

# Lori cooks a meal for The Great One

Lori Gysel is one of five head chefs selected to work in the Molson Canada Hockey House— hockey headquarters at the Vancouver Winter Olympics. While in Vancouver, Lori will write about her experiences, and *The Independent & Free Press* will publish them along with Lori and Gerry's regular *What's Cookin'* feature (below).

Well, things are really ramping up at the Hockey House. Today is Sunday, Feb. 21 and I just finished work. I am sitting here watching the last period of the men's Canada vs USA hockey game. So, given that there is such an exciting hockey game today, our venue is NUTS! However, the kitchen has fallen into a routine, so I was able to leave at a good time today.

Today we prepared lamb, turkey, ratatouille, lemon potatoes, broccoli and tilapia for lunch (remember that I am only looking after the hot food— there is tons of cold food coming out of the cold kitchen too). Then for dinner we

## Lori Gysel & Gerry Kentner



prepared individual chicken pot pies, roast pork, two different kinds of salmon, mashed potatoes, broccoli, peas, corn, cauliflower, carrots, roast chicken, brussel sprouts and polenta. To give you an idea of volume— we cooked about 500 pounds of mashed potatoes. And that's just the potatoes! We also baked off about 3,000 hot hors d'oeuvres for afternoon snack.

We've also been doing some really neat events in some of the smaller VIP rooms. We did a high-end cocktail party for Wayne Gretzky a couple of nights ago. I was one of the chefs that got to put the menu together for that party. We also did a really cool event for the International Ice Hockey Federation. They put together a

cookbook on soups— with each participating country contributing a recipe from their country for soup. So, there was a private party to launch the cookbook last week and we had to prepare 14 soups from 14 different countries for the party of 60 guests to sample.

There were two other chefs responsible for this party; I only helped out at the very end with this one.

We also spent a good chunk of time today preparing dinner for Men's Hockey Team Canada and their families/guests.

This is the second time now that we've prepared their dinner. So, when the game is over tonight, they will all come over to the Hockey House and be joined by their families and friends for dinner that we made for them— how cool is that!

From the kitchen of the Molson Canadian Hockey House at the Vancouver 2010 Olympics— have fun and keep cooking!



# HAPPY 30<sup>TH</sup> SZLACHTA



Happy 18<sup>th</sup> Birthday Amanda  
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## WALMART CORRECTION NOTICE

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## THERAPY THOUGHTS



Natalie Haynes  
Psychotherapist  
B.A., R.P.C, R.I.H.R.

### Change your focus, change your life

Do you have an aspect of your life that feels like you are working hard to create a certain outcome? Do you say to yourself, "if only this situation could be like this", or "if only this person could be like that"? Sometimes, we desperately try to hold onto what a situation could be, or we try to change a person into someone they are not. Yet when the situation nor the person changes we are surprised. The struggle to hold onto what we idealize for our lives could be causing us unnecessary frustration and aggravation. We hold on so tightly to how we think a situation or people around us should be that we miss what is happening in the present. What if you looked at that same situation for what it is, instead of what it is not? What if you were to see that person in your life for who they are and not for what you want them to be? By changing our focus and accepting what is, we open ourselves to possibilities we weren't able to see before. It's like desperately trying to push a square peg into a round hole. If you were to stop and take a good look at that square peg and see it for what it is, you might notice a square hole nearby that you hadn't seen before. The fear that comes with letting go of our ideals is understandable. If we didn't have our ideal reality what would that mean about us? We try to make something work because somewhere inside we feel if our desired outcome is achieved, life will be perfect, we will be better. My message to you is, accept what is and you might find that life is perfect as it is.

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## Crispy Fried Onion Rings

Makes approximately 48

### Ingredients

- 1 Spanish onion
- 2 cups buttermilk
- 2 cups flour
- 1/2 cup cornmeal
- salt and pepper
- 1 - 1 1/2 litres vegetable oil or canola oil

### Method

1. Slice the Spanish onion into thick rings and separate rings.
2. Soak onion in buttermilk for 30 minutes prior to frying.
3. Mix flour, cornmeal, salt and pepper together.
4. In a deep pot, heat oil to 360 degrees F.
5. Drain onion rings.
6. Dredge each onion ring in flour mixture and drop several in oil at a time, not crowding the pot. Fry until golden on one side, then turn over and fry other side, only until golden brown.
7. Drain on paper towels.
8. Oil will drop in temperature after each batch, so allow time for oil to come back to temperature before adding next batch of rings.