

# What's Cookin': Making Dad's favourite

Happy Father's Day! Today's recipe is one of my Dad's favourites. You can serve them as appetizers, but they are really much easier to eat if you are sitting down at the table with a knife and fork.

**Lori Gysel  
& Gerry  
Kentner**



My favorite presentation is to toss some baby greens with a homemade citrus vinaigrette. To make the vinaigrette, squeeze two pieces of citrus fruit (oranges, lemon, lime, grapefruit or a combo) in a bowl. Also add the zest from the fruit. Add about a teaspoon of cider vinegar. Add 2 tsp Dijon mustard and whisk. Now drizzle in canola oil (while whisking) until the dressing is to your taste. Then add about a tablespoon of honey, some salt and pepper. Toss with the greens.

Put a nice pile of the dressed greens on each plate, then top with about three of the shrimp and crab cakes. Delicious!

You can also make the cakes with shrimp and lobster—they are fantastic—but so expensive!

If you want to make the cakes in advance, that is fine, you can make them up to 24 hours in advance, but then toss them in bread crumbs one more time before frying in pan just to make sure they are dry on the outside.

Have fun and keep cooking!

# Shrimp and Crab Cakes

Makes 20 small cakes

## Ingredients

- 1 tin (11oz) frozen crab meat, thawed
- 1 lb fresh shrimp, raw, peeled and deveined
- 1/2 cup mayonnaise
- 2/3 cup fresh white breadcrumbs
- 1/2 red pepper, diced fine
- 1/4 cup chopped fresh chives
- 2 ears fresh corn, husked and cut from the cob
- salt and pepper to taste
- sesame seeds
- olive oil for frying

## Method

1. Dice crab meat and shrimp into one quarter inch cubes. Mix well with all ingredients except for the sesame seeds and half the breadcrumbs until well incorporated. Check for consistency and add more mayonnaise or breadcrumbs as required. Season to taste.



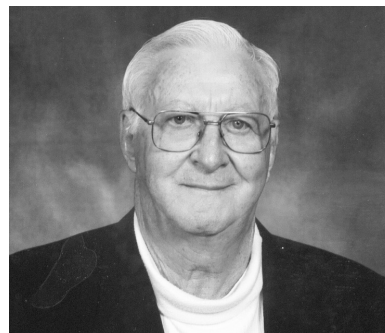
2. Form mixture into cakes by hand. Dredge the cakes in sesame seeds first and then in the remaining breadcrumbs. Refrigerate and allow to firm somewhat before frying.

3. Fry each cake in a hot pan—just long enough to get good colour on both sides. Drain on paper towels and set aside. Place all cakes in 400 F degree oven to bake for approximately 10 minutes. Serve and enjoy!

For questions or comments, email [whatscookin@theifp.ca](mailto:whatscookin@theifp.ca)

## CELIAC DISEASE

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*Best Wishes Only*

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**Happy 16th  
Birthday  
Brody**

Love Mom, Dad,  
Bronte, Riley & Theo

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## Home Outfitters

Kitchen | bed | bath | SUPERSTORE

### CORRECTION NOTICE

In the June 17th Home Outfitters flyer, the T-Fal Actifyr is available in select locations only. There are no rainchecks or substitutions available on this item.

We apologize for any inconvenience this may have caused.

## Lobster steak is on the menu

Lobster and steak supper will be held on Friday (June 17), 5:30-8:30 p.m. at Huttonville Community School.

Hosted by Huttonville United Church and Huttonville Lions Club. Lobster, \$35 and steak, \$25. Info: 905-877-8637.

What's new on the web? Check out the CNIB web site at: [www.cnib.ca](http://www.cnib.ca)

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Contact your local CNIB District Centre. (905) 275-5332

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905-877-7585

Chair-lift access available.  
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Service Dial-in: 905-702-1629

SUNDAY WORSHIP SERVICES: 11:00 A.M.

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13619 Hwy 7 West Tel. 905-873-9652  
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**HALTON HILLS BIBLE CHAPEL**

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)

## Tips from the Pro...

By Cory Gentes

**Now that the warm weather has finally arrived, we can start talking golf!**

This Pro Tip will focus on Hybrid Clubs. If you don't have at least one in your bag you need to do yourself a favour and try one out. A hybrid is basically a long iron or fairway wood replacement club. There are a couple of reasons why they work so well. First, the shaft is generally shorter than a fairway wood so the golfer has better control over the club head. Second, the design of the head places more weight away from the face versus a long iron, which translates into a higher launching club.

Both low and high handicap golfers are seeing the benefits of hybrid clubs. High handicappers are replacing their three and four irons with easier to hit and more forgiving hybrids. The low handicappers are using hybrids to replace 5-woods, 2 irons and even three irons because they fly the ball into greens on a higher trajectory than their clubs.

Hybrid clubs are also very versatile. The smaller head of hybrid allows the club to move through the rough easily allowing golfers to escape from bad lies.

They are also great off the tee on those shorter par fours where accuracy is more important than distance.

*I hope these tips help you in your quest for better golf in the coming months.*

**THE CLUB AT NORTH HALTON**  
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## Happy 18th Birthday Josh

Congratulations on getting your drivers license.  
**Love Grandma McKee**