

Culinary Outlook

Spicy Ideas for Fruit

Here are some spirited suggestions for fruit: a fruit tart where you choose the topping and an apple, fig, and apricot combination with a dynamic taste. You'll notice these two different approaches to fruit have one thing in common — Kahlúa's the ingredient that makes the recipes work so well.

KAHLÚA FRESH FRUIT TARTS

Tart pastry shells
Kahlúa & fresh fruit (below)
8 ounces cream cheese (250 g)
½ cup Kahlúa fruit marinade (80 mL)
Prepare tart pastry. Prepare Kahlúa & fresh fruit. Beat cream cheese until smooth. Beat ½ cup (80 mL) of Kahlúa



to 2 cm) pieces in large serving bowl. Sprinkle with brown sugar. Add Kahlúa and mix gently. Cover and refrigerate for 30 minutes. Makes 8 tarts.

TART PASTRY SHELLS

Resift 2 cups (500 mL) sifted all-purpose flour with 1 teaspoon (5 mL) salt into

minutes, or until tarts begin to get golden. Remove from oven and cool. Tart shells may be prepared ahead. When cool, wrap well and store in an airtight container for 4 or 5 days. Before filling, freshen in a warm (300°F/150°C) oven for 5 minutes.

KAHLÚA SPICED FRUIT

3 medium apples (golden or red Delicious)
1 jar (19 ounce/540 mL) whole figs
1 can (10 ounce/284 mL) apricot halves
1 stick cinnamon
½ cup red raspberry vinegar (80 mL)
½ cup natural cane sugar (unrefined), or light brown sugar (packed) (80 mL)
½ cup Kahlúa (125 mL)
½ cup cognac
Kahlúa Cheese

Pare, core and cut apples into 8 to 12 wedges. Drain syrup from figs and apricots into skillet. Add cinnamon stick and apples. Cover and cook 5 minutes. Remove cover, add vinegar, sugar, Kahlúa and cognac. Simmer until apples are tender. Add figs and apricots. Serve warm with a little of the syrup and topped with Kahlúa cheese. Makes 6 to 8 servings.

KAHLÚA CHEESE

Beat a softened 8 ounce (250 g) package cream cheese smooth. Beat in 1 tablespoon (15 mL) each Kahlúa and syrup from cooking fruit until fluffy.



& fresh fruit mixture into cream cheese until fluffy. Line bottom of each tart with 1 tablespoon (15 mL) of cheese-fruit mixture for filling and to seal pastry. Pile remaining marinated fruit into tart and save remaining cheese mixture in side dish for topping, as desired.

KAHLÚA & FRESH FRUIT

1½ quarts fresh fruit in season (1.5 L)
3 tablespoons brown sugar packed (45 mL)
½ cup Kahlúa (175 mL)
Combine chilled berries and fresh fruit cut into ½ inch to ¾ inch (1½ cm

mixing bowl. Cut in ¼ cup (150 mL) cup shortening. Gradually add ¼ cup (80 mL) cold milk to make stiff dough. Divide pastry into 8 equal size pieces. Roll each piece to 5 or 6 inch (13 or 15 cm) circle. Fit circles over back of muffin tin (3 inches x ½/8 cm x 1½ cm deep pan) or back of 6 ounce (180 g) glass custard cups. Trim and prick. Fluting is optional; a neat fold will work nicely, too. Bake at 450°F (230°C) for 10 to 12

Berry's World



Let's put it this way — she Jesse Jackson, I am without salary, without title and without position.

CLASSIC CHINESE PEPPER STEAK

1 lb (500 g) boneless beef sirloin or round steak
1 Tbsp (15 mL) KIKKOMAN Stir-Fry Sauce
2 Tbsp (30 mL) vegetable oil, divided
2 medium bell peppers, cut into 1-inch (2.5 cm) squares
2 medium onions, cut into 1-inch (2.5 cm) squares
1/4 cup (50 mL) KIKKOMAN Stir-Fry Sauce

Cut steak across grain into thin strips, then into 1-inch (2.5 cm) squares; coat with 1 Tbsp (15 mL) stir-fry sauce. Heat 1 Tbsp (15 mL) oil in hot wok or large skillet over high heat. Add beef and stir-fry about 1 min; remove. Heat remaining oil in same pan. Add peppers and onions; stir-fry 5 min. Stir in beef and 1/4 cup (50 mL) stir-fry sauce; cook and stir just until beef and vegetables are coated with sauce. Serve immediately. Makes 4 servings.

NRS NATIONAL REAL ESTATE SERVICE
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By Glenda Hughes, Sales Rep. **873-0300**

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As with many mornings in our profession, the telephone started ringing very early, and one of the calls was from my dedicated secretary, just checking that I had received my calls from yesterday. I had, but I was again reminded of the many times that these girls take the time and energy to do the little extra things for a very busy bunch of agents. Agents run on a high energy level most of the time, with much of our secretarial work having to be done immediately. This is not like an ordinary office job, where you can give work to the girls and get it within 24 hours - it has to be done within minutes usually. The pressure is pretty great, yet these girls are always smiling and have kind words to say to us every day. They receive calls from irate clients, overworked lawyers and even our kids. All these calls are handled efficiently and with a calm that is mind boggling.
Just looking after 17 (hyper) agents on a day to day basis, plus a boss, is a task not for the weak of heart, plus the thousands of other tasks that are put upon these girls are endless. Often we forget that we would be in a real mess without them. As much of our business comes via the telephone, it is extremely important that our messages get to us quickly, for our callers do not like to be kept waiting. How many times have you called a real estate office and had a cheerful voice answer your call and find that your agent is not in, but will call you back. When that call comes back to you within minutes, you can be assured that the secretary has paged that message to us, or called us at home so that we can return that call immediately. Think of how often that happens and you will realize that there is a lot of behind the scenes work that goes with being successful in this business. If our success is bottom lined on initial contact with a secretary, we have much to be grateful for - for the unsung heroes of real estate!
P.S. After a frantic, but lovely summer, I'll be back writing next week!

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ASK KATHY

Dear KATHY

BROWN-BAGGED NUTRITION

Q: My children will be back in school again soon and refuse to eat hot lunch in the school cafeteria. How can I prepare lunches that are nutritious, yet appetizing?

A: Your family needs to understand the importance of natural foods for health and energy. Educate them about the foods that will provide them with proper nutrition, and which foods actually are harmful to their health.

You can save both time and money by finding out their likes and dislikes. Take your children shopping and let them select fruits and vegetables they would like to have included in their lunches. Allow them to choose items and create their own sandwiches. Don't



KATHY HAJAS
Diet Center Counselor

overlook the possibilities of boiled eggs, broiled chicken, celery and carrot sticks, and fresh fruit salads.

It is very important to show your children, through your own behavior, the importance of nutrition and wise eating habits. For additional information on nutrition and weight control, call your local Diet Center at

DIET CENTER
Business Number **877-2900**
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