

Fruit Dress Pork Tenderloin

Serves 4

Ingredients

- 1 piece pork tenderloin
- 4 fresh figs
- 1 cup diced onions
- 1 apple, skin on, diced
- 2 tbsp olive oil
- 3 tbsp butter
- 1 tbsp Dijon mustard
- 1 cup white wine
- 1/4 cup 35% cream
- 1 tbsp fresh thyme (or 1 tsp dried thyme)
- 1/4 cup fig spread

Method

1. Butterfly the pork, then pound slightly to flatten.
2. In 1 tbsp of olive oil and 1 tbsp of butter, sauté onions, apples and figs until slightly cooked, but still firm. Cool.
3. Spread the onion, apple, fig mixture down the centre of the pork. Roll up from one long side, being sure all fruit is tucked in.
4. Tie butcher string every 2-3 inches around the pork. Season



with salt and pepper.

5. Sauté the pork on both sides in 1 tbsp butter and 1 tbsp oil, until browned.

6. Roast the pork uncovered at 350 degrees F for 25 minutes. Remove from the oven and rest, covered with foil for 10 minutes.

7. Meanwhile, make the sauce the the pan drippings by heating the pan till juices are boiling. Pour in white wine and stir to scrape up anything stuck to the pan. Add Dijon, cream, fig spread, thyme and salt/pepper to taste. Stirring constantly. Add 1 tbsp butter at the end.

8. Slice pork into medallions and garnish with the sauce.

What's Cookin: Plan a picnic for Dad

Gerry is writing today...

Father's Day is rapidly approaching and what to give dear old dad or husband is always a challenge. Most dads (and moms too) would love a gift they can share with you. Your time is a precious commodity!

So, give dad a gift bag full of picnic supplies and/or a promise of a picnic or two. The dollar stores are economical places to pickup colourful, coordinated paper plates, napkins, cutlery, tablecloths and even the bag, tissue and a bow- all for under \$10. Tuck in a card to tell him what you're planning and add a couple of pretty note cards or recipe cards.

Ask him to fill one in with his favorite picnic menu or a list of food items to choose from, then the other can be a

Lori Gysel & Gerry Kentner



list of locations. Suggest some dates and set one on Father's Day for your future picnic.

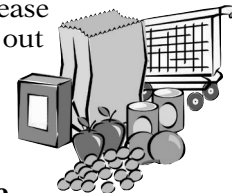
This could be the start of a wonderful, memorable time together. A picnic is simply food eaten outdoors, it doesn't have to be fancy or far, just special.

Our daughter Lori, has organized a Father's Day picnic for us for 18 years and it truly has become a much anticipated annual event and a delicious repast- much beyond the paper plate picnic. But that's just us and that is a story for another time.

Have fun and keep cooking!

Going grocery shopping? Support the local food banks

Acton Foodshare: is open Tuesdays, 8:30 a.m. to 2:30 p.m. in the Sobeys Plaza on Queen St. Closed 12-12:30 p.m. for lunch. For a regularly updated list of needed foods, please check out www.actonfoodshare.com.



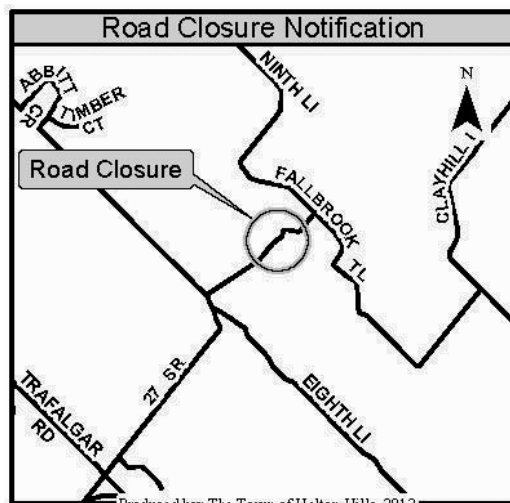
Georgetown Bread Basket: is open 8:30 a.m. to 12 p.m. Wednesdays and Saturdays, at Unit 12, 55 Sinclair Ave. Items most needed: canned soups, breakfast cereals, canned and boxed fruit drinks, canned meat and fish and healthy school snacks. Info: www.georgetownbreadbasket.ca, 905-873-3368.

TOWN OF HALTON HILLS

NOTICE OF ROAD CLOSURE

The Town of Halton Hills Infrastructure Services Department is advising of the temporary closure of 27 Side Road between Eighth Line and Fallbrook Trail. This closure will take place from June 24, 2013 to the end of October 2013.

This closure is required to allow rehabilitation of the existing bridge.



Contact information:

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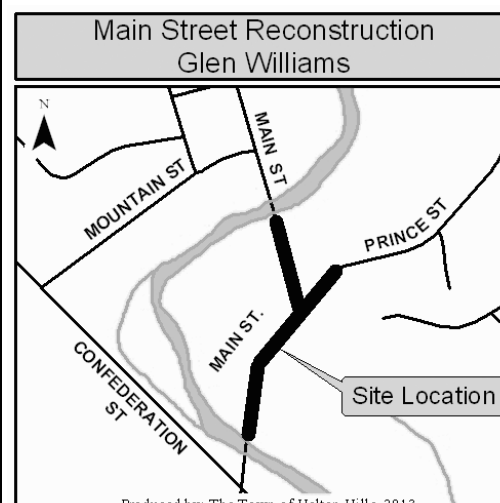
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TOWN OF HALTON HILLS

NOTICE OF ROAD CLOSURE

The Town of Halton Hills Infrastructure Services Department is advising of the temporary closure of Main Street in Glen Williams between Confederation Street and Mountain Street. Local access will be provided to residents and businesses. The closure will take place from June 17 until the end of September, 2013.

The closure is required to expedite the reconstruction of Main Street.



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