

## Full STEAM ahead

Spring in Georgia typically means high pollen counts, a range of weather and holiday celebrations. For co-ops who love to invest in their communities, it also means lots of school events.

A range of Coastal Electric Cooperative employees get the chance to represent the co-op to our “mini” members, from linemen who show off tools and bucket trucks at career days to the safety staff’s Safety City show teaching electrical safety and IT professionals guiding students in making their own lightsabers (simple circuits projecting LEDs through milkshake straws).



Scan the QR Code to learn more about Richmond Hill Middle School’s STEAM Fest and watch student-built EVs in action!



Perhaps the most significant school event this spring was Richmond Hill Middle School’s very first STEAM Fest in March, featuring student-engineered and student-operated drones, underwater remotely operated vehicles and electric vehicles (EVs). STEAM refers to learning that incorporates science, technology, engineering, arts and math.

As part of STEAM Fest, Coastal Electric sponsored an EV rally in which  
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Coastal Electric Cooperative Line Supervisor Ken Duke (left) talks with students during the Joseph Martin Elementary School Career Day on Wheels.

# Chef's kiss: Cooking inspiration for your new cast iron skillet

If you take home a Lodge Seasoned Cast Iron Skillet from Coastal Electric Cooperative's Member Appreciation Days (see this magazine's cover wrap for more info), you might enjoy some cooking inspiration from some of your neighbors.

Coastal Electric asked our members to submit recipes for their favorite dishes to cook in cast iron skillets, and here are just a few:



## Pan-Seared Filet Mignon

*Submitted by Cher Ron*

Start with your filet mignon cut at or near room temperature. Season with Monterey steak seasoning.

Pan sear the filet over high heat in butter, olive oil, avocado oil (or other healthy fat with a high flashpoint; not vegetable oil or canola oil) for 2 minutes on each side.

Transfer immediately to a 415-degree oven and cook for 5 to 6 minutes (medium rare). Let rest 5 to 7 minutes before cutting steak. Serve with a large portion of fresh seasonal, multicolored vegetables.

## Jalapeno Cheesy Cornbread

*Submitted by Margaret Bess*

- 2 cups cornmeal prepared
- 1 12-ounce can whole kernel corn with juice
- 1 cup shredded cheese
- ¼ cup jalapenos with seeds, minced
- 1 teaspoon garlic
- Butter for topping

Combine all ingredients in a bowl and transfer to an 8x8-inch baking dish. Bake at 350 degrees, or until golden brown. Add butter on top.



## Chicken Taco Skillet

*Submitted by Paula Lashanda Sanderson*

- 2 tablespoons canola oil
- 1 pound boneless, skinless chicken breasts, cut into bite-sized pieces
- ½ cup yellow onion, chopped
- 2 tablespoons taco seasoning mix (from 1.25-ounce package)
- 1 15-ounce can of black beans, drained and rinsed
- 1 10-ounce can diced tomatoes and green chilies, undrained
- 1 cup water
- 1¼ cups instant brown rice, uncooked
- 1 cup shredded cheddar and Monterey jack cheese blend
- Chopped cilantro (optional)

Heat oil in large skillet over medium-high heat. Add chicken and cook

3 minutes, stirring occasionally. Add onion and taco seasoning; cook 2 more minutes. Stir in black beans, undrained tomatoes and water; bring to a boil.

Stir in rice. Cover, reduce heat and simmer 7 to 10 minutes, or until rice is tender. Stir in ½ cup cheese. Sprinkle top with remaining cheese and cilantro, if desired.

## Strawberry Pie

*Recipe from Lodge*

- 1 homemade pie crust (large and small piece)
- 4 pounds strawberries, sliced into quarters
- 1 cup sugar
- 1 tablespoon lemon juice
- 6 tablespoons tapioca starch or cornstarch
- 1 teaspoon vanilla extract
- 1 egg yolk
- 2 tablespoons cream

Toss berries with 1 cup sugar and let sit for 45 minutes. Preheat oven to 400 degrees.

Drain strawberries well (you can reserve liquid for a refreshing drink). Toss berries with lemon juice, cornstarch and vanilla.

Remove pie crust from refrigerator and roll out larger piece of dough until it is about ⅛-inch thick. Fold into thirds. Unfold into skillet. Trim edges to hang about 1 inch over the lip. Place it back in fridge while you roll small piece of dough into an oblong shape and cut



it into five or six 1½-inch strips.

Place strawberries in chilled crust and lattice top with strips of dough. Mix egg yolk and cream with fork and brush onto strips of dough.

Place skillet on a sheet pan. Bake for 1 hour on bottom rack, or until crust is golden brown and center of filling is bubbly and thick. Cool on wire rack for at least 2 hours before slicing and serving.



Coastal Electric Cooperative Communications Coordinator Bethany Akridge whips up this Lodge recipe especially for our magazine cover photoshoot, featuring Director Chuck Gaskin and this year's Member Appreciation gift.

