

ON THE MENU

**Don't
miss**

*Acton Farmers' Market on Willow St.
Every Thursday, 3-7 p.m.*

17 • The IFP • Halton Hills, Thursday, July 25, 2013

Hunger doesn't take a vacation

Acton Foodshare: is open Tuesdays: Normal hours 8:30 a.m. to 2:30 p.m. Closed 12-12:30 p.m. for lunch. For a regularly updated list of needed foods, check out www.actonfoodshare.com.

If people would prefer to donate money for the purchase of food, tax receipts are available for amounts of \$10 and over. Info: Acton Foodshare, 519-853-0457, info@actonfoodshare.com or go to www.Acton-foodshare.com

Acton Food Share is located at 350 Queen St., Unit 6 (Prosperity One Plaza at Queen St. and Churchill Rd. S.).

Georgetown Bread Basket: is open Tuesdays 5-7 p.m., Wednesdays and Saturdays 8:30-11:45 a.m. at Unit 12, 55 Sinclair Ave.

Items most needed: salmon, canned meat, canned juice, baby food, baby formula, diapers, canned fruit, sugar.

Please drop off donations to the local grocery stores including Walmart.

For more information visit www.georgetownbreadbasket.ca to donate money and check items most needed.



What's Cookin': Creating a burger for vegetarians

Just a quick note for you today. We're featuring a Portobello mushroom burger. The idea for this recipe came after eating at a burger joint in Toronto called Burger's Priest. You really should go and try it! Michael and I went together and while we sat on the curb, munching away, we tried to

**Lori Gysel &
Gerry
Kentner**



figure out how they make their vegetarian burger option. This is our

version— not to brag, but I think it's even better than theirs— especially when served with homemade guacamole, lettuce and a thick slice of juicy home-grown tomato!

Have fun and keep cooking!

Email questions and comments to whatscooking@theifp.ca

Portobello Mushroom Burger

Makes 1 burger

Ingredients

- 2 portobello mushrooms (same size)
- 1 clove garlic, chopped
- 1 tbsp balsamic vinegar
- 1 tbsp olive oil
- pinch Dijon mustard
- 2 tbsp grated old cheddar
- 1/4 cup flour
- 1 egg, mixed with 1 tsp cold water
- 1/4 cup panko crumbs
- vegetable oil for frying
- 1 bun
- garnishes, condiments

Method

1. Wipe mushrooms clean and remove gills.
2. Mix garlic, balsamic vinegar, olive oil, Dijon together and pour over mushrooms, ensuring they are fully coated. Leave in refrigerator for at least 1 hour.
3. Grill mushrooms on BBQ until soft and liquid has stopped coming out.
4. Chill mushrooms in fridge overnight, laying on paper towels.
5. Next day, place grated cheese on one mushroom, then place other mushroom on (with both stem sides in). Press to ensure a good seal.



6. Gently toss mushroom in flour, shake off excess. Then in egg mixture, shake off excess. Then in panko crumbs, shake off excess. Repeat egg and panko steps. Press panko on tightly.

7. Deep fry in hot oil until well browned. Drain on paper towels. Serve on a bun with desired garnishes and condiments.

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