

MADD launches Red Ribbon campaign

The Halton chapter of MADD (Mothers Against Drunk Driving) launched its holiday season red ribbon campaign last Friday.

The 2000 campaign— Tie One on For Safety— attempts to raise public awareness about the unnecessary tragedies resulting from impaired driving. MADD volunteers will be distributing red ribbons in November and December.

"By attaching a ribbon to your vehicle antenna, this will serve as a message to people on the roads to drive safe and sober over the holiday season," said Stephanie Dooley, MADD Halton president. "Our hope is that there will not be any tragedies in our community this holiday season."

Dooley urges people not to drink and drive if they are out at socials or with friends: make arrangements to be driven home, call a cab or ensure there is a designated driver.

"And join MADD Canada's efforts by flying a red ribbon from your vehicle to remind people not to drink and drive."

For more information call the new MADD Web site www.madd.ca

Kentner ladies watch Canadian chef challenge

Gerry, Stephanie (my sister) and I had the pleasure of attending the Canada a la Carte Great Chef's Race last week at the Royal York Hotel in Toronto.

This is an event sponsored by The Beef Information Centre and Sterling Meats. What happens is four chefs are each paired with a media personality to create four teams of two people. These four teams are given a pile of ingredients to choose from (the central ingredient being beef) and they have 45 minutes to create a meal. Each team has a "mini kitchen" setup right in the ballroom so that all the guests can watch them at work.

While the chefs are creating their meal, the guests can watch or they can wander through the rest of the boardroom and help themselves to a delicious selection of hors d'oeuvres and a bountiful variety of wines— since there were wineries from all across Canada represented.

The teams of cooks are judged on several different components: presentation of the plate, taste, wine pairing, originality, how well the team worked together and how well the chef utilized their assistant.

We were lucky enough to be right in the front, so we got a great view of two of the teams; unfortunately the other two teams were a little further away, so we missed a lot of what they were doing.

One team created The Ultimate Power Breakfast. This consisted of a filet of beef, seared to perfection with a perfectly poached egg on top then a potato rosti on the side and the whole thing topped with a mushroom and burgundy wine

What's cookin'

Lori and Gerry Kentner



sauce. YUM YUM!

The second team (this is the team that won the competition) created a truly unique meal. They had a risotto stuffed in a grilled Bermuda onion, a filet of beef— sliced into two pieces with a kabob of shrimp, salmon and papaya in the middle. The whole thing was finished with a beautiful, creamy reddish sauce, but I couldn't see the ingredients that went into the sauce. The plate was very colourful and unusual looking.

The third team had grilled jumbo bay scallops in an oriental soup spoon sitting on a bed of steamed spinach and topped with a lemon butter sauce.

In the middle of the plate was a filet of beef that had some kind of oriental sauce; once again, I couldn't be sure of exactly what the ingredients were. There was a variety of baby vegetables on the plate as well. The plate was garnished with an emulsion of spinach.

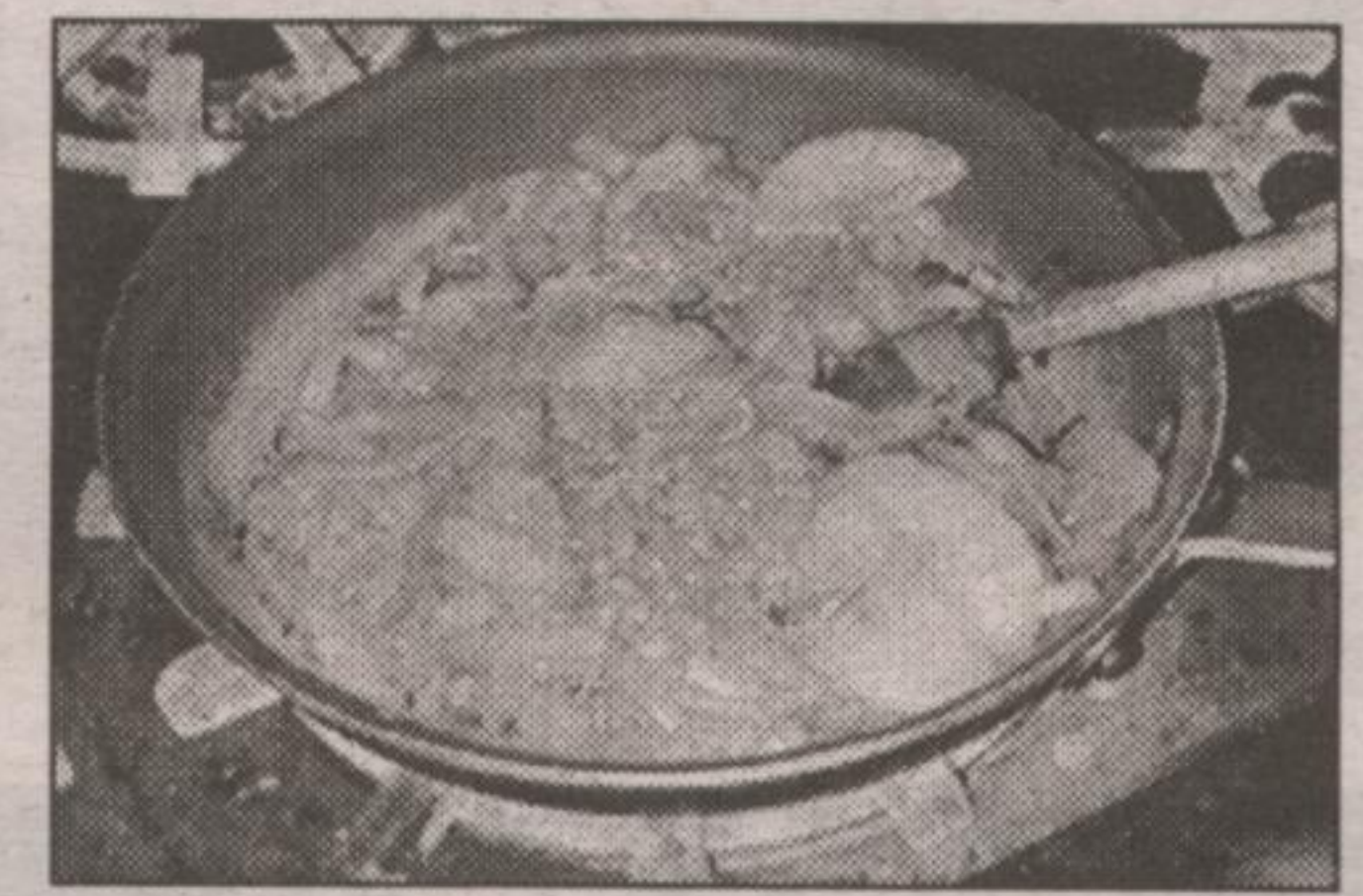
The last team also used a filet of beef, but I couldn't see anything they were doing. (Sorry).

