

“The Wooden Spoon”

*A cooking school dedicated to providing instruction on using
recommended home storage commodities.*

**Oats
Honey & Sugar**

**West Jordan Utah
Heritage Stake
6772 South 3420 West**

Oats, Sugar & Honey

Oats

Oats have excellent nutritional qualities and are rich in high-quality protein, with some B vitamins, calcium, fiber and unsaturated fats. A new 10-year study published in the American Journal of Public Health indicated that eating oatmeal (a wholegrain cereal) on a regular basis can help to reduce the risk of Type 2 (adult onset) diabetes. The study showed that eating 1 serving of oatmeal (equivalent to 1 cup cooked) 2-4 times weekly resulted in a 16% reduction in risk of suffering from Type 2 diabetes. By increasing consumption of oatmeal to 5-6 times weekly, there was a corresponding 39% reduction in the risk of onset of Type 2 diabetes.

Oats come in different forms:

- ◆ **Oat groats** are minimally processed oats with the outermost, inedible chaff or hull removed.
- ◆ **Rolled oats** are oat groats that have been steamed then flattened by steel rollers into flakes. They are also known as **old-fashioned or Regular oats**. Regular rolled oats need to cook for 5 minutes to make oatmeal.
- ◆ **Quick Cooking oats** are rolled or cut thinner than regular rolled oats so they cook faster.
- ◆ **Instant oatmeal** is very thin, precooked oats, only needing the addition of a hot liquid to make cereal.
- ◆ **Oat bran** is the ground outer layer of the oat and is a good source of fiber. It is believed to lower cholesterol.
- ◆ **Steel cut oats** are oat groats that have been sliced by steel blades. Also known as **Scottish or Irish oatmeal**, steel-cut oats have a firm texture when cooked, like cooked cracked wheat. Steel cut oats cook for about 20 minutes to make a hot oatmeal cereal. One cup of steel-cut oatmeal contains more fiber than a bran muffin and twice as much fiber as Cream of Wheat.

Cooking Oats

Measure the amount of water into a medium saucepan and bring to a full boil. If desired, add 1/4 tsp. salt to the water. Slowly add the

grain and return to boiling. Cover and simmer for the time specified or till most of the water is absorbed and the grain is tender.

- **Quick** - - 1 1/2 cups oats to 3 cups water. Simmer one minute. Let stand, covered, for three minutes. Yield: 3 cups.
- **Regular**: 1 2/3 cups oats, 3 cups water. Simmer for 5-7 minutes. Let stand, covered, for 3 minutes. Yield: 3 cups
- **Steel cut**: 1 cup oats, 2 1/2 cups water. Simmer for 20-25 minutes. Yield 2 1/2 cups.
- **Oat Groats**: 1 cup oats, 3 cups water. Simmer for 30-35 minutes. Yield: 3 cups (Oat groats can be cooked successfully in a rice cooker.)

