

# What's Cookin': Maritimes provides exciting culinary adventure

Gerry is writing today...  
Cod tongues, lobster zuppa, toutons, bakeapples, lobster rolls, salt cod cakes, oatcakes, fresh mussels, pan fried cod and chips, lots of haddock and fisherman's breevies, yep, that's what I was

eating last month! Can you guess where I was? In the Maritimes, of course!  
What an exciting new culinary adventure this was for us. I didn't like everything I tried, but in aid of research, I tried it all! As well as

eating all the local fare, we sought out local seafood purveyors, processors and growers. I have never seen so many lobster traps!  
Although we spent time in P.E.I., Newfoundland and Nova Scotia, I couldn't say where the best lobster was (anywhere from \$17 to \$35). I did eat fresh whole lobster five times and lobster rolls three times. Yummy! McDonald's even has a McLobster roll, which I never did get around to trying.

I didn't realize how huge this seafood industry was until we saw it in action. We drove by many mussel and oyster farms, watched a huge catch of some kind of fish being unloaded and iced and containerized for shipping and saw hundreds of fishing vessels in all



**Lori Gysel & Gerry Kentner**

the little fishing village harbours. We talked with some fishermen on the south shore of Nova Scotia who were unloading their catch of hake and pollock from the Bay of Fundy. They were out one week to fill their boat and were going to salt it before selling.

We saw McCain foods and the huge Cavendish Farms in P.E.I. as well as Highliner's processing plant in Lunenburg, N.S. In Oxford, N.S. we came across North America's largest processor of wild

blueberries (Oxford was the name of the company). As we were leaving the Annapolis valley in N.S., home of apple orchards, vegetable farms and vineyards, I stopped at a market and loaded up with the best of their crops, as we were going to be staying where we could cook in for a few days.

Seeing and being close to the source of some of the foods we eat is a real sense of enjoyment and interest for us, having been in the food business. Kind of a Mother Earth type of feeling.

Watch for another story or two on our Maritime experiences. Have fun and keep cooking!

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

## CHURCHES & TEMPLES



**CHURCH AT THE FAIR**  
Sept. 11<sup>th</sup> at 10:00 am  
This Sunday we will be holding our service at the Georgetown Fall Fair  
To pick up your FREE PASS to the fair Call 905-873-0249

**GEORGETOWN CHRISTIAN REFORMED CHURCH**  
welcomes you!  
Lead Pastor: Rev. Gary vanLeeuwen Youth Pastor: Brian DeBoer  
Sunday Worship Services: 10:00 am & 6:00 pm  
11611 Trafalgar Road (north of Maple Avenue) 905-877-4322  
www.gcrc.on.ca

**KNOX PRESBYTERIAN CHURCH**  
God's Word for Today's World.  
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.  
Service Dial-in: 905-702-1629  
SUNDAY WORSHIP SERVICES: 11:00 A.M.

**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

### Corn and Pepper Soup (Serves 10)

- Ingredients:**
- 2 tbsp olive oil
  - 2 med cooking onions, small dice
  - 3 cloves garlic, minced fine
  - 3 corn on the cob, corn cut off (save cobs)
  - 1 yellow pepper, small dice
  - 1 red pepper, small dice
  - 8 cups vegetable stock
  - 1 chipotle pepper plus 1 tsp adobo sauce
  - 1 cup cooked, chopped spinach
  - One half cup chopped cilantro
  - Salt and pepper to taste



- 1 lime, cut in wedges
  - Asiago cheese, shredded
- Method:**
1. Saute onions in olive oil until soft and transparent. Add garlic and continue to cook for 1 more minute.
  2. Add corn and peppers. Cook until soft.
  3. Add vegetable stock and corn cobs. Simmer for 30 minutes.
  4. Add chipotle pepper and sauce. Add spinach.
  5. Just before serving, remove the corn cobs, add the cilantro. Taste for salt and pepper.
  6. Garnish each serving with asiago cheese and a lime wedge.

THESE DEALS STARTS TODAY!

# Do The Wag Wag!

GET YOUR BUSINESS WAG-JAGGING!  
Call us at 905•873•0301

THE INDEPENDENT & FREE PRESS



**\$99 for a Diva Pole Dancing Party for up to 8 People from Pathway to Wellness (a \$299 Value)**

DISCUSS THIS DEAL SHARE THIS DEAL AND YOU CAN EARN \$10

Buy For \$99.00  
Regular Price: \$299.00  
You Save: \$200  
Discount: 67%

Time left on this deal: 07 07:44:06

0 bought

**Offer Details**

- Expires March 31, 2012
- To redeem, email ahead to book appointment. Print and bring in
- Limit 1 per group of 8 per visit
- Taxes included. No cash value. No cash back

**Highlights**

- Parties are customized to suit all abilities
- Great for bachelorettes, girls night out or special occasion

This deal activates at 3 we need 3 more!

**\$19 for a Private Pole Dancing Lesson from Pathway to Wellness**

DISCUSS THIS DEAL SHARE THIS DEAL AND YOU CAN EARN \$10

Buy For \$19.00  
Regular Price: \$40.00  
You Save: \$21  
Discount: 53%

Time left on this deal: 07 07:44:29

0 bought

**Offer Details**

- Expires March 31, 2012
- To redeem, email ahead to book appointment. Print and bring in
- Unlimited buys; limit 1 per person per visit
- Taxes included. No cash value. No cash back

**Highlights**

- Have a fun pole workout in a safe, supportive environment
- Lesson customized to suit all abilities

This deal activates at 3 we need 3 more!

**\$39 for 2 Laser Hair Removal Sessions for Underarms, Basic Bikini or Upper Lip and Ball of Chin at Donna's Laser & Spa (up to \$160 Value)**

DISCUSS THIS DEAL SHARE THIS DEAL AND YOU CAN EARN \$10

Buy For \$39.00  
Regular Price: \$160.00  
You Save: \$121  
Discount: 76%

Time left on this deal: 08 07:44:54

0 bought

**Offer Details**

- Expires January 31, 2012
- By appointment only
- Limit 2 buys per person. Limit 1 voucher per hair removal zone. May combine 2 vouchers to target 2 different zones
- Includes tax. Voucher has no cash value

**Highlights**

- Clean, professional environment
- All services performed by a certified medical aesthetician
- May be used for underarms, basic bikini or upper lip and ball of chin
- Modern and up-to-date technology

This deal activates at 5 we need 5 more!