

Culinary Outlook

Strawberries sweeten summer

FOOD



AILEEN CLAIRE

Strawberry lovers all over echo the sentiments of the 17th century's Izaak Walton. He wrote, "Doubtless God could have made a better berry, but doubtless God never did." This was a reference to the joy of eating wild strawberries during their short growing season.

We can now have strawberries year-round, the result of their cultivation in many countries.

The fruit was known to the Greeks and Romans, but those we eat today stem from wild varieties discovered in Virginia and Chile. Every state grows some strawberries, with California growers producing 75 percent of those grown in the United States. Some areas still allow people to "pick their own," but real estate development has squeezed out many of the smaller growers. We usually rely upon supermarkets or fruit stands to provide our shortcake topping.

Whole berries do not freeze well, because most home freezers do not provide a cold enough temperature. For best results slice berries and freeze the fruit in a sugar syrup. The berries will keep for a year prepared this way and are best used in sauces, blender drinks, over shortcake, custards or ice cream. They do not work well in gelatin desserts, because the moisture content of strawberries varies throughout the season. However, commercially frozen strawberries are consistent in texture and density and may be used for dessert recipes that require a consistent amount of liquid.

LEMON RICE CUSTARD WITH STRAWBERRY CREAM

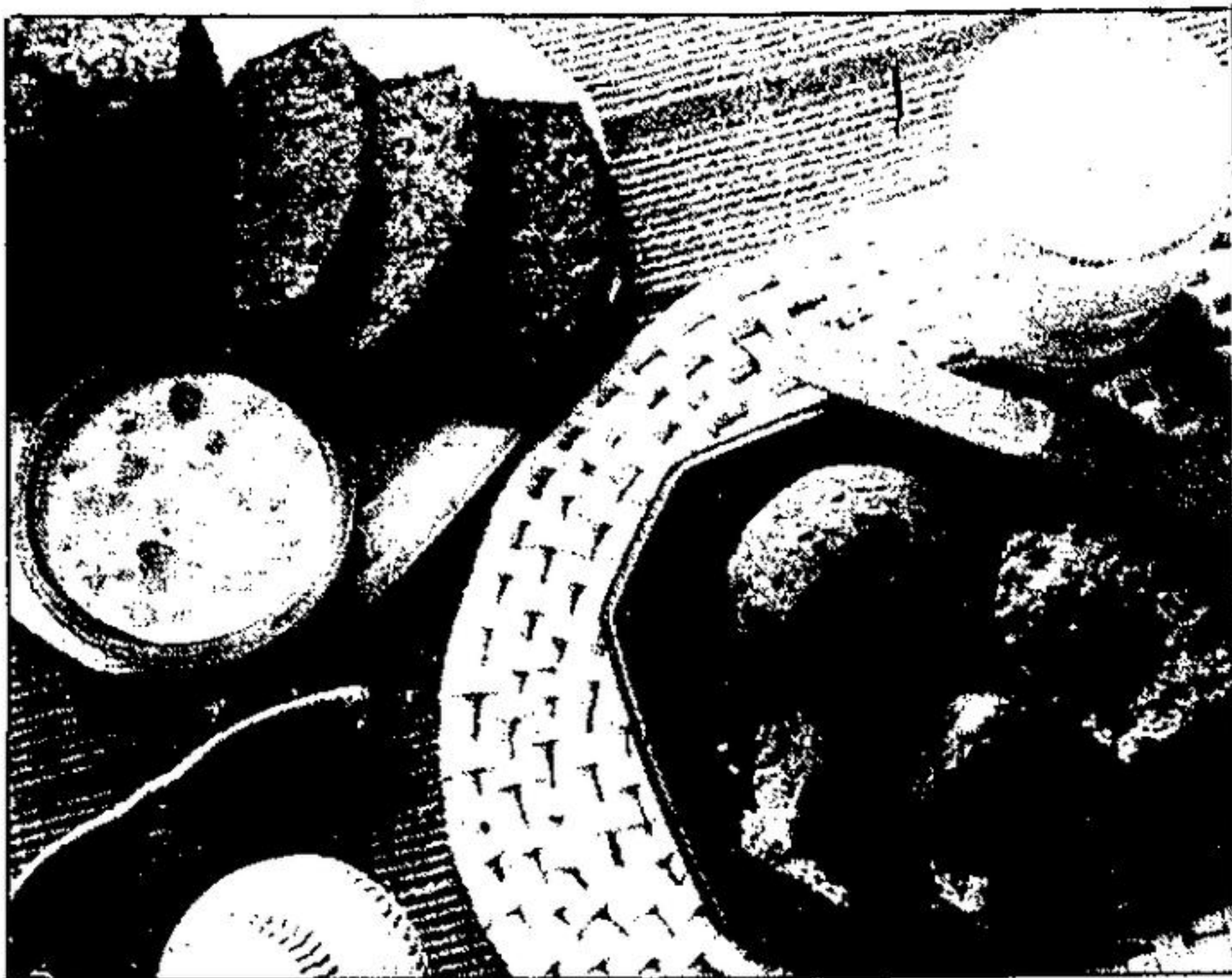
- Strawberry Cream (recipe follows)
- 1 cup water
 - 1/2 cup long grain rice, rinsed and drained
 - 1 tablespoon butter or margarine
 - 1 tablespoon lemon juice
 - 2 teaspoons grated lemon peel
 - 1/4 teaspoon salt
 - 3 eggs
 - 1/2 cup sugar
 - 1/4 cups milk

