

# What's Cookin' in North Carolina: Experiencing regional foods and flavours

Gerry is writing today...

Our March trip to North Carolina provided my culinary mind with some great opportunities to experience some regional foods and flavours as well as visit some interesting food venues.

Here are some of our favorite and first time stops along the way, as I know many of you travel the Halton Hills to Florida route frequently. These are not in any order of travel or preference.

1. Boone Tavern Inn in Berea, Kentucky. Always a special spot for lunch in this college town, specializing in craft and culinary programs. This historic inn downtown offers fresh regional food in a newly reno-

**Lori Gysel & Gerry Kentner**



vated, beautiful dining room setting. You will not go hungry nor be disappointed.

2. Chelsea's Cake and Tea Room in Biltmore Village in Asheville, N.C. It was our first visit to this traditional tea room, decorated in chintz and lace, sitting in the centre of a fabulous gift shop. Lots of fresh soups, salads, sandwiches, daily specials and heavenly desserts. I enjoyed the Chelsea's sampler course since I couldn't decide—turned out to be a good choice!

3. Latitude 41 in the Renaissance Hotel in Columbus, Ohio. A fairly new, modern restaurant on the city scene with an interesting take on the menu. Offering a section of small, sharing plates, larger plate choices, garden sides and a 4 or 6 course tasting menu. Service was a tad slow, but the taste and food presentation style were worth the wait. The lobster mac and cheese was a must for me and the pot of pickles, featuring shitakes, cucumber, carrots, radish and cauliflower, but no pickles!

For the next few steps on our trip, tune in next week! Have fun and keep cooking!

Email questions and comments to [whatscookin@theifp.ca](mailto:whatscookin@theifp.ca)

## Stuffed Eggplant

Serves 4

### Ingredients

- 2 medium purple eggplants
- 1 cup diced mushrooms (any kind)

- 1 cup diced onion (red or Spanish)
- 1 cup diced zucchini (green or yellow)
- 1 cup diced pepper (any colour)
- 4 tbsp olive oil, divided
- coarse salt and pepper
- 2/3 cup shredded parmesan cheese



### Method

1. Slice eggplants in half lengthwise. Rub generously with 2 tablespoons olive oil and sprinkle with coarse salt.

2. On a medium-heat grill, cook cut-side down until it is nicely browned and caramelized. Then grill other side for 3-5 minutes, till cooked through. Remove from grill and set aside.

3. In the meantime, sauté mushrooms, onion, zucchini and pepper in olive oil until cooked, but still firm.

4. Add salt and pepper to taste and one third of the parmesan.

5. Top the eggplants with the vegetable mixture, then sprinkle with remaining parmesan.

6. Bake in a preheated 375 degree oven, uncovered, for 10-15 minutes or until heated through and cheese has melted.

### Shopping list for the Georgetown Bread Basket

Large cans of juice, canned meat, sugar, salt, coffee, snacks for children (puddings, jello, apple sauce), cereal are needed. Any items can be placed in the food bank bins at Food Basics, Metro (north and south) and Real Canadian Superstore, Freshco and food bank volunteers will pick up, or at the food bank, Unit 12, 55 Sinclair Avenue.

**It's no joke  
It's no jive  
our Dad is  
65!**

**Happy Birthday Dad**  
Love: TJ, Amanda & Skippy

**Happy Birthday Paul**  
Love: Brenda

**Bennett Health Care Centre**  
**A Call to join the Board of Directors**

We are seeking individuals interested in serving in the future as a volunteer member on the Board of Directors or as a Community Representative on one of the Board Committees of the Bennett Health Care Centre.

Our vision is to establish an integrated campus setting that will offer a continuum of options for housing and high quality care and services to seniors and those with special needs in Halton Hills. Presently, we offer long term care to 66 residents at our Princess Anne site and in 2009, opened The Gallery, a 105 unit senior's independent living apartment for those age 60 plus in Bennett Village on our Halton Hills Drive campus.

We are especially interested in individuals with experience in the areas of finance, facility and housing development, marketing and legal. Please go to the Bennett Centre website for more information on how to make an application at <http://bennetthealth-carecentre.ca/board.html>

Applications will be accepted until 4:00 p.m. on Monday June 13, 2011

**Congratulations  
Jamie  
Archdekin  
on your graduation from  
Regina Police College.**

**Good Luck in Golden!**  
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Lloyd and Anne McIntyre are happy to announce the engagement of their son **Scott Aaron McIntyre** to **Meicha Anne Ottenbreit** daughter of Louise and Roy Guarino of Kelowna, B.C. and of James and Fiona Ottenbreit of Stouton, Sask.

Wedding to take place 2012.

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**Ask Me About**

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290 Main Street (south of Maple)  
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God's Word for Today's World.  
[www.knoxgeorgetown.ca](http://www.knoxgeorgetown.ca)

**REV. DR. JAMES COOPER**  
116 Main St. S., Georgetown, ON  
905-877-7585  
Chair-lift access available.  
'Sunday's Cool' youth ministry program for ages 4 & up.  
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**SUNDAY WORSHIP SERVICES: 11:00 A.M.**

**GEORGETOWN CHRISTIAN REFORMED CHURCH**  
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**SUNDAY SERVICES**

- Lord's Supper 10 A.M. • Ministry Meeting 11:00 A.M.
- Fellowship Lunch 12:00 P.M. • Ministry Meeting 1:00 P.M.

**Meeting In: Georgetown Seniors Centre**  
**Address: 318 Guelph Street**  
Phone: 905-873-1005 Website: [www.haltonhillsbiblechapel.com](http://www.haltonhillsbiblechapel.com)

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