

VOLUNTEER OPPORTUNITIES

Humane Society: Upper Credit Humane Society requires volunteers to assist in: fund-raising, special events or at the cat shelter. If you have a love of animals, and want to help, call Kim (519) 833-9126.

VON volunteer: Make a difference to someone's life in your community. Call Lori Millie at VON, 1-800-387-7127.

Heart and Stroke: The North Peel & Halton Hills Area Office of the Heart and Stroke Foundation of Ontario needs volunteers for the reception and administrative support, special events, and community presentations. For information call (905) 451-0021.

Organ donation: Are you interested in promoting organ donation in Halton/Peel region? Contact (905) 846-3092 (local volunteer) or Organ Donation Ontario, 1-800-263-2833. Inquiries on presentations, health fairs, workshops or general information welcome.

Child Find: Volunteers are needed for the Halton/Peel Child Find Ontario organization that assists in locating missing and abducted children as well as education the public on street safety. A security check is mandatory and commitment of four hours per month. Call Linda (905) 842-5353, ext. 100.

Volunteer Web site: Halton Social Planning Council & Volunteer Centre has a volunteer opportunities Web site, www.haltonvolunteer.org.

Smoked salmon can be cooked or uncooked

Is it smoked salmon or smoked salmon? Last Christmas a friend of mine brought my family a beautifully wrapped wooden box of "smoked salmon" as a present. We were thrilled because we LOVE smoked salmon. When we opened the box, we were all very surprised to find that inside, was not smoked salmon as we were expecting it.

When I think of smoked salmon, I think of the bright red, soft, moist, thinly sliced smoked salmon. Inside this box was a whole salmon, bright orange, firm, dry and eaten in chunks. It was great—just not what we were expecting.

So what is the difference and which is the real smoked salmon?

As I discover, there is a lot more to curing and smoking fish than I knew. First of all, salmon is one of the most popular smoked fish because it is an oily fish—essential for smoking properly and for its flavour, texture and colour.

Some salmon is cold smoked. This means the raw fish is smoked at a low temperature, resulting in a fish which is not cooked, only smoked. This is the type of smoked salmon I was thinking of originally. It is the kind most often seen in stores and varies in price depending on the quality of the fish used.

There is excellent quality salmon which should hold its shape and texture when smoked and there is lesser quality salmon which can go mushy, fall to pieces when sliced and/or tastes watery.

Other salmon is hot smoked. The smoke temperature is above the boiling point and the result is the fish is cooked as well as smoked.

What's cookin'

Lori and Gerry Kentner



This is usually a less expensive product than the cold smoked salmon, but it is very tasty and makes a great appetizer or meal.

So, this is very confusing because two completely different products are both called smoked salmon. They are obvious to distinguish if you can see them—but be careful what you buy if it is packaged so you can't see it. You want to get the one you want!

There is also curing of salmon. This yields a product called gravlaks. Gravlaks is a Scandinavian preparation of salmon. It was originally (documented in 1348) buried in the ground for a few days, yielding a slightly sour tasting fish.

However, today the making of gravlaks does not involve burial. The salmon is cleaned, scaled, bisected lengthwise and deboned. One of the filets is then strewn with fresh dill, crystallized salt, a little sugar and white peppercorns. The other filet is placed on top, then the whole thing is placed between two boards and allowed to rest for a few days. The salmon is then brushed clean before serving and sliced thinly, very similar to cold smoked salmon.

Have fun and keep cooking!

www.kentnerscatering.com



Asian rub for salmon

(enough for 10 filets)

Ingredients

- 2 tbsp sugar
- 1 tsp coarse salt or 3/4 tsp table salt
- 1 1/2 tsp chili powder
- 1 1/2 tsp ground coriander
- 1 1/2 tsp garlic powder
- 1/2 tsp black pepper

Method

1. Mix ingredients together in a small bowl.
2. Dip non-skin side of the salmon filet into the Asian rub. Be sure that the whole side is evenly covered.
3. Sear the "rubbed" side in a hot skillet for approximately one minute.
4. Bake in a pre-heated 350 degree F oven for 8-10 minutes. Serve immediately.

(This is also nice served as a cold entrée. Make in advance and cool in the refrigerator, then serve with a salad)

ROCKFORD QUARRY PROPOSAL

It's not just another hole in the ground.

If it goes ahead it will be the first **open pit** mine in Caledon.

Is this what you want?

- A huge negative impact on our water table and individual wells
- Estimated 17% reduction in local cold water levels
- An average of 60 trucks per hour on our roads
- Many millions of taxpayer dollars in road upgrades
- Major air, water and noise pollution from blasting, drilling and stone crushing
- Incomplete site plans and water testing before decisions are made
- Local retail businesses dependent on tourism will suffer

Get the facts:

INFORMATION MEETING November 30

7:30 p.m. at the Caledon Golf and Country Club

(on Olde Baseline west of McLaughlin). Coalition of Concerned Citizens

For more information call (905) 838-4333