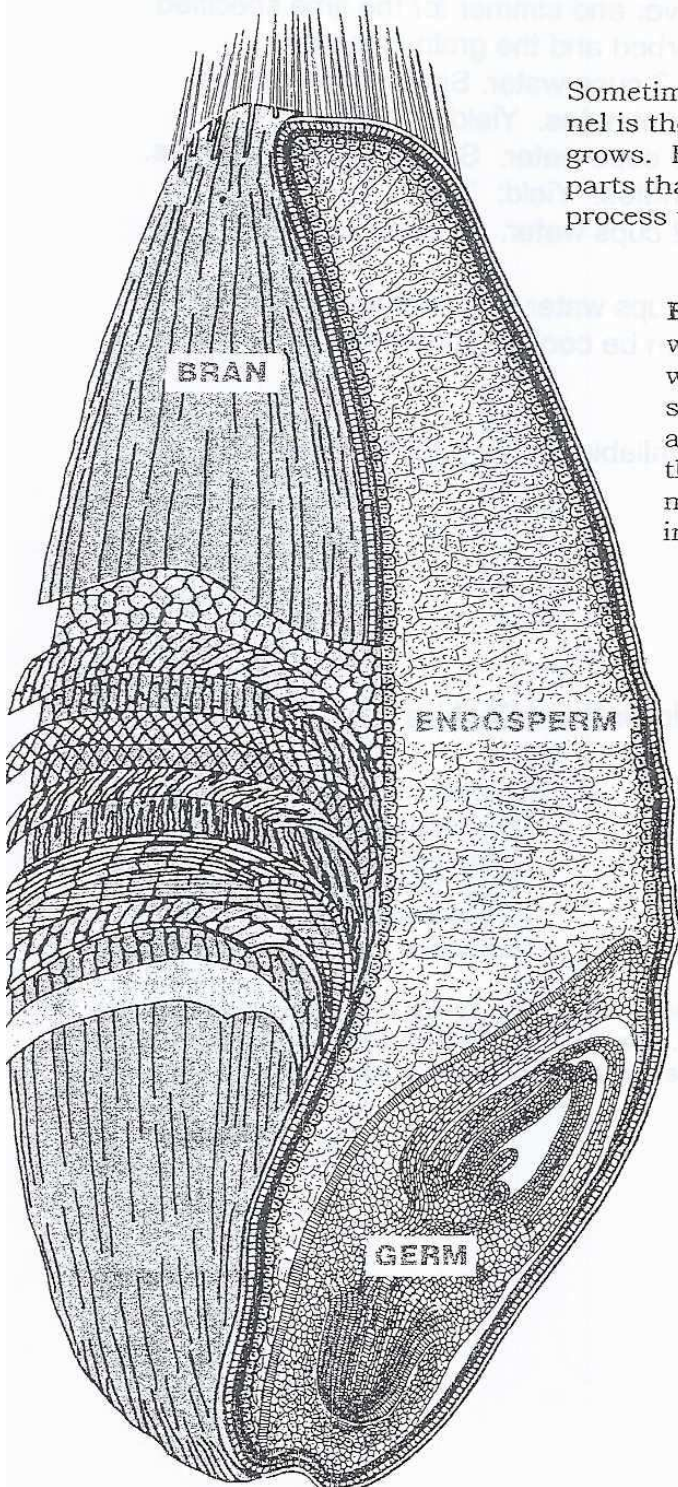
Regular and Quick Oats are available for dry pack from Welfare Square Cannery.

Craisin Oatmeal Cookies

| | |
|----------------------|---------------------------------------|
| 1/2 pound butter | 1/2 tsp. salt |
| 1 cup white sugar | 1 tsp. baking powder |
| 1 cup brown sugar | 2 1/4 cups cake flour |
| 2 large eggs | 1 3/4 cups oatmeal (regular or quick) |
| 1 tsp. vanilla | 1 1/2 cups chopped nuts |
| 1/2 tsp. baking soda | 1 cup craisins |

Cream butter, sugars, then add eggs and vanilla. Mix flour, salt and leavening agents. Add to butter mixture. Add oatmeal, nuts and craisins. Bake at 325 degrees F for 10 to 15 minutes depending on oven and size of cookies. Do not over bake. (2 cups chocolate chips may be substituted for craisins).

A Whole Grain



Sometimes called the **wheat berry**, the kernel is the seed from which the wheat plant grows. Each tiny seed contains three distinct parts that are separated during the milling process to produce flour.

Bran - About 14% of the kernel weight. The bran is included in whole wheat flour and is also available separately. The bran contains a small amount of protein, large quantities of the three major B vitamins, trace minerals and dietary fiber -- primarily insoluble.

Endosperm - About 83% of the kernel weight and the source of white flour. The endosperm contains the greatest share of protein, carbohydrates and iron, as well as the major B-vitamins such as riboflavin, niacin, thiamin and iron. It is also a source of soluble fiber.

Germ - About 2.5% of the kernel weight. The germ is the embryo or sprouting section of the seed, often separated from flour in milling because the fat content (10 percent) limits shelf life. The germ contains minimal quantities of high quality protein and a greater share of B-complex vitamins and trace minerals. Wheat germ can be purchased separately and is included in whole wheat flour.

