

Food

Easy to make mini-meals

Pita Beef in Yogurt Sauce: Combine 2 tbsp (25 ml) plain yogurt and ½ tsp (2 ml) each dijon mustard and horseradish in a small container with a tight fitting lid. Cut a pita in half and open up both halves. Fill with lean beef strips, shredded lettuce, diced tomato and alfalfa

sprouts. Season to taste with salt and pepper. Wrap well and refrigerate sauce and sandwich halves. To serve, spoon sauce over mixture in pita halves. Makes 1 serving.

Bagel and Beef: Spread a bagel half with a thin layer of light cream cheese. Layer on lean deli

beef and roasted red pepper (well drained from jar), top with bagel half. Wrap well and refrigerate.

Oriental Beef, Pasta and Cucumber Salad

For visual appeal, use a small pasta shape like spirals or fusilli.
 12 thin slices cucumber
 ¾ cup (175 ml) dried pasta (about 2 oz/50g)
 2 tbsp (25 ml) red wine vinegar
 2 tbsp (25 ml) vegetable oil
 1 tbsp (15 ml) sesame oil
 1 tsp (5 ml) sugar
 1 tsp (5 ml) finely chopped or grated fresh ginger
 ¼ tsp (1 ml) each: salt, pepper and hot red pepper flakes
 1 cup (250 ml) slivered lean cooked beef
 2 radishes, thinly sliced (optional)

Cut cucumber slices in half crosswise. Place in colander and sprinkle with 1 tsp (5 ml) salt. Let stand 15 minutes.

Meanwhile, cook pasta in boiling salted water until tender. While pasta is cooking, combine vinegar, oil, sesame oil, sugar, ginger, salt, pepper and red pepper flakes.

Drain pasta but do not rinse; toss well with dressing. Rinse cucumber well, pat dry; add to pasta along with beef. Toss well and refrigerate. Garnish with radish slices, if desired.

Transfer to spillproof containers; refrigerate until lunch. Makes 2 servings.



