

Marinades add more than flavor to meals

Any barbecue meal is not quite complete until it has a delicious sauce to go with whatever you cooked.

What's cookin'

Lori and Gerry Kentner



Most sauces and marinades can be made in advance and stored in the refrigerator for weeks. So at this time of the year, when you'll be barbecuing regularly, why not make a few different ones and keep them in the fridge so you can amaze your friends and family with your culinary ability!

A marinade is used to add flavor, tenderize and moisten the meat that you will be cooking. Anything can be marinated, even fish. However, a marinade can only do so much. You can't turn stewing beef into beef tenderloin, unfortunately!

A few hours of marinating or overnight is the most you need. Every marinade has an acid (like lemon juice) that breaks down the meat, a tenderizer (like olive oil) and flavor (like fresh herbs). So be daring and create your own combinations from whatever you have in the cupboard. Once you have marinated your meat, do not use the marinade as a sauce unless it is cooked. When you marinate raw meat you can't use the marinade because it is contaminated—unless you cook it and thus kill all the contaminants.

Have fun and keep cooking!

Fresh Herb and Lemon Marinade

Ingredients

- 1/2 cup Finely chopped mixed fresh herbs (thyme, savory, sage, oregano, parsley)
- 2 tbsp. Lemon zest
- 1/4 cup Safflower oil
- 1/4 cup Olive oil
- 3 tbsp. Fresh lemon zest
- 2 tsp. Dry mustard
- 1/2 tsp. Salt

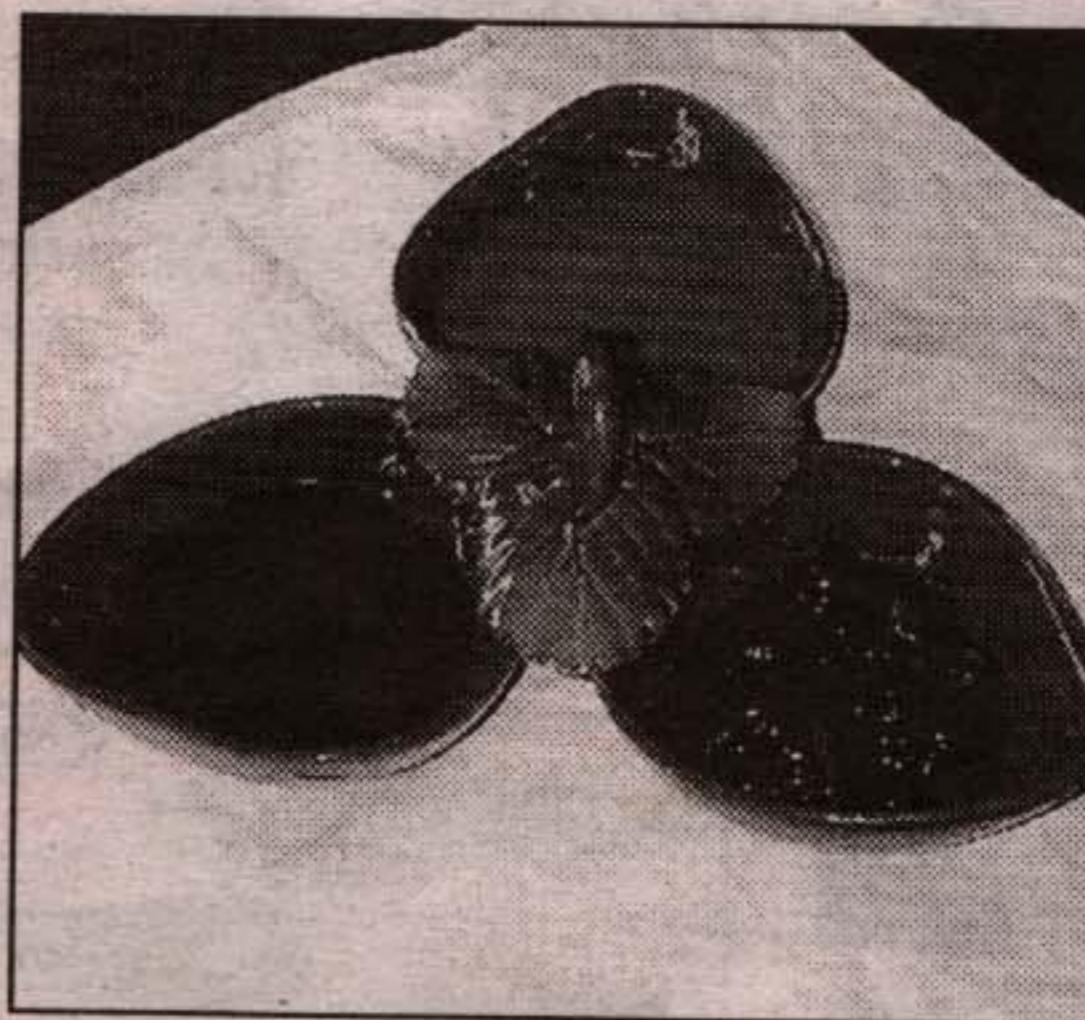
Method

Combine ingredients in a non-reactive bowl.

