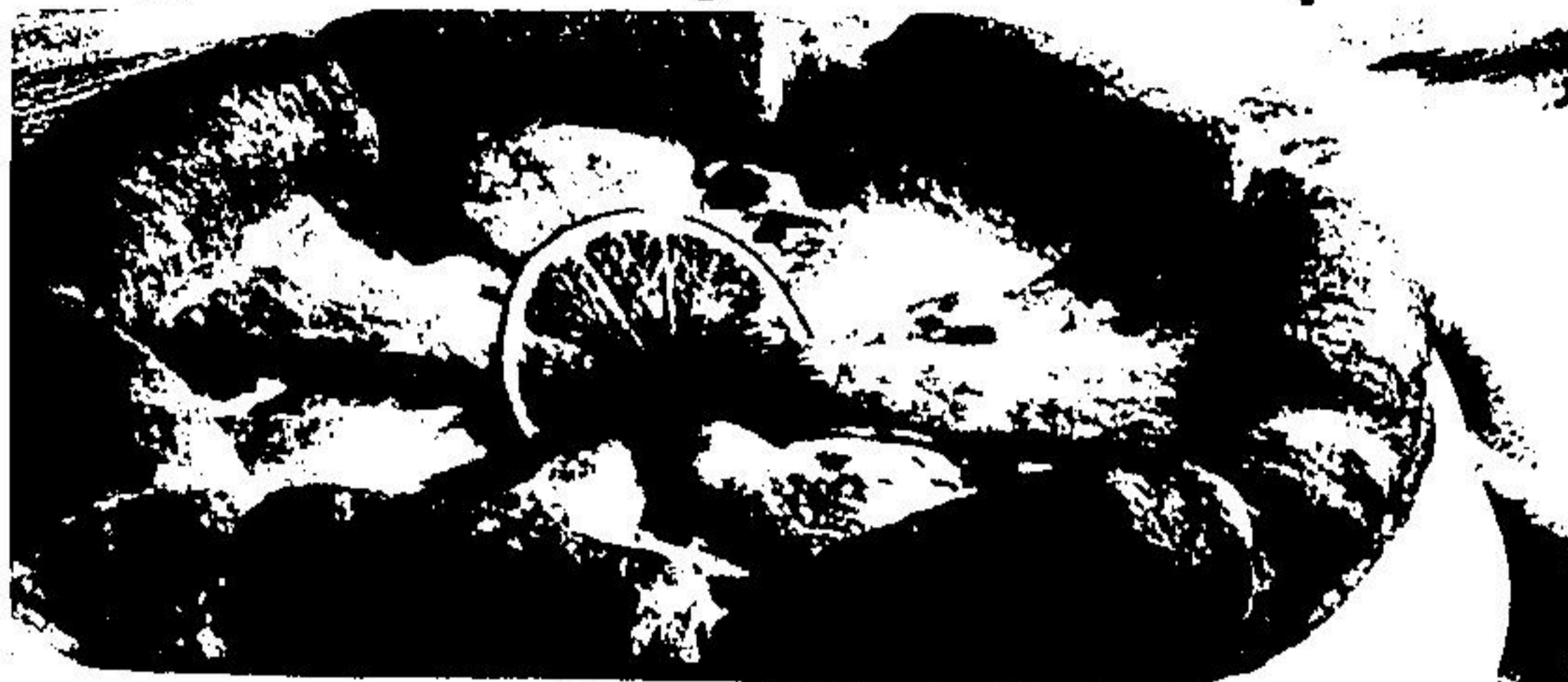


Culinary Outlook

Elegant, hearty main dish pies



Salmon and Egg Crescent Pie

Adding international flare to home cooked meals need not require hours in the kitchen or a chef's culinary skills. Every cuisine is spiced with an assortment of delicious ingredient combinations, baked in pastry to create scrumptious one-dish entrees. Such recipes, which we call pies, pockets and turnovers, can easily expand the flavor of your meals.

Even those who cringe at the mere thought of handling pastry can make this trio of wonderfully seasoned pies. The pastry is pre-rolled and perforated — ready-to-bake Pillsbury Refrigerated Crescent Roll Dough found in your grocer's dairy case.

Start your international pie tour in Canada with an elegant pie featuring salmon in a dill-caper seasoned egg sauce, topped with elegantly turned flaky crescents. The essence of Italian cuisine is captured in individual Florentine Sausage Pockets.

Once your family has toured these taste treats, move south to Mexico with quick and easy-to-prepare Crescent Taco Pie.

A colorful salad or steamed vegetable, beverage, plus a fresh fruit dessert will complete the menu for such a mini-international feast.

Salmon 'n Egg Crescent Pie
 2 cans (each 235 g) Pillsbury Refrigerated Crescent Dinner Rolls
 1/2 cup sliced green onions
 1/4 cup butter or margarine
 1/4 cup flour
 1 cup milk
 2 tbsp capers (optional)
 1/2 tsp dill weed
 2 cans (each 220 g/7 1/2 oz) salmon, well drained and flaked
 3 hard-cooked eggs, sliced
 Heat oven to 375°F. Using 1 can of

crescents, separate dough into 8 triangles. Place triangles in ungreased 9-inch pie plate; press over bottom and up sides to form crust. Bake 7 minutes. Remove from oven.

In small pan, sauté onions in butter until tender. Stir in flour; cook until mixture is smooth and bubbly. Gradually blend in milk; cook until sauce boils and thickens, stirring constantly. Remove from heat; stir in capers and dill weed.

