

What's Cookin': Try a new way to make rice so it doesn't clump

Happy Birthday Gerry! Gerry had a significant birthday this week, but perhaps she would appreciate it if I didn't announce the number to all 49,000 residents of Halton Hills! Anyhow, all the best from everyone!

I thought I would share a couple of cooking tips with you today— recipes are interesting, but it's all the little tips, tricks and insights that you learn when you attend a cooking class that are really great.

• When trying to brown vegetables or meat, make sure that your fry pan is hot and the oil is hot first, then add the meat or veggies. Also make sure that you only put in a small amount. If you overload

Lori Gysel & Gerry Kentner



the pan, the pan gets too cool, then all of a sudden the juices from the veggies and/or meat start leaching into the pan and the next thing you know, you have a pan full of meat and veggies boiling in their own juices instead of frying. Keep the pan hot and work in batches.

• Try a new way to make white rice Rinse the rice well until starchy liquid turns clear. Then place rice in a pot. Smooth out the

rice so the top is level. Touch the top of the rice with your finger. Then fill the pot with cold water until the water comes up to your first knuckle. Put lid on pot. Place pot on a medium high burner. Bring to a boil, then reduce to simmering for approximately 10 minutes or so, until water has been absorbed and rice is tender.

If you make rice and it turns out re-

ally sticky and you were hoping for fluffy, then just before serving, place rice in a colander and rinse it under HOT water— this will keep up the temperature of the rice, but will rinse away a lot of the starch.

Have fun and keep cooking!
Send questions or comments to Lori or Gerry at whatscooking@theifp.ca

Meringues with Fresh Mango

Makes 8

Ingredients

- 4 egg whites (at room temperature)
- 1 cup plus 2 tbsp sugar
- 2 ripe mangoes
- 2/3 cup sugar
- 2/3 cup water
- whipped cream for garnish

Method

1. Beat egg whites in a glass bowl until stiff (part way through the beating, add the 1 cup plus 2 tbsp sugar very slowly).
2. Spoon meringue mixture into a pastry bag fitted with a plain tip. Pipe 3-4 inch rounds onto parchment paper. Fill

centre with a meringue base, then build up the sides of the round, going up two or three layers.

3. Bake in a preheated 200 degree oven for two hours.

4. Meanwhile, place the mango, sugar and water in a small pot. Bring to a boil, then reduce to a simmer. Simmer for 3-4 minutes until syrup has reduced slightly. Cool.

5. Spoon mango into meringue shells and top with whipped cream.



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