ADDITIONAL HEALTH INFORMATION

Whole grain oats are the first whole grain recognized by the FDA to help reduce cholesterol. Studies show that the soluble fiber in oats helps reduce both total and LDL (or bad) cholesterol, two critical factors in supporting heart health.

What is cholesterol?

Cholesterol is a fatty substance produced by the liver. It is also found in foods we eat that come from animals, such as beef, poultry, seafood and dairy products. Cholesterol has a number of important jobs, including the production of certain hormones as well as the breakdown and digestion of fat. However, sometimes our bodies have too much cholesterol, and this becomes a problem. The extra cholesterol can eventually damage and clog arteries.

Oatmeal is more than a cholesterol-free food. It actively helps remove cholesterol from the body.

More than 40 scientific studies confirm that eating oatmeal daily can help lower blood cholesterol, and can help reduce the risk of heart disease. Experts believe it is the soluble fiber (beta glucan) in oatmeal that helps reduce blood cholesterol levels.

How? In simple terms, oat soluble fiber binds with some of the cholesterol in your digestive tract in much the same way a sponge soaks up water. This cholesterol is “trapped” and removed from your body naturally.

FIBER FACTS

Fiber only comes from plant foods such as fruits, vegetables, beans and whole grains. Most of these foods contain a combination of two types of dietary fiber: soluble and insoluble.

Soluble fiber acts like a sponge to trap cholesterol and remove it.

Insoluble fiber acts like a broom to keep the digestive tract clean and running smoothly.

How much oatmeal do I need?

Most people will experience a reduction in blood cholesterol if they eat a **good-size bowl of oatmeal (1-1/2 cups cooked) every day for 30 days**. That's the equivalent of about 3/4 cup uncooked oats or **3 grams** of oat soluble fiber.

Oatmeal Bread

| | |
|------------------------|----------------------------|
| 1/3 cup warm water | 1/2 cup. honey or molasses |
| 2 T. dry yeast | 2 cups all-purpose flour |
| 3/4 cup water, boiling | 1 T. salt |
| 3/4 cup rolled oats | 1/2 tsp. soda |
| 1 cup buttermilk** | 3 to 3 1/2 cups flour |
| 1/2 cup vegetable oil | |

**Or use 1/3 cup powdered milk, 1 cup water, and 1 T. vinegar or lemon juice

In small bowl, stir yeast into 1/2 cup warm water; allow to stand until yeast dissolves and bubbles up. In medium saucepan, bring 3/4 cup water to boiling; stir in oats and cook several minutes. Remove from heat; add buttermilk, oil and honey or molasses.

Sift 2 cups flour, salt, and soda into a large mixing bowl. Add yeast mixture and oats mixture and beat with wire whip or slotted spoon; let stand 5 minutes. Gradually add remaining flour until dough is stiff enough for kneading. Turn out onto floured surface and knead 8 – 10 minutes or until a soft, elastic ball forms. Place dough in clean, greased bowl; cover with plastic wrap and allow to rise until double in size, about 1 1/2 hours. Punch down dough and divide into two portions; cover with bowl or towel and allow to sit 10 minutes.

Form into 2 loaves and place in greased 8 X 4-inch pans. Cover and let rise until double in size. Bake at 350 to 375 degrees for 45 to 50 minutes or until done. Remove from oven and from pans and leave on wire rack to cool.

Instant Oatmeal Packets

Combine the following in a zip-lock plastic baggie:

| | |
|----------------------|---------------------|
| 1/4 cup regular oats | *2 T. powdered oats |
| 1/4 tsp. salt | |

*To make powdered oats, blend dry oats in blender till powdery.

1 cup regular oats will make approximately 10 T. powdered oats.

