Whether you're hosting a cocktail party for a crowd, or a dinner party for relatives this holiday season, delicious appetizers will definitely appeal to your guests.

A wreath of plump shrimp marinated in a tangy lemon and dill sauce tastes terrific and will win rave reviews as a showstopping addition to your festive buffet table. Good friends will also enjoy sampling tender, cooked chicken, dipped in a warm citrus sauce. Prepare the chickenand sauce in advance, and simply re-heat in the microwave or conventional oven, when the celebration begins.

To make party preparations simpler, create a creamy

INGREDIENTS:

1 tsp. salt

METHOD:

to cool.

1/2 cup water

2 lbs. lean ground pork

1 tsp. ground ginger

1/4 tsp. ground cloves

1/2 tsp. black pepper

1/4 tsp. ground allspice

11/2 cups finely chopped onions

1 cup fine dry bread crumbs

1 egg beaten with 1 tsp. water

5. Preheat the oven to 425°F.

minutes before cutting.

1 recipe Shortcrust Pastry (see below)

boil and simmer for 1/2 hour, stirring occasionally.

your rolling pin and unroll it on top of the 9" round pie dish.

decorate the top if you like. Brush with the beaten egg.

herbed cheese spread the day before your guests arrive. Serve this chilled dip in a decorative dish with an assortment of crackers, or pipe it on cucumber rounds, celery sticks or into cherry tomatoes.

HERBED CHEESE SPREAD

3 pkgs. (125 g each) cream cheese, softened ...

3 tbsp (45 ml) Lemon Juice 1/2 tsp (2 ml) dried basil leaves, crushed

1/2 tsp (2 ml) dried oregano leaves, crushed

1/2 tsp (2 ml) dried marjoram Jeaves, crushed 1/2 tsp (2 ml) dried thyme

Katering

leaves, crushed Pinch garlic powder

TOURTIERE

veal if you prefer. It's the spices that make the difference.

This recipe uses pork; you may use a mixture of beef and pork or all

1. Combine the ground meat, onions, ginger, cloves, allspice, pepper

and salt in a large heavy pot. Cook over medium heat, stirring to break

up the meat until the pork loses its raw color. Add the water, bring to a

2. Stir in the bread crumbs, remove the pot from the heat and allow

3. Lightly flour your work surface, divide the pastry in two, roll out

4. Spoon the cooled meat into the pastry, dampen the edges of the

pastry with water and lay the second sheet on top, pressing the edges

together well. Trim off the excess with a sharp knife. Cut a couple of

slashes for steam to escape. Make cut outs from the excess pastry and

6. Bake the tourtiere in the preheated oven for 15 minutes, then

reduce the heat to 350°F and bake for 40 minutes longer, until the

pastry is golden brown. Remove from the oven and allow to cool for 20

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each half into a circle about 11" in diameter. Roll one circle up around

Assorted crackers or raw vegetables

In small mixer bowl, beat cream cheese just until smooth. Gradually beat in lemon juice. Stir in basil, oregano, marjoram, thyme and garlic powder. Cover and refrigerate at least 1 hour to blend flavors. Serve as a spread for crackers or raw vegetables. Cover leftovers; refrigerate. Makes about 2 cups (500 ml).

LEMON CHICKEN

BITES 11/2 lbs (625 g) breasts, skinned, cut into bite-size pieces

1 egg slightly beaten - 4 thsp (60 ml) corn starch, divided

2 tbsp (30 ml) soya sauce 1/2 cup (125 ml) sugar 2 tsp (10 ml) chicken bouillon

1/2 tsp (2 ml) garlic powder 1 cup (250 ml) water 1/2 cup (125 ml) lemon juice 2 tbsp (30 ml) ketchup Additional corn starch Vegetable oil

In medium bowl, combine egg, 1 tbsp (15 ml) of the corn starch and soya sauce; mix well. Add chicken, stirring to coat; marinate 10 minutes. In medium saucepan, combine remaining 3 tbsp (45 ml) corn starch, sugar, bouillon mix and garlic powder.

Gradually add water, lemon juice and ketchup; mix well. Cook and stir over medium heat until mixture boils and thickens. Cool. Drain chicken; coat with addicorn starch. In large tional frypan, heat 1/2 inch (12 mm) oil; cook chicken, a few pieces at a time, until golden and tender; drain well. To serve, dip chicken pieces into sauce. Cover leftovers; refrigerate.

Makes 8 to 10 appetizer servings.

LEMON DILL MARINATED SHRIMP

1/2 cup (125 ml) lemon juice 1/3 cup (75 ml) vegetable oil 1 tbsp (15 ml) Dijon mustard 1tsp (5 ml) sugar 1 tsp (5 ml) dried dill weed 1/2 tsp (2 ml) salt

11/2 lbs (750 g) cooked, shelled, deveined shrimp

In small jar with tight-fitting lid, combine lemon juice, oil, mustard, sugar, dill weed and salt; shake well. Pour marinade over shrimp. Cover and refrigerate 2 hours, stirring occasionally. Drain and reserve marinade. Arrange shrimp on serving plate and serve with marinade for dipping if desired. Garnish.

Makes about 8 to 10 appetizer servings.

Desk-top dining tips

Will your choice of lunch foods determine your class average or your next promotion? People have believed for centuries that foods affect mental abilities and behaviour. However, it's only recently that scientists have confirmed that diet and brain functions are connected.

experienced that sense of renewed mental energy after a high protein lunch, or that sleepy feeling after a large carbohydraterich meal. Now, the observation

induces elevated levels of serotonin. Serontonin has a calming effect, creating a sense of relaxation and sleepiness, A protein-rich meal has just the opposite effect, making you more wakeful and aggressive.

With your afternoon productivity at stake, packing a power lunch should be part of your daily strategic plan. Lean roast beef slices, purchased at the deli counter or sliced off Sunday's roast make the perfect lunchtime food; high in protein, low in fat and great on taste.

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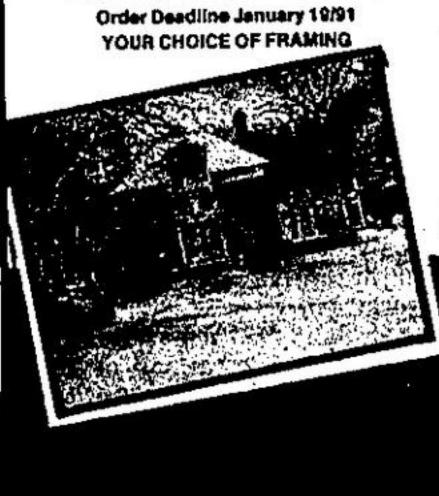
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