

Food

Delicious appetizers appeal to guests

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 show-stopping addition to your festive buffet table. Good friends will also enjoy sampling tender, cooked chicken, dipped in a warm citrus sauce. Prepare the chicken and sauce in advance, and simply re-heat in the microwave or conventional oven, when the celebration begins.

To make party preparations even simpler, create a creamy

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
- ½ tsp (2 ml) dried basil leaves, crushed
- ½ tsp (2 ml) dried oregano leaves, crushed
- ½ tsp (2 ml) dried marjoram leaves, crushed
- ½ tsp (2 ml) dried thyme leaves, crushed
- Pinch garlic powder

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

- ½ lbs (625 g) breasts, skinned, cut into bite-size pieces
 - 1 egg slightly beaten
 - 4 tbsp (60 ml) corn starch, divided
 - 2 tbsp (30 ml) soya sauce
 - ½ cup (125 ml) sugar
 - 2 tsp (10 ml) chicken bouillon mix
 - ½ tsp (2 ml) garlic powder
 - 1 cup (250 ml) water
 - ½ 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 additional corn starch. In large frypan, heat ½ 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

- ½ cup (125 ml) lemon juice
 - 1/3 cup (75 ml) vegetable oil
 - 1 tbsp (15 ml) Dijon mustard
 - 1 tsp (5 ml) sugar
 - 1 tsp (5 ml) dried dill weed
 - ½ tsp (2 ml) salt
 - 1½ 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.




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Kasual Katering
by Gert & Lori Kentner

TOURTIERE

This recipe uses pork; you may use a mixture of beef and pork or all veal if you prefer. It's the spices that make the difference.

INGREDIENTS:

- 2 lbs. lean ground pork
- 1½ cups finely chopped onions
- 1 tsp. ground ginger
- ¼ tsp. ground cloves
- ¼ tsp. ground allspice
- ½ tsp. black pepper
- 1 tsp. salt
- ½ cup water
- 1 cup fine dry bread crumbs
- 1 recipe Shortcrust Pastry (see below)
- 1 egg beaten with 1 tsp. water

METHOD:

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 boil and simmer for ½ hour, stirring occasionally.
2. Stir in the bread crumbs, remove the pot from the heat and allow to cool.
3. Lightly flour your work surface, divide the pastry in two, roll out each half into a circle about 11" in diameter. Roll one circle up around your rolling pin and unroll it on top of the 9" round pie dish.
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 decorate the top if you like. Brush with the beaten egg.
5. Preheat the oven to 425°F.
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 minutes before cutting.

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.

Everyone has, at some time, experienced that sense of renewed mental energy after a high protein lunch, or that sleepy feeling after a large carbohydrate-rich meal. Now, the observation has a scientific explanation. A meal high in carbohydrates

induces elevated levels of serotonin. Serotonin 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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(Serves 15-20)	(Serves 20-30)	(Serves 30-50)
\$35.00	\$52.00	\$86.50

FROSTED LIVER PATE

Try our frosted pate to add a festive touch to your holiday table. Accompanied by our homemade garlic toast, our holiday frosting makes this a sure hit.

(Serves approx. 25) **\$34.50**

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