Week of 10 August 2020

Announcements:

- If you have letters or well wishes MIDN 1/C Bishop while she is as OCS, feel free to write a brief message and it will be passed along. Submit your work to MIDN 2/C Boyle at: bboyle89@gwu.edu

- Want to share what you are doing this summer with the battalion in the BLUF? Contact MIDN 1/C Saville at: iansaville@gwu.edu

The Galley:

MIDN 1/C Collins’ recipe for Lemony Orzo with Asparagus and Garlic Breadcrumbs

Ingredients: 1 cup of orzo 1 pound asparagus, trimmed and thinly sliced on a diagonal, 5 tablespoons of extra-virgin olive oil, 1 teaspoon lemon zest, 3 tablespoons lemon juice (about 1 large lemon), 1/2 cup of panko or homemade bread crumbs, 1 small garlic clove, finely chopped, 1/4 finely grated Parmesan cheese, 1/2 cup fresh dill, mint, or parsley (I used parsley!)

Step 1: Bring a medium pot of salted water to a boil. Add the orzo and cook until al dente according to package directions. Two minutes before the orzo is done, add the asparagus. Drain the orzo and asparagus. Wipe out and reserve the pot.

Step 2: While the orzo and asparagus cook, make the dressing: In a large bowl, stir together 3 tablespoons oil and the lemon zest and juice; season to taste with salt and pepper. Add the drained orzo and asparagus and toss to coat. Set aside while you toast the bread crumbs.

Step 3: In the reserved pot, heat the remaining 2 tablespoons oil over medium. Add the panko and cook, stirring, until golden brown, 3 to 5 minutes. Remove from heat, then stir in the garlic and season with salt and pepper.

Step 4: Stir the parmesan and herbs into the orzo, taste, then season with salt, pepper, and additional lemon juice, if desired. Top with toasted bread crumbs and more parm if desired.

Weekly Workout:

Cardio Week!

10 Minute Warmup Jog
3-Mile Fartlek (2-minute strides then 1-minute jog back and forth for 3 miles)
10 Minute Cooldown Jog”

Eye on the Fleet:

- A new report was released on emerging military technologies. The report compliments the new DoD strategy outlined this year and provides great background information on military research and development. You can read an article summarizing the report and the whole report at this link. (Click Here)

- In a similar vein, Congress received a report on Chinese naval modernization. The report discusses where China is improving its capacity as well as outlining their current capability. This follows the start of sea trials for the first PLAN Type 075 Landing Helicopter Dock. (Click Here)