

The '100 Great Icons'

DOUGHNUT – Filling a Hole

WHILST FOOD HISTORIANS ARE IN AGREEMENT ON THE ORIGINS OF DEEP-FRIED DOUGH, IT APPEARS WE MAY NEVER LEARN THE WHOLE HOLE TRUTH ABOUT THE HUMBLE DOUGHNUT.

Legend has it that in 1847 a New England sea captain by the name of Mason (aka Hanson) Crockett Gregory was responsible for putting the first ever hole in a doughnut. Gregory needed two hands to steer his ship, so during lonely nights at the helm he'd impale his fried dough ball on the steering wheel's spike, and –hey presto! – a doughnut hole. The dough balls, known at the time as olykoeks (oily cakes) by the Dutch, who'd brought the idea to America, had been made by his mother.

Some say the kindly Mrs Gregory placed hazelnuts or walnuts in the centre of the dough balls, hence the name 'dough-nut'. Not a great fan of nuts, her ungrateful son tore them out – another way the hole is said to have been created. Sadly, these stories seem as full of holes as the doughnuts themselves. In actual fact, the holes in doughnuts were probably made so the dough could be evenly cooked instead of leaving a gooey mess in the centre. And the name is possibly due to the fact that the Dutch sometimes stretched their dough into a decorative knot – a dough-knot – or because nuts were often pushed into the dough to improve the flavour, texture and appearance. Whether you believe the boring or the bizarre, there's no denying the fact that doughnuts are up there with Vegemite as one of the greatest ever uses of leftovers from another process – in this case, breadmaking.

Although it's widely believed doughnut-like foodstuffs have been around for centuries, most food historians claim reliable evidence dates back to the early 1800s, when the Dutch rolled leftover dough into balls and dropped them into boiling oil, creating a tasty treat. The *olykoeks* became a favourite for special occasions and holiday periods, particularly Christmas and New Year. By the late 1800s several types of doughnut cutters had been patented in America. The first mass-production doughnut machine was created in 1920 in New York City by Russian refugee Adolph Levitt, who went on to make many millions of dollars from his invention. During World I, doughnuts reached iconic status when they were served to frontline American soldiers by ladies known as Salvation Army Lassies. The Lassies would cook seven doughnuts at once in a soldier's steel helmet. A great morale-booster, the doughnut filled the hole in a soldier's belly just as the sight of a woman filled the hole in his heart.

FAST FACTS:

- 1934:** The World's Fair in Chicago declares the doughnut 'the food hit of the century of progress'.
- 1937:** Krispy Kreme is founded in Winston-Salem, North Carolina. The company now operates 290 stores, which collectively produce 7.5 million doughnuts every day.
- 1950:** Dunkin' Donuts opens its first shop in Quincy, Massachusetts. These days, their 6000 stores in thirty countries experience annual sales of US\$3.6 billion.
- 1959:** Ring King machines in US doughnut stores are capable of producing and cooking seventy-five doughnuts per hour.
- 1993:** A team from several New York bakeries sets a record by creating a 1.7-tonne jam doughnut.
- 1998:** Americans consume 10 billion doughnuts a year.
- 2003:** The first Krispy Kreme outside North America open in Penrith, Sydney.

From Chris Sheedy & Jenny Bond

"The RULES of LIFE"

Take pride in what we do collectively

I went to Iceland a while back – fabulous country, very friendly, educational and fun. One thing I did notice was the way they spoke about civic projects. I was in a taxi and we were held up at some road works in Reykjavik. I asked what the road works were about as they seemed to be lowering a road. 'Ah, yes, we are moving a road here because this road is bad in the winter.' When I was back in the UK I asked an English cab driver a similar question near Heathrow. 'Dunno mate, dunno what they are doing there, they're always digging up the ***** roads round here.' In Iceland they spoke of 'we' as in 'We are doing this'. In the UK it is 'they' as in 'They are doing this'. Interesting. I'd never considered how we spoke of ourselves to be indicative of how we feel about our community. In Iceland they have a very strong sense of identity, belonging and community and they speak of 'we'.

