuts and shaved parmesan

This salad definitely has the "wow" factor — it's crunchy, sweet, salty, peppery and creamy.

Serves 4

- 4 ounces arugula
- 3 ounces pine nuts, toasted
- 8 ounces strawberries, tops removed, sliced
- 1 tablespoon balsamic vinegar (I like a little more.)
- 2-3 tablespoons olive oil
- Sea salt
- Pepper
- Parmesan cheese, shaved

In a large bowl, toss arugula, pine nuts and strawberries with vinegar and olive oil. Salt and pepper to taste. Top with parmesan.

**Nutritional analysis per serving:** 173 calories, 15 grams fat, 7 grams carbohydrates, 5 grams protein, no cholesterol, 6 milligrams sodium, 2 grams dietary fiber, 75 percent of calories from fat.

## Strawberry granita

One of the easiest desserts you'll ever make and one of the most delicious. Hold on to this recipe for the Fourth of July — it'll cool off any 100-degree day.

Serves 10-12

- 1/2 cup sugar
- 1/2 cup water
- 16 ounces strawberries, rinsed, tops removed
- 1 teaspoon lemon zest

1. Make simple syrup: Heat sugar and water in a heavy pan on low. When sugar dissolves, remove pan and bring to room temperature. Set aside.
2. Put strawberries and lemon zest in a blender and pulse two or three times, just until the strawberries begin to make a puree (I like to have chunks of strawberries in my granitas, so I don't overblend). Taste and add as much simple syrup as needed (when strawberries are sweet and ripe, you may not need much, if any).
3. Pour strawberry mixture into a freezer-safe container with a lid. Every few hours, with a fork, scrape back the top. After about 6 hours, you should have enough scraped ice for granitas.

**Nutritional analysis per serving, based on 10:** 52 calories, trace fat, 13 grams carbohydrates, trace protein, no cholesterol, 1 milligram sodium, 1 gram dietary fiber, 2 percent of calories from fat.

**Cowgirl tip:** Make these the morning of your dinner party and just remember to keep scraping the icy strawberries all day long. Easy!



Strawberry granita

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## Strawberry scones

If you love biscuits (and who doesn't?), you'll love scones. They're light, fluffy and have chunks of sweet strawberries. You may add strawberry jam if you'd like, but I eat these simply with cream.

Makes 8-10 scones

### For scones:

- 2 cups flour
- 1/3 cup sugar
- 2 teaspoons baking powder
- 1/2 teaspoon sea salt
- 4 tablespoons butter, cold
- 2 large eggs
- 1/3 cup cream
- 1 teaspoon lemon zest
- 8 ounces strawberries, dusted with additional flour

### For whipped cream:

- 8 ounces cream
- 2 tablespoons sugar
- 1 teaspoon vanilla

1. Preheat oven to 425 degrees. Combine flour, sugar, baking powder and salt in food processor bowl and pulse one or two times.

2. Add pats of very cold butter and pulse 3 or 4 times, or until you see large and small pebble pieces of butter throughout.

3. With the motor running, add eggs one at a time, cream and lemon zest.

4. Turn dough out onto a floured board, smashing it down a bit so it's a large, flat disc (about 1/2-inch thick). Put flour-dusted strawberries on dough and very gently fold other half of dough on top. Press down so the dough comes together, but not so much that the strawberries get smashed. Key here is to have a light touch and not to overwork the dough. Pat dough into a 1-inch thick circle and cut into 8 triangles (see note). Place on a parchment paper-lined cookie sheet, and bake for 15 minutes, or until they begin to brown.

5. Make whipped cream: Pour cream in a clean, dry bowl and whip on medium speed. When cream begins to thicken, add sugar and vanilla and whip until it holds soft peaks. Serve scones immediately with whipped cream.

**Note:** Use a pizza cutter to slice the dough. It's super-easy.

**Nutritional analysis per serving, based on 8:** 331 calories, 17 grams fat, 39 grams carbohydrates, 6 grams protein, 103 milligrams cholesterol, 329 milligrams sodium, 2 grams dietary fiber, 46 percent of calories from fat.



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## Eton mess

Don't let the goofy name fool you — this dessert is crazy-good, and one that you'll want to make again and again.

Serves 4

- 12 ounces strawberries, sliced with tops removed
- Whipped cream (see scone recipe, right)
- 8 lemon meringue cookies (recipe follows)
- 3 ounces pistachios, roasted and crushed

Divide sliced strawberries among four bowls with a dollop or two of whipped cream, and crunch up 3 or 4 meringue cookies in each bowl. You may want to do this in layers so you get a bit of cookie, strawberry and cream in each bite. Sprinkle with pistachios for an extra shot of color.

**Nutritional analysis per serving:** 285 calories, 20 grams fat, 25 grams carbohydrates, 5 grams protein, 50 milligrams cholesterol, 30 milligrams sodium, 3 grams dietary fiber, 60 percent of calories from fat.