TO USE: Empty packet into bowl and add 1/2 cup boiling water and stir until thick. **Variations** – To each packet add:

Apple Cinnamon: 1 T. sugar, 1/4 tsp. cinnamon, 2 T. dried apples

Cinnamon-Spice: 1 T. sugar, 1/4 tsp. cinnamon, 1/8 tsp. nutmeg

Raisins and Brown sugar: 1 T. packed brown sugar, 1 T. raisins

Oatmeal Cake

1½ c. boiling water

1 c. rolled oats

½ c. shortening

¾ c. brown sugar

¾ c. sugar

2 eggs, well beaten

1½ c. flour

1 tsp. cinnamon

½ tsp. nutmeg

1 tsp. baking soda

½ tsp. salt

Pour boiling water over oats and let stand until cool. Cream shortening with sugars and eggs until fluffy. Add oats and water mixture. Sift flour and other dry ingredients and blend into creamed mixture. Pour into greased and lightly floured 9x13 baking pan. Bake at 350 degrees for 35-45 minutes or until cake tests done. Spread topping (below) on baked cake as soon as it comes out of the oven.

Topping

½ c. butter or margarine

1 c. brown sugar

1/3 c. evaporated milk

1 c. coconut

1 c. nuts, chopped

1 tsp. vanilla

Melt butter and add sugar. Blend. Add remaining ingredients and spread on baked hot cake. Place under broiler for a minute or two, if desired.

Oatmeal Peanut Butter Cocoa Cookies (No-Bake)

6 T. cocoa

2 c. sugar

¾ c. peanut butter

3 cups regular or quick oats

½ c. butter

½ c. milk

1 t. vanilla

Measure all ingredients, except oats and vanilla, into a large sauce pan on stove. Stir constantly over medium high heat until mixture comes to a boil. Let boil for 1 minute while stirring. Remove from heat, add oats and vanilla. Mix well. Drop by tablespoon on to waxpaper. Let stand at room temperature until firm, about 30 minutes.

Oatmeal Pancake Mix

3 cups all-purpose flour
3 ½ tsp. baking powder
1 ½ tsp. salt
½ cup sugar

1 cup brown sugar
1 ½ cup shortening
3 cups rolled oats

In a large bowl, sift together flour, baking powder, salt, and granulated sugar. Stir in brown sugar. Mix well. With a pastry blender, cut in shortening until evenly distributed. Stir in oats and mix well. Put in an airtight container and store in a cool, dry place. Use within 10-12 weeks. Makes about 9 cups.

TO USE:

1 ½ cups oatmeal mix
1 cup water.

1 egg, slightly beaten

In a medium bowl combine oatmeal mix, water and egg. Blend well, let stand 5 minutes. Cook on a hot oiled griddle for 3-4 minutes until browned on both sides. Makes 12-15 four-inch pancakes.

Creamy, Dreamy Syrup

½ cup butter

1 cup sugar

½ cup buttermilk

½ tsp. baking soda

Place ingredients in a saucepan and heat to boiling. Boil 1 minute. Remove from heat and stir in ½ tsp. vanilla.

Fruit Syrup

7 cups fruit juice or fruit puree

7 cups sugar

1 package MPC pectin

Mix fruit juice or fruit puree and pectin. Heat to boiling while stirring. Stir in sugar and boil 1 minute.

Maple Syrup

2 cups water

3 ½ cups white sugar

½ cup brown sugar

2 Tblsp. Corn syrup

pinch of salt

Bring water to a boil and add sugars, corn syrup and salt. Stir until dissolved. Remove from heat and add:

1 tsp. vanilla

1 tsp maple flavoring

6 cups rolled oats
1/2 cup brown sugar
1 cup coconut
1/3 cup sesame seeds

1/4 cup sunflower seeds
1/2 cup raisins, optional
1 cup chopped nuts

Mix all ingredients together except raisins.

In a separate bowl, whisk together:

1/2 cup oil
1/3 cup honey
2 tsp. vanilla

Pour over dry mixture. Stir and coat thoroughly. Spread on a cookie sheet and bake at 350 degrees for 30 minutes. Stir frequently to insure even baking.

Add 1 cup raisins or other dried fruit during the last 5 minutes of baking. (If using in other recipes, leave out the dried fruit).

It is important to watch this process very carefully. The cereal should be golden brown. Do not over-bake.

Let cereal cool on a baking sheet. When cooled, break up any large pieces. Store in airtight container. Makes 8 cups. (Best not to double this recipe.)

