

# Culinary Outlook



Red chili pepper, garlic and naturally-brewed soy sauce give FIERY PORK STIR-FRY its fire, spice and everything nice!

## Welcome The Year of The Rabbit

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Chinese New Year is traditionally a time for feasting and celebrating so why not get into the spirit of the occasion and serve a special Chinese stir-fry for dinner. Home Economists at the Kikkoman kitchens have two suggestions, FIERY PORK STIR-FRY (not for the faint of heart) and SHANGHAI SHRIMP STIR-FRY for the seafood lovers in the family.

### FIERY PORK STIR-FRY

- 1/2 lb (250 g) boneless lean pork
- Corn starch
- 4 Tbsp (60 mL) KIKKOMAN Naturally-Brewed Soy Sauce
- 1/2 tsp (2 mL) sugar
- 1 clove garlic, minced
- 1-1/2 tsp (7 mL) white vinegar
- 1/4 to 1/2 tsp (1 to 2 mL) crushed dried red pepper
- Water
- 3 Tbsp (45 mL) vegetable oil, divided
- 3 cups (750 mL) bite-size cauliflowerets
- Salt
- 1 onion, chunked, separated
- 1 green pepper, chunked

Cut pork into thin strips. Combine 1 Tbsp (15 mL) each corn starch and soy sauce with sugar and garlic, stir in pork. Let stand 15

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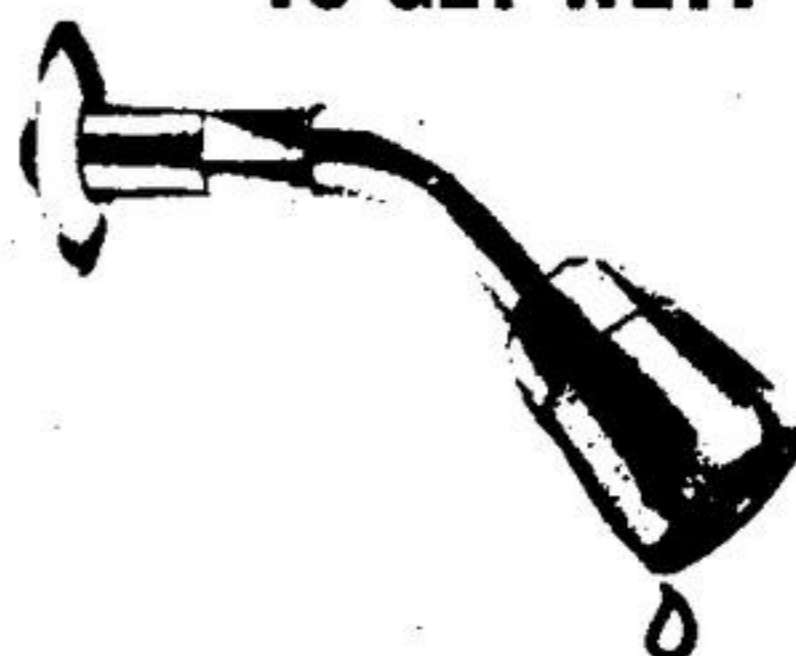
- ### SHANGHAI SHRIMP STIR-FRY
- 1/2 lb (250 g) medium-size shrimp, peeled, deveined
  - 2 Tbsp (30 mL) corn starch, divided
  - 3 Tbsp (45 mL) KIKKOMAN Naturally-Brewed Soy Sauce, divided
  - 1 Tbsp (15 mL) minced fresh ginger root
  - 1/2 tsp (2 mL) sugar
  - 1/4 tsp (1 mL) fennel, crushed
  - Pinch ground cloves
  - Pinch black pepper
  - Water
  - 1 lb (500 g) fresh broccoli, trimmed
  - 3 Tbsp (45 mL) vegetable oil, divided
  - 1 onion, chunked, separated
  - 1 green pepper, chunked

Rinse shrimp and pat dry. Combine 1 Tbsp (15 mL) each corn starch and soy sauce with ginger and sugar; stir in shrimp. Let stand 10 min. Meanwhile, combine remaining corn starch and soy sauce, fennel, cloves, pepper and 1-1/4 cups (300 mL) water, set aside. Cut broccoli into bite-size flowerets and stems into thin slices. Heat 1 Tbsp (15 mL) oil in wok or large skillet over high heat. Add shrimp and stir-fry 1 min; remove. Heat remaining oil in same wok. Add broccoli and stir-fry 2 min. Add onion and green pepper, stir-fry 3 min, longer or until vegetables are tender-crisp. Stir in shrimp and soy sauce mixture; cook and stir until sauce boils and thickens. Makes 4 servings.

## OOPS! We Goofed

In the Trio ad appearing in Wednesday's Herald an item was incorrectly priced. WEBBER VITAMIN E capsules should read 100 capsules for \$1.99, not \$5.99 as shown. We are sorry for any inconvenience to Trio customers.

## GOTTA RUN AROUND IN THE SHOWER TO GET WET?



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## Photo Tips by Peter Moss

### WINTER WEATHER SHOOTING

What, go out and take pictures? It's the middle of winter. It's minus 10. What could I possibly photograph? My camera will freeze. Sound familiar?

To some, perhaps; however, to scores of photographers winter months provide a golden opportunity for some of the year's best photos.

Following a few basic precautions, here are some hints to help you take better winter pictures.

The most obvious first step: Dress accordingly for the weather. A good winter coat, warm head gear, waterproof lined footwear, thermal socks, lightweight cotton gloves and warm outer mitts. The idea behind both gloves and mitts is this: bulky outer mitts restrict access to camera controls. However the camera surfaces will be too cold for handling with bare fingers. The cotton inner gloves will prevent frostbite and still allow you access to your camera's controls.

Once you have made your photo, slip the outer mitts back on.

Most all modern 35 mm cameras have powered shutters and light meters, therefore, carry spare batteries. Two or three spare batteries carried in an inside pocket will save your day. Cold weather drains batteries fast. By replacing the batteries about every 30 minutes with the warmed batteries from your pocket you can shoot all day. Once the cold batteries have warmed up they will regenerate. Some camera makers offer cold weather battery clips. Check with your dealer.

Carry a large closeable plastic bag to keep your camera in. It will prevent blowing and falling snow from damaging delicate camera parts.

Because your light meter is calibrated to 'see' 18° neutral gray, bright snow scenes will pose a problem. A safe rule to follow is to overexpose your shots by 1 to 2 stops so that the snow will be reproduced white and not dull gray in black and white or blue/gray in color prints or slides.

An easy way to ensure that shot is to "bracket" your exposure; i.e., take one shot as measured on your meter, then a second shot one f. stop over, then a third shot two f. stops over. By shooting in this fashion you will have at least one frame that accurately records your scene as you had anticipated it. You will definitely consume extra film. However, a roll of film is quite inexpensive compared to the inconvenience of losing that shot forever.

More tips next week.

Peter

### PETER G. MOSS PHOTOGRAPHY

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