

Oprah Winfrey during the taping of "Surprise Oprah! A Farewell Spectacular." THE ASSOCIATED PRESS



## Dream comes true for teenage Oprah fan

By John W. Barry  
Poughkeepsie Journal

He spent eight years watching her program on television, religiously, at 4 p.m. every day. They exchanged several tweets.

He spent six years sending emails, writing letters and placing phone calls, pleading for tickets to a live taping. Last fall, he enlisted family members to join his campaign.

And last week, Sean

Martinelli of Poughkeepsie fulfilled his dream. He attended a taping of "The Oprah Winfrey Show."

Perhaps topping it all is that Martinelli's attendance at the taping came after being told for years by Harpo Productions, which stages "The Oprah Winfrey Show," that only those 18 and older could attend. (Martinelli is 17.) Angela DePaul, a Harpo Studios spokeswoman, said the age restriction was in place because subjects tackled on the show sometimes had adult themes.

After 25 years, the last episode

of "The Oprah Winfrey Show" is set to air today.

The taping that Martinelli attended at the United Center in Chicago was not typical of the programs Winfrey has staged over the years for her millions of viewers. In fact, it wasn't even a single episode. Winfrey's guests included the biggest names of our time — musicians Aretha Franklin, Stevie Wonder and Madonna; former professional basketball player Michael Jordan; and Academy Award-winning actor Tom Hanks. "It was like, crazy," Martinelli

said. "I was like, 'What? Am I dreaming? Aretha Franklin and Michael Jordan are in the same room.' I felt so lucky, but I knew I had worked so hard on this. I was overwhelmed to see all these people. We were all there for one reason — to pay tribute to her. I was blessed to be there with them."

You might say the magnitude of the Winfrey event that Martinelli attended — the taping of her third-to-last and second-to-last shows — matched the scope of his passion

See **OPRAH**, 3B

## Grill your openers, sides and desserts

By Lauren Chattman  
Newsday

At this time of year, I probably use my gas grill more than my cooktop or oven to get dinner on the table. I enjoy some fresh air in the early evening, I like to give some of my favorite foods a little smoky flavor and I like to do so without dirtying any pots and pans. I leave the ribs, brisket and whole grill-roasted chickens to my husband, who likes a project more than I do. My specialties are appetizers, salads, grilled breads and desserts, none of which takes more than 10 minutes to cook outdoors. Some of my favorite quick and easy grill recipes follow.

Although gas is quicker and easier, there are folks who don't consider it grilling unless there's charcoal involved. The best way to control the heat in a charcoal grill is to build a two-level fire: Light the coals, wait for the flames to die down and for the gray coals to glow red. Then arrange a third of the lighted coals in a single layer over half of the grill and pile the remaining two-thirds of the coals over the other half. This way, you'll have two cooking zones.

Here's a refresher course in good grilling technique.

**Clean your grill:** Preheating the grill to high and then vigorously brushing the grate with a wire brush will remove residue.

**Oil your grill:** After you have cleaned your grill, fold a paper towel in half and soak it with some vegetable oil. Use a pair of long-handled tongs to brush the oiled towel over the grate. Take care not to push the paper towel through the grate or it may catch on fire.

**Plan an outdoor menu:** You may as well use the grill to cook your entire meal.

**Pay attention:** When cooking small and/or delicate items, there's no time to walk away from the grill. These items will cook through, and then overcook and burn quickly.

### Barbecued Clams

Prepare them as soon as your grill is hot, and then serve them while you grill your main course.

2 dozen littleneck clams, scrubbed  
2 tablespoons barbecue sauce

Preheat gas grill to high or light charcoal. While heating, clean and

See **GRILL**, 2B



This turkey burger is made with carrots, zucchini and mushrooms, which help keep the burger moist. LIZ JOHNSON/THE JOURNAL NEWS

## Hello, alt-burger

Welcome more than beef to your grill this summer



Chicken takes the place of beef in this chicken, spinach and chive burger. JARRAD HENDERSON/DETROIT FREE PRESS

By Liz Johnson  
[ewjohnson@lohud.com](mailto:ewjohnson@lohud.com)

Everyone's trying to make healthier choices these days. Here's one more way: this summer, when it comes to burgers, look beyond beef.

Gone are the days when turkey or veggie burgers were fringe, and grilling them meant you were destined for a meal of dry, chalky hockey pucks.

Today, alternative burgers — or alt-burgers, as I like to call them — are as common as ketchup. And you won't believe how good they can taste.

You can make a burger out of just about anything: turkey, vegetables, pork, sausage, chicken — even grains. Add a little spice, a few chopped-up vegetables, maybe some herbs, and you've got yourself a great dinner.

