

## Simple spicy chicken thighs, perfect for grilling



Grilled Wasabi Chicken Thighs

Photo Susie Iventosch

### By Susie Iventosch

This is what I love about being a cooking family ... the kids start adding to the recipe collection and it's great fun to see what they come up with! This recipe is my son Joel's concoction. He loves to get creative in the kitchen and is always pondering new and clever ideas for interesting food combinations. It's his respite from the day-to-day grind of his high-tech job. We are the lucky beneficiaries of this pastime. He made this

dish for us a few weeks ago, and when I made it later to document it, I realized that his caramelized shallot-wasabi cream sauce, which he created for a swordfish dinner many years ago, would be a wonderful complement to this chicken. If you're inclined to make the sauce, great, but if not, the chicken stands alone and is an easy dinner to prepare. Toss it on the grill for about 5-10 minutes per side and dinner is served!

### Grilled Wasabi Chicken Thighs

With Caramelized Shallot-Wasabi Cream Sauce (Serves 4)

#### Chicken & Marinade

##### INGREDIENTS

6 boneless, skinless chicken thighs

Marinade:

3/4 cup soy sauce

1.5 oz. prepared wasabi (1 tube)

2 tablespoons Chinese hot mustard

3 tablespoons toasted sesame oil

1/2 teaspoon Worcestershire sauce

1 teaspoon ground black pepper

3-4 slices fresh ginger root, peeled

##### DIRECTIONS

Place chicken thighs in a plastic container with a fitted lid, or a Ziploc baggie. Combine all marinade ingredients and stir well. Pour marinade over chicken and marinate for two to four hours.

Preheat grill to medium heat. (We use a gas grill, but if you're using a charcoal barbecue prepare barbecue as you normally do to cook chicken.) Remove chicken from marinade and discard marinade.

Cook chicken thighs for 5-10 minutes per side, until juices run clear and meat is cooked through.

Serve over a bed of rice along with a spoonful of the Caramelized Shallot-Wasabi Cream Sauce. (Recipe below.) Garnish with extra wasabi, (if you're brave enough), lime wedges and a parsley or cilantro sprig.

### Caramelized Shallot-Wasabi Cream Sauce

##### INGREDIENTS

1/4 cup shallots, chopped

1-2 tablespoons sesame oil

1 1/2 teaspoons prepared wasabi

1 1/2 teaspoons hot Chinese mustard

1/4 cup Saki or dry sherry

1/4 cup half & half

1/4 cup soy sauce

##### DIRECTIONS

In a small sauté pan, sauté shallots in sesame oil until browned and beginning to caramelize. Add remaining ingredients and stir well. Heat just to boiling, then reduce temperature to low or remove from stove and set aside until ready to reheat and serve. Grill Wasabi Chicken Thighs to desired doneness, and drizzle heated sauce over chicken and rice.

Susie can be reached at [suziventosch@gmail.com](mailto:suziventosch@gmail.com). This recipe can be found on our website: [www.lamorindaweekly.com](http://www.lamorindaweekly.com) If you would like to share your favorite recipe with Susie please contact her by email or call our office at (925) 377-0977. Or visit <https://treksandbites.com>



## How to tell if your pet is in pain



Illustrated by Jaya Griggs; [jayagriggs.com](http://jayagriggs.com)

### By Mona S. Miller, DVM

I spend a large portion of my workday discussing pain and pain management with my clients, and I am often reminded that it is difficult to assess pain in our non-English-speaking dogs and cats. I hear a lot of phrases such as "I don't think he's painful because he doesn't cry out," or "she's not painful, she's just limping." I also hear comments such as, "But if we give medicine for pain, won't he start running around and hurt himself again?"

The old paradigm for "treating" pain was to not treat it, let pain itself be the limiting factor for mobility and allow healing to occur slowly (and painfully). The "new" paradigm, consistently in place for well over 25 years, is that we recognize that pain itself is an impediment to healing – it is very difficult to

get better when we are feeling uncomfortable, both physiologically and emotionally. This is well-recognized, with many peer-reviewed studies available throughout human and veterinary medicine, and is beyond the scope of this article. I'd like to proceed with the understanding that not treating pain is not healthy and not helpful. Both acute and chronic forms of pain should be addressed and treated, in order to provide comfort and healing.

I will address the lengthy topic of pain management in a series of articles, but first, let's start with some basic definitions. Just as there is a spectrum of pain levels, and many pain scales are available to health care professionals and human patients (think of the sad red crying face emoji), so there are many words to indicate levels of pain. These words include the obvious: pain, discomfort, uncomfort-

able, tender, sore, hurt, suffering. When a client uses one of these words in a description, that's the red flag being waved. The statement "he's not painful, he's just sore" is a contradiction – but it provides good information to me as a vet. It tells me that my client's assessment of pain is that it's present at a lower level rather than a high level.

