

# What's Cookin': Soup's on!

Gerry is writing today...

What is a soup? With the cooler weather approaching, the season has come to dust off your crockpots, stockpots and Dutch ovens and make a pot of warm, satisfying soup.

Soup is a liquid food (most often savoury, but sometimes sweet) served at the beginning of a meal or as a light meal by itself. Originally in France, the soup was the slice of bread on which was poured the contents of the cooking pot (potage).

Soups can be classified into two broad groups—clear soups and thick soups. Clear soup types consist of broths, consommé and bouillon. Sometimes with bread added to them, such as French onion.

Thick soups can be subdivided according to the type of thickening used. Pureed soups are typically vegetable soups thickened with the starch contained in the vegetable. Bisques are made with pureed shellfish and generally thickened with

**Lori Gysel & Gerry Kentner**



cream and often have tomato added. Cream soups are thickened with béchamel or a roux and enriched with milk or cream. Veloute soups are thickened with egg yolks, butter and cream. A chowder is a thickened soup with a roux and typically has potatoes included and enriched with milk or cream.

Just a word or two on the soup tureen—a wide deep bowl, fitted with two handles, used for serving soup. A lid, sometimes with a notch to accommodate the ladle, keeps the soup warm.

For a formal dinner, most soups are served directly in soup dishes or cups and the tureen does not appear on the table. It is used for serving bisques, veloutes and cream

soups, although I have used mine for many other kinds. It makes a very impressive presentation in the centre of your table. They are often made of silver or are gold plated and made of fine porcelain.

Thick, substantial soups with solid ingredients tend to be served in tureens made of earthenware, clay or fireproof porcelain. Gratinees are often served in small individual soup tureens, made of fireproof porcelain (example French onion).

No matter what you call your soup or how you make it or what you serve it in, just call "Soup's on" and everyone in hearing distance will be there. A perfect fall meal would be a loaf of bread, a bowl of soup and a great piece of cheese. Enjoy!

Have fun and keep cooking!

*Email questions and comments to Lori and Gerry at [whatscookin@independentfree-press.com](mailto:whatscookin@independentfree-press.com)*

# Cheeseburger

## Soup

Serves 6

### Ingredients

- 2 tbsp olive oil
- 1 lb lean ground beef
- 1 1/2 cups chopped Spanish onion
- 1 can (14 oz) diced tomatoes
- 2 1/2 cups beef broth
- 1 can (10 oz) cheddar cheese soup
- 1 1/2 cups shredded old cheddar cheese (divided)
- 2 tbsp sweet green relish
- 1 tbsp yellow mustard
- 1 1/2 cups shredded iceberg lettuce (divided)
- coarse salt and pepper to taste
- 1/2 cup chopped fresh tomatoes

### Method

1. Heat oil in a medium wide

saucepan. Add ground beef and onions. Sauté for approximately 20 minutes on medium heat until beef is cooked and onion is translucent.

2. Add tomatoes and beef broth and simmer for another 15 minutes.

3. Add cheese soup, 1 cup of the shredded cheese, relish, mustard and 1 cup of the shredded lettuce. Simmer another 5 minutes until cheese is melted and lettuce has wilted. Add salt and pepper to taste.

4. When serving, garnish each bowl of soup with a generous amount of cheese, lettuce and chopped fresh tomatoes.



## Cosmetics is topic of CFUW talk, Nov. 2

Canadian Federation of University Women-Georgetown presents Natural Cosmetics and What We Are Led to Believe is Natural, on Tuesday,

Nov. 2, 7:30 p.m. in the Gallery of the Halton Hills Cultural Centre.

The public is welcome. Info: [www.cfuw-georgetown.ca](http://www.cfuw-georgetown.ca)

Where Child Abuse Hurts Most



Sometimes the worst scars of child abuse can't be seen. Whether physical or emotional, abuse attacks a child's self-esteem and emotional development, leaving long-term emotional trauma and pain. You can help prevent child abuse by being a nurturing parent or caregiver. By letting children know they are special, competent and loved, you can help them develop positive self-images and happier futures.

