



Volume 11 Issue 8

A Newsletter for the Residents of The Mar Del Plata Condominium

November 2020

Mar Del Plata
Condominium Assoc., Inc.
6423 Collins Avenue
Miami Beach, Florida 33141
<http://mardelplatamiamibeach.com>



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THANKSGIVING

The most historical account of the Thanksgiving tradition dates back to 1621. It was when the Plymouth settlers called “pilgrims” prepared a bountiful feast after a successful cultivation season. They called this the “harvest festival.” The Wampanoag, the American Indian tribe in the 17th century, pilgrims, colonists, and natives, ate substantial amounts of fowl. They stuffed it with all kinds of herbs and onions, and another weirdly delicious stuffing — oats.



**FROM ALL OF US AT MAR DEL PLATA,
WE WISH YOU A HAPPY THANKSGIVING!!**



SWEET POTATO CASSEROLE

- 5 sweet potatoes
- 1/4 teaspoon salt
- 1/4 cup butter
- 2 eggs
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/2 cup white sugar
- 2 tablespoons heavy cream
- 1/4 cup butter, softened
- 3 tablespoons all-purpose flour
- 3/4 cup packed light brown sugar
- 1/2 cup chopped pecans



Preheat oven to 350 degrees F. Lightly grease a 9x13 inch baking dish. Bake sweet potatoes 35 minutes, or until they begin to soften. Cool slightly, peel, and mash. In a large bowl, mix the mashed sweet potatoes, salt, 1/4 cup butter, eggs, vanilla extract, cinnamon, sugar, and heavy cream. Transfer to the prepared baking dish. In a medium bowl, combine 1/4 cup butter, flour, brown sugar, and chopped pecans. Mix with a pastry blender or your fingers to the consistency of course meal. Sprinkle over the sweet potato mixture. Bake 30 minutes in the preheated oven, until topping is crisp and lightly browned.



Commissioner
Eileen Higgins
District 5



"During these challenging times, rest assured that my office is here to listen to your concerns and connect you to the services and resources you need from Miami-Dade County."

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<p>COVID-19 RELIEF</p> <p>See a full list of relief programs for individuals and businesses at bit.ly/covid19reliefprograms</p>	<p>SAFETY FIRST</p> <p>Ensure your safety by social distancing, washing your hands, and wearing a mask.</p>	<p>STAY INFORMED</p> <p>Get most recent D5 updates by emailing district5@miamidade.gov.</p>
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WATER WISE SAVINGS

Although we tend to think about reducing our water consumption often during hot summer months, cutting water consumption is always a good idea any time of year. Here are some practical tips to help you use water wisely.

- Don't use your toilet as an ashtray or wastebasket
- Take shorter showers. If the shower has a single hand control or shut off valve, turn off the flow while soaping or shampooing.
- Turn off the water while brushing your teeth or shaving.
- Fully load your automatic dishwasher before you run it. Fill the sink with water to pre-rinse dishes before putting them in the dishwasher. If you wash dishes by hand, don't leave the rinse water running.
- Turn the faucet off while cleaning vegetables. Rinse them in the sink with the drain closed or in a pan of water.
- Refrigerate a bottle of drinking water instead of letting a faucet flow until the water is cold enough to drink.
- Get any leaks or drips fixed immediately.



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LEFTOVER TURKEY POT PIE

Ingredients

- 2 cups frozen peas and carrots
- 2 cups frozen green beans
- 1 cup sliced celery
- 2/3 cup butter
- 2/3 cup chopped onion
- 2/3 cup all-purpose flour
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1/2 teaspoon celery seed
- 1/2 teaspoon onion powder
- 1/2 teaspoon Italian seasoning
- 1 3/4 cups chicken broth
- 1 1/3 cups milk
- 4 cups cubed cooked turkey meat - light and dark meat mixed
- 4 (9 inch) unbaked pie crusts



1. Preheat an oven to 425 degrees F (220 degrees C).
2. Place the peas and carrots, green beans, and celery into a saucepan; cover with water, bring to a boil, and simmer over medium-low heat until the celery is tender, about

8 minutes. Drain the vegetables in a colander set in the sink, and set aside.

3. Melt the butter in a saucepan over medium heat, and cook the onion until translucent, about 5 minutes. Stir in 2/3 cup of flour, salt, black pepper, celery seed, onion powder, and Italian seasoning; slowly whisk in the chicken broth and milk until the mixture comes to a simmer and thickens. Remove from heat; stir the cooked vegetables and turkey meat into the filling until well combined.
4. Fit 2 pie crusts into the bottom of 2 9-inch pie dishes. Spoon half the filling into each pie crust, then top each pie with another crust. Pinch and roll the top and bottom crusts together at the edge of each pie to seal, and cut several small slits into the top of the pies with a sharp knife to release steam.
5. Bake in the preheated oven until the crusts are golden brown and the filling is bubbly, 30 to 35 minutes. If the crusts are browning too quickly, cover the pies with aluminum foil after about 15 minutes. Cool for 10 minutes before serving.

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Fernando Rizzo
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