

**Clark &
Ruth Lyons**

Sept. 17, 1949

*Happy 50th
Mom & Dad*

Love Gayle, Gary, Gord, Glen & grandchildren

Harvest your corn recipes this fall

The fall season is upon us and this is my favorite time of the year. The harvest is bountiful—pumpkins just dying to be turned into a creamy, rich pumpkin soup; tomatoes aching to be sliced thickly on a sandwich; tall corn stalks still yielding their plump kernels for corn chowder and so much more.

What's cookin'

Lori and Gerry Kentner



Once the polenta was ready, it was spread on a round wooden board, shaped into a large flat loaf and cut with a knife. Sometimes it was served plain with stews or soups. Other times the slices would be fried in oil or bacon fat and served with a rich tomato sauce.

The recipe today is new corn chowder so we are taking a closer look at what corn has to offer us.

Corn meal, which is a coarse granular flour made from corn is also called polenta. Polenta is a wonderful food that many people are unfamiliar with. It is a staple food primarily of the people of northern Italy. Polenta was made with a great deal of "elbow grease", the corn meal was mixed with a little water and salt and stirred in a large copper kettles over a hot fire for a very long time until the consistency became just right.

Today, ready-made polenta is available in many stores to save us the work and patience required to prepare it and the number of ways to use the polenta have increased dramatically.

Polenta is made into a crust for pizza, sliced and topped to make bruschetta, polenta fritters, polenta soup or left in the porridge state (but made with lots of cream and butter instead of water) then served with the main course of the meal to replace potatoes or rice.

In the upcoming weeks we will share a couple polenta recipes with you. Until then, have fun and keep cooking!



The Learning Enterprise

120 Diane Drive, Orangeville, ON L9W 3N6
Phone (519)941-2661 fax (519) 942-2353

Thinking about starting your own business?

The Self-Employment Assistance (SEA) program in Orangeville! This program will help you develop and launch your own business. EI eligible clients may continue to receive benefits while you start your business.

To inquire about your eligibility, call us at 941-2661 or find out more by attending the **ORIENTATION SESSION** Wed. September 22, 1999, at 1:00 p.m. at Shelburne Town Hall (Council Chambers)

Call 941-2661 to let us know you're coming & we'll have the coffee ready!

This program is funded by Human Resources Development Canada.

New corn chowder

(serves 8)

Ingredients

- 6 ears corn on the cob, husked
- 4 cups chicken broth
- 2 tbsp butter
- 1 onion, diced
- 2 tbsp flour
- 2 Idaho potatoes, peeled and diced
- 2 ounces cured ham, diced
- 1 red pepper, roasted, peeled, seeded, diced
- 3 scallions, thinly sliced on the bias
- tabasco
- cider vinegar
- salt to taste
- freshly ground black pepper to taste



