

### Sandra Beech to perform at the JET

Tuno award-winner Sandra Beech (sister to members of the singing group, The Irish Rovers), will entertain young audiences with holiday music and good cheer on December 5 at 1:30 p.m. at the John Elliott Theatre (JET).

This seasonal performance, spiced with fun, laughter and friendship, is brought to you by Halton Hills Public Library. Cassettes and cds will be for sale. Families, day-care centres, nursery schools, and school classes all welcome.

Tickets are \$5 and available at the theatre box office, 905-877-3700.

For information about the performance, call Halton Hills Public Library at 905-873-2681, ext. 2515.

# A favourite recipe is found—just in time for Christmas

mon Buns, is apparently delicious! Gerry was cleaning out the recipe box a while ago and rediscovered this recipe.

I think her mom used to make it, but of course she would have used homemade dough instead of frozen.

Gerry made the recipe for everyone at work several weeks ago, so that they could test taste before we put the recipe in the paper and it got rave reviews! Unfortunately, it doesn't quite qualify on my diet, that's why I say it is apparently delicious.

When I was reading a food magazine a few days ago, I saw a picture of a cinnamon bun tree. The recipe was different (and harder) than the one we feature, but the end result looked pretty similar. It looks like you would follow the recipe as shown. Then, once the rolls have been baked, you would remove them from the baking pan and lay them out on a platter in the shape of a Christmas tree.

A little icing was drizzled on top. Just mix about a cup of icing sugar with a teaspoon of butter and a few drops of milk. Adjust the quantities of milk and icing sugar until you have a smooth icing of the right consistency for drizzling. You could even add a little red or green food colouring to really liven up the look!

Then, once you've got the icing on there, just add a little holiday décor such as holly leaves, pine boughs, ribbons, and you've got a beautiful dish for the holidays.



This would be a very nice centerpiece on a brunch table.

A friend asked me the other day, "What should I serve for a holiday

brunch party?" Well, start with these cinnamon buns, then perhaps a spiral sliced ham (I love these!), scalloped potatoes, miniature quiche tarts, homemade baked beans, a nice fresh salad or two, a platter of fresh fruit and cheese, a platter of relishes— pickled beets, olives, pickles, nice fresh croissants or bagels with butter, jam and cream cheese and there you go!

Have fun and keep cooking!

www.kentnerscatering.com

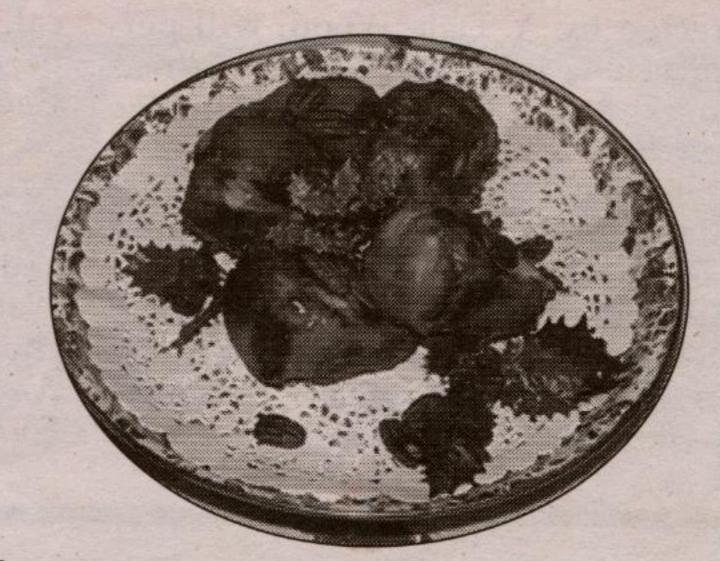
## Sticky Cinnamon Buns

### Ingredients

- 15 small, white, frozen (raw) dinner rolls
- 1 cup brown sugar
- 1/4 cup instant vanilla pudding mix
- 2 tsp cinnamon
- 1/2 cup butter, melted

#### Method

1. Melt butter in a small sauce pan. Roll frozen dinner rolls in the melted butter. Place rolls in a 9"x 13" baking pan, leaving space in between each for rising.



2. In a small bowl, mix together brown sugar, pudding mix and cinnamon.

3. Sprinkle sugar mixture evenly over rolls.

4. Cover with a clean cloth and let rise overnight. (They should double in volume).

5. Bake in a preheated 350 F. degree oven for 15 to 20 minutes.

Research confirms that regular weight bearing activity walking, will help build and preserve healthy bones.

Bone up on the facts!



