

Gerry Kentner,  
Lori Gysel  
reflect on a  
20-year recipe  
career

It's hard to imagine, but Gerry and I (Lori) started writing this column in November 1998. We've entered the 20th year of writing, that's about 1,000 recipes, photos and stories. We've shared with you the stories of our lives along the way - kids for Lori, grandkids for Gerry, our husbands, our travels and our various exploits in the kitchen.

Fortunately, you've seen the recipes that have worked out, but in order to come up with all the ones that worked, there have been some great duds as well. One particular time where I made an apple crisp, accidentally using onion soup mix instead of brown sugar comes to mind (yuck!).



Lori Gysel/Submitted

**This month's recipe focuses on a prime rib roast and yorkshire pudding.**

In the early days of writing this column, as we were still in the catering business, we tested the recipes at work and the photographer from the Independent (Ted Brown at the time) would come and take the photos - we usually had six or eight dishes ready for him when he arrived. One memorable time, he dropped one of them - thank goodness after the shot had been taken - but it was a bit stressful all the same. I think poor Ted felt the worst.

As the years went on, we started taking our own photos, which we could send digitally to the paper. This allowed us to start taking the pictures at our homes while we were preparing the family supper or entertaining guests. There have been many times where one of the dishes we were serving was intended to be one for the paper and we forgot until after the food was served up or partially eaten, then Gerry or I would jump up and say STOP - everyone would put down their forks until we were able to gather together enough presentable food for a photo. That's why occasionally you'd get a photo in the paper with a bite taken out of it!

Gerry was always the chief recipe creator - she diligently tried and tested new recipes and was able to produce the vast majority of the ones for publishing. Then I would take her handwritten notes and turn them into a recipe, along with a story and put the whole thing together for the paper. Don't

get me wrong, I had a hand in some of the recipes as well. Those of you who know us can probably tell by looking at the recipe whether it was Gerry or my idea - Gerry's are usually more classy and mine are usually a little more unusual.

There have been times over the years that one or the other of us has thought

this job was just a bit much to keep up with, but we always talked each other down because at the end of the day, we have enjoyed sharing our food journey with you. It's lovely when you are walking down the street and someone you don't know stops to tell you how much they enjoy reading your column and how they really enjoyed a cer-

tain recipe.

In our 20th year, both Gerry and I have agreed that today's column will be our last. We have greatly appreciated the kind words from readers over the years, the support from everyone at the Independent Free Press, we hope you'll keep cooking!

To reach Lori and Gerry, email [whatscookin@thefp.ca](mailto:whatscookin@thefp.ca).

**Recipe**

Three-bone prime rib roast (approx 6 lbs, including bones)  
salt and pepper

**Method**

Either ask butcher, or cut bones off the roast yourself and tie them back on. Place roast on a baking sheet (ribs down) and let rest on counter at room temperature for 45 minutes before placing in oven.

Preheat oven to 450 degrees F. Season well with salt and pepper.

Place baking sheet in oven, uncovered and roast for 15 minutes, then reduce heat to 275 degrees for 2 hours. Then turn oven off and let roast continue to

sit in the oven for the next 2 hours, uninterrupted (DO NOT open the oven door). Roast should be rare to medium rare at this point. If you want to heat it up a bit before serving, you can return to a hot oven (450 for another 15 minutes before serving). Serves 8

**Yorkshire Pudding**

Makes 6-8

- 1 cup milk
- 1 cup all purpose flour
- one half tsp salt
- 3 eggs

**Method**

Place milk and eggs in a blender.

Blend until combined. Add salt and flour and blend until bubbles form.

Allow to rest on counter for at least 2 hours (up to 4) before baking. While roast is resting, heat oven to 475 degrees F. Place roast drippings in muffin cups, approximately 1 tbsp per cup.

Heat muffin tins for 3-4 minutes, until smoking hot. sFill each tin about three-quarters full with yorkshire pudding batter. Return to oven. After 5 minutes, turn heat down to 450 and continue to cook for approximately 15 minutes, until they have fully risen and lightly browned.

Serve immediately.

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