


# What's Cookin': Tips to pick and cut the perfect mango

Mango salsa is a wonderful condiment. But in order for it to be really great, you need ripe mangoes. How do you get a ripe mango and how do you cut it? Most mangoes in the store will be hard—it would be very unusual to find a ripe one. So be sure to purchase it five or six days before

you need it to allow time for ripening. Pick a mango that doesn't have any visible bruising. It will most likely be green/red in colour. As it ripens it will turn more yellow/orange-red. When it is ripe it will be softer to the touch and begin to have a nice aroma. If your mango starts ripening

**Lori Gysel & Gerry Kentner**  
  
 too fast for you, just put it in the fridge to slow the process down. When it comes time to cut the

mango, set it on its side, so that you are looking at the thinner profile when you look down on it. Cut just to the right of centre to avoid the pit, which is flat. If you run into the pit, then just move the knife over and cut again. Then, once you cut the flesh off cut again to the left of centre. Peel

the skin of the two main chunks you just removed, then you can see if you can remove a little more flesh. Or, you can do what I like to do at home— just stand over the sink and eat the remaining flesh off the pit with your teeth! Have fun and keep cooking!

## Crabcakes

Makes 6-8 dinner sized patties



- ### Ingredients
- 1 lb cooked crabmeat (fresh or frozen)
  - 1 egg
  - 2 tbsp Old Bay Seasoning
  - 1/4 cup mayonnaise
  - 2 tbsp Dijon mustard
  - 1 tsp hot pepper sauce
  - 1 tsp worchestershire sauce
  - 1 1/2 cup fine breadcrumbs
  - 2 tbsp chopped fresh chives
  - salt and pepper to taste

### Method

1. Break crabmeat up into a bowl. Add all other ingredients. Taste to adjust seasoning (you may want more hot sauce). Form into patties, either dinner or hors d'oeuvres size. Fry the patties in a little vegetable oil. When browned, turn over and cook the other side. Approximate cooking time is 8-10 minutes.

- ## Mango Salsa
- ### Ingredients
- 2 ripe mangos, chopped
  - 1/2 Jalapeno pepper, minced fine
  - 3/4 cup crushed pineapple, drained
  - 1/4 cup chopped fresh cilantro
  - 1/2 red pepper, chopped fine
  - 2 tbsp fresh squeeze lime juice
  - salt and pepper to taste

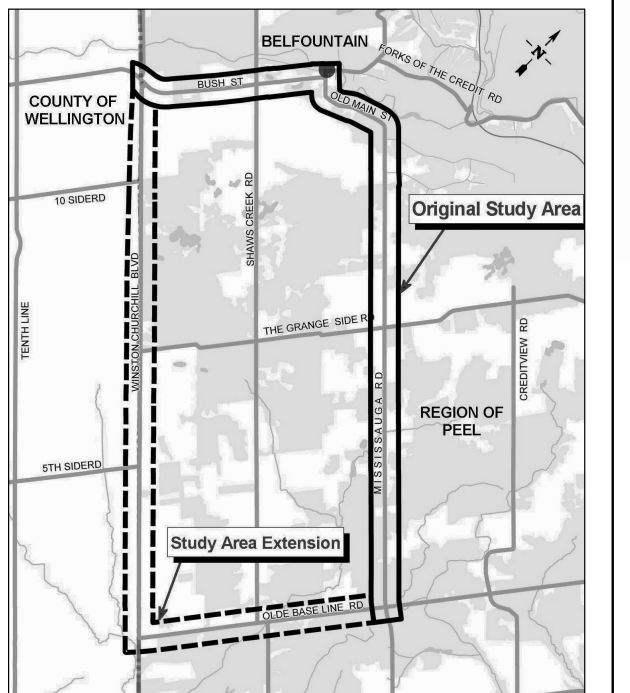
### Method

Mix all ingredients together and taste for seasoning. Let rest for at least half an hour before serving for flavours to combine.

