

A hot time at the chili judging

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What's Cookin'

back way so that we can't see any of the contestants or their entries before our selection is made. The chili samples are delivered to us— all in little paper sample dishes that are only marked a, b, c, d, etc. Then comes the hard part. We have to score them. There are a number of factors that are taken into consideration and the three of us score each chili in each area.

We don't compare thoughts, we just taste and sample on our own. Then, when each judge has given a score to the nine chilies, we add the score together and the highest score is the winner. Whew! It's so hard, because all of the chili makers are very good at what they do— so the scores are REALLY close together. If you have a chance to have a bowl of chili made by anyone who entered the contest, I recommend you do so— you won't be sorry!

This year's winner was Starlight Café. Be sure to pop in and see them for breakfast or lunch in Acton one day soon and congratulate them on the large gold trophy! Second place was a tie— Halton Police and Tanner's Restaurant and coming in third was Roxy's. Congratulations to you all!

Have fun and keep cooking!

Today (Jan. 25) Gerry and I were lucky enough to judge the chili contest in Acton, along with Ryan Parker (from Q107 fame). We've lost count, but we think this was our fourth year judging.

Such a great event— the winter festival takes place on the last weekend in January each year and is comprised of a number of events over the course of the weekend— including a dance on Saturday night, a pancake breakfast on Sunday morning, all kinds of outdoor winter events in the park on Sunday, the chili sampling and contest on Sunday afternoon and I'm sure there's more that I've missed.

If you've never been before, the chili sampling is lots of fun. For \$5 you get to sample five different chilis— there were nine entries in all, so you can go around the room and decide which five you want to try. Then you get to vote for the the People's Choice award.

In the photo here, you see two of our fantastic Halton Hills firefighters with their "flashover chili". So great to see them out again this year cooking up a storm!

Gerry, Ryan and I go a bit before the crowd shows up. We get seated in a back room and we are even escorted into the room via the

Super Bowl Chili

SERVES 10-12
INGREDIENTS

- 1 & 1/2 lbs (680 g) extra lean ground beef
- 2 tsp minced garlic
- 1 cup diced celery
- 1 cup diced green pepper
- 1 cup diced red onions
- 1 & 1/2 tbsp chili powder
- 1 & 1/2 tsp ground cumin
- 1 & 1/2 tsp dried oregano
- 1 tsp ground coriander
- 1/4 tsp black pepper
- 1 can (19 oz/540 ml) diced tomatoes (do not drain)
- 1 can (14 oz/398 ml) tomato sauce
- 1 cup beef broth
- 1/4 cup chopped celery leaves
- 1 tbsp BBQ sauce
- 1-3 chipotle peppers in adobe sauce
- 1 can (19 oz/540 ml) red kidney beans, drained and rinsed
- 1 can (14 oz/398 ml) Heinz baked beans in tomato sauce
- 3 tbsp chopped fresh cilantro
- 1 tbsp lime juice

METHOD

1. Cook beef in a large, deep, non-stick skillet or pot over medium-heat until beef is no longer pink.
2. Stir in garlic, celery, green pepper and red onions. Cook and stir 3 minutes or until vegeta-



Halton Hills part-time firefighters Riley McGiloway (left) and on the right is David Baur, scoop up their Flashover Chili.

bles begin to soften.

3. Stir in chili powder, cumin, oregano, coriander and black pepper. Cook for 1 more minute.

4. Add undrained tomatoes, tomato sauce, beef broth, celery leaves, barbeque sauce and chipotle peppers. Bring mixture to a boil. Reduce heat to low. Cover and simmer 20 minutes, stirring occasionally.

5. Add beans and simmer, covered for 10 more minutes. Remove from heat. Stir in cilantro and lime juice. Taste for salt and pepper. Serve hot.

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- In a large study of women after their first pregnancy; 62% had pain with intimacy at 3 months post partum



Did you know that after pregnancy it is COMMON, but not NORMAL to suffer from:

1. Low Back Pain
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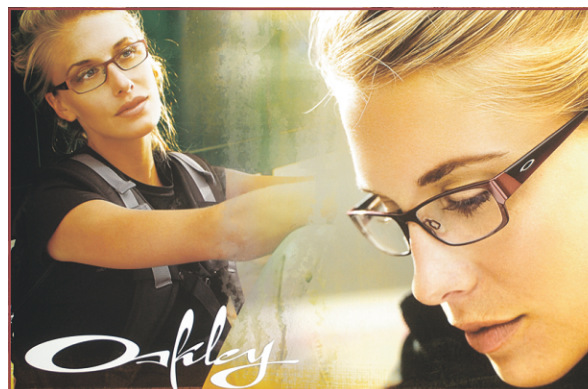


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ANNUAL GENERAL MEETING

Halton Learning Foundation's 2015 Annual General Meeting will be held Thursday February 26, 2015 at Craig Kielburger Secondary School, 1151 Ferguson Drive, Milton, ON, starting at 5:00p.m.

"Engaging Students Leads to Student Success"

Guest speaker:

David Euale, Director of Education, Halton District School Board

All members, community partners, and interested parties are welcome to attend. Please R.S.V.P. your attendance by February 20, 2015, by contacting Halton Learning Foundation: trottn@hdsb.ca 905-335-3665 x 3388

Halton Learning Foundation is the means for everyone in the community to support quality education for Halton District School Board students by providing emergency help for students-in-need, engagement funds, and scholarships. www.haltonlearningfoundation.ca