

Lori passes on some more tricks of the trade

I am just finishing up another course at George Brown College. Though the recipes we make are interesting, what I find most interesting are the tidbits of information that the chef talks about while we are cooking and theory behind the cooking that we learn. When you start to learn some of this theory, it is like a light bulb suddenly goes on in your head and you understand how to cook.

Once before I shared some of these little insights with you and I'd like to share some more today.

When you are breading meat (for schnitzel or any recipe) the meat would go into the flour, then egg, then bread crumbs. Be sure to shake off excess flour or else the egg cannot stick properly, thus the bread crumbs cannot stick and the whole breading will fall off the meat when cooked.

Once the meat has been breaded, allow it to refrigerate for a while before frying, this will also aid in the breading sticking to the meat.

Most importantly, the oil must be the right temperature. If the oil is too hot, the breading will burn before the meat is cooked. If the oil is too cool, the breading will soak up all the oil and become very greasy. Ideally, the oil is heated before anything is put in to cook and the oil should be hot enough to send heat waves up, but it shouldn't be smoking.

Also, when you are cooking multiple batches of product, allow the oil a minute or so to reheat after a batch

What's cookin'

Lori and Gerry Kentner



has been removed, before you put another one in.

If you are making potato salad, the best way to prepare the potatoes is to cook them with the skin on and then peel them after cooking (while they are still hot). The potatoes can be cut in half to reduce cooking time, but don't cut them into little chunks. Then allow the potatoes to cool and prepare your salad. The potatoes will be drier and make a better salad.

The problem with some potato salads is that the potatoes are quite watery and when they are made into salad, the water is released from the potato and the salad is soupy.

If you are making a recipe with ground meat such as spaghetti sauce, tourtiere, (or any recipe that calls for ground meat to be cooked with vegetables and sauce) you should sweat the meat before adding the other ingredients. Sweating means to cook without browning.

So, if you are making spaghetti sauce, you should cook the ground beef without browning it, then spoon off any fat, then proceed to add the vegetables and sauces. The reason for this is that if the meat is too cooked before the vegetables and sauce are added, the meat will be unable to absorb any juices or flavour.

If you are cooking green vegetables (such as green beans) and they have a few blemishes on them, you can add a half a teaspoon of baking soda to the water they are cooking in. This will remove the blemishes. This works for any green vegetable except broccoli.

For optimum flavour and colour, green vegetables should be cooked with the lid off; red vegetables should be cooked with the lid on. The reason is when acidity is released from vegetables during the cooking process, it will cause green vegetables to discolour, so you want the lid off so the acidity can be released. With red vegetables (like beets or red cabbage) the acidity enhances the colour, so you want to keep it in by keeping the lid to the pot on.

Have fun and keep cooking!

www.kentnerscatering.com

Squash Casserole

Ingredients

- 1 whole butternut squash
- 3 tbsp brown sugar
- 1/2 cup raisins
- 1/2 cup pecans (whole)
- 2 tbsp butter