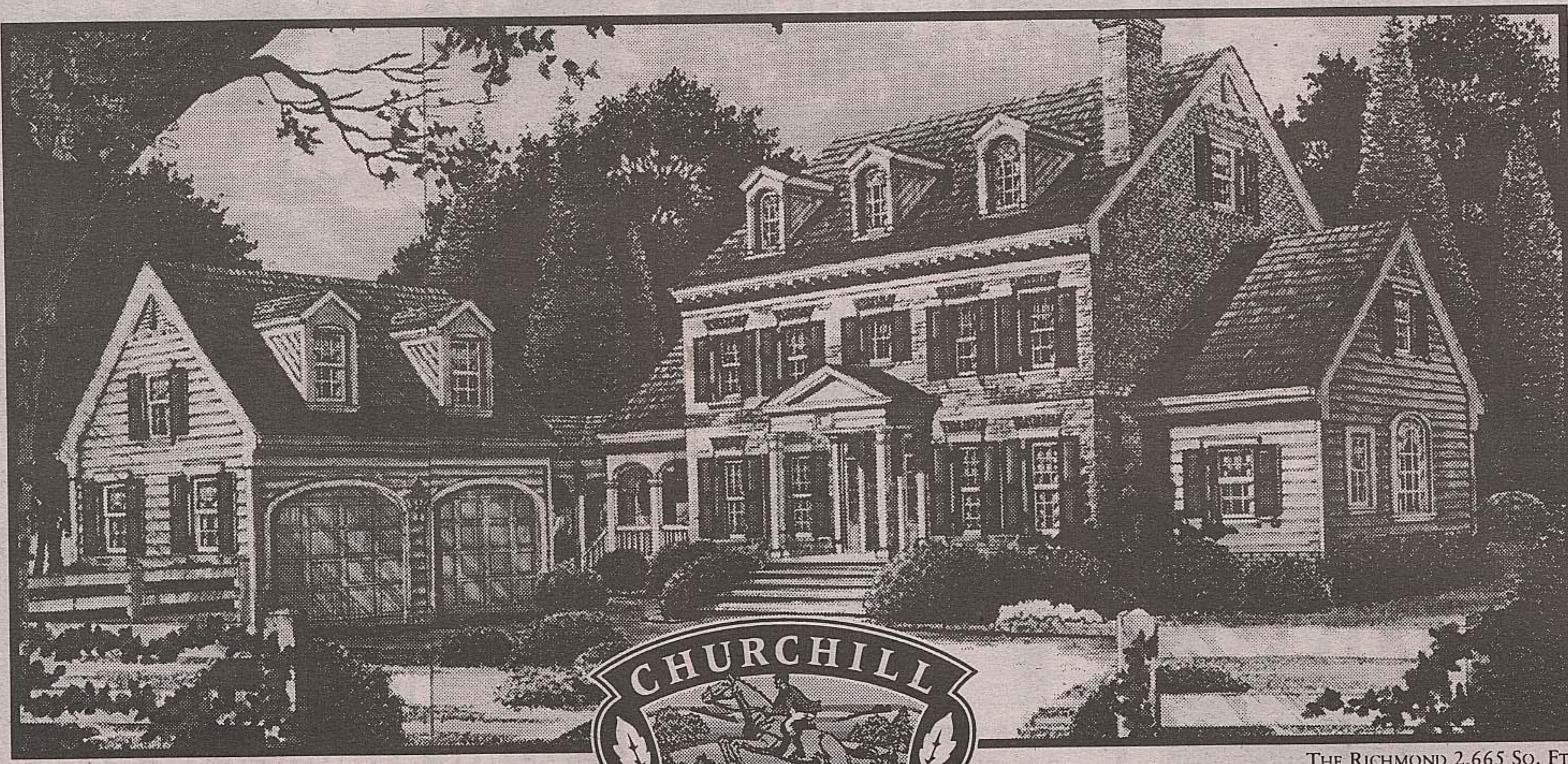
Method

1. Cut the kernels from the cobs and set aside. Place the cobs in the soup pot and cover with the broth. Simmer gently for 30 minutes. 2. Discard the corn cob and strain the broth.

3. Return pot to heat and heat the butter. Add onion and saute, stirring until soft. Add flour and cook for five minutes, stirring constantly. 4. Add the broth to the flour mixture, slowly, using a whisk to avoid lumps. Bring to a simmer. 5. Add potatoes and corn kernels. Simmer 20 minutes, until potatoes are tender. (Add more broth if necessary at this point, the potatoes and corn will absorb it quickly.) 6. Add the diced ham and pepper and simmer five more minutes. 7. Add the scallions and season to taste with salt, pepper, a dash of tabasco (or more if you like) and a dash of vinegar.

Note: This soup can be made in advance through to step 6, then be refrigerated or frozen. Return to a pot to simmer before adding the scallions and seasonings.

IT TAKES A MAGNIFICENT HOME TO COMMAND A TWO-ACRE LOT.



Artist's Concept

THE RICHMOND 2,665 SQ. FT.

