

Culinary Outlook

Vegetables offer variety, vitamins

By Aileen Claire
NEA Food Editor

Get a boost in important vitamins and minerals by eating broccoli and cabbage — two vegetables that are available all year. Not only are they low in calories, but they also offer plenty of recipe variety.

A broccoli stir-fry is heightened by the use of soy sauce and ginger while a creamed shredded (cabbage) paprikash has the rousing flavor of its Eastern European origin.

BROCCOLI STIR-FRY

- 1 bunch fresh broccoli
- 2 tablespoons vegetable oil
- 2 tablespoons soy sauce
- 1 teaspoon cornstarch
- 1 tablespoon honey
- 1/2 teaspoon freshly grated ginger root or 1/4 teaspoon ground ginger
- 1/4 teaspoon hot pepper sauce
- 1/4 cup sliced almonds

Wash broccoli. Cut off broccoli florets. Peel broccoli stems. Slice stems 1/4-inch thick. In large skillet or wok, heat oil. Stir-fry broccoli 5 minutes until crisp-tender. In small bowl, combine soy sauce and cornstarch. Add honey, ginger and hot pepper sauce. Pour over broccoli. Cook until sauce thickens slightly. Stir in almonds. This kitchen-tested recipe makes 4 servings.

CABBAGE PAPRIKASH

- 2 tablespoons butter or



BROCCOLI and cabbage dishes are nutritious and tasty.

- 1/4 cup margarine
- 5 cups shredded cabbage (half a small head)
- 1 small onion, sliced (1/4 cup)
- 1/4 cup light cream or milk
- 1 tablespoon freshly squeezed lemon juice
- 1/4 teaspoon paprika
- 1/4 teaspoon sugar
- 1/4 teaspoon salt
- Dash pepper
- 1/4 cup chopped parsley

In large skillet, melt butter, add shredded cabbage and onion. Cook 5 minutes stirring occasionally. Add cream, lemon juice, paprika, sugar, salt and pepper. Bring to a boil. Simmer 5 minutes until cabbage is crisp-tender. Stir in parsley. This kitchen-tested recipe makes 2 to 3 servings.
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Caramel corn is great snack

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Caramel corn has been a favorite at county and state fairs for years. Carry over the pleasure and munch this sweet treat at home. It's easy now.

CARAMEL CORN

- 1/4 cup butter or margarine
- 1/2 cup firmly packed brown sugar
- 1/4 cup light or dark corn syrup
- 1/4 teaspoon baking soda
- 1/4 teaspoon vanilla
- 1 pop-and-serve bag (3.5 ounces) microwave popcorn, butter or natural flavor, popped

In a large shallow baking dish, microwave butter on High until melted, about 1 1/2 minutes. Stir in brown sugar and corn syrup. Microwave on High until mixture boils, about 3 minutes, stirring once. Microwave on High 3 to 4 minutes without stirring. Stir in soda and vanilla. Stir in popped corn, mixing well. Microwave on 75 per-

cent power for approximately 6 minutes, stirring every 2 minutes to coat popcorn evenly. Cool completely. Break apart and store in tightly covered container. This kitchen-tested recipe makes about 2 quarts.
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MICROWAVE COOKING

that more and more companies are packaging popcorn for microwaves. You can also put this popcorn variation to good use with hungry TV watchers or weekend guests.

COOK'S CORNER

Sweet Catsup Sauce

Regular commercial catsup contains 52 mg sodium per teaspoon. By using Half Salt, this recipe has only 30 mg sodium per teaspoon.

- 1 piece (3-inch) stick cinnamon
- 1 tsp whole cloves
- 1 large clove garlic, chopped
- 1 cup vinegar
- 1 can (28 oz/796 ml.) tomato puree
- 1/2 cup sugar
- 1 1/4 tsp Windsor Half Salt
- 1 tsp paprika
- Dash cayenne pepper

Tie cinnamon, cloves and garlic into a cheesecloth bag. Add to vinegar and simmer over low heat for 15 minutes. In the meantime, place

tomato puree in deep saucepan. Heat to boiling, then reduce heat until puree is plopping gently. Cook for 15 minutes, stirring frequently. Remove spices from vinegar, pressing out liquid from bag. Turn tomato puree into reduced spiced vinegar and stir to blend. Add sugar, salt, paprika and cayenne pepper. Continue cooking and stirring about 12 minutes more. Store covered in refrigerator. Use to top hamburgers, as a flavoring for baked beans or as a barbecue sauce. Makes 2 cups.

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FOOD



Aileen Claire

MARNY'S FOOD HUT
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Watch For Our New Address

Unique salad oriented to healthy food trends

The protein component in this salad is a new part skim mozzarella cheese. With only 15% fat, this new Black Diamond Part Skim Mozzarella is lower in fat and higher in protein than most other regular and part skim mozzarella cheeses available today. Despite its low fat content, Black Diamond's special cheese making methods allow this new part skim mozzarella to deliver the special flavor and unique cooking qualities of full fat mozzarella cheeses.

Tri-Color Italian Salad

- Salad:
- 1 1/2 cups cubed Black Diamond Part Skim Mozzarella Cheese, about 120 g
 - 1 1/4 cups cubed English cucumber
 - 1/2 EACH: red and green or yellow pepper, cut into 1/2 inch squares
 - 1/2 pint cherry tomatoes, halved OR 2 tomatoes cut into

- medium chunks
 - 1/2 cup chopped fresh parsley
 - 1 tsp dried basil
 - Leaf lettuce or spinach
 - Dressing:
 - 2 tbsp red wine vinegar
 - 2 tbsp olive oil
 - 2 cloves garlic, finely chopped
 - 1/2 tsp salt
 - Freshly ground black pepper
- In a medium bowl combine all salad ingredients except lettuce or spinach. Mix dressing ingredients; pour over salad and toss. Marinate at least 2 hours at room temperature or overnight in the refrigerator. (Remove from refrigerator 30 minutes before serving.) Serve on lettuce or spinach leaves. Makes 4 to 6 servings.

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- (2) 3 different types of salad
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- (4) Plates
- (5) Serviettes, Forks, Wet naps
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- (7) Table cloths

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