

the weekly Sun

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Gallery Walk this Friday
Includes Barkcloth Art
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Northern Rockies Folk
Festival, paired with Arts &
Crafts show this weekend
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Pull Out Our Full Calendar
and Plan Your Week
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Elena Guylay recently tweaked her Fiesta Casserole to include a mix of rice and quinoa, which gives it a nice chewy texture.

Ketchum Girl Wins Lunch Date With Mrs. Obama

STORY & PHOTOS BY KAREN BOSSICK

Elena Guylay's school is too small to offer cafeteria lunches. But a recipe she submitted for use in school lunches across the country has earned her a lunch date with first lady Michelle Obama.

Guylay, an 11-year-old student at Community School, was selected to represent the state of Idaho for her recipe for Fiesta Casserole, which she helped her mother create a few years ago. The Healthy Lunchtime Challenge is designed to come up with healthy lunchtime dishes that kids will like.

Her brother Alexander, 9, was a runner-up for his Enchilada Pie using butternut squash, broccoli and Swiss chard.

That recipe probably wouldn't have made it into the Bush White House, Alexander's mother Kathryn Guylay quipped, noting Bush's disdain for broccoli.

"And kids who don't like broccoli or butternut squash probably won't like it," she added. "But everyone loves the Fiesta Casserole. Who doesn't like rice and beans with a Tex-Mex flavor? It's universally appealing."

Epicurious.com co-sponsored the contest with the departments of Education and Agriculture to promote Michelle Obama's 'Let's Move!' campaign. More than 1,200 recipes were submitted, including Myka's Perfect Curry Chicken Wraps, Alaska Teriyaki Salmon Wrap, Triple F: Fake Fast Food and Fish Fueled Pepper Rocket with Kale Chips and Quinoa.

A 9-year-old from Texas dubbed his Bunny Bisque and Secret Service Super Salad, while an 8-year-old Nebraskan won for Apple Alien.

"Our judges had a great time tasting the finalists' dishes and I can't wait to try their tasty creations myself at our Kids State Dinner at the White House," said Obama in a statement. "As a mom, I know how cooking with your kids can open them up to trying new healthy foods and I am eager to see what our finalists dreamed up to help kids enjoy nutritious lunches so they grow up healthy and strong."

While at the White House, the kids will tour Obama's vegetable garden,

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Orchestrating Behind the Scenes

STORY & PHOTOS BY KAREN BOSSICK

It's just past 11 when pianist Peter Henderson shows up at the Sun Valley Pavilion to begin practicing for the concert that will take place seven hours later.

But first, he must wait for workers to unload the Steinway that he will play, put it together and tune it.

It takes a well-orchestrated behind-the-scenes effort to put the orchestra on stage before 50,000 viewers for two weeks every summer.

It's a masterful choreography that starts the day after the symphony season ends and continues throughout the year.

"It really does take 365 days to put on," said Jennifer Teisinger, the symphony's executive director.

"Actually, we've already started planning for next season," said Conductor Alasdair Neale, who already has selected music and began lining up guest performers for the 2013 season.

Neale actually started practicing Mahler's Sixth Symphony, which the orchestra will perform Tuesday, Aug. 7, a year ago.

"It's huge in every sense of the word but very wonderful," said Neale.

Neale approached the piece analytically, playing it on piano, visualizing the score and figuring out how he wanted to interpret the piece. He then met with string principals deciding when bows would go up and when they'd go down so the bows don't clash with one another.

Operations Manager Deanna Hull, who moved here two years ago after serving as librarian for the San Francisco Symphony for 17 years, arranges to purchase or rent the music the orchestra will be playing.

Then she makes marks on each sheet of music, indicating whether it's an upbow or downbow.

"We have to do as much beforehand as possible because we only have one rehearsal for each piece," said Neale.

During winter Hull is hard at work on the beefy symphony programs, securing ads, making sure she has pictures of orchestra members and inserting program notes from a professor at Swartmore College in Philadelphia.

"We all feel like it's real once we have the book in hand," she said.

Teresa Beahan-Lipman started working in the symphony office in November. She says it's been like Christmas every day, what with all the packages that ar-



Jon Bonine, a former trombone player with the symphony, tunes the Steinway before last Friday's concert.

rived.

Many of the packages this year contained cymbals, mallets, wind chimes and other percussion instruments the symphony purchased to cut down on yearly rental fees. The boxes filled one room backstage at the Pavilion —guaranteed to make percussion players feel like kids in a candy shop when they arrived and started opening them.

The ever-so-popular lawn screen came wrapped in a bow, thanks to an anonymous donor who purchased it for the symphony.

The symphony bought risers this year, allowing percussion players to be in the back center rather than off to the side to offer a more unified sound.

This year the symphony also enhanced its audio equipment and speakers and a portable floor to lay under the string section. The interlocking pieces, which fit together like a jigsaw puzzle, reflect the sound and keep it from sinking to the ground as it did with the old floor, which was designed to drain rainwater.

