

What's Cookin': An ice storm cooking adventure

A good friend of mine, Joan Doane, a humor writer (winner of the 2013 Harry Dale Literary award and proud co-founder of the Georgetown Wordsmiths writer's group) and I were chatting about our various meal preparation escapades during the Christmas ice storm. I asked her to send me a recipe and a story about her adventures and this is what she had to say...

Little Seafood on the Prairie Recipe

By Day 5 of the power outage, my family had slipped into an '80s routine. Not the 1980s, which would have had us wearing big hair and shoulder pads, but the 1880s where clothes were layered for warmth, everything was done by candlelight and the fireplace was a source of heat, light and a comforting hot meal.

We banked a fire in one corner of our open fireplace in the morning, fed it wood all day, and by dusk, the embers were just right to make dinner on. A trusty enamelled cast-iron pot was put into service as an 'oven' for baking casseroles, or 'potages' as I took to calling them, because I was feeling all Little House on the Prairie-ish and kind of looking like it at that point as well.

Trying to use up items in our freezer (getting too warm) and fresh vegetables in the fridge (getting too cold), I ended up with a dish I'm calling 'Little Shrimp Riding on Salmon on the Prairie'.

It involves wine, butter and cream which are all items that you should

Lori Gysel & Gerry Kentner



keep on hand during an ice storm, power outage, or actually, anytime, come to think of it.

You will want to start with the wine. Have some. The power is off, it's cold, and even with every candle you own lit, it's dim and dark. You will need to keep up your courage.

Now that you've bolstered yourself, you can start making dinner.

- 1 tbsp olive oil
- 1 tbsp butter
- 2 garlic cloves, minced
- 2 cups Brussels sprouts, halved
- 2 cups mushrooms, halved
- 1/2 medium eggplant, cut in 1/2 inch chunks
- 1 cup frozen peas
- 1 lemon, halved
- 2 fresh thyme sprigs
- 1/2 cup (or more!) white wine
- 4 frozen wild salmon fillets, unthawed
- 12 large frozen shrimp, peeled, unthawed
- 1/2 cup heavy cream (35%)
- salt & pepper, to taste

So get your ingredients together and stayed tuned until next week when Joan tells you how to put it all together, cooking in the fireplace. Have fun and keep cooking.

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GLUTEN

found in bread, pasta, pizza and hidden in most processed foods.

COMMON SYMPTOMS

include: • anemia • chronic diarrhea • weight loss • fatigue • cramps • bloating and irritability.

For information about Celiac Disease and the gluten-free diet, the only treatment, contact

The Canadian Celiac Association
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