



Recipe Corner
Italian Won Ton

For the calzone (wonton) dough:
 1 cup lukewarm water
 2 teaspoon active dry yeast
 2 cups all-purpose flour
 1 1/2 teaspoons salt

Combine the water and yeast in a large bowl, then wait a few seconds until the yeast dissolves. Add the flour and salt and mix with your hands or a spatula until it forms a shaggy dough. Knead the dough. Turn the dough and any loose flour from the bowl out onto a clean work surface. Knead until all the flour is incorporated and the dough is smooth and elastic, 6 to 8 minutes. The dough will feel moist and a little tacky. If the dough sticks to your hands, knead in more flour. Let dough rise until doubled in size. Place the dough in oiled bowl. Cover with a cloth; let rise until doubled in size, about 1 1/2 hours. Cut dough into eight pieces. Roll out the dough. Press each piece into a flat disc, then use a rolling pin to roll into a 6- 7 inch round. Build the won ton using a slice of provolone...then about tablespoon of marinara sauce, place small (thumb size) Italian (cooked) sausage on sauce and place (canned or cooked) mushrooms. Carefully pull the dough over the sausage lengthwise and pinch the ends together. Repeat with sides until sealed. Place on parchment paper and into freezer. From the freezer... use egg wash and poke couple of holes...then into a 400 degree oven for 15-20 minutes...I'm guessing since I created this recipe using Chianti for inspiration.

THE FRANK REPORT

5.30.2020 #228

All the news I see fit to print.
 Freedom of the press belongs to those who own one.



Grandkids graduating this year...Gracie from HS and Hunter from College...

If graduation can't be done inside a gym or outside on a football field, perhaps the grads could walk thru Walmart, Lowe's or Home Depot and be announced over the speaker.



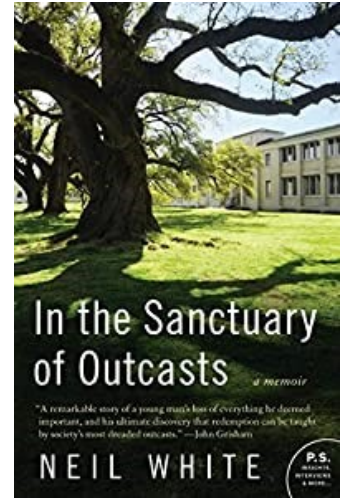
...Shane from HS and Jack from college.



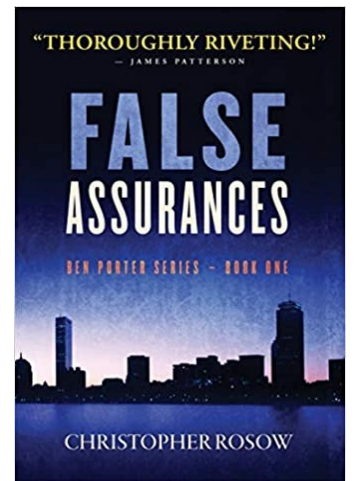
Can you find the four?
 They obviously did not heed my advice

Bon Mots

Good judgement
 Comes from
 experience.
 Experience
 comes from
 bad judgement.



Book Report
 Author sentenced to 18 months jail for kiting checks. Facility is also an historic leprosy colony. Feel good book with lots of info. Thanks Dr. Mike!



First fiction book I've ever seen **Rush Limbaugh** recommend. He's right. Don't miss this one. It's a two volume debut novel that will keep you up to find out what happens next.

-more-



400 Years of Resistance and Liberation Remembering, Recovering, Reimagining Sacred Conversations with City Staff

This year marks the 400 Year Commemoration of African people being brought to Jamestown, VA by the British and forced into slavery. While Africans had been enslaved in the Americas prior to this date, this commemoration gives us an opportunity to reflect on the lasting impact of this event, as well as to honor the legacy of resistance and liberation of African American people.

Led by the City’s Racial Equity Coordinators, Sacred Conversations will give an opportunity for staff to discuss how they relate to the enslavement, resistance, and continual push for liberation for African American people. Come take part in the conversation to have a better understanding of our role as City staff. Each session will address the theme for this work of **remembering** who we are (May), **recovering** our narratives of oppression and liberation (June), and **re-imagining** a future without harm (July).

- Discussions for Black Bodied Staff**
- Thursday, May 30, noon-1 p.m.
Crown Roller Miller, Innovation Center
 - Thursday, June 27, noon-1 p.m.
City Hall, Room 319
 - Thursday, July 25, noon-1 p.m.
Public Center, Room B14

- Discussions for White Bodied Staff**
- Thursday, May 30, noon-1 p.m.
City Hall, Room 304
 - Thursday, June 27, noon-1 p.m.
Crown Roller Miller, Innovation Center
 - Thursday, July 25, noon-1 p.m.
City Hall, Room 319

Above was published last year...and was quickly cancelled when people were laughing too hard. For the latest reporting on what’s going on...<https://www.powerlineblog.com>. The MPLS city “leaders” actually cautioned the looters to wear masks and observe social distancing. You cannot make this stuff up. Few years ago, MPLS police requested 400 more officers...city council gave them 4...four! I’m sure Jesse Jackson and Al Sharpton are on their way to “help”. With Chicago, Detroit, Baltimore...and now Minneapolis...hello voters...do you see a pattern here? The MN Republicans are hiding in Edina researching new cake recipes (local reference). And the politicians aren’t done yet...Minneapolis City Council VP Andrea Jenkins wants racism declared a public health issue...(author of that poster?). Rush Limbaugh’s reaction was priceless:

“Right now in Minnesota, you can get arrested for opening a business, but you can’t get arrested for looting one”.

I’ve been a fan of John D. MacDonald for decades. Consider his comment:

***“Now each one of us, black or white, is a symbol.
The war is out in the open and the skin color is a uniform. All the deep
and basic similarities of the human condition are forgotten so that
we can exaggerate the few differences that exist”.***

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From my blog:
thefrankreport.net/im-pinknot-white