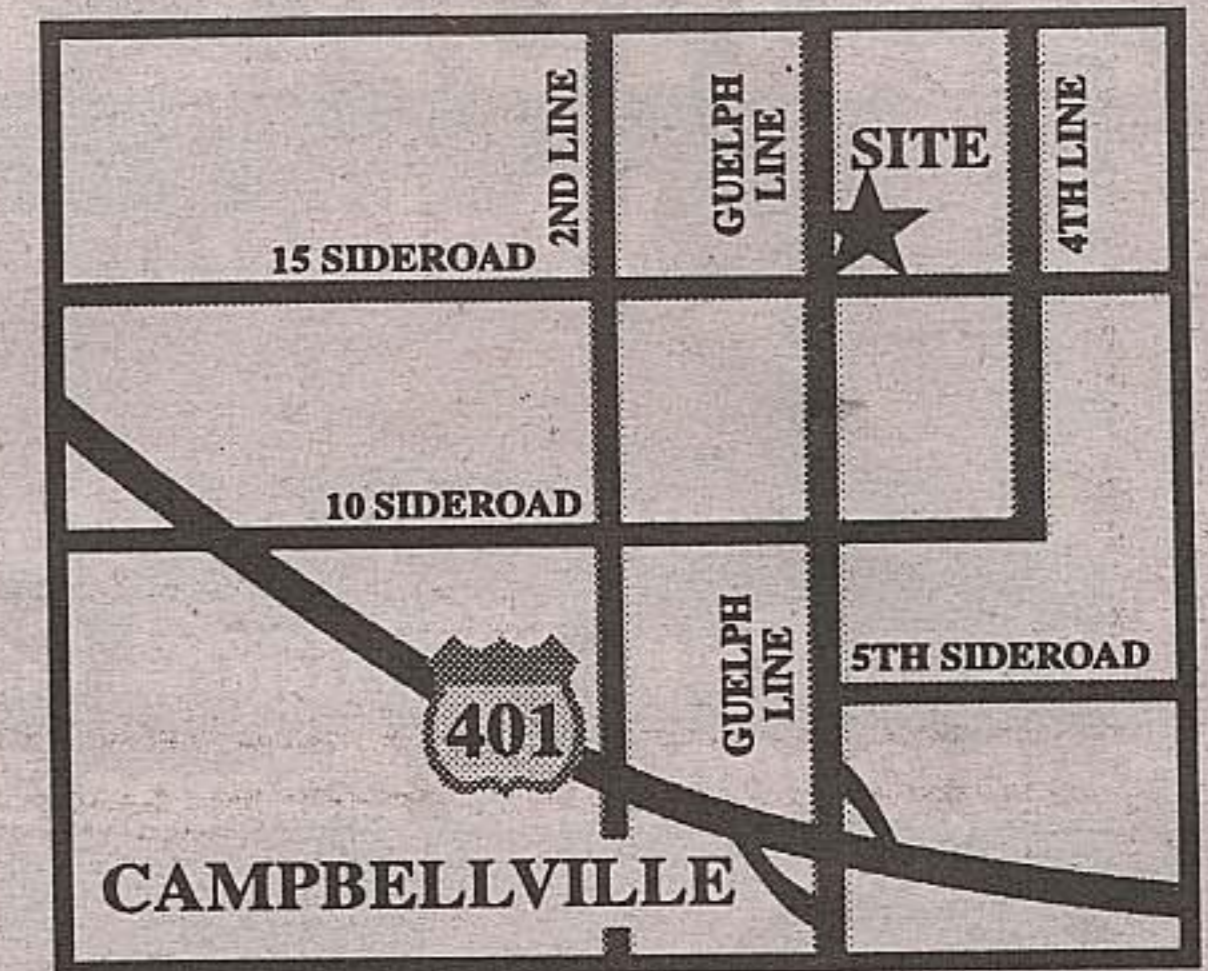


CLASSIC COUNTRY ESTATE HOMES ON SPRAWLING COUNTRY LOTS

Spaciously designed and graciously appointed, with features ranging from private studies to great rooms with huge fireplaces and French doors. With 10 spectacular models to choose from, nestled just north of Campbellville and priced from \$347,000. Churchill Estates. For the home you want to spend the rest of your life in... out in the country and out of this world designs.

Join Us For a Preview Opportunity

It's a chance to see your dream home, captured in one beautiful blueprint. In just a few weeks, Forest Homes is unveiling an ultra-exclusive collection of estate residences on sprawling 1/2 to 2 acre lots that recall the grand plantation homes of the South.



CALL TODAY FOR YOUR PRIORITY PREVIEW APPOINTMENT
[905] 878.7777
GARY THOMAS - REMAX
BLUE SPRINGS REALTY, HALTON