

Cauliflower and Cheese Soup

Serves 8

Ingredients

- 5 shallots, minced fine
- 1 head cauliflower
- 2 tbsp butter
- 2 tbsp vegetable oil
- 4 small potatoes, peeled, diced
- 1/4 cup flour
- 8 cups vegetable stock
- 1-2 tsp dried thyme
- 1/3 cup shredded havarti, mozzarella, swiss, gruyere or white cheddar
- 3 tbsp grated parmesan
- salt and pepper to taste

Method

1. Chop cauliflower into flowerettes.
2. Heat butter and oil in large pot. Add shallots and cook on medium heat for a few minutes until shallots soften. Add cauliflower and cook, stirring constantly for about 5 minutes.
3. Add flour and mix well. Cook for about 2 minutes, stirring constantly.
4. Slowly add vegetable stock, stirring. Then add potatoes and thyme. Cook for 20-30 minutes at a simmer until potatoes are softened. Remove from the heat.
5. Using immersion blender, puree half the soup, leaving half chunky.
6. Return to low heat and add cheeses. Taste for salt and pepper. Once cheese is melted, you are ready to serve.
7. Serve with croutons.



What's Cookin': Subbing ingredients

Gerry is writing today...

What do you do when you decide to make a recipe and are missing an ingredient? Well, first you call your neighbor and see if he/she has it or you go to the store when you really don't want to use a substitute.

Here are some common "stand-ins" when you're in a pinch:

1. Semi-sweet chocolate (1 square)— sub 3 tbsp unsweetened cocoa plus 3 tbsp sugar and 2 tbsp butter, mixed together.
2. Cream cheese—sub part skim milk ricotta or low fat cottage cheese (beaten until smooth). Mascarpone is a good substitute in desserts.
3. Butter— you cannot sub whipped butter, as it is full of air and your recipe will fail. Margarine is the only substitute.
4. Vinegar— sub lemon juice.
5. Sour cream— sub plain yogurt.
6. Shallots— sub the white part of a green onion or plain white onion.

Lori Gysel
& Gerry
Kentner



7. Honey (1 cup)— sub 1 1/4 cups sugar plus 1/4 cup water.
 8. Brown sugar (1 cup)— sub 3/4 cup white sugar plus 1/4 cup molasses.
 9. Baking powder (1 tsp)— sub 1 tsp baking soda plus 1/4 tsp cream of tartar.
 10. Dry bread crumbs— sub equal amounts of cracker crumbs or corn flakes or oven dried bread pulsed in food processor.
 11. Allspice (1 tsp)— sub 2/3 tsp cinnamon plus 1/3 tsp cloves.
 12. Self rising flour (1 cup) — sub 1 cup all purpose flour, 1 and 1/2 tsp baking powder and 1/2 tsp salt.
- Hope these tips help keep you in the kitchen when you are motivated! Have fun and keep cooking!

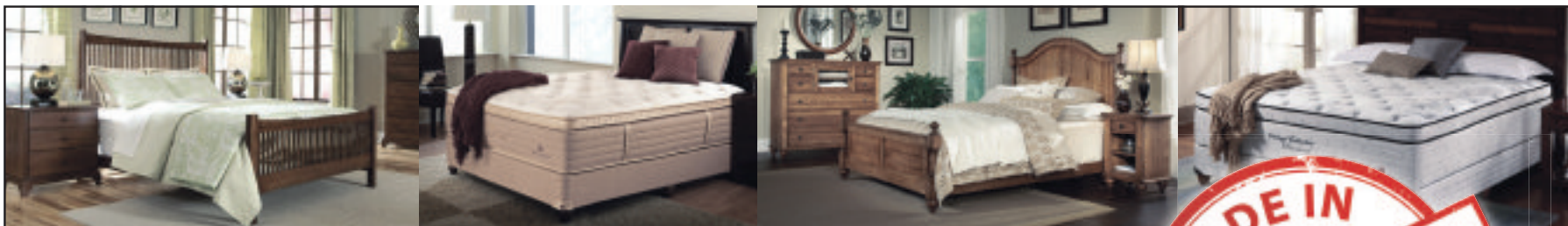
Email questions
and comments to
whatscooking@theifp.ca



\$1,500 to the Acton Navy League

At the recent parade night at the Acton Legion, Branch 197, the Acton Navy League cadets received some welcome support. Wes Kutasienski, the Legion's District B deputy commander and cadet liaison came aboard to commend this dedicated group and to present them with a cheque for \$1,500. Accepting the cheque from Commander Kutasienski is 12-year-old petty officer second class, Kyle Hopper, whose smile might also have a lot to do with the trip that the corps is to take later this month to the Canadian Warplane Heritage Museum where they will be spending a fun-filled night. The cadet program is entirely free and open to boys and girls ages 9 to 13. Those interested should come out to any Wednesday evening meeting at 6:45 p.m. at the Acton Legion, 15 Wright Avenue.

Photo by Judi Hopper



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