Kasual Katering

by Geri & Lori Kentner

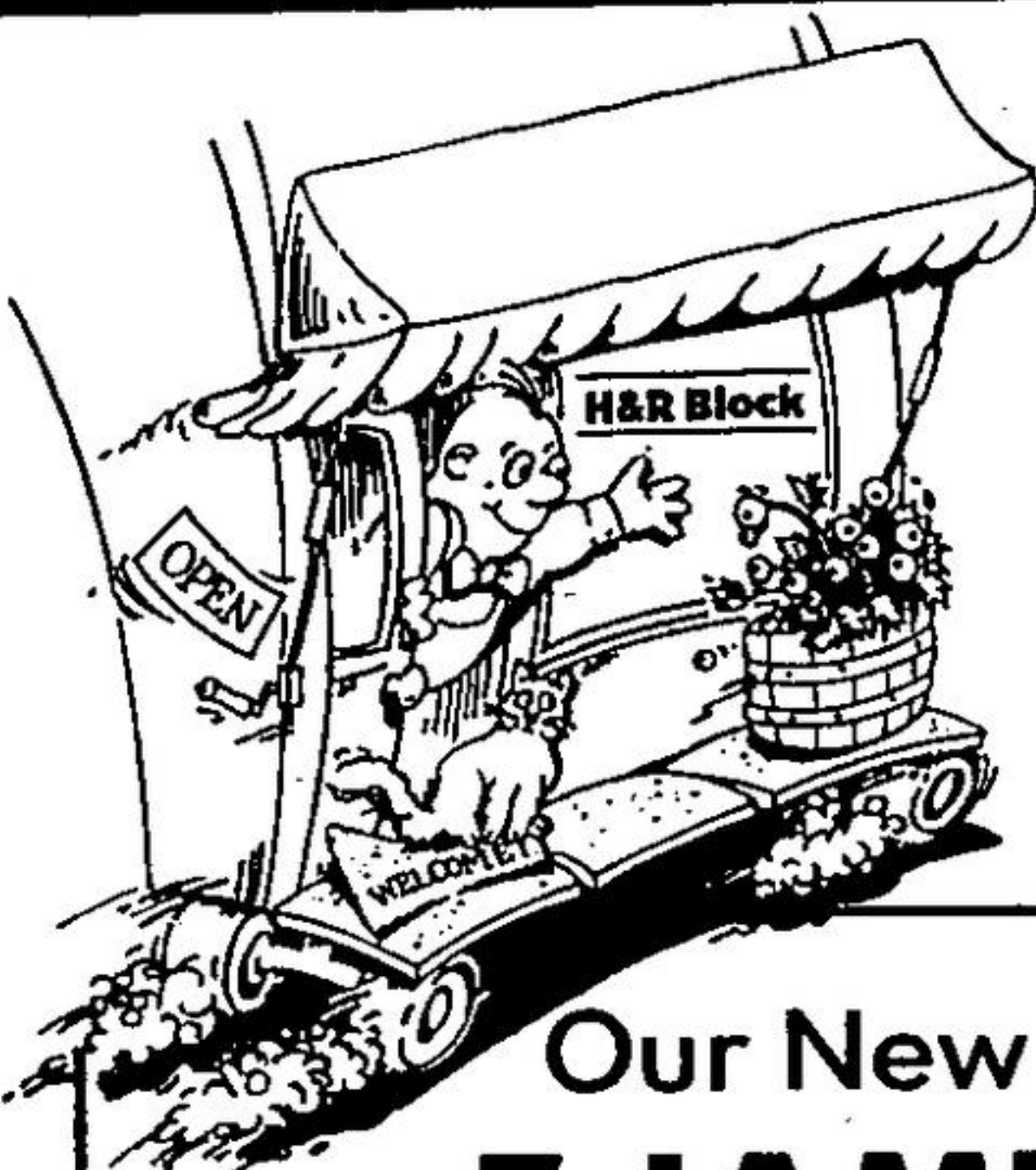
SHORTCRUST PASTRY

Ingredients:
 3½ cups all purpose flour 2 egg yolks
 ½ tsp. salt 6-8 tbsp. cold water
 9 oz. unsalted butter (cold)

Method:

1. Combine the flour and salt in the work bowl of food processor, pulse once or twice to aerate.
2. Cut the cold butter into cubes (about ½") and distribute them over the flour. Process just until the mixture resembles coarse meal - not too much or your pastry will be tough.
3. Add the yolks and 6 tbsp. cold water through the feed tube and process just until the dough starts to come together.
4. Turn the pastry out onto the work surface and gently knead until it comes together into a ball, if it is a bit dry add the other 2 tbsp. cold water. Wrap in plastic and refrigerate for at least 30 minutes.

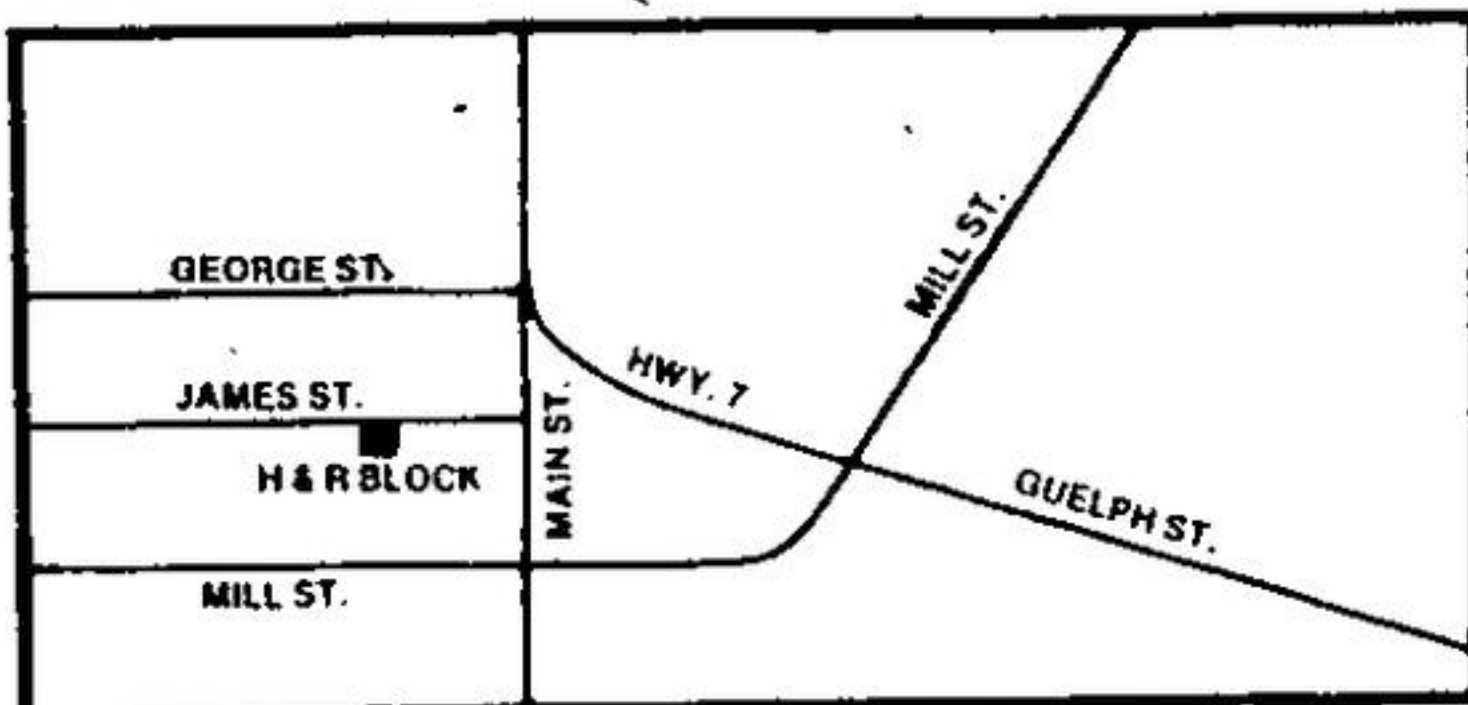
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