

# What's Cookin': A berry delicious sauce

We've got a great recipe for you this week so that you can be ready for pancake Tuesday! Pancake Tuesday takes place this year on Tuesday, March 8.

You don't have to observe Lent in order to be a fan of this opportunity for a delicious dinner of pancakes! Traditionally Shrove Tuesday was the last day before the fast, so this day became a celebration and a chance to use up any of the foods that they would not be partaking in for the duration of Lent. Fat, sugar, eggs, chocolate, are just some of the ingredients to be used.

So break out the frying pan — it's time to cook up some pancakes, waffles or crepes!

I was fortunate enough to be working at a trade show for Loblaw in Toronto last week and was situated right beside a berry vendor from California. He specialized in blackberries and blueberries. So, I was able to solve a little mystery. How come sometimes the blueberries are very seedy and sometimes not? Why are some sweeter than others? Well he had the answer!

**Lori Gysel & Gerry Kentner**



Apparently there are many varieties of blueberries commercially grown. The blueberries that have a small tuft at the end— where the berry had a small flower growing from it— at one time are very sweet and not seedy. The other variety— the one that is not quite as sweet and very seedy— is known as a "rabbit eye" variety. They are great for cooking and perhaps on your cereal when you are looking for a little more crunch. You can recognize the rabbit eye variety because they have a distinctive white-ish ring where it was attached to the plant— almost looks like the iris of an eye (thus the rabbit eye name).

Have fun and keep cooking!

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

## World Day of Prayer services tomorrow

Local churches in and around Halton Hills plan to observe the World Day of Prayer with special services, tomorrow (Friday, March 4).

This special day has been held by Christians around the world on the first Friday in March since 1920. Each year a different country takes the lead in preparing the service and this year the women of Chile invite all to reflect on the many gifts that God has given each of us— and the call to share those gifts.

In Georgetown this year, the service will be hosted at the new Holy Cross Catholic Church,

14400 Argyll Rd., starting at 7:30 p.m. All are invited to join in this ecumenical service of prayer.

In Acton, a World Day of Prayer service is hosted by Churchill Community Church, 7 p.m.

Ebenezer United Church, 12274 Guelph Line, is also hosting a 10 a.m. World Day of Prayer service with speaker Wilma Welch, a former missionary; coffee at 9:30-10 a.m.

In Norval, the World Day of Prayer service will be hosted by St. Paul's Anglican Church, 12 Adamson St., Norval 10 a.m. All welcome! Info: Mary Churchill, 905-846-2277.



## Berry Fruit Sauce

(for pancakes, crepes or waffles)

### Ingredients

- 2 cups frozen strawberries (thawed, with juice)
- 2 cups frozen blueberries (thawed, with juice)
- 1/2 cup sugar
- grated rind of 1 orange
- 2 tbsp corn starch
- 4 tbsp cold water

### Method

1. Bring fruit, sugar and orange rind to a boil. Reduce heat to a simmer.

2. Mix corn starch with water and stir into simmering fruit mixture. Cook only 1 minute more, so as not to break up the fruit too much.

3. Serve warm or cold over pancakes, waffles, ice cream or pound cake.

*Cook's note: any combination of fresh or frozen berries work well— raspberries, blackberries, blueberries, strawberries*

## Get ready for Pancake Tuesday!

Local churches host Pancake Suppers on Tuesday, March 8 in honour of Shrove Tuesday.

• 5:30 p.m. at Huttonville United Church— just \$5 per person.

• 5-7 p.m. at St. John's United Church, 11 Guelph St. Enjoy the fun and fellowship of a traditional pancake supper served with sausages, local pure maple syrup, fresh fruit and beverages. Cost: adults \$6; youth 12 & under \$3; family rate \$15. Info: 905-877-2531; [www.stjohnsuc.ca](http://www.stjohnsuc.ca)

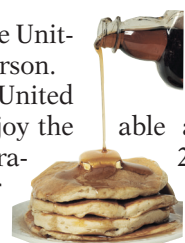
• St. John's Anglican Church, Stewarttown, at Trafalgar Rd.

and 15 Sideroad, will be holding a Mardi Gras themed Pancake Supper, 5-7 p.m. Cost: \$6 adults; \$4 children (6-10 years) and preschoolers free. Tickets are available at the door. Info: 905-873-2216.

• 5:30-7 p.m. at St. Alban's Church parish hall, 537 Main St. All welcome!

Free will donations gladly accepted with all proceeds going to Primate World Relief and Development Fund.

• St. Alban's Church in Acton hosts a Pancake Supper at 6 p.m.



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