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 cofounder 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 Prai-

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 Brussells 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



CELIAC DISEASE is a medical condition in which the nutrient absorbing surface of the small intestine is damaged by

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

COMMON SYMPTOMS include: • anemia • chronic diarrhea • weight loss • fatique • cramps . bloating and irritability.

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





welcomes you! Interim Pastor: Tom Van Milligen Youth Paster: Brian DeBoer Sunday Worship Services: 10:00 am & 6:00 pm 905-877-4322

11611 Trafalgar Road (north of Maple Avenue) www.gcrc.on.ca

KNOX PRESBYTERIAN CHURCH

God's Word for Today's World. www.knoxgeorgetown.ca

Rev. Steven Boose 116 Main St. S., Georgetown, ON 905-877-7585

Chair-lift access available 'Sunday's Cool' youth ministry program for ages 4 & up. Service Dial-in: 905-702-1629

SUNDAY WORSHIP SERVICES: 11:00 A.M.

SUNDAY SERVICES

• Lord's Supper 10 A.M. • Ministry Meeting 11:00 A.M.

• Fellowship Lunch 12:00 P.M. • Ministry Meeting 1:00 P.M. Meeting In: Georgetown Seniors Centre Address: 318 Guelph Street

Phone: 905-873-1005 Website: www.haltonhillsbiblechapel.com



Services **EVERY** Sunday Norval, Halton Hills

familyhouseofworship@start.ca Services starting at 10 am



2014 CIVIC DX

LEASE BI-WEEKLY‡ FOR 60 MONTHS[®]

FROM 7.3 CITY/ 5.5 HWY (L/100 KM)⁻⁻

GREAT ALL-IN LEASES FROM YOUR ONTARIO HONDA DEALERS





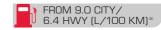
2014 ACCORD LX

LEASE BLWEEKLY! FOR 60 MONTHS! WITH \$1.470 DOWN PAYMENT/OAC AND **SO** SECURITY DEPOSIT.

FROM 8.8 CITY/

2014 CR-V LX

LEASE BLWEEKLY! FOR 60 MONTHS! WITH \$879 DOWN PAYMENT/OAC AND **\$0** SECURITY DEPOSIT





INCLUDES FREIGHT, PDI, LEVIES AND OMVIC FEE. EXCLUDES LICENSE AND HST.

HondaOntario.com

#RI-WEEKLY LEASE ONLY AVAILABLE ON 48-MONTH TERMS OR GREATER



•The IFP• Halton Hills, Thursday, February 20, 2014

Limited time lease offers available through Honda Financial Services Inc. (HFS), to qualified retail customers on approved credit. Selling prices and payments include freight and PDI (ranges from \$1,495 to \$1,695 depending on 2014 model), EHF tires (\$29), EHF filters (\$1), A/C levy (\$100 except Civic DX models), and OMVIC fee (\$5). Taxes, license, insurance and registration are extra. ΩRepresentative bi-weekly lease example: 2014 Civic DX Sedan // 2014 Accord LX Sedan 6MT // 2014 CR-V LX 2WD on a 60 month term with 130 bi-weekly payments at 2.99% // 2.99% // 1.99% lease APR. Bi-weekly payment is \$87.93 // \$128.00 // \$134.00 with \$0 // \$1.470 // \$879 down or equivalent trade-in. \$650 // \$0 // \$0 ease incentive deducted from the negotiated selling price before taxes (applies only to Lease contracts through HFS, and can be combined with subvented rates of interest offered by Honda as part of a low rate interest program), down payments, \$0 security deposit and first bi-weekly payment due at lease inception. Total lease obligation is \$11,431.45 // \$18,110.61 // \$18,299.02. 120,000 kilometre allowance; charge of \$0.12/ km for excess kilometres. PPSA lien registration fee of \$45.93 and lien registering agent's fee of \$5.65, due at time of delivery are not included. For all offers: license, insurance, other taxes (including HST) and excess wear and tear are extra. Taxes payable on full amount of purchase price. Offers only valid for Ontario residents at Ontario Honda Dealers. Dealer may sell/lease for less. Dealer order/trade may be necessary. Vehicles and accessories are for illustration purposes only. Offers, prices and features subject to change without notice. See your Ontario Honda Dealer or visit HondaOntario.com for full details. **Based on Association of International Automobile Manufacturers of Canada (AIAMC) data reflecting sales between 1997 and December 2013. [®]Based on Fuel Consumption Guide ratings from Natural Resources Canada. Transport Canada approved test methods used. Your actual fuel consumption will vary based on driving habits and other factors – use for comparison only.