Black Olive and Sundried Tomato Jam

Ingredients

- 1/2 cup Coarsely chopped brine-cured black olives
- 1/2 cup Ketchup
- 1/4 cup Lemon juice
- 1/3 cup Sundried tomato paste
- 1/4 cup Finely shredded fresh basil
- 2 tbsp. Black olive paste



- 1/2 tsp. Fresh ground pepper.

Method

Combine ingredients in a non-reactive bowl.

Fresh Plum Sauce with Basil

Ingredients

- 1 1/2 lbs Ripe purple plums, pitted and cut into 1-inch chunks
- 1/3 cup Balsamic vinegar
- 1/2 cup Fresh shredded basil
- 1/2 tsp. Ground pepper
- 1/4 tsp. Salt

Method

Bring plums and vinegar to boil. Reduce heat and cook until tender, about 10 minutes. Serve the sauce either hot or cold.

Special meeting for grant seekers

A special information session on how to apply for a Healthy Community Fund grant will be held at the Civic Centre Tuesday night.

Community groups interested in funding should form partnerships with other sectors (i.e. business, arts, education, service clubs, faith communities, etc.) as well as other non-profit organizations and submit a joint proposal for funding under one of the three community priority areas: Healthy lifestyles; public/personal safety; community service improvements (e.g. restructuring).

This year's theme is Strengthening our Communities, Neighborhoods and Families.

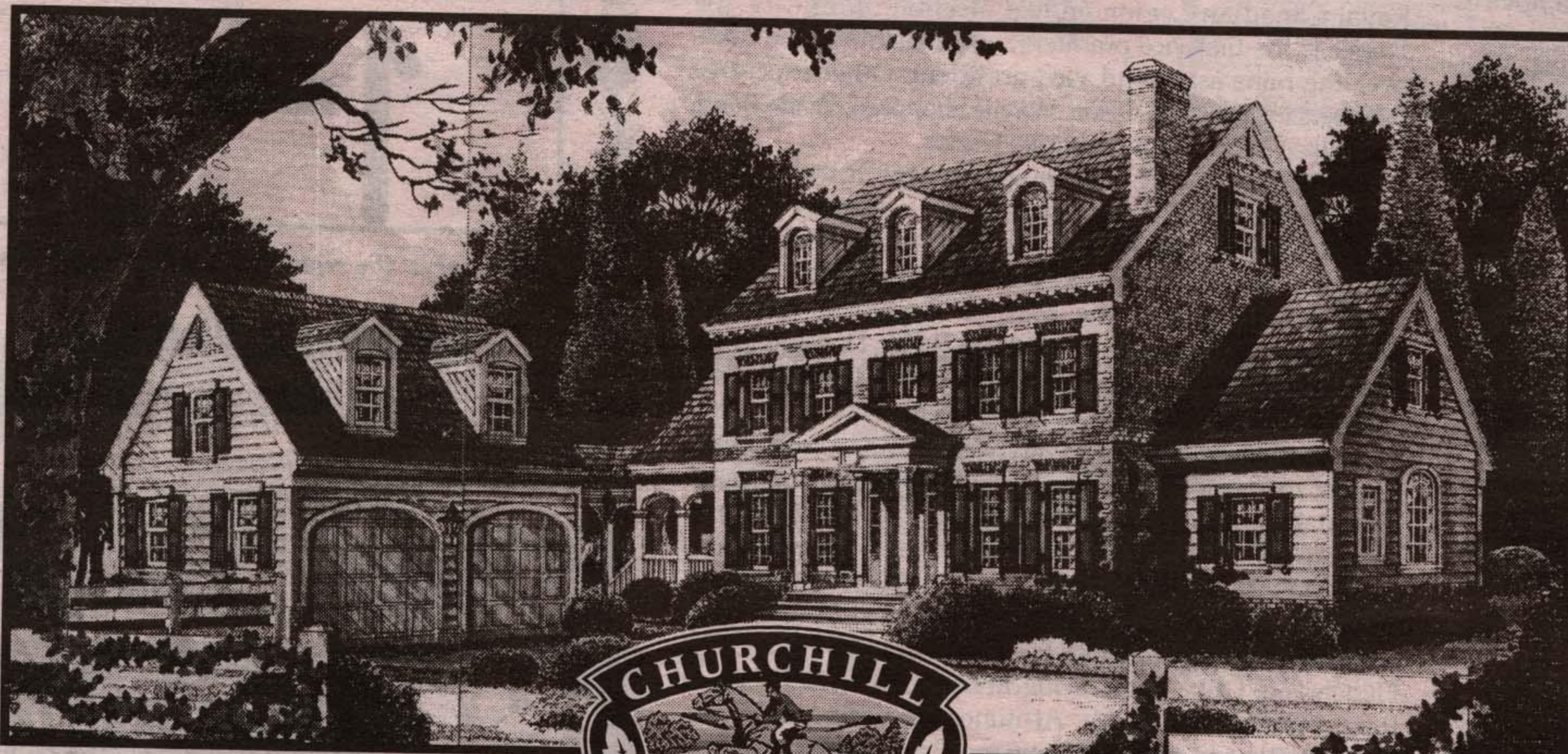
Information sessions are being held Tuesday, May 18 at 7 p.m. at the Halton Hills Civic Centre in Georgetown and Wednesday, May 19 at 9 a.m. in Council Chambers at the Region of Halton in Oakville.