Spoon salmon over partially baked crust; layer egg slices over salmon. Spoon sauce over egg layer. Separate remaining dough into 8 triangles. Starting at shortest side of triangle, roll halfway up. Arrange on top of sauce with tips toward center; do not overlap tips. Bake 15 to 20 minutes until golden brown. *Makes 6 to 8 servings.*

1 egg, beaten
1 tbsp water
1 tbsp sesame seeds
 Heat oven to 350°F. Lightly grease cookie sheet; sprinkle with cornmeal. In large skillet, brown sausage and onion with garlic powder; drain well. Add spinach, mushrooms, mozzarella and Parmesan cheeses; mix well.

Separate dough into 8 rectangles. Firmly press perforations to seal; flatten slightly.

Spoon about 1/2 cup sausage mixture on half of each rectangle to within 1/2 inch of edges. In small bowl, beat egg and water; brush onto edges of rectangles. For each rectangle, bring unfilled half of dough over filling; pinch edges of seal. Place on prepared cookie sheet. Brush with egg mixture; sprinkle with sesame seeds. Bake 15 to 20 minutes or until golden. *Makes 8 pockets.*

Crescent Taco Pie

1 lb (500 g) ground beef
 1/2 cup chopped onion
 1/2 cup sliced ripe pitted olives
 1 can (213 mL/7 1/2 oz) tomato sauce
 1 pkg taco seasoning mix
 1 can (235 g) Pillsbury Refrigerated Crescent Dinner Rolls
 2 tbsp cornmeal
 1 cup grated cheddar cheese
 Garnishes, optional

Heat oven to 375°F. In a large skillet, brown ground beef with onion; drain well. Stir in olives, tomato sauce and taco seasoning mix. Separate dough into 8 triangles. Place triangles in 9-inch pie plate; press over bottom and up sides to form crust. Sprinkle with cornmeal; spoon in ground beef mixture; top with cheese. Bake 20 to 25 minutes or until crust is deep golden brown.

Serve topped with dairy sour cream, shredded lettuce, diced tomatoes and avocado, if desired. *Makes 6 servings.*

Elegant desserts in a snap

Warm weather is the time to enjoy the abundance of fresh fruit, especially in quick and easy desserts. So, if you're looking for something that's fast to make, here are a couple of no-bake recipes from the New Zealand Kiwifruit Authority.

Like many exotic fruits, the kiwi's fuzzy brown exterior conceals a brilliant emerald interior and a sunburst of tiny, edible black seeds. Properly ripe kiwifruit is slightly soft to touch. Ripening can be speeded by placing kiwifruit in a plastic bag along with an apple or banana. Hold at room temperature for a couple of days. Store ripe fruit in the refrigerator until ready to use.

The skin is edible, but in dessert recipes it is recommended to peel before using. The skin peels off easily with a small sharp knife.

New Zealand Kiwifruit, available in our markets from June to October, has a tangy/sweet taste. Colourful Kiwifruit desserts make elegant finales to warm weather meals. Top ice-cream, fruit bowls or cheesecake with slices of Kiwifruit.

In food processor or blender, puree kiwifruit. Blend in 1/4 cup (50 mL) sugar. (Strain through sieve to remove seeds, if desired.) Beat egg whites until foamy throughout. Gradually add 1/4 cup (50 mL) sugar and continue beating until stiff peaks form. Beat whipping cream until stiff; fold in egg whites. Fold kiwifruit puree into cream mixture just until mixture is swirled. Spoon into dessert glasses and chill. To serve, garnish each with slice of kiwifruit. *Makes 6 servings.*

QUICK KIWI FLAN

2 tbsp (25 mL) orange juice
 1 layer (200 g/7.1 oz) sponge cake
 4 New Zealand Kiwifruit, peeled and sliced
 1 cup (250 mL) strawberries, halved (or other fresh fruit)
 1/3 cup (75 mL) apricot jam
 2 tsp (10 mL) orange juice
 Whipped cream (optional)
 Sprinkle 2 tbsp (25 mL) orange juice over cake. Arrange kiwifruit and strawberries decoratively over surface.

Melt apricot jam in small saucepan or microwave oven. Stir in 2 tsp (10 mL) orange juice; cool slightly. Brush over fruit. Chill until serving time, at least 1 hour. Serve garnished with whipped cream, if desired. *Makes 8 servings.*

For free recipes write: Kiwifruit Recipe Offer, 162 Cumberland St., #303, Toronto, Ontario, M5R 3N5.

COOL KIWI FOOL

4 New Zealand Kiwifruit, peeled
 1/4 cup (50 mL) sugar
 2 egg whites
 1/4 cup (50 mL) sugar
 1 carton (250 mL) whipping cream
 1 New Zealand Kiwifruit, peeled and sliced

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Q: How important is self-image to dieting success?

A: The way you feel about yourself affects your life more than you know. The amount of self-esteem you have can determine the course your life may take. Remember, you are what you think you are. One of the most difficult hurdles for an overweight individual to overcome is a negative self-image. Overweight people often feel shunned and withdrawn. To acquire self-esteem, there must be an attitude change. Try this exercise: Stand before a full-length mirror. Look at the person you see there. Say: "You are a very special person who deserves the best life has to offer." Every chance you get, take advantage of your good nature and treat yourself better. Give yourself credit when things go right. Remember, you have the power to see the positive and can accomplish anything—including losing weight. It's up to you to treat yourself as someone special. For more information, contact your local Diet Center at 877-2900.

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