To be supportive of our community, perhaps we ought to take an interest, find out what is going on, play some part, stop moaning and join in, try and change things from the inside. It's the same when a village shop shuts. Everyone moans and says it's a bad thing-and then carries on shopping at the big out-of-town supermarket. You can't have it both ways. If you want a community you have to be a part of it and support it or it stagnates and dies.

I'm not suggesting you run as a local councillor or join all the committees. But you can support by attending, by taking an interest and seeing what's going on. And you don't have to live in the countryside to feel part of a community. Most big cities are really a whole series of villages, each with a specific identity and clear boundaries. You can still support yours and feel part of it. If your community – and this extends right up to the whole country – is doing stuff you disagree with, then only by voicing your feelings will things change. And I don't mean sitting in the pub moaning about them. You have to get involved in some way to make a difference.

From Richard Templar

'Snippets'

Famous Quotes. Sometimes, when I look at my children, I say to myself, 'Lillian, you should have remained a virgin.' - Lillian Carter (mother of Jimmy Carter) I had a rose named after me and I was very flattered. But I was not pleased to read the description in the catalogue: - 'No good in a bed, but fine against a wall.' - Eleanor Roosevelt. Last week, I stated this woman was the ugliest woman I had ever seen. I have since been visited by her sister, and now wish to withdraw that statement. - Mark Twain. The secret of a good sermon is to have a good beginning and a good ending and to have the two as close together as possible. - George Burns Santa Claus has the right idea. Visit people only once a year. - Victor Borge. Be careful about reading health books. You may die of a misprint. - Mark Twain. By all means, marry. If you get a good wife, you'll become happy; if you get a bad one, you'll become a philosopher. - Socrates. *Remember that Socrates committed suicide by drinking hemlock because of his shrew wife! –Joycelene. I was married by a judge. I should have asked for a jury. - Groucho Marx. My wife has a slight impediment in her speech. Every now and then she stops to breathe. - Jimmy Durante. I have never hated a man enough to give his diamonds back. - Zsa Zsa Gabor. Only Irish coffee provides in a single glass all four essential food groups: alcohol, caffeine, sugar, and fat. - Alex Levine. My luck is so bad that if I bought a cemetery, people would stop dying. - Rodney Dangerfield. Money can't buy you happiness But it does bring you a more pleasant form of misery. - Spike Milligan. Until I was thirteen, I thought my name was SHUT UP. - Joe Namath. I don't feel old I don't feel anything until noon. Then it's time for my nap. - Bob Hope. I never drink water because of the disgusting things that fish do in it. - W. C. Fields. We could certainly slow the aging process down if it had to work its way through Congress. - Will Rogers. Don't worry about avoiding temptation. As you grow older, it will avoid you. Winston Churchill. Maybe it's true that life begins at fifty .. But everything else starts to wear out, fall out, or spread out. - Phyllis Diller. By the time a man is wise enough to watch his step, he's too old to go anywhere. - Billy Crystal. And the cardiologist's diet: If it tastes good, spit it out. May your troubles be less, may your blessings be more, and may nothing but happiness come through your door.

FROM THE EDITOR

June saw all sorts of occasions, large and small. The ground breaking ceremony of the New Tibar Harbour took place. Of course much work has already been done in preparation with regards to road and access. A new bridge was declared open in the Oecusse ongoing development. The Asian Development Bank also celebrated 50 years of great work in the region. The Carnivale was a glittering extravaganza and even bigger and better than previous and yet another cruise ship visited. Another expanding tourism contribution. Brazil had a cultural evening at Fundação Oriente and Portugal had a cultural 'several days' including a food and music fair at the Sky Garden. Although I complete this before the occasion, Moby's at DB Hotel will have had their official opening on Sunday 18th June. July is going to be very big with the Parliamentary Election on the 22nd. Also 'Hooray for the red white and blue!' The USA celebrates their Independence on 4th of July. Any constructive criticism is always welcome. Send to admin@guideposttimor.com. As per usual, if you are going somewhere, safe travelling. Till next time. **Cheers ! Leith Carroll**

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