

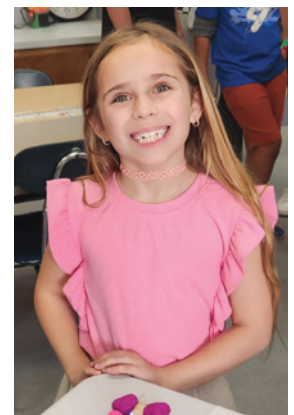
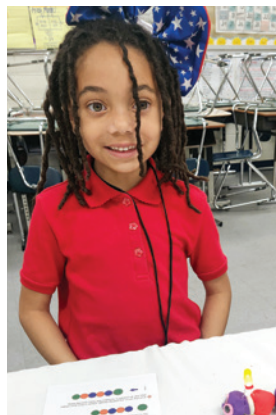
# Full STEAM ahead



Spring in Georgia typically means high pollen counts, a range of weather and St. Patrick's Day celebrations. For co-ops that love to invest in their communities, it also means lots of school events!

Coastal Electric Cooperative employees got the chance to represent the co-op to our mini members at local schools this spring. Linemen and engineers sparked imaginations through hands-on learning, teaching kids about safety, co-op careers and the tools of our trade. Energy advisers and IT staff guided students to build their own mini solar cars.

One of our favorite new projects we've debuted has been introducing elementary students to the world of electric circuits through perhaps an unlikely conductor—playdough. As



part of the program, Coastal Electric Cooperative's Terry Cook, James Platt and Jason Smith speak about conductors and insulators, shorts and open circuits. Then, students build fun circuits in the shapes of butterflies, catpillars or small characters by adding

insulating dough and LEDs.

According to Cook, the most overheard comment from parents typically is, "I had no idea you could make electricity flow through playdough!"

Another big event of the spring

*Continued on page 20D*

# Chef's kiss: Cooking inspiration for your new cast-iron grill pan

LODGE CAST IRON



If you take home a Lodge Cast-Iron Grill Pan during the 2024 Annual Meeting of Members registration and voting (see this magazine's cover wrap for more info), you might enjoy this bit of culinary inspiration, courtesy of Lodge. For more delicious recipe ideas, visit [www.LodgeCastIron.com](http://www.LodgeCastIron.com).



LODGE CAST IRON

LODGE CAST IRON



## Grilled Ribeyes and Summer Vegetables

- 2 ribeye steaks
- 1/2 cup olive oil, divided
- 2 tablespoons balsamic vinegar
- 1 tablespoon Dijon mustard
- 1 teaspoon honey
- 1 clove garlic, minced
- 2 teaspoons salt, divided, plus
- 2 teaspoons pepper, divided
- 1 bunch asparagus, ends trimmed
- 1 pint cherry tomatoes
- 1 teaspoon garlic powder, divided
- 1/4 cup crumbled feta cheese
- Chopped parsley, garnish

Preheat the oven to 350 degrees. While the oven preheats, remove the steaks from the fridge. They don't have to reach room temperature, but knocking the chill out of the steaks for a few minutes will help them cook more evenly.

**Make the vinaigrette:** In a small bowl, whisk together 1/4 cup olive oil, balsamic vinegar, Dijon mustard, honey, minced garlic, and salt and pepper to taste. Set aside.

**Prep the vegetables:** Bring a medium saucepan of salted water to a rolling boil. Add the asparagus to the water and blanch for 1 minute.

Drain, dunk in an ice bath and then dry on a paper-towel-lined plate. To a plastic baggie, add the asparagus, 1/4 cup olive oil, and half of the salt, pepper and garlic powder. Toss to coat, then repeat with the tomatoes.

Preheat a grill pan over medium-high heat. Season the steaks with the remaining salt, pepper and garlic powder, then drizzle them with olive oil and brush to coat. Sear for 3-4 minutes, then rotate the steaks 45 degrees and cook for 2-3 minutes more for perfect grill marks. Flip steaks and repeat.

Remove steaks to a platter and tent with aluminum foil.

In the grill pan preheated over medium-high heat, add the veggies and cook undisturbed for 3-5 minutes. The asparagus should run perpendicular to the ridges on the grill pan. Turn veggies and cook for 2 more minutes. Set the steaks back in the skillet and bake in the preheated oven until desired doneness, 3-5 minutes depending on thickness.

Remove grill pan from the oven and rest steaks for 5 minutes. Remove the asparagus and cut into 1-inch pieces.

Toss asparagus together with tomatoes and drizzle with vinaigrette. Top with feta. Slice steaks against the grain or serve whole. Garnish steaks with parsley and serve.



