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2

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COMMENT

Quick tips on working with puff pastry

By Lori Gysel & Gerry Kentner

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Today's recipe is one from my good friend, Angela Dadd. Angela used to own the Tea Room in downtown Georgetown and she sold absolutely the best quiche in town. If she had not sold the Tea Room, we would never have got to work together, as we do now, and that would have been a shame. But I sure to miss her quiche!

This quiche recipe calls for President's Choice Butter Puff Pastry. You are going to think that I m just trying to sell the product because I work for the company. But you would be wrong. This is the best product PC has ever made. You will find it in the freezer section next to the frozen pie shells.

Don t confuse it with the PC Phyllo Pastry, because the boxes are almost identical and they are side by side on the freezer shelf.

You will need to let this puff pastry thaw in the fridge for many hours overnight is best. Leave it in the fridge until you are ready to handle it, as it becomes difficult to work with once it starts to warm up.

The wonderful thing about this product is that it is already rolled out to perfect thickness. All you have to do is open up the roll and use it.



Whats

And better still, the each roll of puff pastry is rolled in parchment paper so you can bake on it or save it for another time. Don t waste it by throwing it out. Parchment paper is gold if you are the dishwasher in the family!

Inside each box are two rolls of pastry. If you are only going to need one, then only thaw one. They don't really refreeze. But they are individually wrapped, so you can easily just grab one out of the box.

For this recipe, one roll covers the bottom of the pan and one roll gets cut into three to form the edges. Gently press on the pastry where the bottom meets the sides and again where the side pieces meet each other. Also, use a little beaten egg in these spots to help glue it all together.

Any other brand of puff pastry will have you flouring up the counter and rolling out the dough yourself from a block. Not the worst job in the world, but tough if you are a newbie and don t know how to roll it and don t know how thick.

Have fun and keep cooking!

Spinach, Feta and Sundried Tomato Quiche

Serves 8

INGREDIENTS

- •1 tbsp vegetable oil
- · half a medium onion, chopped
- half a bunch spinach, washed, dried and rough chopped
- · 2 oz Old cheddar (more if desired)
- · 6 oz Feta cheese
- · 2 oz sundried tomatoes
- 1/2 tsp oregano
- 5 large eggs
- 1 cup 35% cream
- · 1 cup milk (lowfat is fine)
- · sash of Worcestershire
- · salt and pepper
- 1 box President's Choice Butter Puff Pastry
- · 1 egg, slightly beaten

METHOD

- 1. Preheat oven to 375 degrees F.
- Heat oil in fry pan. Add onions and sauté a few moments until softened. Add sundried tomatoes and sauté a few more moments.
- Add in spinach and stir it in until limp and tender and make sure all liquid has evaporated.
- Add oregano and pepper.



- 5. Crumble feta and add to mix.
- 6. Taste for salt and pepper.
- Beat eggs in a large bowl. Mix in cream, milk and Worcestershire.
- Spray a 9 spring form pan with cooking spray.
- 9. Use one roll of the puff pastry to cover the bottom of the pan. Take second piece of puff pastry and cut into 3 equal, long strips. Use the 3 strips to go around edge of spring form pan, using a bit of beaten egg to glue the pieces together.
- Put cheddar in bottom of pan. Add cooked mixture, then carefully add egg mixture.
- 11. Bake for 50-60 minutes. When done, it should be slightly wobbly in centre, but golden brown on top and not sloshing in pan.
- Remove from oven and let set. Serve warm or at room temperature.

Page 34)