



Acton youth centre gets boost

The Off The Wall Youth Centre received a \$3,875 boost as organizers from the Red Dog Messer Charity Golf Tournament donated the cheque to the Acton youth centre. Sponsors at the July 7 tournament at Acton Meadows included Superior Glove, Messer, Red Dog, Galvcast, Dave and Janis Braida, Acton IGA and Car Quest. On hand for the presentation were (from left) Messer Canada branch manager Jim Lowrie, Red Dog owners Lauri and Dave Parker, Halton Hills Community Support and Information (HHCSI) resource development co-ordinator Elly Tuitman and HHCSI executive director Joan Barham.

Photo by Ted Brown

La Leche League helps new moms

Mothers who wish to breastfeed their babies will find encouragement and information at the Acton and Georgetown La Leche League meeting on Wednesday, Aug. 8, 7:30 p.m. Nursing mothers are welcome.

The La Leche League offers mother-to-mother help at its month-

ly meetings. Discussions include the latest medical research as well as personal experience. Other services include a lending library or books on childbirth, childcare, breastfeeding and nutrition.

For information or to find out the location of the meeting call 905-702-8675.

Try an international treat—fudge

Fudge is international! There are at least three other countries that make a sweet very similar to fudge.

Fudge is a sweet made from sugar, milk and butter boiled to the softball stage and then beaten, to produce a characteristic grainy texture. The grainy texture is due to the presence of small sugar crystals in a supersaturated sugar solution.

If the mixture is beaten while hot, the crystals are relatively large and the final texture will be grainy. If the mixture is allowed to cool before being beaten, then the final texture will be smoother because the sugar crystals are smaller and more even.

Fudge can be flavoured with vanilla, coffee, chocolate, peppermint, orange, nuts, peanut butter, coconut, marshmallows or a whole variety of items. I even had pumpkin fudge once!

It is popular because of its simplicity in method as well as the few ingredients required. Instead of granulated white sugar, some cooks use maple syrup, corn syrup or brown sugar.

When fudge is manufactured on an industrial scale (can't you just envision mountains of smooth, rich, creamy fudge?) a portion of fondant is added to the mixture.

A Scottish sweet, called tablet, is similar in flavour and texture to fudge. In Mexico, peneche or panocha is a fudge with nuts, sometimes coconut. Panocha is the name of a coarse Mexican sugar and it is used in this authentic sweet.

In Indian cooking there are confections that taste fudgelike, one example is called

What's cookin'

Lori and Gerry Kentner

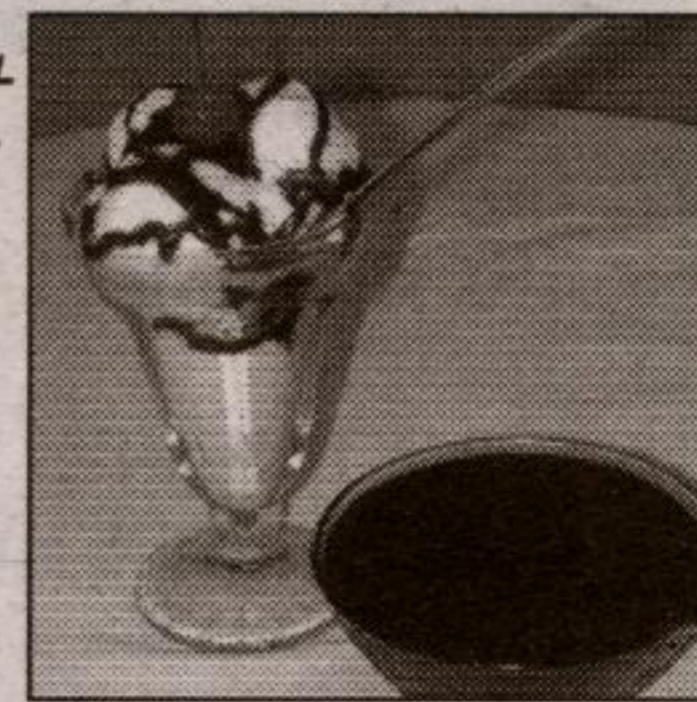


barfi. It is milk reduced over heat combined with cereal (cereal cooked in milk curd or oil) and boiled sugar. Today's recipe is for a low fat fudge sauce, so all of us, even those watching their fat intake can enjoy!

Have fun and keep cooking!

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Low-fat fudge sauce



Ingredients

- 1/2 cup sugar
- 1/4 cup cocoa
- 4 tsp corn starch
- 1/2 cup evaporated skim milk
- 2 tsp vanilla

Method

In a small saucepan, combine sugar, cocoa and corn starch. Stir in milk and whisk over low heat for three minutes or until mixture boils. Whisk 1-2 minutes longer until thickened and smooth. Remove from heat and stir in vanilla. Serve warm or cold. Refrigerate leftover sauce. Makes one cup.

Try serving this sauce over fruit, angel food cake or low fat frozen yogurt.

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