

# ATHLETES of the week



**Acton High School** Athletes of the Week are Jade Kovacevic and Savannah Muir. Both are members of the Barcats Cross-Country team, and were selected for their showing at various meets. Kovacevic finished third at the Haltons and finished 65th of 388 at OFSAA. Muir, running in the midget class, finished 64th at the Haltons and 75th at GAC.

**Georgetown District High School** Athletes of the Week are Evelyn Elgie and Sean Radcliffe. Both are members of the Rebels' swim team, and were selected for their performance at a Burlington meet. Both put in strong swims, as Elgie swam the 100 free in 1:30.

**Christ the King Catholic High School** Athletes of the Week are Jacqueline Waters and Khalil Smith. Waters, a member of the dance team, was selected for her hard work in both dance and choreography. She is also the youngest member of the team, and has steadily improved throughout the semester. Smith, a running back on the Jaguars' junior football team, was chosen for leading his team to an outstanding 36-0 win over OT, where he scored two touchdowns.

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# What's Cookin': Return to an old favourite

When was the last time you had a classic shrimp cocktail? I don't think I've even seen one on a restaurant menu in years! But every now and then for a special occasion, my parents will serve one up and it's such a treat! The recipe today tells you how to make the cocktail sauce for the shrimp cocktail. Here is the rest you need to know...

You will need some lettuce— usually iceberg lettuce that has been cored, soaked in COLD water, drained and refrigerated so that it is super cold and crisp. This gets slivered up and goes in the bottom of the stemmed glass. Next goes the cocktail sauce— a nice generous spoonful on top of the lettuce. You'll also need a lemon— a small wedge of lemon is nice garnish.

Most importantly, you need shrimp. Not just any shrimp though. The point of a shrimp cocktail is to really enjoy the size of the shrimp. So, you are looking for qual-

**Lori Gysel & Gerry Kentner**



ity and size, not quantity. Each cocktail only needs five shrimp (and if it is a multiple course meal, even three shrimp will do it). I would suggest that you buy the cooked shrimp. The main reason I suggest this is that when shrimp is cooked before packaging, it is steamed— not boiled. So the shrimp all thoroughly cooked, but they retain as much of their size as possible and they do not curl up. They also are just perfectly cooked, as opposed to being boiled, where they tend to get rubbery quickly.

As for the size, there is a number on the bag that indicates how many shrimp per pound. Generally if the number is 31/40, that means that there anywhere from 31-40 shrimp in a pound. You want as low a number as you can afford. If you can get 16/20 size, that's great or 8/12 is even better. This won't be cheap, but remember, you only need a few per person.

Thaw the shrimp in the fridge overnight. Or, if you don't have time, put the frozen shrimp in a colander and run it under COLD water until the shrimp are thawed. Do not microwave or put in hot water because the shrimp will become overcooked and rubbery in no time!

Serve with a bit of bread and you have a fantastic appetizer! Have fun and keep cooking!

## Cocktail Sauce

### Ingredients

- 1 cup ketchup
- 1/2 to 2 tsp hot horseradish
- squeeze lemon juice
- dash Worcestershire sauce
- dash Tabasco sauce



### Method

Mix all of the ingredients together well. Taste for heat, add more Tabasco sauce if necessary.

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