Prepare Strawberry Cream, cover and refrigerate. In 1-quart saucepan mix water, rice, butter, lemon juice, lemon peel and salt. Bring to boil; stir with fork, cover and simmer over very low heat until rice is tender and

liquid is absorbed, about 20 minutes. Remove from heat. tainer of electric blender, combine half the strawberries with 1/4 cup whipping cream and 1 teaspoon grated lemon peel; blend until smooth. Stir in the remaining strawberries. This kitchen-tested recipe makes about 1 1/2 cups.

4 juice concentrate ice cubes, cracked
Combine ingredients in container of electric blender. Blend until smooth. Pour into four 8-ounce glasses. Garnish with orange wheels, if desired. Serve with straws. This kitchen-tested recipe makes 4 servings.

© 1990, NEWSPAPER ENTERPRISE ASSN.



INCLUDE jam-filled muffins and zucchini-carrot bread for summer snacks

Meanwhile, in large bowl blend eggs and sugar with whisk thoroughly; whisk in milk. Gradually, stir hot rice into egg mixture. Pour into buttered 5- to 6-cup casserole or souffle dish. Bake in center of 350-degree oven 35 to 40 minutes until top is golden and edges are set. Cool on rack. Spoon warm custard into dessert dishes. Serve with chilled Strawberry Cream. This kitchen-tested recipe makes 4 to 6 servings.

Strawberry Cream
Thaw 1 1/2 cups home-frozen sliced strawberries in syrup, or one 10-ounce package commercially frozen sliced strawberries in syrup. In con-

STRAWBERRY-ORANGE SMOOTHIES

- 1 1/4 cups home-frozen sliced strawberries in syrup or 1 10-ounce package commercially frozen sliced strawberries in syrup, partially thawed
- 1/4 cups milk
- 3/4 cup unflavored low-fat yogurt
- 2 1/2 tablespoons frozen orange



Kasual Katering

by Geri & Lori Keatner

SANGRIA MADE SIMPLE

Ingredients:

- Juice of 1 lemon
- 2 tbsp. sugar
- 1 thinly sliced peach
- 1 thinly sliced orange
- 1 bottle dry red wine
- 1 bottle club soda

Method:

Put 12 ice cubes in a large pitcher. Add lemon juice, sugar and sliced fruit.

When ready to serve, add wine and club soda. When empty, enjoy the fruits of your labors!

Just a hint - Send the fixing for this and the recipe inside a glass pitcher for a perfect summer gift.

FRIENDSHIP TEA

Ingredients:

- 1 cup instant tea mix (unsweetened, preferably)
- 1 pkg. (7 ozs.) orange drink crystals
- 1/2 cup lemonade crystals
- 1/4 cup sugar (omit if you use sweetened tea mix)
- 1/2 tsp. ground cinnamon
- 1/2 tsp. ground cloves
- 1/2 tsp. ground nutmeg

Method:

Mix all together and store in a jar. To serve, stir 1 heaping tablespoon into one cup of boiling water, or if you prefer, make as iced tea. A tasty summer and winter refresher.

FINAL TOUCH ESTHETICS TANNING & TONING

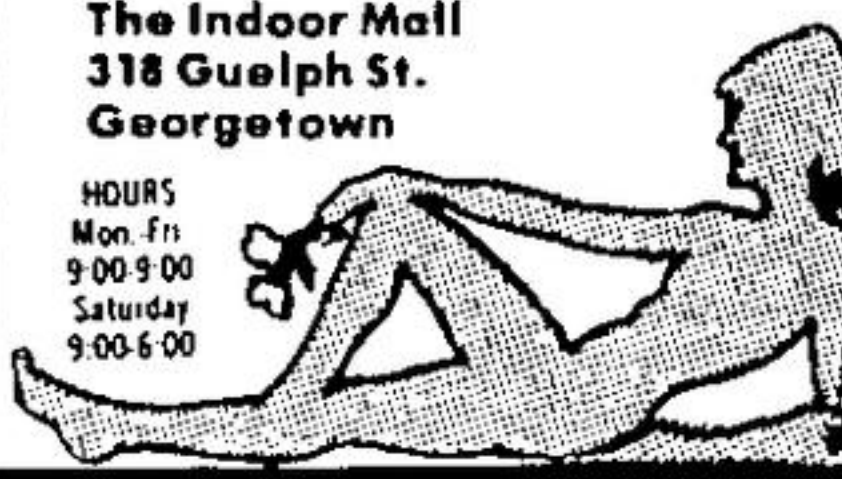
We Specialize in Full Body Care

- Facials
- Make-Up
- Manicures
- Pedicures
- Waxing
- Lash/Brow Tint
- Electrolysis
- Back Treatment
- Ear Piercing
- Sun Tanning
- Passive Exercise Machines

873-6013

The Indoor Mall
318 Guelph St.
Georgetown

HOURS
Mon. - Fri.
9:00 - 9:00
Saturday
9:00 - 6:00





LOW LOW CARPET PRICES!

