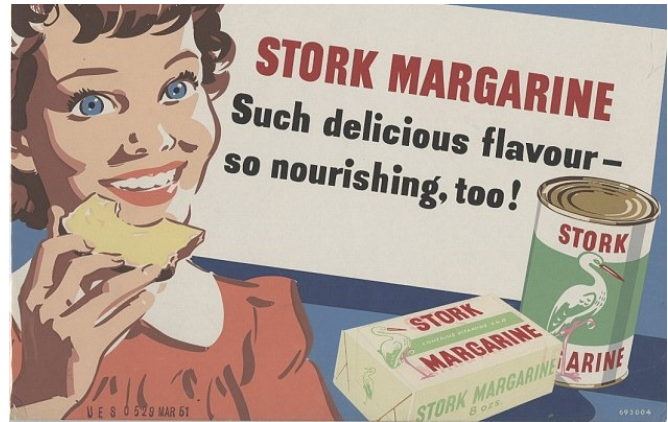


Crossroads

CROSSROADS Language Studio's Newsletter February, 2025

Margarine



Margarine is a very well-known alternative to butter, used all over the world, for cooking and baking, and as a spread on morning toast.

It is made from vegetable oils and fortified with various vitamins and beneficial additives, depending on the recipe. The fact that it is an artificially made product, made to resemble butter in its texture, flavour and colour, often polarizes the customer base, professing for or against margarine. The truth is that both butter lovers and margarine crusaders are largely correct in saying their choice is the right one.

Margarine has been created for specific purposes, targeting specific culinary and dietary requirements.

The very idea of a butter alternative was born from the need to supply a cheap and long-lasting source of energy for soldiers of Napoleon Bonaparte, and we have Hippolyte Mège-Mouriès to thank for its invention, in 1869 France. Since then, it slowly became a staple food in everyone's shopping basket around the world. Originally, it began its life as "butterine", but the customers likened it to a counterfeit butter, and so the name was dropped and it was renamed to "margarine".

It is especially successful in addressing butter's limitations, such as short shelf-life, low temperature melting point, and saturated fat content. In countries with a hot climate, it is therefore a much more preferred product for cooking and baking.

It faced a severe pushback from the dairy industry in the 90's, particularly in the United States, Canada and South Africa, ranging from regional tax levies aiming to increase the price to a competitive level with butter, all the way to ascribing ominous and dark connotations of margarine's production origins to witchcraft.

But despite its uneven journey, margarine is a useful and often healthy product we can put to use in various culinary applications.

It is important to stress that a modern margarine is in no way similar to the one we grew up with a few decades ago. Unlike butter, which follows an age-old, almost unchanged recipe, margarine is constantly being researched on, developed and improved upon.

And there are different margarine recipes, tailored to different uses and preferences.

We can choose a margarine that is dairy-free, or one that is packed with vitamins and essential nutrients, or something specifically formulated for people suffering from health conditions such as high blood cholesterol. A trans-fat-free variety of margarine is the healthiest option, as trans-fats are a leading cause of heart disease.

When it comes to baking, margarine cannot be a substitute of butter, as it contains more water and less trans-fats, both of which directly impact the texture of baked foods. Margarine is used to good effect primarily with puff pastries, cookies and other delicate creations. It is also used in vegan variations on traditional recipes that normally call for using butter, but here stick-type margarine (with trans-fat content) is a better call.

Whatever you opt for, be it butter or margarine, use it sparingly in your diet and look after your health!

Article by Marek

Net News

NET LESSONS: Too busy to come to CROSSROADS?

.... Try our *lessons on the net!*

For a bite-size history lesson, check out this link:

<https://reciperemiscing.wordpress.com/2016/05/04/the-history-of-margarine/>

Some Thoughts for the Month



Joshua In this column a year ago, I mentioned that February, “the coldest month of the year” seemed unnaturally warm, almost like spring. This year however, “Old Man Frost” is back with a vengeance! It has been freezing!! We even had some snow (flakes, at least). I can’t remember the last time I saw snow in February. So what happened to “Global Warming”? It appears that the weather this month is on the side of the global warning skeptics.

Junko Says: This month, The Shikoku Economic Federation held a networking event between overseas students at Ehime University and companies in Shikoku looking for possible future employees. As you know, Japanese companies in various fields are in the process of expanding overseas. This event was meant to give both sides an early chance to get to know each other. Crossroads sent 4 interpreters to this event to assist with communications. The result, we heard from the organizers, was a great success!



