

# What's Cookin': Common kitchen mistakes

What are the most common mistakes made in the kitchen and the causes of kitchen failures?

1. Not reading through the entire recipe before you start.
2. Not following the method in the recipe- exactly. Although recipes should be written with the ingredients appearing in the correct order, there is often more to it than just tossing it all in a bowl.
3. Not setting a timer for the oven. All of us get distracted and forget we've got things cooking— set a timer (a loud one)!
4. Setting the timer for the maximum amount of baking time indicated on a recipe. Everyone's oven is a bit different, so if a recipe says 15-25 minutes of baking time, you should set your timer for 15 minutes, check it and then reset the timer for longer if required.

## Cherry Loaf

### Ingredients

- 1/3 cup butter
- 1 cup brown sugar
- 1 egg
- 1/2 cup cherry juice
- 1/2 cup milk
- 1/2 cup maraschino cherries
- 2 tsp baking powder
- dash of salt
- 2 cups flour



### Method

1. Cream butter and sugar together. Mix in egg. Stir in cherry juice and milk. Toss cherries in mixture.
2. Stir baking powder, and salt into flour in a separate bowl.
3. Fold dry ingredients into wet.
4. Let stand for 20 minutes.
5. Bake at 350 degrees for 1 hour in a greased loaf pan.

Lori Gysel & Gerry Kentner



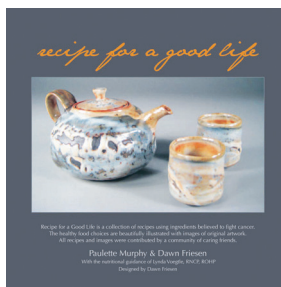
5. No knowing proper substitutions in a recipe. For example if a recipe calls for 2 cups of all purpose flour, you can't just substitute in 2 cups of whole wheat flour— your recipe will be very dense, dry and require more baking time.
6. Miscalculating the amount of time available to prepare your food and underestimating the work involved. If dinner has to be on the table in 1 hour, you're best off finding a recipe with a small amount of prep and that only requires a half hour of oven time. Now is not the time to make a meatloaf that has to bake for 45 minutes.
7. Trying a new recipe when you are having company. Always use tried and true recipes so you don't end up in a situation where it doesn't work out. The fact that it may not work out usually has more to do with you being rushed and under pressure than it does to do with your cooking skills!
8. Not reading the ingredient list days before making the recipe. It is a real bummer to be in the middle of making a recipe and discover that you need a ripe avocado— when not only do you not have any avocados, but it will take at least three days to get one ripe.
9. Drinking while cooking! Relaxes some, makes others (like me) stupid!
10. Not using a meat thermometer. Have fun and keep cooking!

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

## Artists cook up recipe book to fight cancer

Artists are fighting cancer with a cookbook, *Recipe for a Good Life*, a compilation of recipes, nutritional info and original art, organized by author Paulette Murphy, a cancer survivor and Dawn Friesen.

A book signing and exhibition will be held on Saturday, May 28, at Williams Mill Vi-



sual Arts Centre in Glen Williams, 2-5 p.m. Proceeds to cancer research and support organizations.

*Recipe for a Good Life* can also be found at [www.friesenpress.com/bookstore](http://www.friesenpress.com/bookstore) or [www.amazon.com](http://www.amazon.com) and at Chingua-cousy Wellspring Center, 5 Inspiration Way, Brampton.

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Barry and Sandra Timleck are pleased to announce the marriage of their son **Dr. John Andrew** to **Brian Anthony Cox**, environmental engineer, son of Marian and Aranzo Milbourne of Ellicott City, Maryland. The ceremony will take place in Washington, D.C. on May 20, 2011. Andrew and Brian reside at their home in Baltimore City, Maryland.

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