

# Recipe corner

## Fresh but Freezable Ontario Strawberry Sauce

The fresh taste of summer in the dead of winter— how great is that? Simply prepare this easy strawberry sauce, then come the cold season, thaw and customize with our variations. Of course, it's perfect for serving over ice cream, yogurt or a simple cake. There's even a savoury version for pork or chicken.

**Preparation Info:**

**Preparation Time:** 10 minutes

**Cooking Time:** 5 minutes

Makes about 1 cup (250 mL)

**Ingredients:**

- 2 cups (500 mL) sliced Ontario Strawberries
- 3 tbsp (45 mL) granulated sugar
- 2 tbsp (25 mL) water
- 2 tsp (10 mL) fresh lemon juice

**Preparation Instructions:**

In food processor, purée berries, sugar, water and lemon juice until smooth. Turn into medium saucepan. Simmer over medium heat, stirring occasionally, until sugar is completely dissolved and sauce is slightly translucent, about 3 minutes. Let cool; freeze in airtight container.

For variety, thaw sauce then follow recipes below.

**Spice:** Stir in 1/2 tsp (2 mL) cinnamon and 1/4 tsp (1 mL) each nutmeg and aniseed. Makes 1 cup (250 mL).

**Rhubarb Berry:** In medium saucepan, combine sauce with 1/3 cup (75 mL) very finely chopped rhubarb; simmer, stirring, just until rhubarb is softened. Stir in 1 tsp (5 mL) vanilla, and sugar to taste. Makes 1-1/4 cups (300 mL).



**Savoury Compote:** Stir in 4 tsp (20 mL) balsamic vinegar, 1 smashed garlic clove, 1 tbsp (15 mL) finely grated gingerroot, and 1/4 tsp (1 mL) each salt and hot pepper flakes. Remove garlic. Best served warm or at room temperature over chicken or pork. Makes 1 cup (250 mL).

**Orange Rosewater:** Stir in 2 tsp (10 mL) each rosewater and finely grated orange rind. Makes 1 cup (250 mL).

**Nutritional Information:** 1 Serving (2tbsp/25ml)

- Carbohydrates: 6 grams
- Calories: 25

— Recipe courtesy Foodland Ontario

## You don't need to drive to the city Georgetown is a major performing arts centre for kids!

Georgetown is well known in the GTA for its excellent artistic activities. The Georgetown Children's Chorus has 150 members in five age divisions, from age 5 to 18. If your child loves singing so much that he or she never stops, why not give them year long singing lessons for \$125.00? They will develop confidence, learn teamwork, make friends, learn to read music and sing on stage. For 18 years now, hundreds of kids and teens have learned music and performance skills to last a lifetime. Watch for our rock musical next Christmas at the John Elliott Theatre!

Globe Production's Youth Company has musical theatre activities for kids age 8 to 20. Join our fall and winter workshop series, or try out for Seussical next fall. After sell out performances of The Wizard of Oz (May 2009) and Beauty and the Beast and the Beast (Mar. 2010), we are entering the exciting world of Dr. Seuss in March 2011. These \$30,000.00 productions are first rate!



If you are interested in performing arts opportunities for kids, please email: [lfraser@fraserdirect.ca](mailto:lfraser@fraserdirect.ca) to sign up. See [www.georgetownchildrenschorus.ca](http://www.georgetownchildrenschorus.ca) or [www.globeproductions.ca](http://www.globeproductions.ca) for more details about how we can help your kids have fun!



*Christine Conte*  
As well as Christine's services to numerous brides and others, on a commercial level she works as a freelance artist for CTV, CFTO, Daily Planet and TSN. Christine was highlighted this past February in the Independent for her work done in Whistler for the 2010 Winter Olympics Games being a personal hair and makeup artist to Jennifer Hedger and her guests on the CTV Olympic Primetime Show segments. Pictured are memories of a once in a lifetime experience and opportunity to meet with our top Canadian athletes

**Book before July 1st, 2010 and receive \$10 off hair and makeup application or makeup lessons**

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