Granola Bars

1/2 cup brown sugar
1/2 cup peanut butter
1/2 cup Spanish peanuts (optional)

1/2 cup light corn syrup
3 1/2 cup granola
small chocolate chips (opt)

Bring brown sugar and corn syrup to a boil. Take off heat, and add the peanut butter. Mix well. Stir in granola, peanuts, chocolate chips if desired. Press in a 9 X 9 inch buttered pan. Let set until firm. Cut into bars.

Steel Cut Oatmeal

1 cup steel cut oats

½ tsp. salt

¼ cup dehydrated apples (broken)

3 cups boiling water

1 tsp. cinnamon

Fill thermos with hot water and let sit while you prepare other ingredients. Bring three cups of water to a boil. Drain thermos. add steel cut oats, cinnamon, apples and salt to thermos and add boiling water. Replace lid. Tip upside down a couple of times to mix. Let sit overnight.

Sugared Pecans

¼ cup sugar

2/3 cup pecan halves

Mix sugar with the pecans in a small skillet. Cook over low heat, stirring until sugar melts, coating pecans well. Spread on foil to cool. Break apart.

Honey Trivia

1. *How many flowers must honey bees tap to make one pound of honey?*
2. *How far does a hive of bees fly to bring you one pound of honey?*
3. *How much honey does the average worker honey bee make in its lifetime?*
4. *How fast does a honey bee fly?*
5. *How much honey would it take to fuel a bee's flight around the world?*
6. *Why were honey bees at one time called "White man's fly"?*
7. *How many sides does each honeycomb cell have?*
8. *What state is known as the beehive state?*
9. *How many wings does a honey bee have?*
10. *How many beekeepers are there in the United States?*
11. *How many honey-producing colonies of bees are there in the United States?*
12. *How many flowers does a honey bee visit during one collection trip?*
13. *How do honey bees "communicate" with one another?*
14. *What does "super" mean to a beekeeper?*

Honey Trivia Answers

1. *Two million*
2. *55,000 miles*
3. *1 ½ teaspoon*
4. *15 MPH*
5. *1 oz. or 2 tablespoons*
6. *Native Americans called Bees “White man flies”
European Colonists brought them to America.*
7. *Six*
8. *Utah*
9. *Four*
10. *Estimated 211,600*
11. *Three million*
12. *50-100*
13. *Dancing*
14. *It is the hive box in which honey is stored.*

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Substituting Honey for Sugar/Sugar for Honey

If your recipe calls for 1 cup of white sugar, substitute $\frac{3}{4}$ cup of honey, and reduce the liquid by $\frac{1}{4}$ cup. This is necessary because honey contains liquid. If the recipe does not contain liquid, add $\frac{1}{4}$ cup of additional flour for each $\frac{3}{4}$ cup of honey used. If the recipe calls for 1 cup of honey use $1\frac{1}{4}$ cups of sugar and $\frac{1}{4}$ cup liquid instead. For a stronger flavor, 1 cup molasses can be substituted for 1 cup sugar. 1 cup corn syrup is equal to 1 cup sugar and $\frac{1}{4}$ cup liquid. 1 tablespoon honey has 64 calories versus 1 tablespoon sugar that has 46 calories.

The moisture in honey will soften cookie batters. This is a favorable feature if the cookie is a soft, chewy type. However, if it is a crisp variety, add 4 extra tablespoons of flour for each $\frac{3}{4}$ cup of honey used.

Do not feed unpasteurized honey to infants under one year.

Whether to store honey or sugar is a matter of personal choice. Additional storage items include brown sugar, powdered sugar, raw sugar, molasses, corn syrup, jams, jellies and preserves, powdered fruit drink mix and flavored gelatins.

Readymade Toppings

Unsweetened applesauce

Pure fruit spreads

Fruit butters, such as apple, apricot, prune

Marmalades, jams, preserves, conserves

Frozen berries and fruits, with or without syrup

Nut butters- peanut, almond, cashew

Lemon and lime curds

Maple syrup

Pure honey, whipped, unfiltered or in unusual flavors such as sage, lavender or chestnut

Chocolate-hazelnut and chocolate peanut butter spreads

Sundae toppings

All sugar products in the marketplace differ only in crystal size or molasses content. Molasses adds both color and flavor. The darker the brown sugar, the more molasses it has. Sugar is also called **sucrose**.

