

What's Cookin': A vegetarian in the family can lead to creative dinner ideas

Well, it looks like there may be more vegetarian/vegan recipes in our future here in the paper. One of my sons just popped his head in the kitchen the other week and announced that he was going vegetarian— sometimes.

I think that means that if there isn't anything really tempting, then he'll eat vege-

tarian, but if there's an expensive steak to be had or some succulent seafood— then he's eating it!

So, in keeping with his interests, we are trying to eat vegetarian more often as a family. Tonight we had a yummy summer salad. We used tempeh for the first time. It was sliced in strips and had

**Lori Gysel
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Kentner**



a maple flavour added— we fried it up and then cut it, just as if it was bacon. So we had lots of greens, broccoli, to-

matoes, peas, this tempeh (or "facon" as my family calls it) and a homemade blue cheese dressing. Yummy and perfect for a hot summer night, which tonight was.

So, we'll keep trying the vegetarian/vegan recipes and let you know when we find a keeper!

Next week is Father's Day

and we're going to feature one of my Dad's favorite recipes— so if you're looking for something a little on the fancy side for your special dinner be sure to read next Thursday's column!

Have fun and keep cooking!

Email questions and comments to whatscookin@theifp.ca

Mango Cashew Chicken with Coconut Rice

Serves 2-3

Ingredients

- 1 cup rice (long grain or basmati)
- 1 can (398 ml) coconut milk
- 2 tbsp vegetable oil
- 1" piece ginger, peeled and slivered
- 2 cloves garlic, minced
- 2 boneless, skinless chicken breasts, cut in large chunks
- 1/2 green pepper, large dice
- 1/2 red or yellow pepper, large dice
- 1/3 red onion, large dice
- 1 tsp curry powder (or more to taste)
- 3 tbsp honey
- 4 tbsp rice vinegar



- 1/4 cup soy sauce
- 1/2 tsp sambal olek (or more to taste)
- 1 mango, peeled and cut in large chunks
- 1/3 cup salted cashew pieces
- 2 tsp cornstarch
- 2 tbsp cold water

Method

1. Prepare rice in oven according to directions, substituting coconut milk for water.

Cover during cooking.

2. Sauté ginger and garlic in oil until fragrant. Add chicken and cook until one side is nicely coloured.

3. Add peppers and onion to pan, cook until chicken is almost cooked, but vegetables are still firm.

4. Add sauce curry powder, honey, vinegar, soy sauce and sambal olek. Mix thoroughly.

5. Add mango and cashews.

6. Mix cornstarch with water and stir into mixture. Cook for approximately 1 minute or until sauce thickens.

Cook's note:

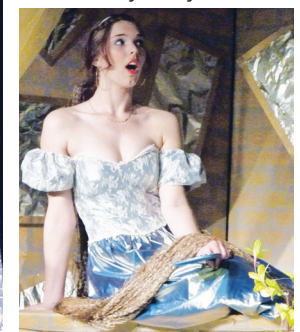
For extra sauce, just double the sauce ingredients. Fresh or canned pineapple makes a tasty addition to this recipe.



Budding thespians

Left, Alex Gysel and Leah Johansen starred in Peter Shaffer's *Black Comedy*, one of six plays in Georgetown High School's Senior Productions classes' One Act Play Festival last month. Below Rachel Longwell starred in the students' collective creation, *Rapunzel Uncut*.

Photos by Karyn Ristok



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Avoid the Summer "Brain Drain"!

Did you know that students who take a complete break from learning during the summer months could potentially lose up to 40% of their learning momentum? Research has proven it time and again.

Children who maintain this momentum over the summer months are more geared up for learning in the fall. Having your child involved in a learning program can also give them the edge they may need to start the school year with confidence and an eagerness to learn. That's why it's so important to include education in your summer plans.

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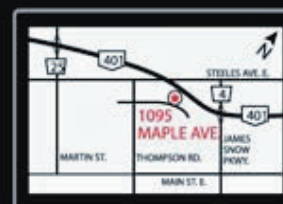
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