Carpet Farm Inc.
873-6002

345 Guelph Street
Unit 25, Georgetown
in the Knolcrest Centre
(Behind Penny's Gas Bar)

OFFICE MAGIC

877-2300

FOR ALL YOUR OFFICE & STATIONERY NEEDS

136C Guelph St., Georgetown

NOTICE OF THE ANNUAL MEETING OF THE

GEORGETOWN & DISTRICT MEMORIAL HOSPITAL

The Annual Meeting of the Georgetown & District Memorial Hospital will be held in the Recreation Room on the ground floor of the Bennett Health Care Centre at 7:00 P.M. on June 28, 1990. Honorable Life Members and 1990 Members are urged to attend.

AGENDA

1. Minutes of the Annual Meeting held on June 22, 1989.
2. Reports.
3. By-law Amendments.
4. Appointment of Auditors.
5. Presentation by Andy Barry, morning talk show host on CFRB Radio.
6. Other Business.
7. Election of Directors.

Refreshments will be served following the meeting.

G. Goebelle, F.C.A.
Chairman Of The Board

M. Rochon
Secretary

Designing Ways

CUSTOM FLORAL DESIGNS

- Wedding Flowers
- Invitations & Accessories

Complete Wedding Packages Available

853-3386

16 MILL ST. E., ACTON

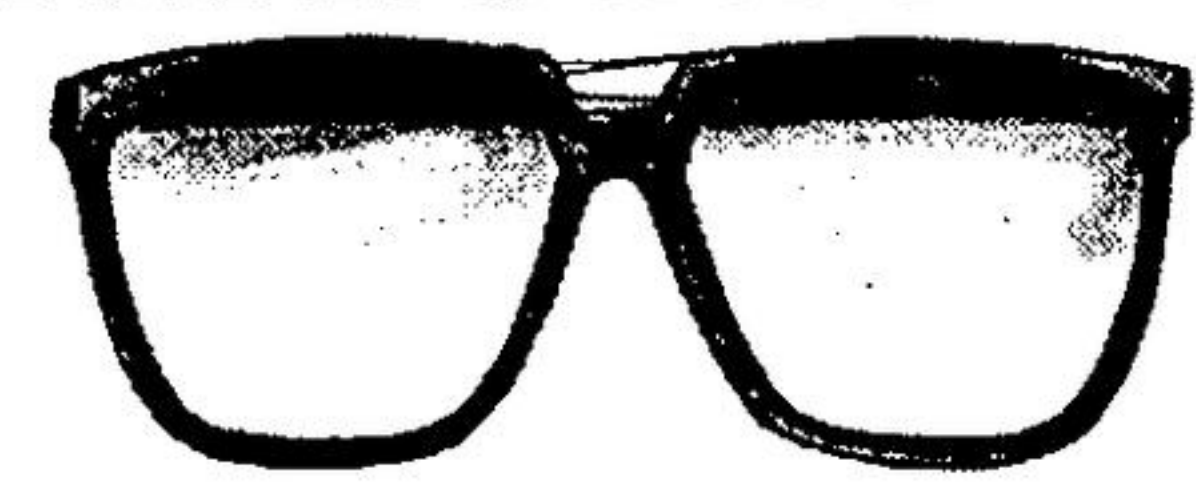
DENTURE THERAPY CLINIC

T.H. METTLER
Denture Therapist

72 Mill St., Georgetown
877-8974

102 East Dr., Brampton
(Corner Brampton Rd. & East Dr.)
791-2314

GEORGETOWN OPTICAL



NO ONE EVER REGRETTED BUYING QUALITY

MARKET PLACE PLAZA
877-3562

HOURS:
Tues. - Fri. 10:00 - 6:00
Saturday 10:00 - 5:00

Looking for an insurance broker who'll be there when you need them?

I'm just a phone call away.

877-0133

As your independent insurance broker, I'm dedicated to meeting your insurance needs - not just when you get the policy but when you have to make a claim. First I'll work with not one but many different insurance companies, to find the policy that best meets your individual needs. And if trouble strikes, you can count on it - I'll be there to help. I know insurance backwards and forwards, which means all you have to know is my phone number.

I'm your insurance broker. I understand.



PAUL C. ARMSTRONG
INSURANCE BROKERS LTD.

143 Mill St. Halton Hills (Georgetown) 877-0133