- **Granulated or white sugar**, as it is known to consumers, is the sugar found in every home's sugar bowl, and most commonly used in home food preparation.
- **Coarse sugar**, as its name implies, has a crystal size that is larger than that of "regular" sugar. Coarse sugar is recovered when molasses-rich sugar syrups high in sucrose are allowed to crystallize. The large crystal size of coarse sugar makes it highly resistant to color change or inversion (natural breakdown to fructose and glucose) at cooking and baking temperatures.
- The crystal size of **Baker's Special Sugar** is finer than that of white sugar. As its name suggests, it was developed specially for the baking industry. Baker's Special is used for sugaring doughnuts and cookies, as well as in some commercial cake recipes to create a fine crumb texture.
- **Confectioner's or powdered sugar** is granulated sugar ground to a smooth powder and then sifted. It contains about 3% cornstarch to prevent caking.
- **Brown sugar (light and dark)** retains some of the surface molasses syrup, which imparts a characteristic pleasurable flavor. Dark brown sugar has a deep color and stronger molasses flavor than light brown sugar. Lighter types are generally used in baking and making butterscotch, condiments and glazes. The rich, full flavor of dark brown sugar makes it good for gingerbread, mincemeat, baked beans, and other full flavored foods. Brown sugar tend to clump because it contains more moisture than white sugar.
- **Raw sugar** is a light brown sugar with large golden crystals, which are slightly sticky from the adhering molasses. This type of sugar differs according to crystal size and molasses content.

Sugar contains essential nutrients. It is not eating sugar that creates problems for us, but eating too much sugar.

White sugar is available for dry pack (or you can can your own) at the Welfare canneries. Unlike other dry packed products, no oxygen packet is necessary in a can of sugar.

Guide for baking with less sugar:

For every cup of flour in recipe, use only:

| | |
|--------------------------|--------------------|
| Cakes and cookies | ½ cup sugar |
| Muffins and quick breads | 1 tablespoon sugar |
| Yeast breads | 1 teaspoon sugar |

Flavored Honey Butters

Orange Honey Butter

¼ cup honey
2 T. orange juice concentrate or dry fruit drink mix (1 Tbsp to 2 Tbsp water)
½ cup butter (softened)

Honey Nut Butter

4 T. butter (softened)
¼ cup walnuts or pecans
Cinnamon or maple extract if desired
2/3 cup honey

Whip softened butter with honey. Add the rest of the ingredients and Stir until well blended. Store in the refrigerator.

Honey Dressing

2/3 cup sugar - dissolve together -
½ tsp. salt
1 tsp dry mustard
1 tsp grated onion
Dash Paprika
5 T. vinegar
1 tsp. celery seed
1/3 cup honey
1 T. lemon juice
1 cup salad oil

Mix all ingredients except the salad oil thoroughly. Add salad oil very slowly, beating all the time. Beat until thick. Put in a pint jar and keep in refrigerator.

Parmesan and Oat-Flecked Chicken

½ cup quick oats
3 T. fine, fresh bread crumbs
½ cup grated Parmesan cheese
2 whole, boneless, skinless chicken breasts, halved and pounded
¼ cup all-purpose flour
1 egg
1 T. water
1 T. vegetable oil
Salt to taste

Place the oats in food processor and process until fine. Transfer to shallow bowl, and stir in the bread crumbs and cheese. Sprinkle the chicken breasts with salt and dust lightly with the flour. Beat the egg with the water in a shallow bowl. Dip the chicken breast into the egg mixture. Then coat with bread-crumbs mixture. Stack the prepared chicken between sheets of waxed paper and let stand 20 minutes. Heat the butter with the oil in a large, heavy skillet over medium heat. Saute the chicken pieces until golden brown on both sides. Keep warm in a 225 degree oven. Serves 2-4 servings.

Molasses used to be the primary sweetener used in days of yore until refined white sugar pushed it to the back of the shelf. It has a distinctive flavor that brings extra sparkle to spice-laden recipes such as gingerbread, fruitcake, cookies, baked beans and sauces.

