

What's Cookin': A snacking platter for all occasions

Gerry is writing today...

This picture is what our family calls a snacking platter or a finger food buffet. You may call it munchies or snacks in your house. But whatever you call it, this is my favorite way to eat, all hors d'oeuvre-type food, eaten with my fingers!

This particular platter covers all the food groups I like to incorporate—cheese, vegetables, seafood, fruit and meat. Today, the cheese is a packaged boursin—a soft, spreadable cheese with herbs and spices, accompanied by crackers. But really, any cheese will do! Then some fresh, crispy vegetables—maybe radishes or celery, carrots or green onions. The choices are endless. Add your favorite dip to go with the veggies.

The meat choice today is a pork and chicken liver pate, with red pepper jelly and another type of cracker. Sliced salami, cubed keilbasa, prosciutto or any deli meat works though.

Seafood is a favorite, so today, its smoked trout with a Dijon mayonnaise (just blend some Dijon with mayo—about 1 tsp Dijon for every 1/2 cup

Lori Gysel & Gerry Kentner



mayo). A chilled pile of fresh shrimp is great here as well.

Fresh sliced watermelon or any fresh whole or cut up fruits are lovely to cleanse your palate.

Simple as that, probably 10 minutes of preparation and you have a platter that services all food occasions. Could be a lunch, a main meal or a snack tray before a meal, a treat to serve guests coming over for drinks or just simply to keep the kids quiet—it has worked in our house for years!



Customize your platter with your family favourites and remember the best is that everything was store bought and in the fridge ready to go in minutes. Use some fancy dishes to upscale the presentation and make everyone feel special.

Have fun and keep cooking!

Email questions and comments to whatscooking@theifp.ca



The Regional Municipality of Halton

Access Halton at: www.halton.ca Dial 311

Halton Small Business Centre

Upcoming Business Seminars and Programs

Women Entrepreneur Event: A half day session that will include keynote speaker, Hellen Buttigieg, Certified Professional Organizer®, Life Coach, TV Host; spotlights on local women entrepreneurs; presentations on social media and health/wellness; an expert panel; as well as time to connect with other women entrepreneurs!
Wed., Mar. 6
7:45 a.m. – 12:00 noon
OE Banquet Hall & Conference Centre, Oakville
\$30/person

First Steps in Exporting: Understand the resources, programs and services available to potential exporters including export readiness, market research, export planning and practical issues.
Wed., Mar. 13
Halton Regional Centre
6:30 p.m. – 8:30 p.m.
No charge, but registration is required

Starting a Small Business Seminar: A general overview of the things you will need to consider, along with resources to help you succeed. Covers structure, registrations, regulations, licences, taxes and financing options.
Wed., Mar. 20
Halton Hills Public Library, Georgetown Branch
6:30 p.m. – 8:30 p.m.
\$25/person

Starting a Small Business Seminar: A general overview of the things you will need to consider, along with resources to help you succeed. Covers structure, registrations, regulations, licences, taxes and financing options.
Wed., Apr. 10
Milton Public Library, Main Library
6:30 p.m. – 8:30 p.m.
\$25/person

Getting Started Information Session: A one hour overview of all the rules and regulations you need to know about if you are starting a business in Halton. Staff will guide you through a checklist for starting a new business. These are casual, informative small groups of five or less.
Every Tuesday
9:00 a.m. – 10:00 a.m.
Halton Regional Centre, Small Business Centre
No cost, but registration is required

Canadian Youth Business Foundation (CYBF) – General Information Session: A one hour overview of the CYBF financing program, including a review of the application process and evaluation and eligibility criteria. Canadian Youth Business Foundation provides financing based on character and a great business plan of up to \$15,000 for young entrepreneurs between 18 and 39 years of age who are looking to start their own full-time small business.
1st and 3rd Tuesday each month in 2013
10:30 a.m. – 11:30 a.m.
Halton Regional Centre, Small Business Centre
No cost, but registration is required

Contact us for more information and registration details for these events. Join our online community.

Get connected at www.haltonsmallbusiness.ca



Halton Small Business Centre invites women entrepreneurs to learn, connect and grow

Today more and more women are choosing self-employment as a career option. On Wednesday, March 6, 2013, in celebration of International Women's Day (March 8), Halton Region's Small Business Centre will partner with the Ontario Ministry of Economic Development, Trade and Employment in hosting a business event for Women Entrepreneurs. The event, to be held at the OE Banquet Hall & Conference Centre in Oakville from 7:45 a.m. to noon, will feature a keynote presentation from Certified Professional Organizer and TV Host, Hellen Buttigieg. Additional presentations will focus on search engines, social media, health and fitness and there will be a panel discussion featuring Halton's Access to Professionals experts. For more information, or to register, dial 311 or visit www.haltonsmallbusiness.ca.



Gary Carr
Regional Chair

Halton Regional Meeting Schedule

Meetings can be viewed at www.halton.ca/meetings

March 19 9:30 a.m. Health & Social Services Cttee
March 20 9:30 a.m. Planning & Public Works Cttee
1:30 p.m. Admin & Finance Cttee

Please contact us, as soon as possible, if you have any accessibility needs at Halton Region events or meetings.

Your Golf Season Starts Here!



March 1-3
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