

What's Cookin': Using tahini paste

Today's recipe is the last in a three-part series on our Israeli-Egyptian dinner party. Today we feature the main dish— lamb meatballs in tahini sauce. This is the dish my girlfriend Heather made.

Fresh ground lamb is best— some grocery stores in town carry it, but frozen will do in a pinch if you can't find the fresh. Tahini is a paste made of ground sesame seeds. There are several stores in town that carry this as well. It is found in the grocery section, as it does

Lori Gysel & Gerry Kentner



not need to be refrigerated until opened. It is also the key ingredient in the making of hummus. Although I haven't done it myself, I'm sure there's no reason why you couldn't freeze some of the tahini in ice cube trays if you won't be using it in a reasonable amount of time. Or better yet— make

a big batch and share with friends!

The sauce was yummy for this dish and although we served it with a couple of other recipes, I would've been happy to just serve this with some plain rice or some naan bread, so that you could happily slurp up all the extra sauce!

Have fun and keep cooking!

Email questions and comments to Lori and Gerry at whatscookin@independentfree-press.com

Lamb Meatballs in Tahini Sauce

Ingredients

- 1 kg ground lamb
- 2 medium onions, fine dice
- 3 cloves garlic, minced
- 1 1/2 tbsp baharat spice mix (see below)
- 2 tbsp olive oil
- 1/4 cup chopped parsley
- 1/4 cup chopped cilantro

Method

Mix all ingredients well and knead thoroughly.

Refrigerate 30 minutes.

Knead again and form into meatballs.

Bake in a 425 degree F oven

for 10 minutes.

Tahini Sauce ingredients

- 1/2 cup raw tahini
- 2 tbsp fresh squeezed lemon juice
- salt and pepper
- 1/2 tsp ground cumin
- 2-3 tbsp pine nuts, toasted
- chopped fresh mint

Method

Whisk tahini with 1-cup water. Add lemon and cumin. Then season to taste with salt and pepper. Pour sauce over meatballs and bake 10-15 minutes



more at 425 degrees F. Garnish with toasted pine nuts and fresh mint. Serve.

Baharat Spice Mix

- 1 tbsp of each ground cardamom, black pepper, cinnamon, ground dry ginger
- 1/2 tbsp of each ground all-spice, ground nutmeg

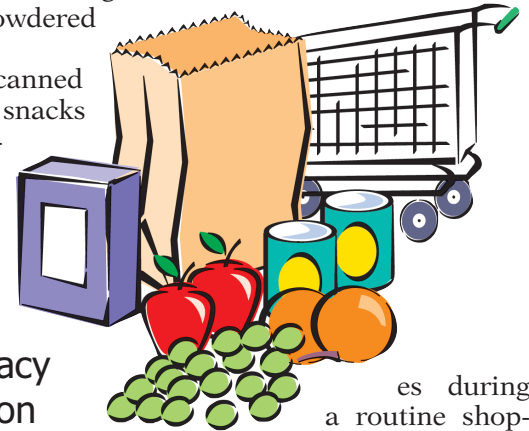
Food bank has a grocery list ready

Georgetown Bread Basket (food bank) is running short on a few items— any donation is appreciated but protein is one item frequently lacking.

To supplement their clients' needs in this area, here is a suggested list of items you could donate: any canned meat, chilli or pasta with meat, canned fish and large soups as well as powdered milk.

For children, canned juice and healthy snacks and cereals are particularly appreciated.

Thanks for your help. Any items can be placed in the food bank bins



Metro Pharmacy hosts Nutrition Shopping Tour

On Monday, Feb. 28, 7-8:30 p.m. a registered dietician will conduct a nutrition shopping tour through the Metro grocery store, 367 Mountainview Rd. S., Georgetown. Customers will be led on a tour of the grocery store and will be provided with information on making healthier food choices

at Food Basics, Metro (north and south) and Real Canadian Superstore and food bank volunteers will pick up.

If you are willing to share your produce with the less fortunate, your fresh food donations are also welcome at the food bank location, Unit 12, 55 Sinclair Avenue.

es during a routine shopping trip. Special focus will be provided on reading nutrition labels on food products. In addition the tour dietician will discuss the value of nutrition in maintaining good heart health.

Participants must call to reserve a spot. Please contact the Metro pharmacy, 905-702-1131 to register. Everyone is welcome to attend.

Do The WagJag!

WAGJAG (w-a-g-j-a-g)1 - (noun): an incredible deal available only if a group indulges together in a collective spree. 2 - (verb): the act of buying a wagjag with unrestrained excitement or rapidly and repeatedly sharing wagjags with uninhibited exuberance.

STARTS TODAY!

WagJag.com brings you AMAZING local deals on:

- Events • restaurants
- fashion finds • activities
- adventures • and more

BUY TOGETHER AND WE ALL WIN!

GET YOUR BUSINESS WAG-JAGGING!
Call us at 905-873-0301

Visit: www.wagjag.com

Brought to you by Your Community Newspaper

THE INDEPENDENT & FREE PRESS

Serving Acton, Georgetown and surrounding areas

WagJag

Buy together and we all win!

2011 AS THE YEARS GO BY

You're going to need that body!

2011 Look after yourself today, and live all your tomorrows better.

It only makes sense to put an active lifestyle on that to-do list, because over the years, whatever else you need, **you're going to need that body!** We are here to help. Our personal coaches will design a health and fitness program just for you. We will be there to motivate you and celebrate in your progress. After all, it's the results that will excite you!

First 25 members also receive a FREE gym bag!

Join now and pay **\$0** initiation fee!

*First time guests only. See club for details.

ATLANTIS ATHLETICS

www.atlantisathletics.com

Call or visit us today!
905-877-0771
232 Guelph St., Georgetown, ON