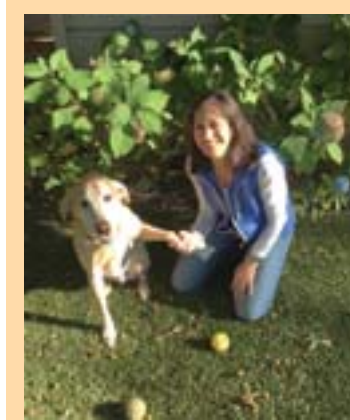
The first step in discussing pain management is to identify signs and levels of pain. Some symptoms can be obvious, and these are usually physical signs, such as "when I touch the bee-sting sore, he winces," or "she can't put weight on the leg, it must hurt her," or "he cries and meows when I touch him." Physical reactions include reactivity on touch (wincing), heat (inflamed areas are warmer and you can feel this sometimes when rubbing along an arthritic back or leg joint), swelling, inability to use the

limp in a full functional manner, and vocalization.

Some symptoms of pain are behavioral responses. The obvious is a reaction to anticipated hurt, as in "He tries to bite me when I touch his back." Possibly less obvious, however, fall in two major categories – decreased mobility and withdrawing. The most notable example of decreased mobility comes from a TV advertisement from several years ago (for a non-steroidal anti-inflammatory drug pain medication product) of the senior yellow Labrador with hip arthritis sitting at the bottom of a staircase, not wanting to go up the stairs. And a notable example of withdrawing is the arthritic cat who doesn't interact as socially as she used to, and stays hidden in the closet. Some of the words and phrases we use to describe these behaviors don't always mean pain in the literal sense,

but definitely indicate a problem: "Not as happy as he used to be," "Not coming for lap time snuggles," "Seems sad."

Chronic pain can sometimes be harder to determine than acute pain, because individuals have the ability to cope and compensate for chronic pain. As a general rule in my opinion, most animals are more adept than humans at masking signs of chronic pain, waiting until pain levels are moderate or high before showing obvious symptoms. As veterinarians, we are trained to look for pain in a variety of ways, and there are now several resources available to pet owners to assess for pain in their own pets. The advantage to having a variety available is that one can evaluate more specifically the signs that your pet might be demonstrating. I highly recommend that you check the following resources below and speak to your veterinarian about any concerns you might have if you feel your pet is in pain.



Dr. Mona Miller lives in Lafayette with her son, two cats and yellow Labrador. She attended UC Berkeley as an undergraduate, and received her DVM from UC Davis. She has been happy to call Lafayette home since 2001. She can be reached via email at [MonaSDVM@aol.com](mailto:MonaSDVM@aol.com). She welcomes questions from readers that may get incorporated into a column.

#### Here are some websites to look into:

<https://painfreecat.org> - from the North Carolina State University College of Vet Med, the FMPI - Feline Musculoskeletal Pain Index

<https://www.zoetispetcare.com/blog/article/your-dog-is-in-pain>

<https://ivapm.org/animal-pain-awareness-month/> - towards the bottom of the page are downloadable posters available to veterinarians that provide descriptors; here's one example:

<https://ivapm.org/wp-content/uploads/2019/08/IVAPM-Signs-of-Pain-Poster-Illustration-2019-final-8-6-19.pdf>

[http://www.vasg.org/pdfs/CSU\\_Acute\\_Pain\\_Scale\\_Canine.pdf](http://www.vasg.org/pdfs/CSU_Acute_Pain_Scale_Canine.pdf) - from Colorado State University Veterinary Medical Center

## Moraga middle school student named finalist in STEM competition

### Submitted by Aparna Paul

Broadcom Foundation and Society for Science & the Public recently announced 30 finalists – one from Joaquin Moraga Intermediate School in Moraga – in its 10th annual Broadcom MASTERS, the nation's premier Science, Technology, Engineering and Mathematics middle school competition.

According to Broadcom Foundation, the project for JMIS student Lucas Katz, 13, was called "A Spherical Omnidirectional Motor for Electric Vehicles." The project background information noted that in 2017, Goodyear Tire & Rubber announced a new concept for an automobile tire. It's shaped like a sphere, instead of a donut, and would work on a car that can move in all directions. Lucas talked to

someone with Goodyear and learned that the tire was only a concept. "Goodyear is trying to inspire others to build the motor" that would work it, he explains. Lucas had independently been thinking about making a motorized skateboard. His model would have one spherical tire propelled by a motor. He had also seen a YouTube video about a ballpoint pen with a weight-transfer bearing. Those ideas led him to design a motor that could work for Goodyear's concept tire or his idea for a skateboard.

The finalists will compete in the first ever Virtual Broadcom MASTERS Oct. 16-21 where they will participate in a rigorous virtual competition that

leverages project-based learning to test and demonstrate their mastery of 21st century skills of critical thinking, communication, creativity and collaboration in each of the STEM areas. The finalists' projects focus on a variety of topics, including: using machine learning to predict the growth of wildfires and COVID-19; quantifying gerrymandering and creating an algorithm to create fair political districts; using artificial intelligence to sort recycling; determining if turmeric is contaminated with lead chromate; and using artificial intelligence to predict diabetic eye diseases.

A full list of the finalists can be viewed here:

<https://www.societyforscience.org/broadcom-masters/2020-finalists/>