Marek Says: The culinary choices of people in western societies often influence those in Asian and African cultures. Especially in the recent couple of decades, a high-energy and nutrient-poor diet dominates the tables in Europe and America. Needless to say, it is important to strike a balance of protein, fiber and carbohydrates in our diet to maintain healthy functions of our organs and follow a reasonably active lifestyle on a daily basis.

Mandcy dit: C'est bientôt la Saint-Valentin, c'est donc le mois de l'amour. Alors, êtes-vous fleur bleue ?? Voici quelques expressions francaises parlant damour et de coeur. -Avoir un crush, avoir un coup de coup de coeur: avoir le béguin pour quelqu'un, craquer pour un trait special de la personne. Personnellement, je craque toujours pour les madeleines.-Avoir un coeur de pierre: Être froid et inhumain.-Avoir le coeur sur la main: être genereux.-Avoir le coeur serré, le coeur lourd, le coeur gros: être triste.-Être fleur bleue; Être romantique. Dans mon cas, j ai un coeur d'artichaut, donc mon petit coeur est tout mou et j'oublie très vite. Oups ! Et vous quel genre de romantique ou non-romantique êtes-vous ?



ACROSS

- 1 assigning some quality to
- 4 separates into two opposite positions
- 6 in place of another
- 7 in place of
- 8 fighters for a cause or belief
- 10 select as an alternative
- 11 substances when digested give energy
- 12 made stronger
- 13 not genuine
- 15 stating openly
- 16 avoiding waste
- 17 not naturally

DOWN

- 2 necessary, important
- 3 described as similar
- 5 the most concentrated solution of
- 8 relating to cooking or food
- 9 appear like
- 10 indicating something evil
- 14 influence strongly
- 15 to swell or cause to enlarge

Play A Game!

Find the answers on P1

(print version [here](#))

*We know you don't need a reminder that it's winter and it's cold!!
It should be easy, then, for you to do this month's puzzle, right?*

IN THIS JUMBLE OF LETTERS, FIND THE 12 WORDS RELATED TO WINTER?

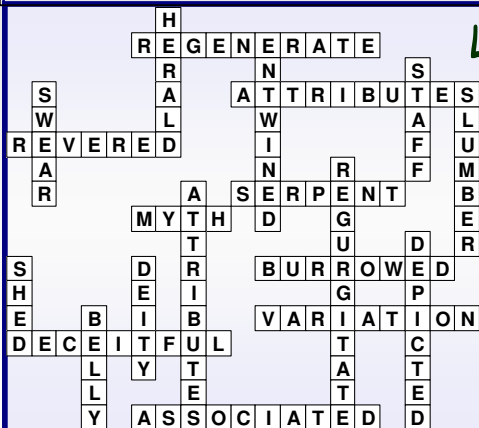
Look in ALL directions!



K	I	E	S	L	E	D	L	S	B	U	F
M	C	J	T	W	G	E	T	P	J	R	Z
D	S	M	H	D	V	O	Z	D	A	B	Q
S	E	J	J	O	O	D	W	C	Z	Y	V
F	T	Q	H	B	L	K	S	H	P	V	Q
F	A	S	A	K	O	I	Y	B	G	A	N
U	K	T	B	O	P	D	D	U	M	F	A
M	S	D	T	I	C	V	Q	A	P	J	M
R	E	T	K	N	W	O	L	Q	Y	L	W
A	C	S	C	U	S	G	C	T	X	S	O
E	I	Q	S	E	V	O	L	G	D	F	N
S	N	O	W	F	L	A	K	E	S	O	S

- 1) boots 2) scarf 3) cocoa 4) shovel 5) sled 6) earmuffs 7) ski 8) gloves 9) ice-skates 10) snowman 11) holidays 12) snowflakes

Last Month's puzzle Solution



ACROSS

- 2 restore or make newly
- 6 distinguishing characteristics
- 8 have profound respect for
- 11 a snake
- 12 an old traditional story
- 16 move by digging
- 18 something a little different
- 19 misleading falsehood
- 20 be connected with

DOWN

- 1 a messenger, bringer of news
- 3 wound or twisted together
- 4 a strong rod or stick
- 5 make a solemn promise
- 7 sleep
- 9 bring up or being back
- 10 distinct quality or characteristic
- 13 shown or represented as
- 14 cast off, remove
- 15 a godlike being
- 17 stomach



Don't forget...Our SPECIAL 1+1 Campaign offer! Up to 50% off!!

Ask Junko in our office, for the details.