

What's Cookin': Tips about the versatile herb, basil

Gerry is writing today...

Basil is a very important culinary herb and one of my favourites. T'is the season when this aromatic plant is at its peak. There are many different types of basil which vary in size, colour and flavour. It can also be used in many applications. Basil goes with almost everything, but has a special affinity for tomatoes.

The most common basil is sweet basil with soft green leaves with a strong scent. Also popular are lemon basil, thai basil, greek basil and purple ruffle basil. The young leaves at the top of the plants are the sweet-

Lori Gysel & Gerry Kentner



est. Dried basil does not have the same flavour as fresh, but a more minty taste predominates.

The best place to plant basil is in pots, rather than in the ground where they are prone to snail problems.

Store fresh basil leaves in plastic bags in the refrigerator, or preserved in jars with a touch of salt and olive oil and then store in refrigerator.

Basil tastes great with tomatoes, pesto, spaghetti sauces, fish, mushroom dishes, soups, salads and other herbs such as parsley, oregano, thyme, rosemary and sage. Following are some recipe ideas for using this fresh herb.

1. Freshly torn basil leaves are delicious on a salad of sliced tomatoes, lightly seasoned with coarse salt and freshly ground black pepper, drizzled with olive oil and served with crusty bread.

2. Caprese salad, of sliced tomatoes, bocconcini, torn basil leaves, olive oil and balsamic vinegar.

3. The greatest basil dish is pesto (recipe today).

4. Tomato soup can be enhanced by adding chopped fresh basil near the end of the cooking process or simply adding a couple of tablespoons of pesto.

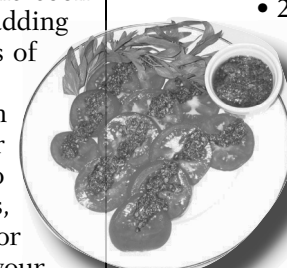
A great tip when freezing your pesto for the winter months is to freeze in ice cube trays, then simply pop one or more out and use in your favorite recipe.

Have fun and keep cooking!
Email questions and comments to whatscooking@theifp.ca

Pesto Sauce

Ingredients

- 2 cloves garlic, crushed
- 2 cup pine nuts
- 3/4 cup olive oil
- 2 cup grated Parmesan cheese
- 1 large bunch fresh basil, washed thoroughly
- 2 tsp salt



Method

Combine all ingredients in the work bowl of a food processor; process coarsely.

SERVICE DIRECTORY

AIR, HEATING & FIREPLACE

APPLEBY SYSTEMS GEORGETOWN INC.

Feel comfortable with us!

905-877-8990
SALES, SERVICE & INSTALLATION

HEATING & AIR CONDITIONING
FIREPLACES ~ BBQ'S

118 Guelph St. (at Maple) ~ info@ashomecomfort.com

AIR, HEATING & FIREPLACE

ASBUILT CLIMATECARE.

- Furnaces • Air Conditioning
- Pool Heaters
- Gas Piping for BBQ's

877-8023
www.AsbuiltClimateCare.com

AIR, HEATING & FIREPLACE

Brooks Heating & Air

Book a Precision Tune-up for a Furnace, Boiler and/or Fireplace and we will donate \$25 to the Georgetown Hospital Foundation

905-877-3100
www.BrooksHeatingAndAir.ca

AIR, HEATING & FIREPLACE

GEORGETOWN GHA

HEATING & AIR CONDITIONING INC.

INSTALLATION, SALES, & SERVICE
905.703.7609
FOR ALL YOUR RESIDENTIAL HVAC NEEDS.

WWW.GEORGETOWNHEATING.CA

APPLIANCE REPAIR

FIRST CLASS APPLIANCE SERVICE

IN HOME REPAIRS - TRULY HONEST, FAST & RELIABLE SERVICE
24 Hours • 7 Days A Week

Senior's Discounts
Mr. Gallant
905-877-3376

Fully Certified Technicians
Repairs to Fridges, Stoves, Washers, Dryers & Freezers

MasterCard VISA
AMERICAN EXPRESS CHEQUES
SERVICING ALL AREAS
WRITTEN GUARANTEE
905-874-1930

Mention This Ad For 10% OFF

APPLIANCES

BULLDOG APPLIANCES

We Sell APPLIANCES Plus PARTS & SERVICE

Water Softeners, Coolers, R.O.s, U.V.s

Showroom located at
55 Sinclair Ave., Unit 2
Georgetown

Call 905-702-1182

BASEMENT

GORD'S BASEMENT WATERPROOFING LTD.

