

What's Cookin': Food references are sprinkled liberally in our speech

Do you ever stop to think how much food and all the things that surround it affect our whole lives?

It's a bit more exaggerated for me, as I run a cooking school all day, write and test recipes by night, write a food column and host guests all the time! But even for the average person our language is full of food references.

Here's a few thoughts for you to ponder...

- Food for thought
- Breadwinner
- Bringing home the bacon
- Cake walk
- Carrot top
- Spare tire — donut
- Nuts and bolts
- Soupy weather
- To fudge something
- Butter fingers
- Bread basket
- Souped up car
- In a stew
- In a pickle
- Pumpkin (as an endearing term)
- Tea granny
- Something fishy
- Sowing your oats
- Chowderhead
- Do the mashed potato
- Made a hash of it
- Monster mash

Lori Gysel & Gerry Kentner



- To relish something
- Apple of my eye
- Just peachy
- The pot calling the kettle black

Have fun and keep cooking!

Questions or comments, contact Lori and Gerry at whatscookin@independentfreepress.com



Acton clubs serve dinner to seniors

Acton Rotarians Murray Thoms (left) and Bill Beaton served Acton senior Tom Silva (seated) at the annual Seniors Dinner at Acton Legion, a project jointly sponsored by Acton Rotary Club and Branch 197. Both Rotarians and Legion members served the seniors.

Photo by Ted Brown

Chocolate Raspberry Cream Cake

Cake ingredients

- 1 Devil's Food chocolate cake mix

Chocolate icing ingredients

- 3 cups icing sugar
- 1/4 cup butter, softened
- 1/4 cup shortening
- 1/4 cup cocoa powder
- 1/2 tsp vanilla extract
- 1/4 to 1/3 cup milk

Whipped cream filling ingredients

- 250 ml 35% cream
- 2/3 cup raspberry jam (divided)

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Garnish

- 1/2 pint fresh raspberries

Method

1. Bake cake according to package directions in two 9" greased round pans. Cool.
2. Beat all icing ingredients with a beater until smooth. Set aside.
3. Beat 35% cream until stiff. Smooth out raspberry jam with a spoon. Fold one-third cup of jam into whipped cream.
4. Cut each cake round in

half horizontally.

5. Put bottom layer on a cake plate. Top with one third of the whipped cream mixture, spreading not quite to the edges.

6. Put second layer of cake on top. Spread third cup raspberry jam over the cake. Top with one third of the chocolate icing.

7. Put third cake layer on top. Spread one-third of the whipped cream mixture over.

8. Top with 4th layer of cake, pushing down slightly to join layers together.

9. Frost outside edges of



cake with remaining chocolate icing, also frost top of the cake, leaving a 3" centre circle bare.

10. Spread remaining whipped cream in the centre of the chocolate icing.

11. Garnish with fresh raspberries.

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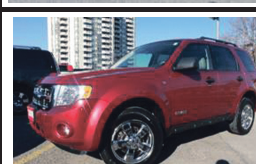


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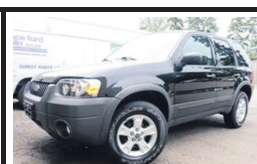
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