### Grilled Peaches With Ricotta

- 4 cups milk
- 3 tablespoons lemon juice, divided
- 2 peaches, quartered with pits removed
- 2 tablespoons olive oil
- 3 tablespoons honey
- 4 tablespoons walnuts, roasted, chopped and divided
- 1 teaspoon lemon zest
- 1/4 teaspoon ground allspice salt and freshly ground pepper

In a small pot, bring milk to a simmer over medium-low heat for 10 minutes. Stir in 2 tablespoons lemon juice and 1/2 teaspoon salt, then let the mixture sit, 1-2 minutes. Once the milk begins to curdle, slowly stir to continue the process. When the milk solids have completely separated, slowly strain through a cheesecloth-lined, fine-mesh strainer. Keep the solids and discard the whey. Let the cheese cool and continue to drain.

Meanwhile, drizzle the peaches with olive oil, and season with salt and pepper. In a grill pan preheated to medium-high heat, grill the peaches on 1 side until marks appear, 2-3 minutes. Flip on the other cut side and cook until grill marks appear on that side, 2-3 minutes.

Transfer the peaches to a bowl and dress with honey, 3 tablespoons of walnuts, remaining lemon juice, lemon zest, allspice and 1/4 teaspoon salt.

Spread the ricotta cheese evenly on a serving platter, place the grilled peach mixture on top and garnish with the remaining walnuts.



### Grilled Squash Pasta Salad

- 8 ounces gemelli pasta
- 3/4 cup olive oil, divided
- 1 cup basil, packed
- 1/2 cup walnuts, toasted and chopped
- 3 tablespoons lemon juice
- 1 tablespoon lemon zest
- 1/4 teaspoon cayenne pepper
- Freshly ground pepper, to taste
- 2 medium yellow squash, cubed
- 16 ounces green beans, ends trimmed, sliced in 2-inch pieces
- Basil leaves, garnish

In a large pot of boiling, salted water, cook pasta, 7-8 minutes. Strain the pasta and cool completely under running water. Coat the pasta with 2 tablespoons olive oil and reserve for later.

Make the pesto: In a high-speed blender, blend the basil, walnuts, lemon juice, lemon zest and cayenne pepper on high speed. In a steady stream, add 1/2 cup olive oil. Season the pesto with salt and pepper.

In a medium bowl, toss the squash with the remaining olive oil and season with salt and pepper.

In a grill pan preheated to medium-high heat, add the squash and grill until soft, 6-8 minutes. Allow the squash to get good grill marks; do not over mix the squash. Mix in the green beans and continue cooking, 2-3 minutes.

Mix the pasta and grilled vegetables, then season to taste with the pesto. Transfer to a serving platter and garnish with basil leaves.



### Grilled Shrimp With Garlic Oil

- 1/2 cup parsley, roughly chopped, divided
- 1/4 cup plus 2 tablespoons olive oil, divided
- 2 tablespoons oregano, minced
- 3 tablespoons lemon juice
- 1 tablespoon lemon zest
- 3 cloves garlic, minced
- 1-1/2 teaspoons salt
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon onion powder
- 2 pounds (40-50) shrimp, peeled and deveined

*\*We recommend local Georgia White Shrimp*

Make garlic-herb oil: In a medium bowl, mix 1/3 cup parsley, 1/4 cup olive oil, oregano, lemon juice, lemon zest, garlic, salt, cayenne pepper and onion powder. Set aside for later.

In a grill pan preheated to medium-high heat, add 2 tablespoons olive oil and sear the shrimp on 1 side until golden brown, 3 minutes. Flip the shrimp and cook for 2 minutes. Mix in the garlic-herb oil and cook until aromatic, 1 minute.

Transfer the shrimp onto a serving platter and garnish with remaining parsley.



Want to learn more about how to clean and care for your new Lodge Cast-Iron Grill Pan? Scan the QR Code.

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*The power of human connections*

included Richmond Hill Middle School hosting its second annual STEAM Fest in March. It featured student-engineered and -operated drones, underwater remotely operated vehicles and electric cars. (STEAM refers to learning that incorporates science, technology, engineering, arts and math.)

As part of STEAM Fest, Coastal Electric Cooperative sponsored an EV rally in which students drove electric vehicles they built themselves—two were donated by co-op members through the Coastal Electric Cooperative Foundation.

Coastal Electric Cooperative members who participate in Operation Round Up allow their electric bills to be rounded up to the next whole dollar. 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.

“It’s our hope that more schools in our 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’s energy adviser. “We’d love to see more teams compete in the STEAM Fest rally next year!”



Scan this QR Code to see more of STEAM Fest and watch the EVs in action!

