

Michael's
MAKE CREATIVITY HAPPEN

CORRECTION NOTICE

In the ad beginning September 1, 2017, we are advertising 50 ct. 21.5 cm x 27.9 cm Value Pack Paper at Reg. \$5 and Hot Buy Scrapbook Paper Pads, Scrapbook Albums & Boxed Cards at Reg. \$10. The correct price for 50 ct. 21.5 cm x 27.9 cm Value Pack Paper is Reg. \$6, and the correct price for Hot Buy Scrapbook Paper Pads, Scrapbook Albums & Boxed Cards is Reg. \$12.

We apologize for any inconvenience this may have caused.

COMMUNITY

What's Cookin': Celebrating Canada 150 - and food - in Ottawa

GERRY KENTNER AND LORI GYSEL

Gerry is writing today ... Recently, we spent several days in Ottawa, just before the big Canada 150 events. Everywhere there were signs of the vast preparation for the thou-

sands expected to attend. Ottawa is a beautiful city with historical architectural buildings, museums on every interest, a river running through it, parks, a fabulous food scene and the best of our Canadian scenery.

My interest, of course, when I was there was to experience some food options and ideas.

One day, I went on a guided culinary tour through the downtown Byward Market. I have been there several times, but to go on a tour and hear the stories and the history from the guide as well as the shop owners themselves was a very worthwhile three hours. Lots of food sampling, too. The company hosting gourmet food tours is C'est Bon food tours. You should look them up.

Again in the Byward Market, there is an Italian fine food shop and caterer called La Bottega. An excellent stop there whether you are looking for takeout fare or a sit down lunch, everything from homemade sandwiches, salads, cheeses, pastries, hot food - oh my, it was a wonderland of delicious sights and smells. There is even a small but cosy sit down area with creative lunch specials. I think I was in there every day, as we don't prefer to eat all our meals in a restaurant.

Another time, I can tell about the restaurant experiences, and there were many great ones.

Have fun and keep cookin'!



Gerry Kentner/submitted.

Summer Salad in a Jar

Makes 4

Start with an empty Mason jar. The rest of the recipe is simply layering the salad ingredients.

- 1 cup peeled and diced cucumber
- 1 can drained and rinsed chick peas
- 2 cups of any salad of your choice (I used marinated vegetable salad) but pasta salad, bean salad and gazpacho salad all would work
- 1 1/2 cups cubed ham or turkey
- 2 cups salad greens cut up
- 4 large slices of tomato or 1 cup cubed cherry tomatoes

Vinaigrette salad dressing:

- 2 tbsp Dijon mustard
- Zest of 1 lemon
- Juice of 1/2 lemon
- 1 tsp coarse salt
- 1/2 tsp ground pepper
- 1/4 cup apple cider vinegar
- 1/2 cup olive oil
- 1 tbsp chopped fresh parsley (or basil or cilantro)

Whisk all ingredients together.

Method

Begin with the first layer of salad dressing, then continue to layer the ingredients in this order. This will make four jars.

This will keep in the fridge for two or three days, perfect for making ahead. When ready to serve, simply invert the jar with the lid on and let the dressing drizzle over the salad ingredients. At this point, you can eat the salad out of the jar or invert onto a plate and enjoy.

Perfect for picnics or packing for lunches.

Happy 19th Birthday Quincy!

September 3, 2017

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By Cory Soal R.H.A.D.

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