

Basic barbecue tips

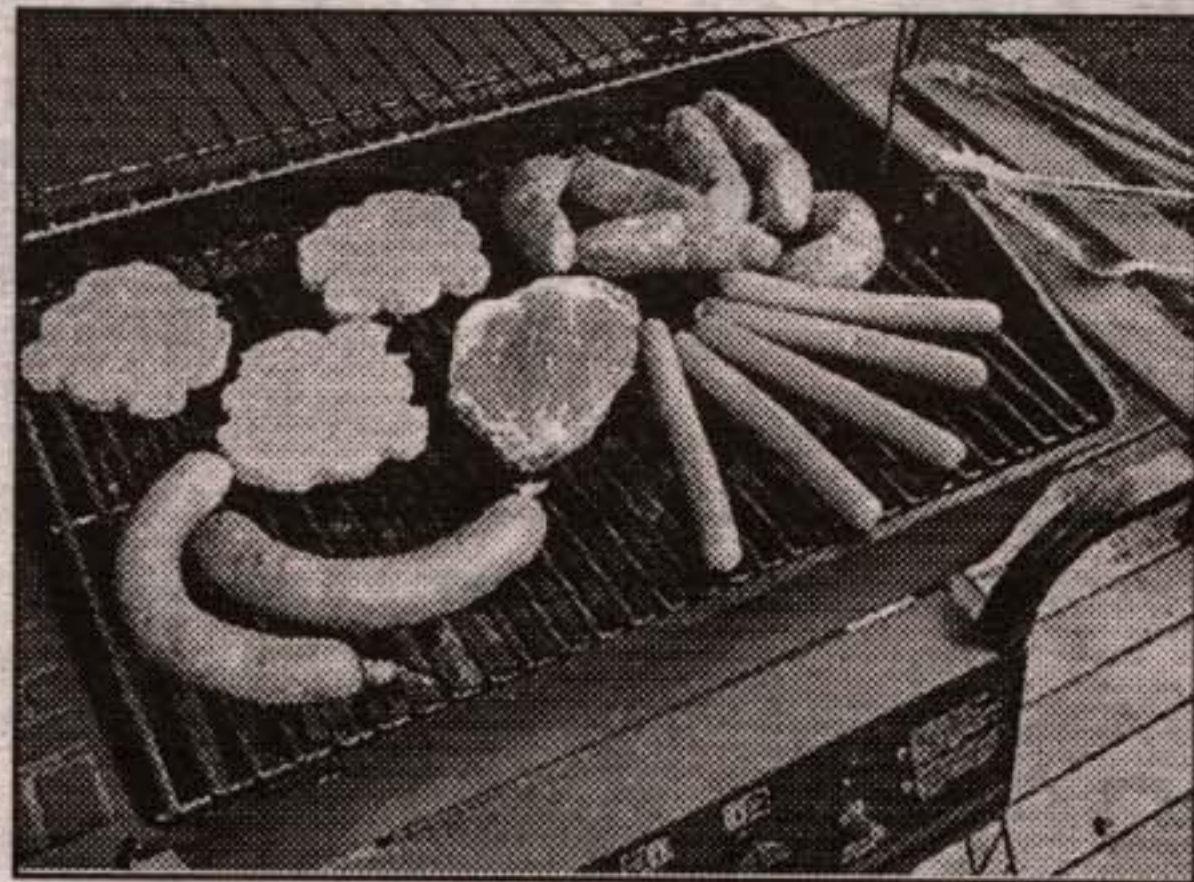
As a point of interest, several people have asked lately, who writes these stories that appear every week—Gerry or Lori? The answer is that Gerry and Lori select the recipes that will appear together, then Gerry usually prepares the recipes for the photo and Lori writes the stories.

Occasionally we switch—the story this week is from Gerry. Thank you for asking.

Here are some basic cooking techniques for your basic barbecue foods. If I were to tell you only one thing to remember about barbecuing it would be don't play with your food! The food only gets turned once. It has two sides so cook each side once only.

For hamburgers and steaks, put your meat on a hot, preheated grill. When the blood and juices start to come out of the top of the meat, turn the meat to sear the other side. This keeps the juices in and keeps your meat juicy. Never squeeze your steak or burger with the spatula—it will squeeze the juices out and leave your meat dry. You may think that you are squeezing out the fat but in reality, the fat is dripping out by itself into the fire and you are just squeezing out the natural juices.

Steaks should take approximately 8-10 minutes total for a 1" thick steak done medium. Hamburgers should take 6-8 minutes total. For sausage and hot dogs, the grill should be on medium, but you may want to cook on high so that you can cook all your foods at the same time. Just be careful not to



burn your meat before it is cooked through. Sausages should take 8-10 minutes on medium heat, turning once halfway through. Weiners take only a few minutes and prefer medium heat. If you wish to add flavoring or barbecue sauce do so near the end of cooking. As the sauce contains a lot of sugar, it will easily burn.

