

What's Cookin': Mmm delicious in Florida

Gerry is writing today...

The first thing I eat when we arrive in Florida on our annual holiday is chilled peel 'n eat Gulf shrimp. Always so fresh, so tasty and immediately I know we have arrived! It used to be a grouper sandwich and before that, a hotdog at the pier; until one day a seagull flew off with my whole hotdog! They grow 'em big down there near the water.

Other than lobster tails, coconut shrimp, grouper sandwich, tilapia tacos, shrimp salad and lobster roll, the best lunch I had was a coconut shrimp salad and the smoked salmon at brunch at the Tradewinds on St. Pete Beach. Their buffet was very artfully presented with a fabulous variety to choose from. I was most impressed with their smoked salmon presentation. As Dave, my husband, was speaking with the chef about how they "dyed" the tips of the

Lori Gysel & Gerry Kentner



salmon, I was filling my plate, bypassing the prime rib and the breakfast items. They 'marinated' the side of salmon overnight in a beet puree which made the tips of each slice turn a beautiful red. The display tray was garnished with grated egg yolk, grated egg white, capers, red onion, purple kale and rows of these silky orange, red tipped rosettes of salmon. Add the cream cheese by the bagels and I was in heaven.

The photo today is the coconut shrimp salad that I mentioned. You've got the dressing recipe today and next week you'll get the recipe for the whole salad.

Have fun and keep cooking!

Honey Mustard Dressing

Ingredients

- 2-3 tbsp liquid honey, depending on sweetness desired
- 1 tbsp Dijon
- 1 tbsp grainy Dijon
- 1/4 cup rice vinegar
- 1/4 cup olive oil
- 1/4 cup juice from mandarin oranges



Method

Whisk all ingredients together or shake in a jar.

- 1/2 tsp coarse salt
- 1/4 tsp fresh ground pepper

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ANNUAL GENERAL MEETING



Halton Healthcare

Halton Healthcare Services Corporation
2013/14 Annual General Meeting

Thursday, June 12, 2014
6:00 p.m.

Oakville-Trafalgar Memorial Hospital
Auditorium, 327 Reynolds Street, Oakville

Please RSVP to 905-815-5114

By-law changes will be recommended.

Audited financial statements will be available at the meeting
or by calling the Board Liaison at 905-815-5114.

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