



Kasual Katering
by Geri & Lori Kentner

HUNGARIAN CABBAGE SOUP

INGREDIENTS:

2 tbsps. vegetable oil
3 cups shredded red cabbage
1 medium onion, finely sliced
1 garlic clove, crushed
1/2 tsp. caraway seeds
1 (14 oz.) can tomatoes, seived

1 tbsps. red wine vinegar
3 3/4 cups chicken stock
Salt and pepper to taste
1/4 cup sour cream
1 tbsps. chopped fresh dill
Fresh dill sprigs to garnish

METHOD:

1. In a large saucepan, combine oil, cabbage and onion.
2. Cover and cook over medium heat about 20 minutes or until cabbage is soft.
3. Stir in garlic, caraway seeds, tomatoes, vinegar and stock. Season with salt and gently simmer 30 minutes.
4. In a small bowl, combine dill and sour cream. Season soup with pepper and top portions of soup with chilled sour cream. Garnish with dill sprigs. Makes 4 to 6 servings.

HINT:

Personally, I don't like caraway seeds - so if you don't like them either, you can leave them out and it's still a great soup.

BROWNIES

INGREDIENTS:

6 ounces semi-sweet chocolate
1/4 cup chocolate syrup
8 tbsps. (1/2 cup) unsalted butter
1 tsp. vanilla extract
2 eggs, lightly beaten

3/4 cup sugar
Pinch of salt
1/2 cup all-purpose flour
1/4 cup icing sugar

METHOD:

1. Preheat the oven to 350° F. Butter and flour an 8-inch square baking pan. Set it aside.
2. Melt the chocolate in a small heavy saucepan over low heat, stirring constantly. Add the syrup and stir well.
3. Remove the pan from the heat, and add the butter. Beat until the mixture is smooth. Stir in the vanilla and the eggs, mix thoroughly.
4. In a mixing bowl, sift together the sugar, salt and flour. Add this to the chocolate mixture and blend thoroughly.
5. Pour the batter into the prepared pan and bake just until cooked, 30 minutes.
6. Allow the brownie to cool completely in the pan.
7. Put icing sugar in a sifter and dust brownies before serving.

Fibre intake important

Are you a procrastinator? When it comes to changing the type, timing or quantity of foods you eat, do you find yourself saying, "I'll start tomorrow"? Most of us do, probably to our healthful detriment.

Converting good intentions to action often requires a new perspective. Take dietary fibre for instance. For years, dieticians and health reporters have been telling us to increase dietary fibre intake. The latest recommendation is 30 grams of dietary fibre daily.

If your response to increasing the fibre content in food you eat has been, "I'll do that when I reach my golden years," think again - especially if you have young children. Changing established eating patterns is difficult. Dieticians recommend an enhanced fibre intake for all ages, not just those over 50.

Bolstering your fibre intake can be accomplished via foods currently in your diet. Using trusted products in a variety of baked goods is an easy and delicious way to help you and your family take steps toward more healthful eating.

Start with snacks and sweets. Children need lots of energy to keep up with school works and extra curricular activities. Surprise them with these chewy cookies. They combine the delicious flavors of almond, orange, spices and chocolate, if desired.