To obtain a copy of the guidelines detailing funding criteria or to register for the information sessions, call Ann Harvie at 853-0501 or 878-8113, ext. 7135.

The deadline for receipt of proposals is June 25.

The Healthy Community Funders is a partnership of community organizations such as the Town of Halton Hills who pool financial, human and administrative resources to assist others in making Halton a healthy community.

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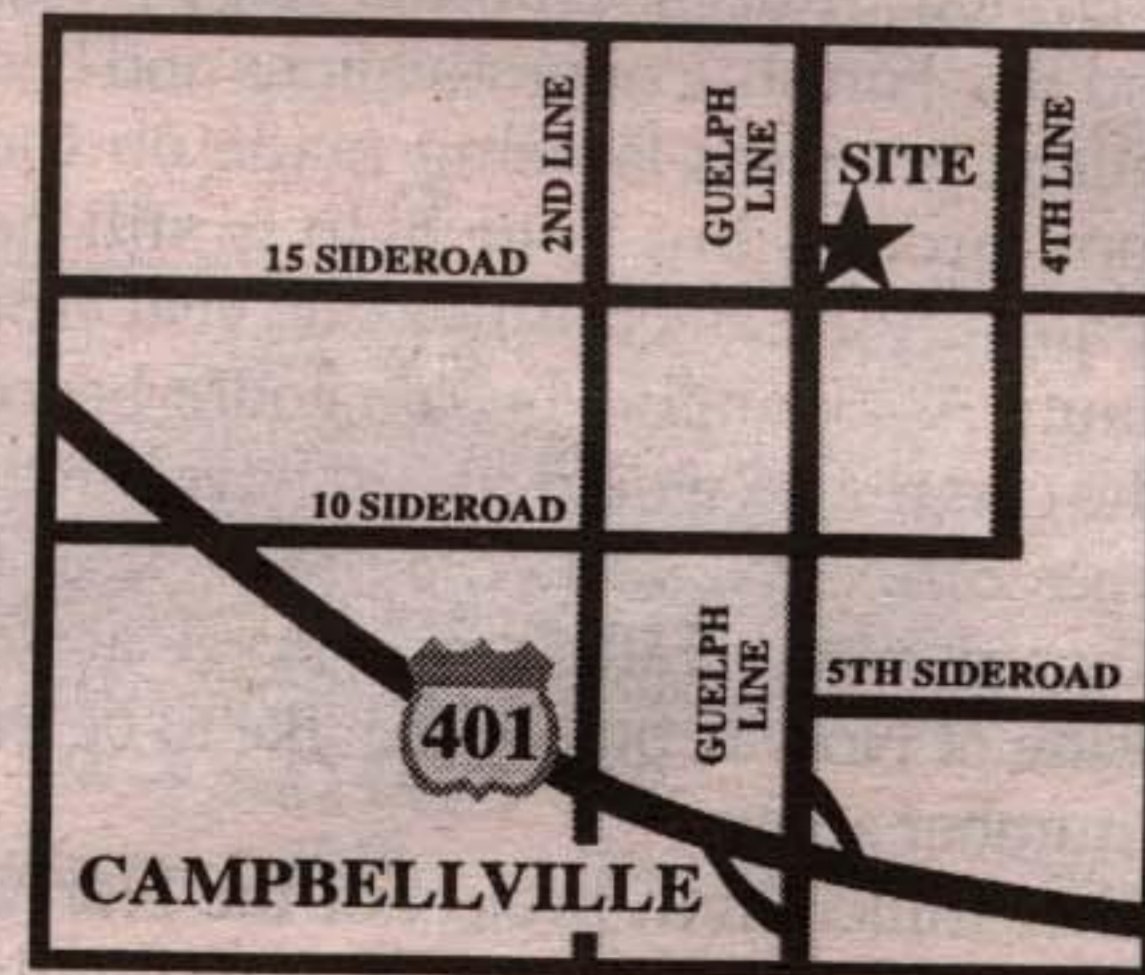


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