## Region of Peel Working for you Public Notice

### NOTICE OF STUDY COMMENCEMENT FOR EXPANDED STUDY AREA

**Background:**  
 In June 2009, we began a Schedule C Municipal Class Environmental Assessment (EA) for improvements to Mississauga Road from Olde Base Line Road to Bush Street and Bush Street from Mississauga Road to Winston Churchill Boulevard. We are now expanding the limits of our EA to include Olde Base Line Road from Mississauga Road to Winston Churchill Boulevard, and Winston Churchill Boulevard from Olde Base Line Road to Bush Street (see map).



**Why did we expand the study area?**  
 Based on the feedback received for the Mississauga Road / Bush Street EA, we expanded the study area to review road safety, sight lines, drainage, parking and pedestrian and cycling needs.

This EA will not consider increasing the number of lanes. We will build on the previous study to provide a solution for the study area that meets the needs of all road users and maintains the character of the community.

**The Process**  
 The aim of the Class EA process is to provide everyone who has an interest or stake in the study area with the opportunity to create the best solution for the corridor. The project team, with your input, will:

- define the problem statement;
- develop and evaluate planning alternatives; and,
- determine a preferred solution.

We will provide opportunities to be involved through planned public meetings and community/ stakeholder workshops at key milestones as the study progresses. A Community Working Group is also being established for participation in two workshop meetings. Information on participating as a representative will be available on the Region's website after July 25, 2012. When the study is finished, a Notice of Study Completion and an Environmental Study Report (ESR) that presents the study findings will be published. The results of the study will be available for review for 30 calendar days.

**Comments**  
 Your participation is important and your comments are valued. We invite you to provide input at future public meetings or by providing comment as the study develops. You can also review the study progress on our website at:  
[peelregion.ca/pw/roads/enviro-assess](http://peelregion.ca/pw/roads/enviro-assess)

If you would like to comment on the study expansion or be notified about future public meetings, please contact either of the following team members.

**Mr. Hitesh Topiwala, RPP, PMP**  
 Project Manager, Transportation Program Planning  
 Public Works, Region of Peel  
 10 Peel Centre Dr., Suite B, 4th Floor  
 Brampton, ON L6T 4B9  
 Phone: 905-791-7800 ext. 7866  
 Fax: 905-791-1442  
 E-mail: [hitesh.topiwala@peelregion.ca](mailto:hitesh.topiwala@peelregion.ca)

**Mr. Stephen Keen, P.Eng.**  
 Consultant Project Manager  
 HDR Corporation.  
 144 Front St. West, Suite 655  
 Toronto, ON M5H 2L7  
 Phone: 416-847-0005 ext. 5557  
 Fax: 905-857-3127  
 E-mail: [stephen.keen@hdrinc.com](mailto:stephen.keen@hdrinc.com)

With the exception of personal information, all comments will become part of the public record of the study. The study is being conducted according to the requirements of the Municipal Class Environment Assessment, which is a planning process approved under Ontario's *Environmental Assessment Act*.

## CHURCHES & TEMPLES

**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](http://www.gcrc.on.ca)

**KNOX PRESBYTERIAN CHURCH**  
 Interim-Moderator - Rev. Wendy Lampman  
 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  
[www.knoxgeorgetown.ca](http://www.knoxgeorgetown.ca)

**SUNDAY WORSHIP SERVICES: 11:00 A.M.**

**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)

**A Non-Denominational Ministry**  
**Halton Community Church Acton**  
 Services closed for the summer holidays.  
 See you in September!

**Bahai' Faith**  
 Each of the great religions brought by the messengers of God - Moses, Krishna, Buddha, Zoroaster, Jesus, Mohammad, Baha'u'llah - represents a successive stage in the spiritual development of civilization. Baha'u'llah has brought teachings that address the moral and spiritual challenges of the modern world.  
 Join us for an evening of prayers, fellowship and music.  
 Wednesday July 18 at 7:30 p.m., 20 Donaghedy Drive, Georgetown  
 Phone 905-873-0661 [www.baha'i.org](http://www.baha'i.org)