By Lori Gysel & Gerry Kentner whatscooking@theifp.ca

Gerry is writing today...

"The sunset is at 10:45 p.m., the weatherman said." "What? Where am I?"

It's June 10th and I am on my sister's deck in Airdrie, Alberta, just north of Calgary. I accompanied Councillor Dave to Edmonton where he attended the Federation of Canadian Municipalities Convention. Then, we took a drive through the mountains from Jasper to Banff and Calgary and ended up for 21 hours at my sister, Kathryn's. She coordinated a family barbecue with husband Daryll, dauther Bridgette and some of Daryll's family

Guess what was on the menu in Calgary that night? Well, Alberta beef, of course, perfectly cooked by Daryll. The remaining menu had cheese, smoked salmon, Mexican fiesta dip, hot lemon shrimp, baked potato, crunchy baked asparagus, tuna macaroni salad and Caesar salad. Wow, what Western hospitality!

As we sat for hours after dinner, the sun just wasn't going down, not until nearly 11 p.m. officially. What fabulous long days. As I gather this together to send off to the paper, it is June 21 in Ontario—our summer solstice and darkness will come about 9:30 p.m.— our



What's Cookin'

longest day of the year.

The family have sent me some of their delicious recipes to share with your over the summer. We did have some great beef dinners in Edmonton too (especially Dave), except for one night in Jasper where I made a dinner of roast chicken, just for a change. When Dave sees beef on a menu, he somehow feels obligated to order the cow—especially in Alberta!

If you haven't done the drive from Jasper to Banff, it is truly some of the most outstanding scenery you will ever see. Even though this was our third time, we were still amazed. Thank you Airdrie family for a most welcoming Western reception.

ON THE SIDE: Kudos to the Shaw Conference Centre in Edmonton and the organizing committee of the FCM gala evening for the excellent dinner, service and entertainment. The highlight for me were the individual charcuterie boards for each guest as our appetizer for well over 2000 guests. Well done.

Have fun and keep cooking!

Please note: Gerry and Lori will be taking a summer break. Their column will return on August 6.

Hot Lemon Shrimp

INGREDIENTS

- 3/4 cup butter
- 2 lemons, sliced
- 2 lb. raw, peeled (30/40 per pound) shrimp
- 1 tbsp Italian seasoning

METHOD

- 1. Preheat oven to 350 degrees F.
- 2. Melt the butter on a cookie sheet (or two). Spread the lemon slices over the but-
- 3. Place the peeled shrimp on and around the lemon slices.



- 4. Sprinkle with Italian seasoning.
- 5. Bake for approximately 15 minutes or until shrimp are pink and have started to

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