The winning team (team #2), was headed by the chef from the Regatta Restaurant and Rosie, the food writer for the Toronto Sun. This team will now proceed to the national competition.

This chef's race is held in five cities across Canada, then the winners of each city then proceed to the national race.

The food was delicious and it was a really interesting way to spend an afternoon! Have fun and keep cooking!

lori@kentnerscatering.com



Caramelized onions

Ingredients

- 1/4 cup olive oil
- 8 cups thinly sliced Spanish onions
- 1 tsp salt
- 2 tbsp balsamic vinegar
- 1 tbsp brown sugar

Method

Heat oil. Add onions and salt. Cook covered until golden. Uncover. Add vinegar and brown sugar. Cook 15-20 minutes until liquid has evaporated. Increase heat to medium. Cook until onions are browned.

What size will you be wearing this Holiday Season?



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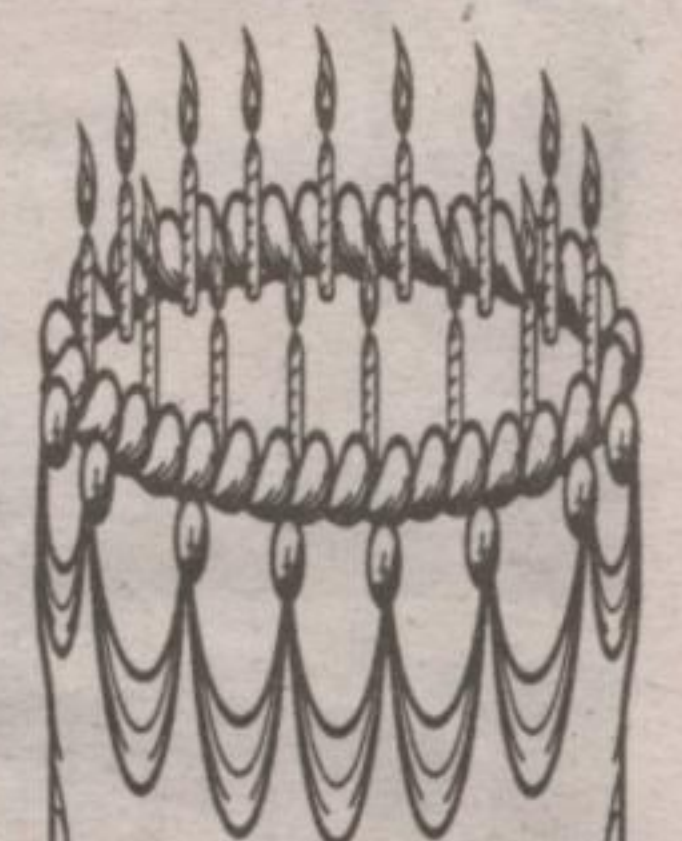
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HAPPY BIRTHDAY DADDY "Roger"

We ♥ Dad

Enjoy your day

Love Candace and Tanya