## Lemon meringue cookies

I added the lemon zest especially for the strawberries, but you can leave it out and have plain old vanilla ones, or add chocolate chips or whatever else suits your fancy.

Makes about 60 2-inch cookies

- 4 egg whites
- 2 cups powdered sugar, sifted
- 1 teaspoon vanilla
- Zest of one lemon

1. Preheat oven to 300 degrees. Whip egg whites for a minute or two, until they become

frothy. As they start to thicken, slowly add powdered sugar. Then, add vanilla and zest. Beat until whites hold fluffy peaks.

2. On a parchment-lined cookie sheet, spoon about 2 tablespoons of meringue per cookie, about 2 inches apart.

3. Cook for 10 minutes, then turn oven to 200 degrees and cook for an additional hour. Remove from oven and let cool completely, for at least an hour.

**Nutritional analysis per cookie:** 17 calories, trace fat, 4 grams carbohydrates, trace protein, no cholesterol, 4 milligrams sodium, trace dietary fiber, 0 percent of calories from fat.

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# Legal Affairs

Legal Affairs articles are written by area attorneys and are paid features.

## Immigration

**Q:** I married an American citizen and the Permanent Resident Card that I received after our marriage is conditional and expires 2 years after it was issued. I realize that we are required to file some type of joint petition before my card expires but I am in an abusive marriage and it is likely that I will be divorced before my card expires. How can I protect myself so that I will be allowed to remain in the U.S. as a permanent resident despite being divorced from my U.S. citizen spouse?

**A:** I'll need to know a little more about your circumstances. If you had attained your 2nd wedding anniversary by the date your Permanent Resident Card ("green card") was approved, your card would have been issued unconditionally for 10 years and there would be no impact upon your status if you later divorced your U.S. citizen spouse. However, since you were married for less than 2 years when your card was issued, the card is conditional and you will be automatically removable (deportable) if you and your citizen spouse do not file a joint petition with the United States Citizenship and Immigration Services (USCIS) during the 90 day period before the card expires. In that regard, it is impossible for you and your citizen spouse to file a joint petition if you are no longer married to each other.

As a divorced conditional resident, you may avoid removal (deportation) proceedings by timely filing an individual petition and requesting a marriage waiver to remove the conditional basis of your permanent resident status. You are eligible for such a waiver if you are able to establish that (1) your deportation would result in extreme hardship to you or (2) you entered into your marriage in good faith, the marriage has been terminated, and you are not at fault in failing to file a joint petition or (3) you are a battered spouse or you have been subjected to extreme cruelty by your United States citizen spouse.

Although it is recommended that you file an individual waiver petition before your conditional resident status expires so that you are not placed in deportation proceedings, the USCIS has authority to accept your individual petition even if it is filed after your green card expired provided that you are able to demonstrate that you have good cause for filing the petition late.

Please call (817) 870-1450 for more information or if you desire the services of an attorney.

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## Appeal of Social Security Disability Denial

**Q:** I filed for Social Security disability benefits and my claim was denied. I know I can appeal, but I don't know anything about the appeals process or what to say in the forms. I'd like to hire an attorney, but I can't afford the legal fees. What should I do? Can anyone help me?

**A:** You should DEFINITELY appeal the denial. Don't be discouraged even if you've been turned down more than once. If you can't work full-time because of your medical condition, then you have a good chance of getting Social Security disability benefits. Your chances vastly improve when you are represented by a local attorney who is familiar with the local Social Security office staff, local doctors, and the judge who will hear your case. An experienced Social Security attorney will handle all of the appeals for you, give you peace of mind and good legal advice, and give you the very best chance to win your case. At Gould & Gregory, P.C., we have over 30 years experience in representing disabled people before the Social Security Administration. We will talk with you for FREE about your case, meet you in-person (instead of just over the phone), and we don't charge any attorneys' fees unless you win.

**GOULD & GREGORY, P.C.**  
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## Bankruptcy

**Q:** My wife and I applied for a loan modification with our mortgage company and we were just informed that we were turned down. Now our home is due to be foreclosed on next month, is there anything we can do to stop it?

**A:** Your situation is not an uncommon story heard in our office. According to a recent newspaper article of the entire pool of loan modifications submitted through HAMP (Home Affordable Mortgage Program) only 4% have been approved. Language built into the documents of HAMP state that the lender may reject borrowers without any written notification and move straight to auctioning off their home without warning.

Although this program was written with good intentions, it has had dismissal results, and it has put good people like you into deeper financial problems.

Carey and I have lobbied before Congress and local representatives to pass a bill allowing bankruptcy judges to modify home loans making it more feasible to keep your home. At this time Congress has not passed this bill, but we will continue to fight for homeowner rights.

You may still have options in bankruptcy to stop the foreclosure and restore your mortgage. Please call our office at 817-268-2468 to set an appointment for your FREE consultation or visit our website at [www.FtWorthbankruptcy.com](http://www.FtWorthbankruptcy.com)

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