Have fun and keep cooking!

What's cookin'

Lori and Gerry Kentner



Youths in the news in Halton Hills



The past revisited

Head knight Sir Patrick Elgar (right) was ready to defend Bishop Eric Worfolk as the two St. Joseph's School students were among many who took part in a medieval feast at the school recently. The feast, complete with knights, bishops, a king and queen, was part of a unit the school covered on medieval times.

Photo by Ted Brown

Six Star cubs

Seven 1st Glen Williams cubs were presented with their Six Star Award at the going-up ceremony recently. Front (from left), Cote Upfield, Michael Schira, Billy Chapman, new cub Gordie Fleming, Anthony Vankooten, John Adams, Chris Dobson, Rhys Gwynne. In back, leaders Karen Vankooten, Bill Chapman and Allyson Schira. Also receiving an award was cub Vincent Morley.



Speech winners

The first place competitor in the Georgetown Optimists Oratorical contest has won first prize in the Optimist International Central Ontario District's annual oratorical contest. Jason Brooks of Milton who spoke on Optimism in My Life, won a \$1,500 U.S. scholarship for any university. Winners in the Halton Hills competition were from left, Brooks, first; Marissa Kidd, Acton, third and Kyle McKenzie, Limehouse, second.

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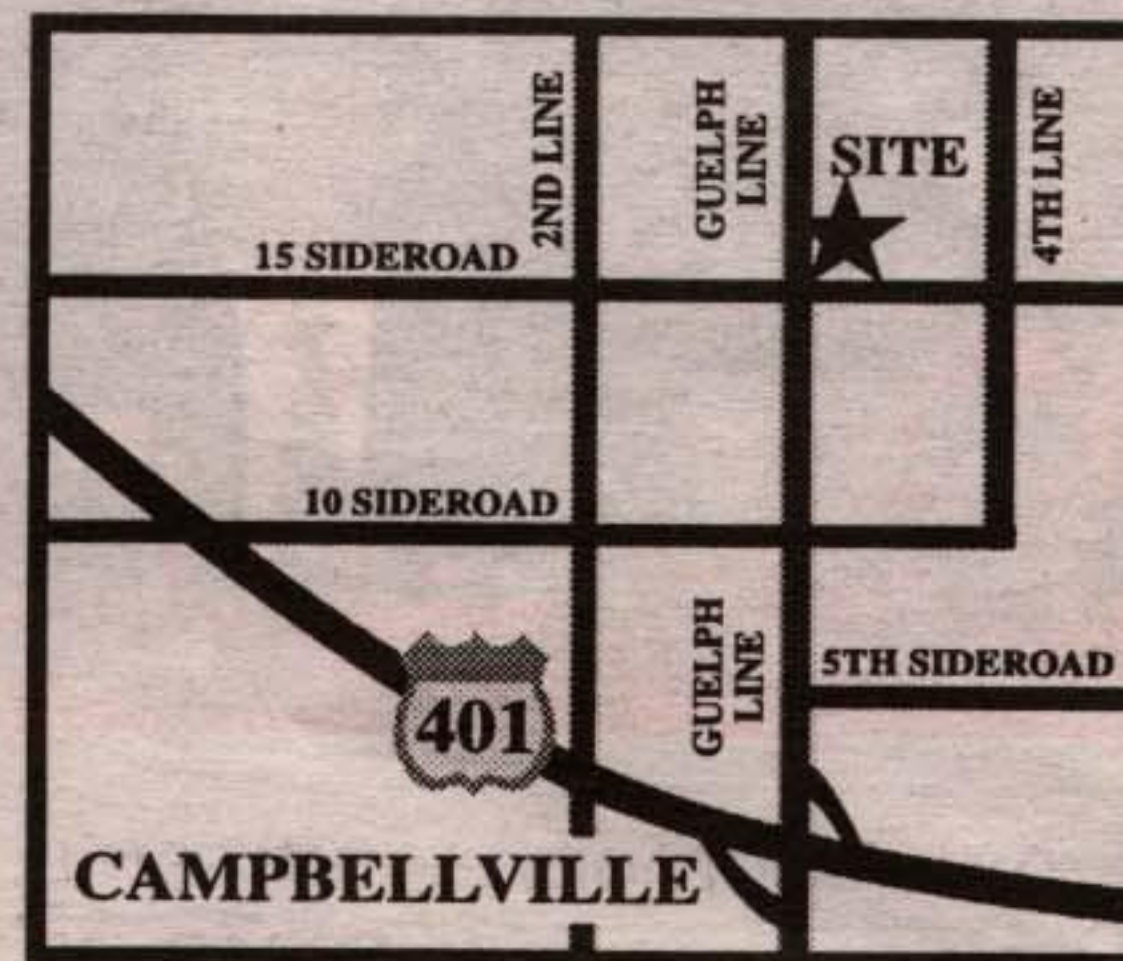


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