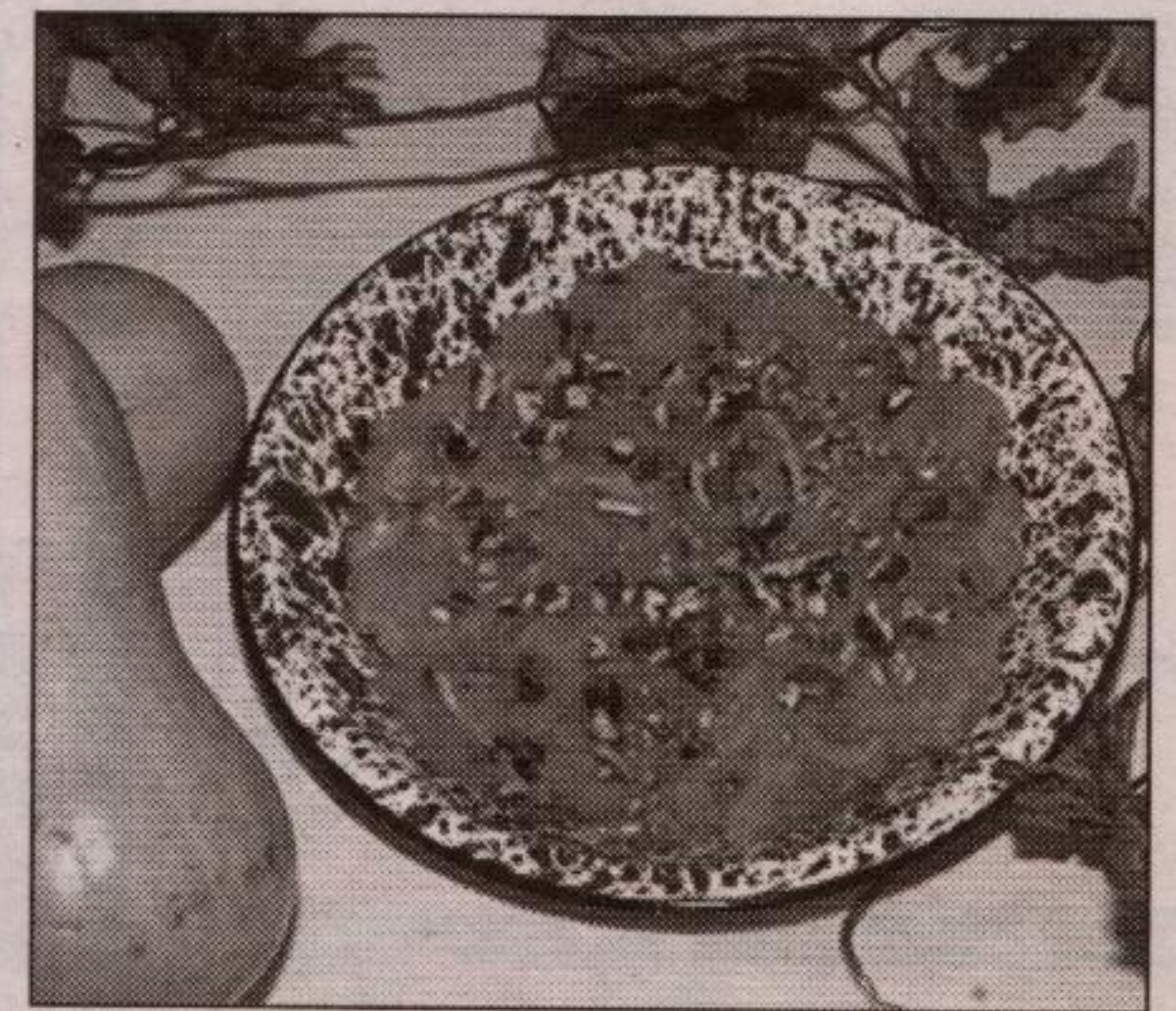
Method

Cut squash in half and remove pulp and seeds. Place on a baking sheet and bake, covered, at 425 F

degrees for approximately 45 minutes or until soft. Remove squash from oven and scoop out the flesh into a large bowl.

Smash squash with a potato masher, then add the brown sugar, butter, raisins, and 1/4 cup pecans. Spray a casserole dish with non-stick food spray. Arrange squash back into the casserole dish and sprinkle the remaining 1/4 cup of pecans on top.

Can be made up to 24 hours in advance. When ready to bake, pre-



heat oven to 350 F degrees and bake for 25 to 30 minutes.

Full Service Weight Management Plans.

50% OFF
All Full Programs

JENN LOST 80lbs, 80inches!
Thanks Herbal Magic for helping me achieve my life-long goal!

Extensive line of top quality herbs and nutritional supplements.

Herbal Magic™
Systems International
Weight Management and Nutrition Centres

150 CENTRES CANADA-WIDE
130 Guelph St.
Georgetown
(905) 873-2476

it's new! **FORMULA F/B**
10% OFF Herbal formula promotes fat breakdown. Reduces Cellulite fat deposits.
*Coupon expires Nov 23, 2001

BUY ANY 3 PRODUCTS
get a third for 15% OFF!
*Coupon expires Nov 23, 2001

it's new! **FORMULA 36C**
10% OFF Natural blend enhances breast size, fullness.
*Coupon expires Nov 23, 2001

based on full program www.herbalmagic.ca excludes product

Herbal Magic™
Systems International
Weight Management and Nutrition Centres
www.herbalmagicsystems.com

NOW LET THE MAGIC WORK FOR YOU!
ENROLL TODAY! CALL...

130 Guelph St. - (905) 873-2476

SleepTowne Mattress

3 DAY MATTRESS SALE

NO TAX ON SETS

15-Yr. Warranty	20-Yr. Warranty	30-Yr. Warranty
Single Mattress	Single Mattress	Single Mattress
\$109	\$168	\$238
Set \$189	Set \$298	Set \$398
FULL\$159 SET\$249 QUEEN ...\$189 SET\$269	FULL\$208 SET\$388 QUEEN ...\$268 SET\$458 KING\$458 SET\$768	FULL\$288 SET\$498 QUEEN ...\$328 SET\$548 KING\$528 SET\$828

King Koil Springwall Chiropractic SLEEP SYSTEMS FOAM Serta

4 FREE*
PST OR GST
BED FRAME
LOCAL DELIVERY
MATTRESS PAD
SET UP
PILLOWS
BED RAILS
DISPOSAL OF OLD SET
* any 4 item combination with purchase of mattress set

Futons \$197
Complete with 9" mattress

Wooden Bunk Bed \$348
Twin over Twin, maple finish

Iron Futon Bunk Bed \$309

355 MAIN ST. E. MILTON Mon-Wed...10-6 Thurs-Fri...10-9 Sat...10-6 Sun...12-5
905 875-0467
Parking at back of store off Court Street

VISA MasterCard