

## The Shoreline Tid-Bits Journal

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### Constituencies will increase to 55

Elections Nova Scotia has a lot of work to do to prepare for the next provincial election as the number of constituencies will increase from 51 to 55 seats. This is as a result of re-statement of the constituencies of Argyle, Clare, Richmond and Preston. Changes were made last fall to the House of Assembly Act to introduce digital electoral boundaries which will make it easier and more convenient for Nova Scotians to find information related to electoral ridings. New recommended digital electoral boundaries may be viewed by visiting:

<https://elections.novascotia.ca/apps/StorytellingSwipe/index.html?appid=feb5c89f745d47fb9b6b7903d64c2369#>

### Ecological Forestry Consultations

Department of Lands and Forestry is consulting on two key recommendations from the Lahey review of forest management practices. The department has opened public consultations on draft criteria for high production zones and is moving ahead with the next phase of consultations on the draft forest management guide. The triad model, recommended by Professor Bill Lahey in his forestry review in 2018, includes conservation zones, high production zones and mixed use or matrix zones. These three categories work together to allow ecological and economic goals to coexist, leading to healthy forests and a sustainable forestry sector. High production zones are a key part of the triad model where trees are planted and harvested in rotation like crops. These zones will make up the smallest percentage of land in the triad. They help ensure enough wood is available for harvest for a sustainable forestry sector, while less cutting occurs to protect biodiversity in the mixed use areas and no commercial harvesting occurs in conservation areas. A discussion paper has been posted at <https://novascotia.ca/ecological-forestry/high-production-forestry/> and feedback can be sent to [ecologicalforestry@novascotia.ca](mailto:ecologicalforestry@novascotia.ca)

### Forest Management Guide

The draft forest management guide, part of the Lahey Report is under discussion by Department of Lands and Forestry, was developed with input from stakeholders in 2019. Those groups will provide feedback on this revised draft guide before it moves to public consultations later this winter. Operations in mixed use ecological zones, also called matrix zones, will be regulated by the forest management guide. The central focus of the new guide will place more emphasis on ecological values, including biodiversity, while still providing a certain amount of wood for harvest. Conservation zones will not have any commercial tree harvesting.

### Some Quick Facts resulting from the Lahey Report

The criteria for high production forestry are expected to be finalized this spring with the process to identify the first zones to follow. Work continues on the other recommendations from the forestry review and Prof. Lahey's first evaluation on the department's progress on implementing his recommendations, is expected this spring. As part of the species at risk program renewal, the department, in collaboration with the re-

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# Experiment with Japanese at Home

Experimentation draws many people to cooking. Amateur cooks who are passionate about food can't wait for the opportunity to prepare a meal that strays from the norm while testing their culinary skills.

Japanese cuisine is beloved the world over, but many non-Japanese people may be hesitant to prepare a favorite Japanese meal at home. Those who want to try can prepare the following recipe for "Tonkatsu (Crispy Fried Pork Cutlets)" courtesy of Amy Kaneko's "Let's Cook Japanese Food!" (Chronicle Books).

### Tonkatsu (Crispy Fried Pork Cutlets)

Serves 4

4 boneless pork loin chops, each about 1/4 pound and 1/2- to 3/4-inch thick  
Canola or another neutral oil for deep-frying  
1 to 2 cups all-purpose flour • 1 large egg • 3 to 4 cups panko  
1 teaspoon salt • Tonkatsu sauce • Karashi (optional)  
1/2 head green cabbage, finely shredded  
2 tomatoes, cored and quartered

If your pork chops are on the thick side (3/4 inch), use a sharp knife to score one side lightly, making the cuts about 1 inch apart. This will ensure that thicker chops cook through.

Pour the oil to a depth of 3 inches into a wok or deep, wide saucepan and heat to 350 F on a deep-frying thermometer, or until a bit of panko dropped into the hot oil rises immediately to the top.

While the oil is heating, spread the flour in a small, shallow bowl. Break the egg into a second shallow bowl and beat with chopsticks or a fork until well blended. Spread 3 cups of the panko in a third shallow bowl. Sprinkle a little panko on a flat plate or tray.

To bread the cutlets, one at a time, sprinkle both sides of the cutlets with the salt. Dust them with the flour, shaking off the excess; coat with the egg; and then coat with the panko. Using your fingertips, lightly press the panko in place. As each cutlet is ready, place it on the prepared plate. As you work, add more panko to the bowl as needed.

When the oil is ready, add 1 or 2 breaded cutlets (it is imperative not to crowd the pan) and fry, turning often, until very crispy and medium-dark brown, about 6 minutes. Using tongs, transfer to a wire rack or paper towels to drain. Repeat until all the cutlets have been fried.

To serve, cut each chop crosswise into narrow strips and then reassemble the chops on 4 individual plates. Drizzle the tonkatsu sauce over the top and place a dab of karashi (if using) on the side. Serve the cabbage and tomatoes alongside.

Panko: Also called Japanese bread crumbs or honey-wheat bread crumbs, these light-colored, nearly flat "shards" of flaked wheat flour are used for many deep-fried dishes like Tonkatsu. Panko is readily available in plastic bags in the Asian or international foods section of regular markets.

Tonkatsu sauce: Also called fruit sauce, this thick, slightly sweet, spiced sauce is indispensable in the modern Japanese kitchen. Bull Dog is a famous Japanese brand, but Kikkoman is the most widely available brand outside of Japan. This sauce keeps in the refrigerator for a long time after opening.

Karashi: Japanese brands of Chinese-style hot yellow mustard powder, or karashi, are hard to find outside of Asian markets. But Chinese brands, which are more common, will do. This condiment is served in a little dab for mixing with Tonkatsu sauce for accompanying Tonkatsu. It's pretty hot, so taste it before you start mixing it in. Most brands are mixed in a ratio of 2 teaspoons mustard powder to 1 tablespoon water. Check the package for directions.



Tonkatsu (Crispy Fried Pork Cutlets)

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## Six Sites to Install Wood Heat Systems

By Maurice Rees

Six public buildings have been chosen as the first ones to convert from older, fossil fuel heating systems to new, efficient wood chip heating systems. The intent is to replace imported fossil fuels with a locally sourced renewable resource will create a new market for lower grade forest fibre and reduce the carbon footprint of public buildings. A tender has been issued to five pre-qualified vendors for the design, construction and operation of modern biomass boilers that use wood chips from private woodlots. The tender closes March 5 and the wood heat systems should be operating by the end of November, in time for the next heating season.

Each wood heat system will be constructed in an exterior building positioned for future district heating expansions. The expected annual quantity of wood fuel chips is between 300 to 2,000 tonnes per building. Investigating efficiency of small-scale wood energy projects and converting some government buildings to wood heat energy was a recommendation from Prof. Bill Lahey's Independent Review of Forest Practices.

The sites are: Hants East Rural High School, Milford; Perennia Park Atlantic Centre for Agri-Innovation, Bible Hill; Bridgewater Provincial Court, Bridgewater; Centre of Geographic Sciences, Lawrencetown, Annapolis Co.; Memorial High School, Sydney Mines and Riverview High School, Sydney.

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