

Acton BIA and Blue Jays team up for the summer

The Acton Business Improvement Association (BIA), Acton merchants and the Toronto Blue Jays have teamed up to give some lucky winners a free ride to the Blue Jays game.

The BIA has organized a Lets Go Jays campaign in which two pairs of tickets to the Saturday, Sept. 1 Blue Jays game is drawn every Saturday, from June 23 until August 25.

Entrants receive a ballot when they buy an item at a participating Acton store. There's new ballots for each weekly draw. Two winners each week will receive a pair of Blue Jays tickets and \$20 in BIA bucks.

On game day, the tickets holders will meet at Red Dog for a tailgate party and then travel in a deluxe motor coach to the 4 p.m. game between the Jays and the Detroit Tigers.

Good Mews Cat Club to host show on Aug. 12

The Good Mews Cat Club hosts its fifth annual Canadian Cat Association (CCA) Affiliated Championship and Household Pet Cat Show on Sunday, August 12, 9 a.m. to 5 p.m. at the Acton Community Arena.

The theme for this year's show is "Happy Days", with prizes for the best decorated cage and and best dressed exhibitor with a 50's theme. There will be up to 100 beautiful and unusual breeds of cats competing in five rings for top show honours, with points scoring towards CCA National Awards.

Also, a variety of interesting vendors will be displaying and selling everything for the cat and its owner.

Admission is \$6 for adults, \$3 for children and seniors and \$15 for a family.

For more information call Sandra Runalls-Lichty, 519-853-4382.

Any vegetable or fruit can be used to make a coulis for a garnish

A coulis is a thin puree or sieved sauce made typically of vegetables or fruit. For example raspberry coulis, served with a dessert or tomato coulis as a garnish to a savory course would be a familiar sight to many.

However, the idea of a coulis first crossed the (English) Channel nearly 600 years ago, in the form of 'cullis'. This was a sort of strained broth or gravy made originally probably from chicken, but subsequently from any meat or even fish, and used as a basis for sauces or simply poured over meat dishes.

Coulis can be made from almost any fruit or vegetable. A particularly nice meal I had recently served a yellow pepper coulis with the main course.

To make a coulis use fresh or frozen fruits and vegetables, after cleaning, puree in a food processor. You may add a little sugar or honey to a fruit coulis if you like. Then you can serve the coulis as is, or you can strain it through a sieve for a smooth puree with no 'flesh'.

If you are making a coulis from fresh fruits or vegetables, it can be easily frozen for future use. This is an excellent use of produce that isn't quite fresh

What's cookin'

Lori and Gerry Kentner



enough to serve raw anymore, but you don't want to waste.

Once you are ready to serve, pour the coulis into a squeeze bottle and squirt it in a fashionable presentation onto the plates, serve in a tiny ramekin on the side for dipping, or spoon a 'bed' of the coulis onto the plate then

set the featured item on top of the coulis.

Today's recipe is a blueberry coulis and it calls for frozen blueberries. You could substitute fresh berries. If you have never tried wild blueberries and don't know the difference between wild and cultivated berries; this might be a fun time to try an experiment, since you'll be out purchasing blueberries anyways!

Try both kinds fresh, and then try both kinds made into the coulis and see if you can tell the difference.

Have fun and keep cooking!

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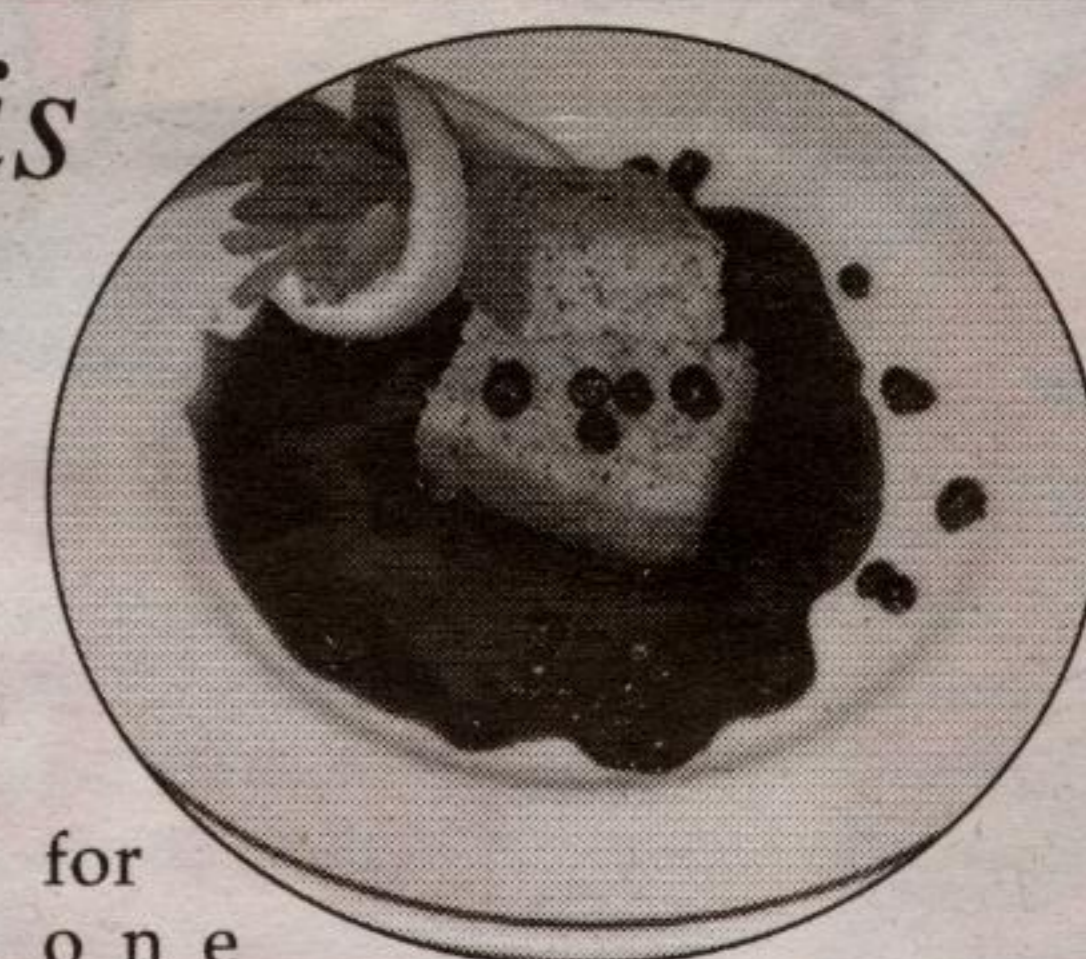
Blueberry coulis

