

Hearty Meals

BONELESS PORK TENDERLOIN WITH APPLE FENNEL STUFFING (Serves 4 to 6)

As meat is cooking, bake some potatoes, squash, and maybe make some apple sauce, and you will have a most nutritious, pleasing to look at fall/winter supper, good enough for company!

1 1/2 lbs. boneless pork tenderloin
4 bacon slices (cut in half)

Stuffing:

2 tbsp. butter
1 medium onion, finely chopped
3/4 cup of finely chopped celery
2 apples, unpeeled and shredded
1 tbsp. red currant jelly
1/2 tsp. fennel seeds
1/4 tsp. salt
freshly ground pepper to taste
1/2 cup fine dry breadcrumbs

Melt the butter in a large saucepan and saute onion and celery for about 3 minutes until slightly tender. Stir in shredded apples, jelly, fennel seeds, salt and pepper. Cook for about 5 minutes stirring often, until the apples are tender and most of the liquid has evaporated.

Remove from heat and stir in breadcrumbs. With a sharp knife, cut the tenderloins lengthwise but not right through. Meat should open like a book. Between sheets of waxed paper lightly pound meat with a rolling pin to flatten slightly. Spread the stuffing down the cut side of the meat. Fold narrow ends of tenderloin into stuffing and fold sides together. Wrap bacon slices around the outside and secure with either string or skewers. Place on rack in roasting pan. Bake at 325 F. oven for about 50 minutes, broil briefly to crisp bacon.

Judy Robinson

BEEF POT ROAST

1 tbsp. flour
1 tsp. salt
1/4 tsp. pepper
3 lbs. beef (chuck or rump)
1 onion, chopped
1 1/2 tbsp. fat
2 cloves
2 cups boiling water

Mix flour with salt and pepper and dredge meat with mixture. Brown meat and onion in fat. Add cloves, and a small amount of boiling water. Cover and simmer for about 3 hours or until meat is tender, adding more water as needed. One half hour before meat is tender, potatoes may be added. Serves 6.

Georgina Bible

Casseroles

JAMAICAN RICE AND PEAS DISH

2 cups rice
1 clove garlic
2 1/2 cups water
1 tbsp. chopped onions
1 tsp. salt
1 cup coconut milk
1 sprig or 1/4 tsp. thyme
1/4 cup kidney beans
1 stalk eschallion
1 hot pepper

Coconut Milk:

Grate the meat of a dry coconut, pour 2 cups of boiling water over and express the milk by squeezing through a sieve. (Or 1 cup of canned coconut milk.)

Method:

Put the peas to boil in enough water to cover until tender. Strain off water and measure, if necessary add more to bring to 2 1/2 cups. Place peas, rice, water, coconut milk, salt and seasoning in a covered saucepan and bring to a boil. Reduce to a low heat and continue cooking until all liquid is absorbed and rice is tender, (if necessary more hot water can be added to complete cooking). Remove hot pepper, stir with a fork and serve hot.

Shelley Riddall

Casseroles

JAMAICAN ACKEE AND CHEESE CASSEROLE

1/2 lb. cooked ackee
1/2 oz. butter
1 small tomato (diced)
4 oz. grated cheese
1/2 cup milk
1 egg yolk
salt and pepper
1 egg
1 stalk eschallion (chopped)
1 tbsp. diced sweet pepper

Melt butter in a saucepan, add the eschallion, sweet pepper and tomato and sautee lightly. Mix in the ackee and continue cooking for 2 minutes. Beat egg yolk, add milk, salt and pepper, then ackee mixture and cheese. Pour into a greased casserole dish and bake at 300 F. for 30 minutes.

Shelley Riddall

SUPPER DISH

3 medium potatoes
1 can cream corn
1 pkg. sausages (1 lb.)

Slice potatoes into bottom of casserole dish. Pour on can of cream corn. Cover with sausages. Sausages can be browned in a pan first and then placed in casserole. Cook at 350 F. for 1 1/2 hours.

Georgina Bible

HARVEST CASSEROLE

1 tbsp. butter or margarine
1 cup chopped celery
1/4 tsp. chili powder or less
1 cup chopped onions
1 lb. ground steak
2 1-lb. tins spaghetti with cheese sauce

Cook onions and celery in butter until tender. Add beef and cook lightly, add spaghetti and chili powder, turn into a 2 qt. casserole, cover, bake at 350 F. for 45 minutes.

Georgina Bible

CANADIAN BACON AND POTATO PIE

2 cups sliced peeled potatoes
2 cups sliced peeled apples
1 cup sliced onion
2 tsp. salt
1/4 tsp. pepper
1/2 lb. sliced Canadian bacon
1 stick pie-crust mix or pastry to cover pie

Layer half of first 3 ingredients in a 2 1/2 quart casserole, seasoning with salt and pepper. Add a layer of bacon. Repeat layers, ending with bacon. Pour in 1/4 cup water or cooked tomatoes. Roll out pastry to cover top. Adjust over casserole; make several slits in pastry. Bake at 375 F. for 1 hour or until golden and potatoes are cooked.

Ruth Kilner

GRANDDAD'S FAVORITE CASSEROLE

1 lb. ground beef
1/2 cup chopped onion
1 can mushroom soup
1/2 cup milk
1/4 tsp. salt
1/4 tsp. pepper
1/4 tsp. thyme
2 cups cooked noodles
2 cups grated cheddar cheese

In a frying pan, brown meat. Add onion and cook until soft. Stir in soup, milk and seasonings. In a greased 6 cup casserole, place 1/2 noodles, 1/2 meat mixture and 1 cup cheese. Add 2 more layers of noodles and meat. Bake in 350 F. oven for 20 minutes. Top with remaining cheese and bake another 10 minutes.

Mrs. Pat Trotter

Microwave

SWEET POTATO CASSEROLE (Microwave)

4 medium sweet potatoes or yams (about 1 kg)
1/4 cup packed brown sugar
1/4 cup margarine or butter

Microwave

1/2 tsp. salt
1 cup canned crushed pineapple (undrained)
1 tbsp. packed brown sugar
1 tbsp. margarine or butter
1 tsp. water
1/2 tsp. ground cinnamon
1/4 tsp. ground nutmeg
1 1/2 cups miniature marshmallows
1/4 cup chopped pecans

Wash sweet potatoes, prick each 3-4 times with fork to allow steam to escape. Arrange in oven at least 2.5 cm apart. Microwave at High (100 per cent) until fork-tender, 8-10 minutes. Cover and let stand 5 minutes.

Peel and slice potatoes. Place in 2-litre casserole. Add 1/4 cup brown sugar, 1/4 cup margarine and the salt. Mash until no lumps remain. Mix in pineapple. Microwave at High (100 per cent) 2 minutes. Stir and set aside.

Place 1 tbsp. brown sugar, 1 tbsp. margarine, the water, cinnamon and nutmeg in medium bowl. Microwave at High (100 per cent) until margarine is melted, 1-1 1/2 minutes, stirring after half the time. Add marshmallows; toss to coat. Top sweet potato mixture with marshmallows. Microwave at High (100 per cent) until marshmallows are melted and potatoes are heated through, 2-4 minutes. Sprinkle with pecans. 4-6 servings.

Carole Cascone

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