

Culinary Outlook

Celebrity chef



Arlene Bruce is serving her second term as chairman of the Halton Board of Education. The trustee for Acton and Esqueping has been on the Board since 1980. She was a teacher in Acton, where she grew up and still lives. As the Board chairman, Mrs. Bruce does not have the time for

rooking she once did. Picadillo is a recipe perfect for her schedule. "It is very quick and better heated up," she said. The dish which is a kind of chili is great for warming up after after cross country skiing, something Chairman Bruce enjoys. (Herald photo)

2 Tbsp. vegetable oil
1 lb. ground beef
1 med. green pepper, diced
1 med. red pepper, diced
1 large onion, chopped
2 med. tomatoes, peeled and chopped
1 cup beef broth or tomato juice
1/2 cup pitted green olives
1/3 cup seedless raisins
1 clove garlic, chopped
1 bay leaf
1/2 tsp. salt
1/2 tsp. ground cumin
1/4 to 1/2 tsp. ground cloves
1/4 tsp. freshly ground black pepper
1/4 tsp. ground cinnamon
Heat oil in a large frying pan. Add beef, peppers and onion. Cook over

medium heat until onion is transparent, about 5 mins. Add tomatoes, broth, olives, raisins, garlic and spices.
Simmer uncovered 30 min., stirring occasionally. Remove bay leaf and serve over hot rice. Makes 4 servings. Tastes even better reheated.

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Chicken-artichoke elegance

Surprise a special friend with a different lunch or light dinner for two. Serve an easy-to-make hot chicken salad stuffed in an appetizing artichoke. There will be time for conversation as you nibble away at the meat at the end of the petals and work your way to the delicious artichoke heart.



HOT CHICKEN-ARTICHOKE SALAD

- 2 cups cooked, diced chicken
- 1/2 cup each chopped celery and mayonnaise
- 1/4 cup toasted almond slices
- 2 tablespoons lime or lemon juice
- 1 tablespoon chopped green onion
- 1/2 teaspoon salt
- 1/4 teaspoon thyme, crushed
- 1/4 Dash pepper
- 2 hot, cooked artichokes

STUFF artichoke with chicken salad and heat for meal for two. inch boiling water in bottom, bake is thoroughly heated. This kitchen-tested recipe makes 2 servings.
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Combine all ingredients except artichokes. Remove center petals and fuzzy centers from cooked artichokes. Fill centers with chicken mixture. In 8-inch square baking pan with 1/2

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