

Culinary Outlook

Celebrity chef



Councillor Lillian Bowman of 12 Eden Place needs a quick easy recipe when she dashes off to council meetings every Monday night. The favorite dish at home with her three children, ages 10, 9 and 3 is Chinese Meatballs. "It's quick, easy, but good," she said. The Ward 4 councillor is an active member of the community, canvassing for the

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- Chinese Meatballs**
- 1 lb ground beef
 - 1 egg slightly beaten
 - 1 clove garlic, chopped fine (or 1 tsp garlic powder)
 - 1/4 tsp pepper
 - 3 tbsp vegetable oil
 - 1 (15 oz) can pineapple chunks
 - 1/2 cup water
 - 1 chicken bouillon cube
 - 1 tbsp cornstarch
 - 1/2 cup white sugar
 - 1/3 cup cider vinegar
 - 3 tbsp soya sauce
 - 2 green peppers, chopped.
- Combine beef, garlic, salt and pep-

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Heat oil in (preferably) electric fry pan and cook until evenly browned. Remove and set aside. Drain fat from pan. Drain juice from pineapple chunks and combine in frying pan with water and bouillon cube. Heat, stirring constantly until bouillon cube is dissolved. Combine cornstarch and sugar, stir in vinegar and soya sauce. Pour into pineapple juice mixture and heat, stirring constantly until thickened. Add meatballs, pineapple chunks and green pepper. Reduce heat, cover and simmer for 5 min. Serve over rice. Yield - 4 servings.

Kahlua Easter treats

KAHLUA CHIFFON MINCE PIE

- 1 envelope unflavoured gelatin
- 1/3 cup sugar
- 1/4 teaspoon salt
- 2 egg yolks
- 1 cup half-and-half (thin cream)
- 1/4 cup Kahlúa
- 3/4 cup prepared mincemeat
- 2 egg whites
- 1/2 cup whipping cream
- 1 baked 9-inch pie shell
- Kahlúa Cream for top

Stir gelatin, about half of sugar, and salt together in top of a double boiler. Beat egg yolks with half-and-half and stir into gelatin mixture. Place over hot water and cook, stirring frequently, until custard thickens slightly and coats back of a spoon. Stir Kahlúa into mincemeat and add to custard. Cool, then chill in ice water until mixture begins to jell. Beat egg whites to fine foam. Gradually beat in remaining sugar to make firm meringue. Beat cream until stiff. Gently fold meringue, then cream into jelled mixture until blended. Turn into baked shell. Chill firm. Decorate top with Kahlúa Cream. Makes 6 to 8 servings.

- 3 1/2 teaspoons baking powder
- 1 teaspoon salt
- 1/4 cup shortening
- 2 tablespoons melted butter for top
- 1 tablespoon coarse sugar for top
- Kahlúa Orange Butter

Coarsely chop raisins and mix with 1 tablespoon Kahlúa. Combine remaining Kahlúa with egg and cream. Resift flour with sugar, baking powder and salt into mixing bowl. Cut in shortening until fine. Add egg mixture and raisins. Mix lightly until dough rounds up into a ball. Turn out on lightly greased cookie sheet. Gently pat out and round sides into a 8-inch circle (dough will be about 1/2 inch thick). Brush top with melted butter and sprinkle with coarse sugar.

Using a long-bladed sharp knife, cut round into 8 pie-shaped wedges (do not separate). Bake in centre of 400°F oven about 15 minutes, until golden brown (be careful not to overbake). Serve hot with butter or Kahlúa Orange Butter. Makes 8 scones.

Kahlúa Butter:

Beat 1/2 cup butter until soft. Beat in 1 tablespoon each Kahlúa and orange marmalade or apricot jam. Makes 1/2 cup.

HOT KAHLUA CREAM SCONES

- 1/3 cup seedless raisins
- 1/4 cup Kahlúa
- 1 large egg, beaten
- 1/3 cup light cream
- 2 cups sifted cake flour
- 3 tablespoons sugar

Heat oil in (preferably) electric fry pan and cook until evenly browned. Remove and set aside. Drain fat from pan. Drain juice from pineapple chunks and combine in frying pan with water and bouillon cube. Heat, stirring constantly until bouillon cube is dissolved. Combine cornstarch and sugar, stir in vinegar and soya sauce. Pour into pineapple juice mixture and heat, stirring constantly until thickened. Add meatballs, pineapple chunks and green pepper. Reduce heat, cover and simmer for 5 min. Serve over rice. Yield - 4 servings.

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