27 YEARS EXPERIENCE
SERVICING HALTON, PEEL & SURROUNDING AREA

25 YEAR GUARANTEE
We will match any written estimate!
MEMBER OF THE BBB

24 hr, 7 days a week
905-454-3141

BASEMENT WATERPROOF

CROWNSEAL

BASEMENT WATERPROOFING INC.

- INTERIOR & EXTERIOR APPLICATIONS
- SUMP PUMP INSTALLATION
- CUSTOM WINDOW WELLS
- 25 YEAR GUARANTEE

CALL FOR A FREE QUOTATION
905-564-3575
Member of the NORVAL, ON
www.crownseal.ca

CARPENTRY

DECKED OUT

High Quality Carpentry & Custom Woodwork

Improvements to your outdoor living.
Specializing in custom:
decks • fences • pool houses

905-965-8837
decked-out@live.com
Fully Licensed & Insured

CARPET, HARDWOOD, RUGS & TILE

CARPET BARN CARPET ONE

Floor and Home

The One Store For Your Perfect Floor
26 Guelph St., Downtown Georgetown
www.carpetone.ca
http://carpetonegeorgetown.goldbook.ca

905-877-9896

THREE EASY WAYS TO SHOP.

CERAMIC TILE

Dave LoDuca

Ceramic Tile Installation

Back Splashes • Heated Flooring
Bathroom Renovations

416-989-7809
905-877-1936
FREE ESTIMATES
loducatile@gmail.com

CARPENTRY

STOYLES

RENOVATIONS
KITCHENS
DRYWALL
DECKS
BASEMENTS
BATHROOMS

QUALITY WORKMANSHIP
905-877-3950
Satisfying customers in the Halton area for over 20 years!

CONSTRUCTION

AN Construction

IF YOU HAVE THE PROBLEM WE HAVE THE SOLUTION

All types of Masonry & Construction
Specializing in:
Brick Work
Stone Work
Concrete Steps & Porches
Interlocking

Call for a free quote
905-703-4669
alexnewell@rogers.com

CONTRACTING

AGILE CONTRACTING

Renovations Additions Decks Fences Insured

Jerry Hawkins

Phone: 905.877.5653
Cell: 416.524.7366

CONTRACTING

Andrew Kayess

- Home Renovations
- Restorations • Repairs

- Since 1991
- Fully Insured
- Quality Guaranteed

905-877-6277
905-864-2900

CONTRACTING

BALLYMARTIN CONTRACTING

- Additions
- Renovations
- Excavating (Confined Areas)
- Basement Waterproofing
- Masonry
- Concrete Work

George
905-873-8979

CONTRACTING

DB CONTRACTING

Fully Insured Licensed Renovator
Making Halton more beautiful - one job at a time!

Your local renovation specialist.
Bathrooms, Kitchens, Basements,
Crown moulding and more

Call DWAYNE
416-417-6600
dbanks@cogeco.ca

CONTRACTING

Home Improvements

• Construction & Renovation •

- ◆ Kitchens
- ◆ Basements
- ◆ Bathrooms
- ◆ Finishing and Remodelling
- ◆ Waterproofing
- ◆ Decks
- ◆ Windows & Doors

SERVICE INNOVATIONS
General Contracting
905-702-7341

Licensed & Insured
Call Mike
Member of BBB

CONTRACTING

M&D GENERAL CONTRACTING LTD.

Roofing, Eavestroughs, Soffits & Fascia
Aluminum, Wood, Vinyl Siding
Superior Service & Quality Products
Much more than just good pricing!

www.md-contracting.com
519-853-5035

CONTRACTING

FREE Estimates!

Home Renovation Special

- Specialize in complete basement reno
- High-end bathrooms
- Fine Carpentry for your dream kitchen
- Fully licenced, insured and bonded
- Superior craftsmanship guaranteed

1(866)652-1999
"Perfection is what we deliver"

CONTRACTING

Aluminum Work

Siding Eavestroughs Windows
Flat Roof Repair

Rudy's Contracting
Contact
416-725-7026 or
905-873-0598