"We're still moving into the Pavilion. When you move into a new house you

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A LOOK AHEAD

Tonight: Look for "Sun Valley Serenade" as the symphony performs a tribute to Carl Eberl, who founded the Sun Valley Summer Symphony. William VerMeulen will be featured horn player as the orchestra plays the music of Mozart and Elgar.

Thursday: The music of Mendelssohn and Respighi.

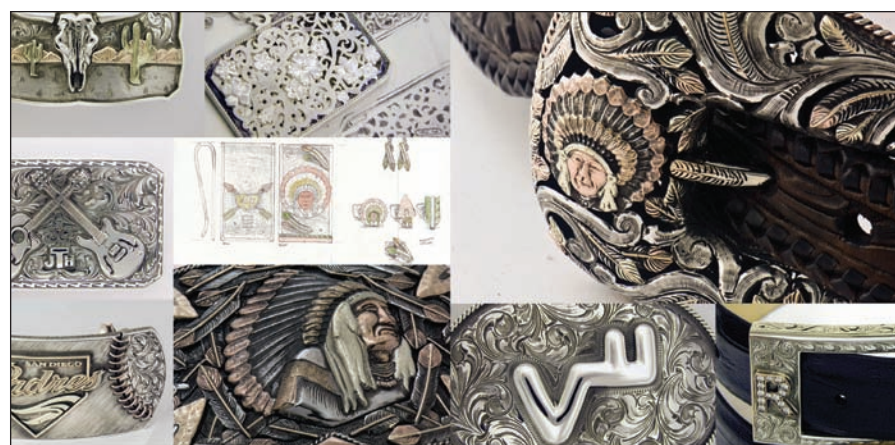
Friday: Students in the Summer Music Workshops will play recitals at 3 and 6:30 p.m.

Saturday: Jeff Tyzik will conduct Pops Night featuring Williams' "Olympic Fanfare," Copland's "Hoedown" from "Rodeo" and other pieces.

Sunday: Pianist Jon Kimura Parker will be guest musician as the orchestra plays Gershwin's "Summertime" from "Porgy and Bess," Mendelssohn's "Wedding March" from "A Midsummer Night's Dream" and the music of Mozart and Rachmaninoff.

Tuesday: The orchestra plays Mahler's Symphony No. 6, a piece expected to take about 90 minutes.

All concerts are free and start at 6:30 p.m. at the Sun Valley Pavilion.



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LUNCH WITH MRS. OBAMA, from page 1

which features the first veggies grown at the White House since Eleanor Roosevelt's Victory Garden.

The children will also tour D.C. and get a sneak peak at the yet-to-open Julia Child exhibition at the Smithsonian.

Elena, who eats Fiesta Casserole most days during the school year, says she can't wait to see the original copy of the Declaration of Independence.

"We studied it when we studied Thomas Jefferson this year," she said.

Alex plans to take in the Smithsonian National Air and Space Museum with his dad Jeff Guylay while his mother and sister are attending the Kids State Dinner.

"I think all kids should try my enchilada pie," he said. "It's really good for making you feel better and giving you lot of energy. I really benefit from foods



Alexander Guylay, the runner-up for Idaho in the Healthy Lunchtime Challenge, plans to check out the Smithsonian National Air and Space Museum with his father Jeff while his mother and sister attend the Kids State Dinner at the White House.

like these when I hit the pump park." The winning recipes will be

posted online in late August at letsmove.gov, USDA.gov and Ed.gov. **tws**

FROM MARGOT'S TABLE TO YOUR'S

Ceviche and Margaritas For The Pavilion Lawn

RECIPE & PHOTO BY MARGOT VAN HORN

Yes indeed the Sun Valley Summer Symphony is in full swing and I am loving it. What fun to see everyone on the lawn relaxing, munching, imbibing and listening to the wonderful notes floating through the air! It's a perfect time for family, loved ones and friends to gather together along with a sumptuous something on which to dine. So, here are two easy something's (which I borrowed) for you to make and treat your group.



CEVICHE

Serves about 4 - 1 1/2 Cups Each

- Ingredients:**
- 1 pound tilapia fillets, cut into 2-inch pieces (I used the \$1 frozen packaged variety from Albertsons)
 - 1 or 2 jalapeno peppers, minced
 - 1/2 C. lime juice
 - 1/2 C. chopped fresh cilantro
 - 1 Tsp. chopped fresh oregano
 - 1/4 Tsp. salt
 - 1 bell pepper green, red, or yellow or mixed, halved cross-wise and thinly sliced
 - 1 large tomato, chopped (make sure it's tasty)
 - 1/2 C. very thinly SLICED white onion
 - 1/4 C. quartered green olives (yes, even if you don't like olives)
 - 1 avocado, chopped
- Directions:**

Place tilapia in a medium skillet. Cover with water. Bring to a boil over high heat, remove from the heat, cover, and let stand 5 minutes. (I slightly unfroze my Albertsons packaged tilapia first.)