I'm not advocating giving up beef burgers completely. In fact, one of my favorite alt-burgers is made with a mixture of beef and lamb. Topped with cheddar and a caper-remoulade made with mayo, it's certainly not for the calorie-counter.

But another of my favorite alt-burgers uses ground turkey and three different vegetables — zucchini, carrots and mushrooms, which are shredded in the food processor. It is a variation on

See **BURGERS**, 3B



### FILM Coming Thursday

Clara Bingham, right, grew up around coal mining, so was familiar with its dangers. But she was startled by the devastation wreaked by the practice of mountaintop removal. "The Last Mountain," her new documentary produced with Bedford's Robert F. Kennedy, Jr., previews at the Jacob Burns Film Center in Pleasantville on May 31. **Life & Style**



### COMING SUNDAY Restaurants we love

Johnny's Smokehouse, a new barbecue joint in Pearl River, has Dave "Fink" Finkelstein manning the smoker. Find out what's delicious in our restaurant feature in Sunday Life this week.

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### SHOPPING Farmers markets

Many farmers markets are opening this week and next, including Irvington today; Bronxville, Pleasantville, Pelham, and Larchmont on Saturday; Rye on Sunday and Piermont on June 5. Does your neighborhood have a new market this year? Email food editor Liz Johnson to let her know: [ewjohnson@lohud.com](mailto:ewjohnson@lohud.com).

# BURGERS: Beyond beef, not flavor

Continued from 1B

a recipe from a spa in Utah, and comes in at somewhere around 300 calories (without the bun). I promise — it explodes with flavor.

When it comes to flavor, I'm not the only one turning my attention away from beef.

At Turco's in Yorktown Heights, for example, Vincent Mastrangelo, manager of the meat department, says he sells about 1,000 chicken burgers a week. They're seasoned with onions and red, yellow and green peppers and stuffed with mozzarella, and everyone loves them.

"It's not your dreary, everyday just-salt-and-pepper burger," he says. "You don't have to add ketchup and everything else to them — they just ooze off your grill."

At Mount Kisco Seafood, you can get tuna burgers and salmon burgers, and at Larchmont Meateria, owners Flora and Tom Guglielmo and their son, T.J., sell organic buffalo burgers. (Those are great with just a dash of Worcestershire.)

Paul Chietro, owner of Mini's Prime Meats in Bronxville, offers lamb burgers — "Those are a big seller during the summer," he says — and sausage burgers (cheese and parsley, and chicken-apple sausage).

Now purists may say that, technically, all these "burgers," are sausages, just

shaped into burger-size patties.

And that may be; you define sausage as a food made from ground meat and spices or herbs.

But to me, alt-burgers are as much fun to say as they are to eat. So I plan on calling them what I wish. And once you taste them, I know you'll agree. Next thing you know, you'll be looking beyond beef all summer long.

## Turkey Burgers

- 2 medium carrots
- 1 medium zucchini
- About 5 ounces mushrooms
- 1 pound ground turkey
- 2 teaspoons soy sauce
- 2 cloves garlic, minced or put through a press
- A scant tablespoon grapeseed oil

Buns, cheese and condiments of your choosing (I love these with avocados)

Shred the carrots, zucchini and mushrooms in a food processor. Place in a large bowl. Add turkey, soy sauce and garlic. Blend well. Shape into patties.

Heat a large pan over medium-high heat. Add the oil and spread it over the entire surface. Add the burgers and saute until a brown crust forms on the bottom, about six minutes. You may cover the pan for part of the time. Flip the burgers and cook until no more pink is showing, about 4 to 6 minutes longer.

Toast buns and serve with condiments.

## Beef-and-Lamb Burgers with Cheddar and Caper Remoulade

The caper remoulade can be refrigerated in an airtight container for up to 3 days. From Food & Wine, May, 2008.

- 4 cornichons, coarsely chopped
- 3 tablespoons parsley leaves, coarsely chopped
- 2 teaspoons drained capers
- 1 garlic clove
- 1/2 cup mayonnaise
- 1 tablespoon whole-grain mustard
- 3/4 pound ground beef, preferably 80 percent lean
- 1/2 pound ground lamb
- Kosher salt and freshly ground black pepper
- 4 English muffins, split
- 4 thin slices of aged cheddar, preferably farmhouse
- Tomato slices and thinly sliced English cucumber, for garnish (optional)

Light a grill. In a mini food processor, pulse the cornichons with the parsley leaves, capers and garlic clove until finely chopped. Add the mayonnaise and mustard and pulse until blended.

