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Carol Fantin, RMT    Chantal Garneau, Meditation teacher

Inquiries and  
new patients  
welcome!



**71 Mountainview Rd. N. (at Armstrong), Georgetown**  
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**Skate for Hope**  
**Skate-a-Thon**

**Monday, February 21, 2011**  
**Family Day**  
**11:00 am - 2:00 pm**  
**Mold-Masters Sports Plex**  
**221 Guelph Street**  
**Georgetown, Ontario**

~ Lunch Will Be Served ~  
Provided by Craig Moore, the Chef from North Halton Golf Club.

**\$5 each**  
**Kids under 10 are FREE**  
**\$25 per Family**

*Bring the Whole Family  
for a Day of Fun!*

Submit \$100 in pledges on skate day  
and you will be entered in a draw to  
**Win 3 Leaf Tickets - Gold Section!**

Meet and mingle with former NHLers and local celebrities!

Our Supporters - Thank you to all of our generous sponsors and participants in our efforts to provide funding for our addiction treatment and recovery services to the men and women of our community.



SERVING THE CHILDREN OF THE WORLD  
Kiwans Club of Georgetown



*Hope Place Centres*  
*...where healing happens*

**Skate for Hope**  
*A great way to spend Family Day!*



**What's Cookin': Koshari is an Egyptian dish with many different variations**

*This is the second in our series on our Israeli/Egyptian dinner theme.*

This week's recipe, Koshari, is a lentil/rice/pasta dish with a spicy tomato sauce. This is also a traditional Egyptian dish—so popular in fact, that there are many restaurants that specialize in this one dish. I believe that originally it contained lentils, chickpeas and macaroni—however there are many variations.

I have never had it in a traditional restaurant before, so I'm not 100% sure that I've made it correctly, but I took a few recipes and kind of mixed them up to get the result that I thought was tasty. I particularly increased the amount of sauce, as I am all about the sauce! So if you find it a bit saucy, by all means, hold back a bit.

I understand that it is common to use caramelized onions as a garnish on this dish and apparently now people are starting to add fried liver or sha-

**Lori Gysel & Gerry Kentner**



warma meat as an additional topping.

We thought it worked nicely as a side dish. I would eat it with blackened fish or chicken, which I know is a very crazy combination of cultures—but what the heck!

I also ended up with this in my lunchbox for the next couple of days—a very nice change and reheats nicely, even if the presentation isn't as great as the first time!

Have fun and keep cooking!

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

**Koshari—lentils and rice in tomato sauce**

**Ingredients**

- 1/2 cup lentils
- 1/2 cup white rice
- 1/2 cup uncooked orzo pasta
- 2 large onions, diced
- 2 tablespoons olive oil
- 4 cloves garlic, crushed
- 4 tsp cumin
- 4 cups tomato sauce
- 1/2 cup cilantro, chopped
- 1/2 tsp crushed red pepper or teaspoon hot sauce
- salt and pepper to taste



Also, cook orzo until al dente. Drain and set aside.

In a large sauté pan, heat oil on medium heat. Sauté onions until browned. Add garlic and cook for two more minutes. Add cumin and mix well.

Add tomato sauce and simmer sauce for 10 minutes. Add cilantro and mix well.

Season sauce with salt and pepper.

Mix lentils, rice and orzo together. Place a serving of lentil mixture on a plate and cover with sauce. Sprinkle red pepper on top and serve.

**Method**

Place lentils in saucepan and bring to a boil. Allow to simmer on low for 30 minutes, or until tender. Drain and set aside.

While lentils are cooking, also cook white rice in 1 cup of water, or according to package directions. Once cooked, set aside.

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