If you feel overwhelmed, angry or frustrated as a parent, help is out there for you. Look in your area for support groups and services, or talk to a trusted friend, family member, pastor or doctor about what you can do to protect and support your child. If we all do our part to prevent child abuse, we'll get to the heart of the matter.



The Regional Municipality of Halton  
[www.halton.ca](http://www.halton.ca)

## Seasonal Influenza (flu) Immunization Clinics

The Halton Region Health Department is offering free seasonal flu immunization clinics to all Ontarians six months of age and older. No appointments are necessary.

- The pandemic H1N1 flu strain is one of three strains included in this season's vaccine.
- For best protection against influenza, yearly immunization is recommended.
- If you have a fever or do not feel well, postpone your visit to a later date.
- Please wear a short-sleeved shirt.
- Visit [www.halton.ca/flu](http://www.halton.ca/flu) to learn more about influenza and for the most up-to-date clinic information.

Tuesday, November 2	3:30 p.m. – 8:00 p.m.	Christ the King Secondary	161 Guelph Street, Georgetown
Tuesday, November 9	4:00 p.m. – 8:00 p.m.	Acton District High School	21 Cedar Road, Acton
Thursday, November 11	4:00 p.m. – 8:00 p.m.	Halton Regional Centre, Auditorium	1151 Bronte Road, Oakville

Please let us know as soon as possible if you have an accessibility or accommodation requirement by dialing 311 in Halton Region, 1-866-442-5866 outside Halton Region, TTY 905-827-9833 or emailing [accesshalton@halton.ca](mailto:accesshalton@halton.ca)

1151 Bronte Road, Oakville, Ontario L6M 3L1  
Dial 311 or 905-825-6000 • Toll Free 1-866-442-5866 • TTY 905-827-9833 • [www.halton.ca](http://www.halton.ca)

## Churches & Temples



GEORGETOWN ALLIANCE CHURCH

Sunday Worship\* at 10:00 am  
\*Nursery and Jr. Worship for children  
290 Main Street (south of Maple)  
905-873-0249  
[www.togetheratgac.com](http://www.togetheratgac.com)

KNOX PRESBYTERIAN CHURCH

God's Word for Today's World.  
[www.knoxgeorgetown.ca](http://www.knoxgeorgetown.ca)

REV. DR. JAMES COOPER  
116 Main St. S., Georgetown, ON  
905-877-7585

Chair-lift access available.  
'Sunday's Cool' youth ministry program for ages 4 & up.  
Service Dial-in: 905-702-1629

SUNDAY WORSHIP SERVICES: 11:00 A.M.

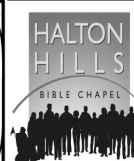
GEORGETOWN CHRISTIAN REFORMED CHURCH

welcomes you!

Lead Pastor: Rev. Gary vanLeeuwen Youth Pastor: Brian DeBoer  
Sunday Worship Services: 10:00 am & 6:00 pm  
11611 Trafalgar Road (north of Maple Avenue) 905-877-4322  
[www.gcrc.on.ca](http://www.gcrc.on.ca)

georgetown christian fellowship  
g c f  
growing • caring • friendly

Join us Sundays @ 9:30AM for a complimentary coffee & light breakfast item. 10:00AM Sunday Worship, Nursery & Kids Programs  
Lead Pastor: David Tapley  
13619 Hwy 7 West Tel. 905-873-9652  
[www.gcfchurch.ca](http://www.gcfchurch.ca)



SUNDAY SERVICES

- Lord's Supper 10 A.M. • Ministry Meeting 11:00 A.M.
- Fellowship Lunch 12:00 P.M. • Ministry Meeting 1:00 P.M.

Meeting In: Georgetown Seniors Centre  
Address: 318 Guelph Street

Phone: 905-873-1005 Website: [www.haltonhillsbiblechapel.com](http://www.haltonhillsbiblechapel.com)

## Bahai' Faith

### Gathering for World Unity

Join us for devotions and prayers for the unity of mankind.  
Bring your favourite prayer.

Tuesday, November 2, 7:30 - 9:30 pm  
Meeting Room, Georgetown Library  
Music and Refreshments ~ All Welcome