GOODNESS COOKIES

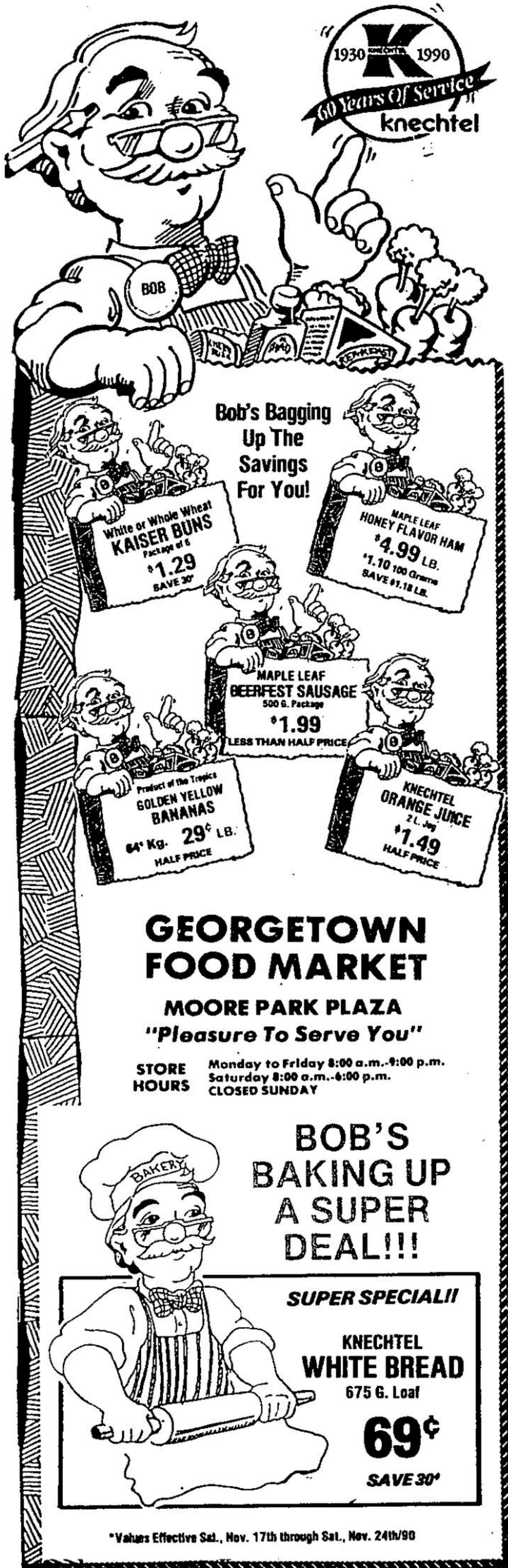
- 1/2 cup butter or margarine, softened
- 1/4 cup firmly packed brown sugar
- 1/4 cup liquid honey
- 1 egg
- 1 tsp. grated orange rind
- 1 cup whole wheat flour
- 1 tsp. Magic Baking Powder
- 1/2 tsp. ground cinnamon
- 1/4 tsp. ground nutmeg
- 1/4 tsp. salt
- 1 cup bran cereal
- 1 cup (175 g pkg.) semi-sweet chocolate chips, optional
- 1/2 cup sliced almonds
- 1/2 cup raisins

Cream butter and sugar until light and fluffy; beat in honey, egg and orange rind until smooth. Combine flour, baking powder, cinnamon, nutmeg and salt; blend into creamed mixture. Stir in cereal, chips, almonds, and raisins. Drop from small spoon onto greased baking sheets. Bake at 350 F 10 to 12 minutes or until lightly browned. Cool on rack. store in airtight container.

Makes about 4 dozen cookies. Need a gift for a friend? These eye-catching mini loaves make thoughtful hostess gifts. Wrap them in clear plastic and tie with colorful ribbon. Cut into thin slices, this moist bread rarely needs a topping.

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Ground beef facts

The majority of Canadians prefer lean ground beef. In a national survey (1989) 44% of respondents claimed they most often purchased lean ground beef, with 16% claiming they purchased extra lean.

Considering the higher expenditure for medium and lean ground beef, is there a health benefit in the purchase of the leaner product?

A recent issue of Meat Probe, a quarterly magazine for health professionals, reviewed research on

ground beef. The report notes that when ground beef patties are broiled and the fat drained off, very similar fat levels are obtained from cooked patties made from regular, medium and lean ground beef. Only patties made from extra lean ground beef show significantly lower fat levels in the cooked, drained product.

No research has been conducted on loose cooked ground beef. However, if well drained, it would seem possible that remaining fat levels would be similar for the three levels of ground beef.

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