Ingredients

- 1 1/4 cups frozen berries, thawed
- 1/3 cup sugar
- 2 tbsp water
- 2 tbsp lemon juice

Method

In a saucepan, combine blueberries, sugar and water. Bring to a boil. Cook and stir over medium heat two to three minutes. Process in a food processor



for one minute and pour through a fine sieve to remove skins. Stir in lemon juice and chill. Stir well before using. Makes about one cup.

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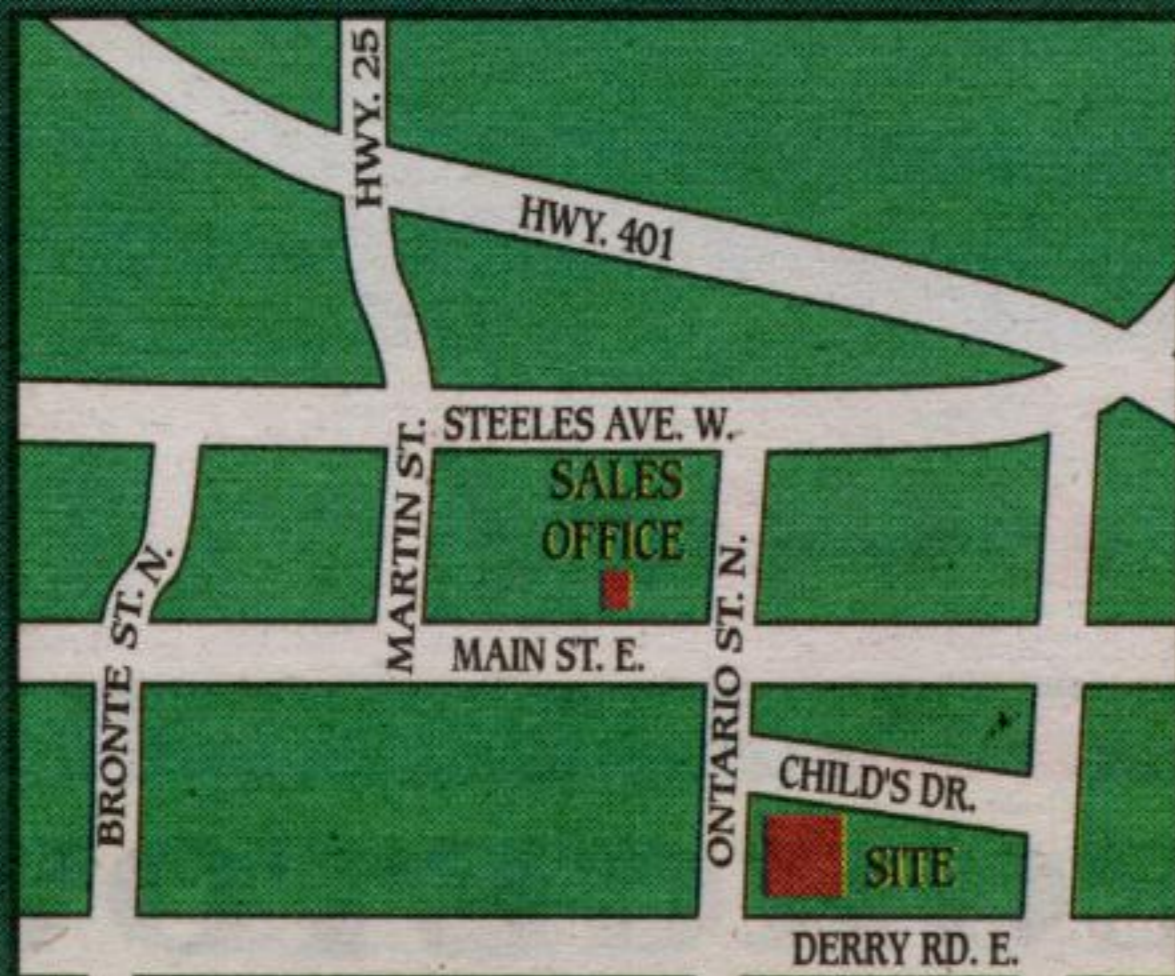
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