In a large bowl, gently mix the ground beef with the ground lamb and season generously with salt and pepper. Form the meat mixture into four 1-inch-thick patties and make a slight indentation in the center of each one with your thumb. Season the burgers with salt and pepper.

Grill the English muffin halves cut side down until toasted, about 1 minute. Flip the muffins and grill for 30 seconds longer. Transfer to a work surface cut side up and spread the bottom halves of the muffins with the caper remoulade.

Grill the burgers over high heat until they are nicely charred on the bottom, about 4 minutes. Flip the burgers, top them with the cheddar cheese and grill until cooked to medium and the cheese melts, about 4 minutes longer. Transfer the burgers to the toasted English muffins and let rest for 5 minutes. Top the burgers with the tomatoes and cucumbers if desired, close the burgers and serve.

## Chicken Chive and Spinach Burgers

Susan M. Selasky of the Detroit Free Press says that that chicken or turkey burgers can dry out quickly, so she mixes in other ingredients to add moisture. This chicken burger has honey Dijon mustard for a sweet yet tangy note. You can grill, broil or pan-fry these burgers.

- Preparation time: 15 minutes
- Total time: 35 minutes
- Makes: 4 burgers
- 2 cups packed baby spinach leaves
- 16 ounces ground chicken breast
- 2 tablespoons honey Dijon mustard



Shredded vegetables help keep these turkey burgers at about 300 calories. LIZ JOHNSON/THE JOURNAL NEWS

- 1 small bunch fresh chives, snipped (about 1/3 cup) snipped
  - 1 teaspoon Morton's Nature's Seasons Seasoning Blend (or favorite all-purpose seasoning)
  - 1/4 cup panko (or regular) bread crumbs
  - 3 tablespoons low-fat mayonnaise
  - 2 teaspoons Dijon mustard
  - 2 tablespoons snipped fresh chives
  - Lettuce, cheese slices, tomato slices
  - 4 thin sandwich buns
- Preheat or prepare the grill. Rinse the spinach leaves. Heat a small skillet over medium heat. Add the spinach leaves with water still clinging to the leaves. Sauté the spinach until wilted.

In a bowl, combine the ground chicken, honey Dijon, cooked spinach, chives, seasoning blend and bread crumbs. Mix well. Shape into 4 patties about 1/2-inch thick. Oil the grill grates and grill the burgers about 6-8 minutes per side or until thoroughly cooked. An instant-read thermometer should register 165 degrees.

Meanwhile, in a small bowl, combine the mayonnaise, mustard and chives.

To assemble burgers, toast the buns, if desired. Spread a dollop of the mayonnaise mixture on the inside of each bun. Place lettuce on the bottom. Top with the burger, cheese slice and tomato. Place the other bun half on top and serve.

# OPRAH: 17-year-old's persistence pays off

Continued from 1B

for one of American popular culture's biggest celebrities. (These episodes aired Monday and Tuesday.)

"I love how she can connect with everyone," said Martinelli, who stumbled across Winfrey's show when he was 9, while channel surfing. "I feel like I know her after eight years. She is the only celebrity I ever felt that way about. I feel like I know her and can connect with her. I feel like she is so personal," he said.

The cake at Martinelli's 10th birthday featured a picture of Winfrey. Last year, he was named by the show as an "Ultimate Viewer." And after sending Winfrey a tweet with a picture of the cake, she tweeted back — a total of four times — once offering luck to Martinelli on upcoming exams.



Sean Martinelli stands in front of Harpo Studios in Chicago. SUBMITTED PHOTO

It all came together when Martinelli saw Winfrey walk on stage at the United Center. There she was — live and in person.

"You could feel everyone's emotions," Martinelli said of the moment Winfrey appeared on stage in the arena

where the Chicago Bulls play professional basketball. "Everyone was up and screaming. It was a full-circle moment for me. I was feeling every phone call I made, every email I sent. It was electrifying."

Winfrey will now focus on her 5-month-old cable channel, OWN: The Oprah Winfrey Network. As one of the network's future offerings she will star on "Oprah's Next Chapter," whose title signals how she views her ambitious new TV venture overall.

Martinelli drove to Chicago with his mother, 12-year-old sister and 2-year-old brother. He attended the taping with his mother, an emergency technician.

As exciting as this experience was, Martinelli said it came with a wide range of emotions, bad and good.

"It's sort of a bittersweet

occasion for me," he said. "I worked so hard and now it's all done. I'm going to be moving with her to OWN. I'm sad, but I'm happy we had these 25 years of groundbreaking and life-changing television. I'm glad for her but sort of sad that I'm not going to have anything to watch at 4 p.m. anymore."

The Associated Press contributed to this report.

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