



Knight of the Year

Knights of Columbus member Bill Kent (left) was presented with the Knight of the Year Award by Grand Knight Gord Morton in a recent ceremony at North Halton Golf and Country Club.

Photo submitted

Enter cookbook contest

Company's Coming and the Independent & Free Press will be giving away eight copies of Jean Paré's Company's Coming Millennium Edition cookbook.



Just answer the trivia challenge printed in the Nov. 3 and 10 editions, and mail, fax or drop-off your responses to 211 Armstrong Ave., Georgetown, On L7G 4X5 or fax: 873-0398. Include your name, daytime telephone number and address on each entry. Only one entry per person. Deadline for entry is Wednesday, Nov. 24 at 5 p.m.

Zucchini can be subtle and cooks can be sneaky

I realize this story is a little untimely since you have already harvested your garden, however, perhaps you can save the information for next summer/fall.

Zucchini are actually young squashes, which can be green or gold. They reach their peak of perfection when they are only about four to five inches long. At this point the flesh is extremely tender. There are many ways to cook a zucchini: steam them, saute them with butter or oil, bake with a fresh tomato sauce and a little parmesan cheese, make into a ratatouille or use them in pasta sauce, grill them, bake them, or use them in your baking in zucchini loaf, zucchini muffins, zucchini cake or do like the recipe shown today and make zucchini pancakes.

Personally, I use zucchini chopped up in just about everything. It is an excellent, healthy addition to sauces, rice dishes, stuffings, stir fries and more. Once cooked with other foods, zucchini has a very subtle taste, so it is an easy vegetable to add that children will eat without complaint!

This zucchini pancake recipe is wonderful! We tried it for the first time only recently. I'm sure these pancakes would be excellent with many different toppings— I thought they were so great, I ate them standing up, plain, before they even hit the serving platter! Some ideas of what to serve with them would be: chili sauce, herb butter, mayonnaise, vegetable dip or sour cream.

Have fun and keep cooking!

What's cookin'

Lori and Gerry Kentner



Zucchini Pancakes

Ingredients

- 2 cups shredded zucchini (not peeled)
- 1/4 cup onion, finely chopped
- 1/4 cup red pepper, finely chopped (optional)
- 1 egg, beaten
- 1/4 cup dry bread crumbs
- 1 tbsp all-purpose flour
- 1/2 tsp salt
- 1/4 tsp pepper
- 2 tsp butter

Method

In a bowl, combine zucchini, onion, red pepper, egg, bread crumbs, flour, salt and pepper.

Melt 1 tsp butter in a large non-stick skillet over medium high heat.

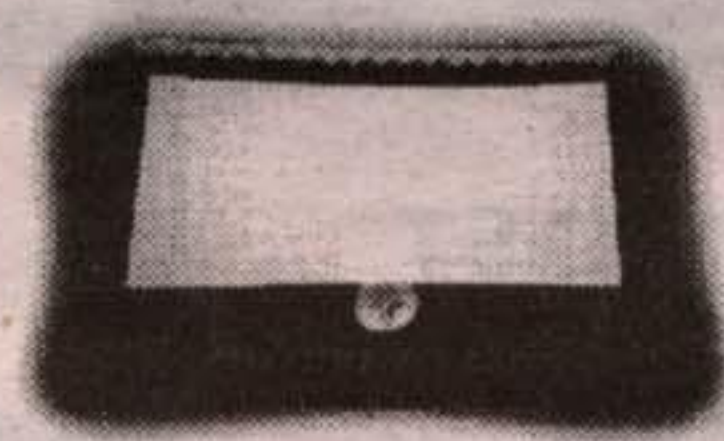
Drop batter into skillet, about one-third to one-half cup for each pancake. Cook about 4-5 minutes or until brown on bottom; using spatula gently turn and cook about four minutes.

Serve immediately with butter.

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