The English term molasses comes from the Portuguese *melaco* which in turn is derived from the Latin *mel*, meaning **honey**. It was first seen in print in 1582 in a Portuguese book heralding the conquest of the West Indies.

Up until the 1880's, molasses was the most popular sweetener in the United States, because it was much cheaper than refined sugar. It was considered particularly tasty with salt pork. Molasses now costs about twice as much as refined sugar.

WHAT IS MOLASSES?

Molasses is a by-product which is extracted during the sugar cane refining process used to make sugar crystals. The sugar cane is crushed to remove the juice which is then boiled vigorously. Machines utilize centrifugal force to extract the sugar crystals from the syrup. The remaining syrup becomes molasses. The flavor and color of molasses varies depending on how early or late in the process the molasses is extracted.

Storage tips

Heat and humidity can cause molasses to get moldy. Store it in a cool, dry place and be sure it is tightly closed.

You may also store in the refrigerator if you don't use it often. Anticipate your use and let it rest at room temperature for half an hour before you need it. Otherwise it will be thick and difficult to pour. Store unopened molasses in a cool, dark place for up to one year. Once opened, it can be stored for another twelve months in a very cool location if you are careful to wipe the lip of the bottle clean and securely seal it after each use.

CRISP ROLLED MOLASSES COOKIES

1 cup shortening

1 cup sugar

2 teaspoons ginger, ground

½ teaspoon salt

1 egg, beaten

1 teaspoon soda

1 cup molasses, dark

2 ½ cups flour, all purpose; divided

Cream shortening, sugar, ginger, and salt. Add egg; mix well. Combine soda and molasses; stir well until frothy, and add to creamed mixture. Add 2 cups flour; turn onto a floured board and add enough of the remaining flour to make a dough that can be rolled.

Using a small amount of dough at a time, roll to 1/8" thickness; cut with a floured 3" cutter. Place on greased baking sheets; bake at 375 degrees for 15 minutes. These cookies keep well in a covered container. Makes 4 dozen.

OLD-FASHIONED BAKED BEANS

2 pounds pea (navy) beans
½ cup packed brown sugar
½ cup dark molasses
4 large onions, chopped

2 tablespoons salt
4 teaspoons dry mustard
4 bacon slices, cut in 1-inch pieces

EARLY IN THE DAY:

Rinse beans; discard any stones or shriveled beans. In large, heavy Dutch oven over medium-high heat, heat beans and 12 cups water to boiling; boil 2 minutes. Remove from heat; cover and let stand 1 hour.

Over high heat, heat covered beans to boiling; reduce heat to medium-low and simmer beans 1 hour, stirring occasionally.

Preheat oven to 350 degrees. Stir remaining ingredients into beans; bake, covered, 1 hour, stirring often. Remove cover; bake 1 more hour. Makes about 12 servings.

OUTBACK BREAD

3 packages dry yeast
½ cup warm water
1 tablespoon sugar
1 cup warm water
½ cup dark molasses

1 tablespoon salt
2 tablespoons oil
2 cups rye flour
2-1/2 -3 cups all-purpose flour

Soften yeast in ½ cup warm water. Stir in sugar. Let stand 6 minutes or till bubbly.

Meanwhile in large mixing bowl combine 1 cup warm water with molasses, salt, oil, and rye flour. Beat to smooth batter. Add yeast water mixture, stirring to combine. Work in all-purpose flour till dough is smooth and no longer sticky, very pliable and elastic. Knead a few minutes. Let rise till doubled in greased bowl. Punch down.

Shape into 2 large round loaves placed a few inches apart on greased and cornmeal dusted cookie sheet or fill 6 mini loaf pans, greased and dusted in cornmeal, with the dough, dividing it evenly between these little pans. Either way let loaves rise till doubled in warm place. Bake large loaves 375 degrees about 30 minutes or till crust makes hollow sound when tapped with knuckles. For tiny loaves place pans on dry ungreased cookie sheets a few inches apart. When doubled in size, bake at 375 degrees for 20 minutes. Bread freezes beautifully.