### Mountain Man Potato Bacon Hash

*Recipe from Lodge*

- 1 pound bacon, diced
- 4-6 potatoes, ½-inch cubed
- 2 tablespoons olive oil
- 1 yellow onion, diced
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 2 tablespoons garlic, minced
- 4 eggs
- 1 jalapeno, sliced
- Salt and pepper to taste
- Fresh rosemary, for garnish

Set skillet (or wok) in a bed of coals. Preheat to medium-high heat (can be adapted to stovetop). Cook bacon ¾ of the way through, or 3 to

5 minutes. Remove to a paper towel-lined plate.

Add cubed potatoes to bacon grease along with 2 tablespoons olive oil. Cook, stirring occasionally, until starting to brown, or 12 to 15 minutes. Add onion, peppers and garlic. Mix well, cook until softened, or 10 minutes. Sprinkle bacon into skillet and stir. Crack eggs evenly over the hash.

Place a Lodge Cook-It-All griddle on top of skillet (or wok) and cook until yolks are at desired temperature. (If adapting to indoor kitchen, set skillet in oven and broil until eggs are at desired temperature.)

### Chicken Burrito Skillet

*Submitted by Elizabeth Noles, Administrative Assistant at Coastal Electric*

- 1 pound of boneless, skinless chicken breasts, cut into 1½-inch pieces
- ⅛ teaspoon salt
- ⅛ teaspoon pepper
- 2 tablespoons olive oil, divided
- 1 cup uncooked long grain rice
- 1 15-ounce can black beans, rinsed and drained
- 1 14-ounce can diced tomatoes, drained
- 1 teaspoon ground cumin
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon chili powder
- 2½ cups reduced sodium chicken broth
- 1 cup shredded Mexican cheese blend
- 1 medium tomato, chopped
- 3 green onions, chopped

Toss chicken with salt and pepper. In a large cast iron skillet, heat 1 tablespoon olive oil over medium-high heat; saute chicken until browned, or about 2 minutes. Remove from pan.

In same pan, heat remaining olive oil over medium-high heat; saute rice until lightly browned, or 1 to 2 minutes. Stir in beans, canned tomatoes, seasonings and broth; bring to boil. Place chicken on top (do not stir into rice). Simmer, covered, until rice is tender and chicken is no

longer pink, or 20 to 25 minutes.

Remove from heat; sprinkle with cheese. Let stand, covered, until cheese is melted. Top with chopped tomato and green onions.



### Black Pepper Skillet Shrimp

*Recipe from Lodge*

- 1 pound large shrimp
- 2 tablespoons vegetable oil
- 2 tablespoons fresh ginger, peeled and shredded
- 2 teaspoons ground coriander
- 1 ½ teaspoons cracked black peppercorns
- ½ teaspoon sugar
- Juice of half a lime
- ½ teaspoon kosher salt, or to taste
- 2 tablespoons scallion greens, thinly sliced

Peel and devein shrimp, leaving the last shell segment and tail fin intact. Heat oil in a cast iron skillet over high heat until very hot, or about 3 minutes. Add ginger and cook, stirring, until ginger shreds turn light brown and caramelized, or about 2 minutes. Stir in coriander, peppercorns and sugar, and let heat for 15 seconds. Add the shrimp and cook, shaking and tossing, until they turn pink and curl up, or about 2 minutes.

Sprinkle with the lime juice, salt and scallion greens. Gently mix together and serve from skillet.

If cooking with cast iron is new to you, Lodge has plenty of helpful tips and tricks to help you become a pro in the Cast Iron 101 section on their website, including more ideas for delicious recipes. Scan the QR Code to check it out.



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# Full STEAM ahead,

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students drove electric vehicles they built themselves—three of which were donated by co-op members through the Coastal Electric Cooperative Foundation.

Coastal Electric members who participate in Operation Round Up allow their electric bills to be rounded up to the next whole dollar each month. Those nickels and dimes are pooled together and invested back into the local community through the Coastal Electric Cooperative Foundation. Together, that small change makes a big difference.

Two of the same EV kits that were used at Richmond Hill Middle will soon be delivered to Liberty County middle schools.

“It’s our hope that more schools in the area will delve into learning about EV engineering, and that other electric co-ops in Georgia will donate EV kits to schools in their own communities,” says Jason Smith, Coastal Electric Cooperative energy adviser. “We’d love to see more teams compete in the STEAM Fest rally next year.”



Coastal Electric Cooperative IT Technician James Platt (right) shows a Frances Meeks Elementary School student how to make a lightsaber by constructing a simple circuit using a 3-volt button battery, 10mm LED and milkshake straw.

## Office Holiday Closing

All Coastal Electric Cooperative office locations will be closed Monday, May 29, in observance of Memorial Day.