In a medium sized bowl, place jalapeno, lime juice, 2 Tblsp. cilantro, oregano and salt. Whisk the mixture. Gently fold in the bell pepper, tomato, sliced onion, and olives. Finally, gently fold in the tilapia that has now cooled a bit and been cut into pieces into the mixture. Cover and chill for at least 20 minutes—several hours is even better, so make this in the morning of your picnic.

When taking to the picnic put the ceviche in a pretty dish topped with the remaining cilantro and avocado that has been sprinkled with some lemon to keep it from turning brown, and put a good spill proof cover

on the dish. Serve this with warm corn tortillas. Warm the tortillas in some paper towels, which have been moistened in your micro—just a minute (mas o menos), and then put them in aluminum foil to keep warm for later. To serve, let everyone scoop a generous portion of ceviche in his or her corn tortilla. Or if you wish, you can make your own fat free tortilla chips (350 oven-place tortillas on rack-after 3 minutes or so see if crisp enough to break into chips) or buy some. Make sure you have some sturdy plates and good napkins as well.

MARGARITAS:

Buy some Lime or Lemon Sorbet, put in a freezer bag along with a baggie of ice cubes from your freezer; take a bottle of gold tequila; a bottle of club soda; some fun glasses; 3 plastic containers (large enough that your glass rim can fit in it), one filled with some lemon or lime juice, and the second with salt and the third with sugar for glass rimming.; straws and spoons for sipping, stirring, and perhaps just eating; and a small baggie with thinly sliced limes. (Hint: For glass rimming, dip your glass in the lime or lemon juice container first and then dip into the sugar or salt containers.)When you are ready for your Margarita, place a generous scoop of the sorbet in the glass and pour a jigger or so of tequila over it. Stir just a bit with your straw — and there you are. Add some ice cubes and club soda if it's too vigorous for your palate. YUM but of course as always, remember, have a designated driver (DD) if you are driving. For the DD, try the sorbet and a bit of sparkling water with some spritz/slices of lemon or lime or just let the DD enjoy spooning the sorbet directly in the mouth.

Call Margot for personal cooking help @ 721-3551. Margot is a self-taught enthusiastic & passionate cook. **tws**

BRIEFS

Edible Explorers Camp, Tuesday

Sawtooth Botanical Garden still has room in their children's summer camp in August. All classes contain curriculum and activities that directly reflect the growing season. The camp session begins Tuesday, Aug. 7 and classes will focus on harvesting food from the garden and creating simple meals. Children will learn where their food comes from as well as the importance of starting a garden and growing their own food.

Class dates and times are Tuesdays and Thursdays, August 7-23, 9 a.m.- 12 p.m.

To register, or for more info, contact Michele at 726-9358.

Wine Down Fridays

Wine Down Fridays featuring a selection of wine tastings coupled with appetizers returns every Friday in August at Tranquility Teahouse.

"We started Wine Down Fridays in June and are bringing it back for August" said Pam Colesworthy, owner and Tea Connoisseur of Tranquility Teahouse. Called the "original" Wine Down, the every Friday event in August will feature 3-4 different varietals of wine tastings served with complementary appetizers from the kitchen of Tranquility. In addition, a special "I'll Have Another" full glass will be served for the discounted price of \$5. Special pricing will also be available on bottles and cases for the wine tastings.

The event will begin on Friday August 3 from 5:30-7:00pm with a suggested fee of \$15. You can relax on the outdoor patio, sip wine, enjoy appetizers and take in the joys of summer.

Call 726-0095 or visit tranquilityteahouse.com for more info.

Utah's Best Chef at Sun Valley Resort

Sun Valley Resort Vice President and General Manager Tim Silva announced the appointment of award-winning chef John B. Murcko as the resort's director of culinary operations effective August 6. Murcko, the recent recipient of "Best Chef in Utah" by Salt Lake Magazine's 2011 dining awards, brings a new culinary energy and passion to the Idaho resort.

"We are extremely pleased to welcome Chef Murcko to Sun Valley Resort," said Tim Silva. "His talent and leadership will be coupled with our ongoing commitment to providing our guests with exceptional dining experiences."

Chef Murcko brings 22 years' experience to his position at Sun Valley Resort. Since completing his studies in 1990 at The Culinary Institute of America in Hyde Park, N.Y., Chef Murcko has built his reputation by working at upscale restaurants and resorts in the western United States including the Park City area, where he was responsible for the management of 500 food and beverage employees. In addition to his "Best Chef in Utah" award, he earned Best New Restaurant Utah 2011, Best Restaurant Park City 2011/2012, and earned top honors in Nicholas & Company's Ultimate Chef Challenge in 2009 and 2012.