

## SPECIALTY RECIPES

### CHINESE PEPPER STEAK

Ahead of time prepare:  
2-3 green peppers cut into strips  
3 tomatoes into wedges  
3 onions chopped  
1 or 2 garlic cloves chopped  
Marinate meat in strips (round steak) overnight.  
Marinade:

1 tbsp. cornstarch  
1 tbsp. white sugar  
¼ tsp. ginger  
¼ cup soya sauce  
Mix and add meat. Put in fridge overnight, turning container upside down and back again a few times.  
Cooking: Brown all meat in oil, a third at a time until all meat is done.

Return meat to pan. Reduce heat and add garlic, onion and ¼ cup of water. Cook 5-8 minutes, add tomato and green pepper. Cook another half hour, medium heat, stirring about every 5 minutes. Serve with or over top of rice.

Mrs. Kelly Clark,  
Acton

### VIETNAM FRIED RICE

Serves 4.  
Cook 1 cup rice or have ready 3 cups leftover rice.  
Heat in large skillet:  
4 tbsp. cooking oil

Add:  
¼ - ½ lb. any cooked or raw meat, cut into thin strips  
3 cloves garlic, minced  
1 large onion, chopped coarsely  
1 tsp. salt  
1 tsp. pepper  
1 tsp. sugar  
1 tbsp. soy sauce  
Stir-fry until meat is tender and hot, about 1-2 min.

Add:  
3 cups cooked rice  
Stir-fry 5 min. Add:  
1 cup leftover or frozen vegetables, such as peas, green beans, or carrots

Stir well into rice mixture. Just before serving, add:  
2 eggs, beaten

Over medium heat, stir carefully through rice until eggs are cooked. Serve piping hot with salad or leaf lettuce, cucumbers, fresh mint and parsley.

Susan Cunningham,  
Georgetown

### BEEF CROQUETTES

2 cups ground beef  
¼ cup chopped onion  
2 tsp. chopped parsley  
¼ cup margarine

¼ cup flour  
½ tsp. salt and pepper  
1 cup milk  
breadcrumbs  
1 egg  
2 tbsp. water  
oil for cooking

Mix together first 3 ingredients. Melt margarine, blend in flour, salt and pepper. Cook slowly until smooth and bubbly. Gradually add milk, bring to boil, stir one minute, blend in beef mixture and chili. Shape into 8 cylinders, roll in breadcrumbs, dip in beaten egg and water mixed, roll in breadcrumbs. Deep fry in oil at 375 F until golden brown (approx. 2-3 mins.) drain on paper towel. Serve with either mushroom sauce or spaghetti sauce.

Mrs. V.E. Birtley,  
Georgetown

### PHYLLIS' LEMON CHICKEN

1½ pounds to 2 pounds any chicken pieces, floured with seasoned flour (salt and pepper added to flour).

Brown chicken in a small amount of oil. To this add:

1 can frozen lemonade  
1 can of water  
2 tbsp. white vinegar  
½ cup brown sugar  
1 can mushrooms drained  
Simmer for 1 hour covered. Serve with rice and a salad.

Phyllis Caughey,  
Georgetown

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### CARROT SOUFFLE

Honey and nutmeg complement the fresh, sweet taste of carrots in this light and easy side dish souffle.

3 cups sliced Ontario carrots (6 medium)  
2 eggs, separated  
½ cup sour cream  
2 tbsp. butter  
2 tbsp. honey  
¼ tsp. salt  
¼ tsp. nutmeg

Cook carrots, covered, in small amount of boiling water 10 to 15 minutes, until soft and very tender. Drain carrots and mash, or puree in blender or food processor. Beat egg yolks, sour cream, butter, honey, salt and nutmeg into carrot puree until well blended. Pour in large bowl. In small bowl, beat egg whites until stiff. Carefully fold into carrot mixture. Pour into greased 4-cup casserole dish. Bake at 350 F for 40 minutes. Serve immediately. Makes 4 servings. Preparation time: 25 minutes. Baking time: 40 minutes.

Mrs. J. Morrow,  
Georgetown

## MICROWAVE RECIPES

### MICROWAVE ORIENTAL CHICKEN CASSEROLE

3 stalks celery, thinly sliced  
2 onions, thinly sliced  
½ (10 oz.) tin water chestnuts (drained and sliced)  
¼ cup milk  
2 cups diced cooked chicken  
2 cups chow mein noodles  
8-10 mushrooms, sliced  
2 tbsp. butter  
1 can cream of mushroom soup  
2 tbsp. soy sauce

Method: In a glass 1 quart casserole dish, place celery, onions, mushrooms and butter - microwave on High 4 minutes covered until vegetables are tender. In a separate bowl, combine other ingredients (reserving 2 cup chow mein noodles for topping). Add to vegetables and microwave on High for 6 minutes, covered. Stir once at the 3 minute mark. Top with noodles.

Mrs. Margaret Mackie,  
Georgetown

### MICROWAVE LOW CAL CHEESECAKE

1 envelope unflavoured gelatin  
1 pkg. (small size) Jello lime flavour (sugar free)  
10 tbsp. sugar (divided into 6 and 4)  
1½ cups 2 per cent milk  
3 eggs (large) separated  
2 500 g cartons 2 per cent cottage cheese  
1 tbsp. lemon juice  
1 tsp. vanilla

Cook gelatin and Jello, 6 tbsp. sugar and milk in a 2 qt. covered casserole for 4 minutes until gelatin dissolves and the mixture is hot. Stir egg yolks into hot mixture then refrigerate until cool. Beat cottage cheese in a blender on high for 3 to 4 minutes until the consistency of sour cream. Stir this into cooled Jello mixture. Mix in lemon juice and vanilla. Beat egg whites until stiff, fold in gradually the remaining 4 tbsp. sugar. Fold this into the Jello mixture. Pour into either a baked pie crust or a graham cracker crust (10" size) and refrigerate until set (1 hour).

Mrs. V.E. Birtley,  
Georgetown

### COOKIE RECIPE

#### LEMON BARS

Preheat oven to 350 F.  
½ cup butter or margarine  
1 cup all purpose flour  
¼ cup icing sugar  
Method: Mix butter, flour, icing sugar. Pat into well greased 9" cake pan. Bake 15 min. at 350 F. Cool.  
Combine the following ingredients:  
1 cup white sugar  
2 beaten eggs  
2 (tbsp.) lemon juice (bottled substitute will do)  
2 (tbsp.) flour  
½ tsp. baking powder  
Combine these and pour over the baked crust. Bake 25 minutes at 350 F and sprinkle with icing sugar. Cut in squares.

Phyllis Caughey,  
Georgetown



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